Along The Pathway

By REBA W. MITCHELL

Microwave cooking can be very tasty, fast, easy and economical. You need to read your manual for complete instructions as you would any other appliance. One very important thing to remember is to take one step at a time. Start with very simple things. Read your recipe and instructions, then follow them very carefully. The more you work with the microwave, the better you will do.

The microwave is an energy saver. With the cost of fuels increasing, we need energy savers. We also need time savers. It takes some planning if we really want to save time and energy. When summer comes, we save energy two ways by using the microwave. First, it takes energy to use the microwave than an oven. Second, we don't heat up the kitchen and therefore don't require extra cooling for the kitchen.

Miami Chicken Legs

2 to 21/2 pounds chicken legs or thighs

½ cup catsup ¼ cup vinegar

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tbs. oil 2 tbs. brown sugar

2 tbs. mustard 2 tbs. lemon juice

Noticeboard

RESCUE AUXILIARY
The Vanceboro Rescue Squad
Auxiliary meets the first Tuesday night of each month at the
Vanceboro Volunteer Fire Department at 7:30 p.m. Those interested in serving in a worthwhile volunteer organization and
helping the community are helping the community are asked to attend.

EMT COURSE

EMT COURSE
The Vanceboro Rescue Squad
Wilt host an emergency medical
technician course for any people
that may be interested in receiving this type of training. You do
not have to be a member of the
rescue squad to attend. The
course will be held at the Vanceboro Volunteer Fire Department.
A minimum of 15 students is required to conduct the course.
Contact Dean Morris at 244-0594
for more information.

SENIOR CITIZENS

The senior citizens in United Tri-County Senior Citizens Inc. are reminded to attend the "Happy Birthday Party" this month. Senior citizens in Vanceboro meet regularly in the newly-renovated community center in Vanceboro. The last Friday of each month is the date for the "Happy Birthday Party."

HERITAGE CRAFTS

The N.C. Extension Service will conduct a two-day "Heritage Crafts" workshop March 21-22 at the Agriculture Extension Center in Kinston. Participants make select from a variety of one or select from a variety of one- or two-day classes. Classes are from 9:30 a.m. to 4 p.m. each day. Parti-cipants are asked to bring a bag lunch. For more details on clas-ses, cost, supplies and registra-tion, contact Susan Noble at 633-1477. Registration closes Feb. 28.

COOKBOOK

COOKBOOK
The Craven County Extension
Homemakers have available for
sale the latest N.C. Extension
Homemakers Cookbook. This
cookbook was compiled by the
N.C. Extension Homemakers for
the 1988 national meeting it
the dand contains recipes from
aeross the state. For more information contact Susan Noble
at 633-1477.

SENIOR EXERCISES
Twin Rivers YMCA now offers a basic exercise and stretching class for adults over age 55. The classes are on Mondays and Wednesdays from 9 to 9:45 a.m. at the YMCA. For more information, call 638-8799.

AFTERSCHOOL PROGRAM
The Twin Rivers YMCA offers after school care for school-age children at the following school sites. In New Bern, Brinson Elementary; in Havelock, Roger Bell, Graham A. Barden Elementary and Pamlico County, Fred Anderson and Arapahoe schools. Children may enroll in the program at anytime during the school year. The cost is \$12 for one child, \$20 for two and \$26 for three children per week. For more information, contact the YMCA at 638-8799.

DROPOUT PROGRAM

High school dropouts can earn a high school diploma by attending night classes. Contact the extended day program director at New Bern Senior High School or any school counselor in the New Bern-Craven County Schools. Classes began Jan. 30. Call 636-8230 for more information.

CHILDREN'S PARADE
The Craven Arts Council is looking for participants for the second annual Children's Parade to be held April 29 at 10 a.m. as part of the 89 Spring Arts Festival. The theme this year is "Fairy-tales." For more information, call 239 2787 or stop by the Bank of 638-2787 or stop by the Bank of the Arts, 317 N. Middle St., New

SEEK-A-SENIOR

The Twin Rivers YMCA Seeka-Senior program is a referal service promoting odd-job employment of active older adults who are 35-years-old or older by com-munity members needing work done at reasonable rates. Call the YMCA at 638-8799 to find re-sources for hiring seniors to do such work as maintenance and repair, sewing, house-sitting and babysitting.

BARYSITTING

BABYSITTING
The Twin Rivers YMCA is offersing a course titled "Babysitting Techniques" for young people ages 10 and up who would like to get a solid foundation in babysitting. Students will be taught safety issues, caring techniques and areas of responsibility involved in child care. Classes will be taught at the YMCA on Wednesdays from 7:30 to 8:15 p.m. Call the YMCA at 638-8799.

HOSPITAL HOURS

Craven Regional Medical Cen-ter has extended its hours of opter has extended its nours of op-eration for its outpatient registra-tion center from 6 a.m. to 9 p.m. weekdays and 9 a.m. to 2 p.m. Saturdays. The center is located in the front lobby of the hospital. Appointments may be made by calling the outpatient registra-tion desk at 633-8118.

DRIVERS NEEDED

Drivers are needed to transport people for the Council on Aging from Vanceboro to appoint-ments with doctors. Mileage will be paid. Contact Camille at 638-2118.

ARCHERY

Learn and experience the chal-lenge of archery. Craven County Recreation and Parks Department is seeking currently orga-nizing archery classes in New Bern beginning this fall. Classes will be available for youth, adults and senior citizens. In interested in participating or for more information, contact Eddie Games at 636-6606.

Adults over 50-years-old can spend a weekend or a week in the Blue Ridge Mountain. If interested, then Camp Cheerio, a YMCA camp in Roaring Gap, might be just the place this spring or summer. A presentation on the camp will be made by the YMCA at Twin Rivers Mall at 10 a.m. March 21. Call the YMCA at 638-8799 for more information. at 638-8799 for more information.

SENIOR CITIZENS
The United Tri-County Senior
Citizens, Inc. will sponsor a
health fair March 22 from 10 a.m. to 12:30 p.m. Blood pressure will be checked, a glaucoma and eye screening will be held and other services provided. The location of the fair was not given in the news release. Contact the orgawhere the health fair will be held.

(See NOTICES, Page 6)

8:30-until. Walk-ins welcome.

years experience.

perience.

Rachel's Hairstyling, Tan & Tone is proud to announce three new hair designers.

Gertie May Corey-Local owner and operator with 15

Linda Jones-Beauty College instructor with 5 years ex-

Kelly Morris-17 years experience in total Beauty Care.

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244-2255

Rachel Gaskins-Susan Williams-Pamela Cannon

We welcome them to our staff, open 6 days a week

dash of onion salt dash of pepper

paprika

dash of garlic powder Wash and dry chicken. Prepare marinade and basting sauce by combining all ingredients except paprika. Place chicken on a microwave roasting rack or pan. Sprinkle with some paprika. Microwave on high for 6 minutes, turning chicken after 2 minutes and basting with sauce on all sides. Let chicken stand, covered for about 5 minutes. Brush again with sauce.

Microwave uncovered at high power for another 6 minutes or until chicken is done. Chicken thighs require a longer cooking time. Check to see if thighs are done. Juices should run clear when chicken is checked with a fork. Serve hot with hot rolls and green salad.

Twice Baked Potatoes

4 baking potatoes 3 green onions, thinly sliced

2 tbs. butter

1 cup milk or half-and-half, hot

1/2 tsp. salt dash of black pepper

dash of nutmeg

dash of paprika

4 slices of bacon 2 tbs. grated cheddar cheese

2 tbs. grated Parmesan cheese

Arrange potatoes on a microwave dish. Pierce with fork in several places. Microwave for 10 minutes on high power. Rearrange potatoes after 5 minutes, turn them over. Place potatoes on counter, cover and let stand for at least 7 minutes. (Potatoes

Combine butter and onion in a microwave dish and microwave on high for at least 1½ minutes or until onion is soft. Place bacon on a paper towel on a microwave dish and microwave at high power for 4 to 5 minutes or until almost crisp. Let stand for a minute, then crumble.

Cut potatoes in half, scoop out pulp. Mash potatoes with butter and green onion mixture, milk (or half and half) and seasoning until light and fluffy. Add bacon. Spoon potatoe mixture into shells. Arrange on microwave dish. Sprinkle with cheeses. Microwave on high, uncovered, for about 5 minutes or until potatoes are hot and cheese melts. Rotate dish after half of cooking time if microwave is not self-rotating.

Kentucky Biocuits

2 cups all-purpose flour 21/2 tbs. baking powder

1/2 tsp. baking soda 1/2 cup butter or shortening

l tbs. sugar

1 tbs. melted butter

% cup buttermilk Mix flour, baking soda, baking powder, salt and sugar in a mixing bowl. Cut in butter or shortening with pastry blender until mixture resembles coarse crumbs. Add buttermilk and

mix quickly to make a soft dough. Turn out on lightly floured surface. Knead to make soft dough. Don't over-knead or bis-cuits will turn out hard and dry. Roll out to a 6-by-6-inch square. Place on ungreased baking sheet. With knife, cut dough into 12 even portions. Do not

separate. Bake at 400 degrees until golden brown, about 15 minutes. Serve hot with jams, jellies or butter.

Aunt Pat's Baked Apples

4 baking apples, Rome Beauty or Pippin varieties

water lemon juice

3 tbs. butter

2 tbs. brown sugar

1 tbs. all-purpose flour

2 tsp. cinnamon

1 tsp. cloves

3 tbs. chopped walnuts

American Heart

Association

VISA.

3 tbs. coconut

Rinse apples, cut in half and remove core. Do not peel. Place in bowl with water and a little lemon juice. Remove apples and pat dry before cooking.

Prepare filling by combining brown sugar, flour, butter, cinnamon and cloves in a microwave-safe bowl or measuring cup. Microwave on high for about 20 seconds until butter softens, stir to blend. Add chopped nuts and coconut and mix to blend.

Arrange apples in microwave-safe baking dish. Spoon topping over apples, filling holes and mounding topping. Cover dish with waxed paper and microwave at high power for 5 minutes, turning dish once. Check to see if apples are done. They should be soft but not mushy. If too hard, microwave at medium power for another 2 to 3 minutes. Cooking time depends on size of apples, ripeness and variety. Serve apples warm with whipped cream or ice cream.

Along the pathway of life many of us fail to do things because we fail to have the desire to really want to do particular things.

Many times in our churches there are things we would like to see done, but we wait for the work to be completed by someone else. Why do we wait or others? The answer is simple. We don't want the responsibility. We want someone else to be

Suppose everyone shuns responsibility. We may not realizw it, but if we really want to see a job done, we will do something about it. All through the ages, God has used great leaders to get specific deeds done. Joshua was the leader who took Moses' place and went forward to lead the Israelites into the Promised Land. It was not because of Joshua's strength that God could use him for this job. It was because he was willing to obey and depend on God.

Any of us that want to can tell others about Christ and his saving power and lead others to know him if we know Jesus and want to tell others about him. God can use a little child that knows his love and has a desire to work and take God at his word. Samuel 2:18 says, "But Samuel ministered before the Lord. Samuel 3:4 says, "That the Lord called Samuel and he answered, 'Here am I."

I know of an instance where a small child was used to tell some about the plan of salvation. This I know for a fact because that child was my granddaughter. When she was a very small child, I had taken a job selling door-to-door. The first day I was planning to go out, she came over that morning. She was repeating the selection in the Bible about being weighed in the balance and found wanting. She asked me the meaning of that passage. I told her the Bible story of the handwriting on the wall. I know at the time she had not heard that scripture read or in a sermon. I know some how God had impressed it on her heart. She followed me around all morning talking about people getting drunk. At that time she had never been exposed to any drinking in any amount. We had not talked to her about it. That afternoon she went out with me for my first trip selling door-to-door. When I made my first stop, instead of going in with me where the lady of the house was, she stopped on the porch and began to tell the woman's husband about the plan of salvation. She told him that if he would ask God to forgive him of his sins and ask Jesus to enter his life, that Jesus would come and take all the bad stuff out of him. She mad it so plain that if that man failed to find the Lord as his savior, he cannot say he did not hear the message. She made it so plain that anyone could understand English could understand God's plan for salvation. Therefore, I mjst say I know that man has heard the real message one time in plain, simple words. I must say she did better than I did, because I never told him and now

Tell Someone

Tell someone that Jesus saves today, Someone may be falling along the way. Will you be the one to blame, Telling others is not a game, It is a job that must be done, If the victory is to be won. Tell someone, tell someone today, Someone is passing your way, Tomorrow may be too late, Please, oh, please, don't wait. Someone needs to know, So to Heaven they can go.

— Reba W. Mitchell

Church Announces Special Observance

The Vanceboro Pentecostal Holiness Church will observe Women's Ministries Founder's

Day on Sunday, March 12.
Services will include remarks by a special speaker. Lunch will be served following the morning

The lunch will be served in the fellowship hall of the church.

Mr. and Mrs. John Waters, Janie Lewis and Velma Spear joined the church Sunday. Mrs. Spears is the mother of Rev. Aubry Spears, pastor of the church.





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