



REPRESENTATIVE CITED — James Adcox, of Raleigh, right, adjutant of the N. C. Department of American Legion, is shown presenting a citation to Rep. Charles Evans of Dare County for his support during the 1979 General Assembly. Adcox said while the citation was presented by the American Legion it was on behalf of all non-profit organizations who participate in bingo as a fund raising project. The event was last week at a meeting of Edward G. Bond Post No. 40 where Rep. Evans was the featured speaker.

Funding Is Approved

RALEIGH — The Public Transportation Advisory Council (PTAC) has approved recommendations for a total of \$601,981 in state funds for public transportation projects across the state.

Transportation Secretary Tom Bradshaw, chairman of the council, said the public transportation projects will be recommended by the council to the state Board of Transportation for inclusion in the department's Transportation Improvement Program (1979-85) for fiscal year 1980. Action by the Board is expected early this

fall. "Meeting these types of needs is part of the Governor's program to develop a comprehensive transportation system which is both convenient and energy efficient," Bradshaw said.

In addition to the money for capital improvements, the council also recommend the allocation of \$263,786 in state funds to areas developing innovative services and approaches to public transportation.

The total local match for the 19 projects is \$36,504 and the total federal match is \$101,480.

Public Hearing Is Slated

Should menhaden boats be kept a certain distance from the beach when involved in fishing operations?

Comments on this topic will be received at a public hearing of the N. C. Marine Fisheries Commission, August 22, 7:30 P.M., Marine Resource Center, Manteo, according to J. J. Smith, chairman of the commission.

Presently there is no distance from the shore limitation on menhaden operations. Recent incidents where quantities of menhaden have washed up on the beach when nets

broke or equipment failed have caused concern from beach residents, Smith said.

This item is a late entry on the agenda for the public hearing; flounder and striped bass will also be discussed.

If an individual can not attend the meeting written comments will be received until Sept. 3 and will become a part of the record. Additional comments on this issue will be solicited at other Marine Fisheries hearings, probably in the central and southern sectors of the state.

Major WIC Program Evaluation Is Planned

ATLANTA, Ga. — The U. S. Department of Agriculture is seeking proposals to design a major evaluation of the supplemental food program for women, infants and children (WIC), Assistant Secretary of Agriculture Carol Tucker Foreman has announced.

Foreman said the study is the first step toward a major evaluation of the health and nutritional impact of WIC on the women and children in the program.

The department's Food and Nutrition Service, through the WIC program,

works to improve the health of pregnant, postpartum and breast-feeding women and their infants and young children by providing nutritious foods and nutrition education.

The program has grown rapidly in recent years, according to Cherie Morris, Southeast Regional director of the WIC program, with participation nationwide increasing from about 200,000 women, infants and children in 1974 to more than a million persons last year.

In the Southeast, Morris said, there are now more

than 354,000 persons taking part in the WIC program.

Public Law 95-627, enacted last November, authorized funds to evaluate the health benefits of WIC. The present study will provide data for USDA and Congress to use in decisions affecting future program funding.

In the study, the contractor will analyze the status of WIC projects, develop effective measurement techniques to assess program outcomes and evaluate the health and nutritional impact of the

WIC program on participants at a small group of project sites. Using these results, the contractor will plan a more comprehensive analysis of a broader sample of WIC projects. Preliminary findings are expected to be ready in the Spring of 1982.

Interested contractors should contact the contracting officer, Administrative Services Division, Room 124 Auditors Building, FNS, USDA, Washington, D. C. 20250. Proposals will be accepted until August 30, 1979.



Sen. Melvin Daniels
Sen. Daniels To Speak

Seventy-three candidates for graduation will receive associate degrees or diplomas in their chosen areas of study on Friday, at 8 P.M. when the assembly in the gymnasium at College of the Albemarle for the college's 15th Summer Commencement.

State Sen. Melvin R. Daniels of Pasquotank, will deliver the commencement address. Daniels is serving his third term in the N. C. General Assembly. He is a consultant for Peoples Bank and Trust Co. and is director of its board of managers.

The senator, who has steadily increased his sphere of influence in the legislature since his election to office in November of 1974, has gained a reputation as a diligent worker in the promotion of the interests of eastern North Carolina.

Last week, he was named to a three-year term as a member-at-large of the South Atlantic Fishery Management Council by Gov. James B. Hunt. The Federal advisory body oversees fishing resources along United States coastlines.

He also is a member of the N. C. Seafood Industrial Park Authority. The function of this group is to promote, develop, construct, equip, maintain, and operate the seafood industrial parks within the state.

Jetliner Production At Peak



The final assembly building at Boeing's Renton, Washington facility is filled to capacity with new 727 and 737 jetliners as production rates near peak volumes. The 727 trijet (right) is being built at the rate of 12 each month and the 737 twinjet at 8½ a month. The 737 was the best selling commercial airliner last year, with 146 orders received for the 115-130 passenger jetliner.

Internship Applications Being Received

Young people in Chowan County who are students at colleges and technical institutes have until September 14 to apply for the North Carolina state government fall internship program.

For at least six weeks, students spend 10-20 hours per week interning in a state government agency in a field related to their career interests. They do not receive a stipend but may arrange to earn academic

credit for the experience. Any student attending a North Carolina college, university, technical institute or community college or any North Carolina resident attending such a school outside the state is eligible to apply.

To apply, send an academic transcript, a personal resume, a letter stating reasons for wanting to participate, and a state government application form (available in college

placement offices and local Employment Security Commission offices) by Friday, September 14 to the Youth Involvement Office, Suite 115, Howard Bldg., 112 West Lane St., Raleigh 27611.

For additional information, write the Youth Involvement Office or call 919-733-5966.

The program is sponsored by the N. C. Internship Program of the Department of Administration's Youth Involvement Office.

4-H Congress Notes

Continued From Page 1-B

Thursday morning, Darlene Everson and Maurice Jordan were recognized for winning Development Fund Scholarships. Afterwards, 4-H'ers chose form the many seminars that were offered.

They varied from "Longtime Records" to "International Dances". Everyone came out of the class with many new ideas. Thursday afternoon saw the new state officers

elected. Each county casted electoral votes in the same manner as those of the Republican and Democratic Party Conventions.

That evening the delegates' banquet and talent show were the main features. Sandra Coston was one of the few allowed to participate in the high-quality show. Her song "Bridge Over Troubled Waters" brought cheers from the one thousand or more 4-H'ers.

David Jordan was inducted as one of the 28 new district officers in the final ceremony of Congress. The Congress was brought to a close with a dance. The music makers were called Gene Barber and the Cavaliers.

Musical Group To Perform At Rocky Hock

The musical and witnessing group, "Joy", from Chesapeake, Va., will be in concert at the Rocky Hock Baptist Church Saturday night at 8 P.M. They have been working together for three and one-half years and have presented concerts in over 40 churches during this time. The group ranges in age from 16 to 24 years old and they love to proclaim the good news in song. The program will include music for all ages and everyone is encouraged to attend.

The group is under the direction of Mark Gerhardt.

Creative Cooking Hints From The Herald Kitchen

Continued From Page 2-B bowl with chilled beaters to make it even fluffier. It will take longer to whip to a fluffy stage than to heat whipping cream until stiff.

Mix cottage cheese and Blue cheese according to your taste and add chopped onion, seasoned salt and hot pepper sauce, if desired. It's good stuffing for celery sticks or a dip for crackers.

Tomatoes don't always have to go into a salad. They can be served as a hot vegetable. Cut four tomatoes in half, then sprinkle cut surfaces with salt, pepper and crushed basil. Broil several inches from source of heat for 3 to 4 minutes. Remove from broiler and top each tomato slice with Muenster cheese. Return to broiler only long enough to melt cheese and

serve immediately. Should give you eight servings.

Make it a special breakfast if you're having toast, waffles or pancakes by spreading them with Orange Butter. Beat 1 stick butter and ¼ cup confectioners' sugar until light and fluffy. Then beat in 2 tablespoons frozen orange concentrate that has been thawed, until well blended. Makes about two-thirds cup.

Pick a packet for holding vegetables to serve with summertime meals. On double thick rectangles of foil, place six potato slices, six carrot strips and several green pepper strips. Add a tablespoon, each of butter and water and one teaspoon bacon bits. Fold foil onto vegetables in a tight double fold, with ends up on top. Place on grill with folded side on top. Cook 20 to 25 minutes or until vegetables are done.

After grilling or broiling chicken or fish, give it a delightful flavor with Lemon Butter. Add ¼ teaspoon grated lemon peel to ½ stick butter that's been melted.

Serve a Summer Bean Salad for a hearty lunch. Combine ½ cup sour cream, ½ teaspoon seasoned salt and ¼ teaspoon garlic powder. Gently fold into two packages (10 oz. each)

frozen lima beans that have been cooked, drained and cooled, along with eight ounces of cooked and crumbled bacon and a small diced tomato. Cover and chill two or three hours to allow flavors to blend, then make six to eight people glad they came for lunch.

Commercial AM radio stations in the U.S. number 4,525 while commercial FM stations total 3,046. Educational stations—all FM—add up to surprising 956 nationwide.

OUR LEGACY FROM THE MEDICINE MAN

Who would ever think on entering today's "remined pharmacy that many of the medicinals available there had their early beginnings with the medicine man. Of course, they have undergone many changes and refinements. In early days, Indians chewed on roots of certain plants in order to extract a "magic substance." This later evolved to a "more sophisticated" technique of cooking the roots for hours and then boiling down the resultant liquid.

Thousands of years have passed since these earliest processes were begun. Our contemporary drugs may bear little resemblance to their crude ancestors. But, many of the basic chemical substances do date back to the medicine man.

YOUR DOCTOR CAN PHONE US when you need a medicine. Pick up your prescription if shopping nearby, or we will deliver promptly without extra charge. A great many people entrust us with their prescriptions. May we compound yours?

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