

**EXTENSION SCENE**

North Carolina

**AGRICULTURAL EXTENSION SERVICE**

**JOHN G. RICHARDSON**  
Robeson County Extension Chairman

Last week the North Carolina Society of Farm Managers and Rural Appraisers toured three major points of interest in Robeson County as a part of their annual summer tour. Some local farm leaders who are involved in that society include Frank Boyette, David Guy, David Barker, and Gene Ballard.

nursery. Another stop included a tour of the Campbell Soup Complex in Maxton, while the other stop was the one that provided the inspiration for this particular column.

The third stop was made at one of McNair Farms units that is consistently highly productive. This particular farm is called the Desert and is located near Rennett. It is a classic Carolina bay in every way, and following the draining of this large Carolina bay, it was subsequently cleared and the crops that are growing at the present time are simply magnificent.

The total land area of the

Desert includes approximately 1,600 acres with over 1,200 acres cleared and in production. The Desert farm is a classic example of some of the reclaimed wetlands that is so characteristic of many of the productive farms in this county.

In recent years USDA has placed major restrictions on the development of wetlands and have actually restricted the Soil Conservation Service in their activities regarding reclamation of these wetlands. However, with most of the Carolina bays in this area having predominant soil types of Rains or Corville, when

drained they become extremely productive for corn, soy beans, and other related crops.

The recently released definition of wetlands by USDA stated that "Wetlands are those areas that are inundated by surface or ground water with a frequency sufficient to support and, under normal circumstances, do or would support a prevalence of vegetative or aquatic life that requires saturated or seasonally saturated soil conditions for growth and reproduction. Wetlands generally include swamps, marshes, bogs, and similar areas, such as sloughs, potholes, wet meadows, river overflows, mudflats, and natural ponds."

While considerable controversy may continue to exist regarding reclamation of wetlands, a view of the Desert farm surely indicates that when properly drained, soils of the type that are predominant in the Carolina bays of this area certainly are highly

productive and appear to be equally as well suited for optimum crop production as other highly productive soils.

Keep unpopped corn in the freezer. It stays fresh and makes the best popcorn ever.

**LRDA IN ACTION**

by Garry Lewis Barton  
LRDA Public Relations Officer

One of the most exciting and colorful events of the Annual Lumbee Homecoming celebration is the Homecoming Pow Wow, to be held Saturday, July 3rd, from 6:30 p.m. til, at the Pembroke Senior High School football stadium. The public is cordially invited to attend and there is no admission charge.

A crowd of about 1,000 people is expected to gather to see the dancers dressed in beautiful Indian regalia complete for the hundreds of dollars in cash and valuable prizes. An open archery competition will be held before

the pow wow dance contest begins.

Co-sponsors of the Lumbee Homecoming Pow Wow are the Prospect Jaycees, the Robeson County Indian Caucus. Spectators can enjoy the archery and dance competition and will be able to purchase arts and crafts from Indian craftsmen and traders who will be in attendance.

To help defray costs of holding the Pow Wow, the sponsors will hold a progressive raffle (top prize to be given last) with many valuable prizes to be given away during the pow wow. Prizes

will include many valuable Indian handicrafts, leather work, woodwork, beadwork, jewelry, and other merchandise.

For additional information please contact Ben Jacobs or Diane Sampson at (919) 521-8602.

**GOSPEL SING SCHEDULED AT PSU SUNDAY**

The following groups will be performing Sunday, July 4, from 2-4 p.m. at the Gospel Sing which will be held in PSU's Performing Arts Center: Graham Family, Cherokee Quartet, Lowery Trio, Heaven Bound Boys, Prospect Quartet, Mt. Airy Church Choir, D & L Gospel Singers, Ms. Judith Locklear and the Pierce Family.

There will be no admission charge. The public is cordially invited to attend.

**LUMBEE HOMECOMING AWARDS BANQUET TONIGHT**

Lumbee Homecoming 1982 has many festive activities scheduled during the Independence Holiday Weekend: June 30-July 4, 1982. Always an important part of any Lumbee Homecoming is the AWARDS BANQUET

which will be held tonight, Thursday July 1, 1982 at the Pembroke Jaycee Hut, beginning at 7:30 p.m. This banquet is an annual occasion to bring together the Lumbee People and to recount our accomplishments in the community. We realize through our efforts that we can chart our own destiny in our community.

Master of Ceremonies for this affair will be Herbie Oxendine, President, The Car Company located in Lumberton, N.C. He is a member of the Lumbee Jaycees and serves on the Board of Education, Lumberton City Schools. He is the proud recipient of the 1981 Business Award.

In addition to our guest speaker, Congressman Charlie Rose, there will be a very special guest appearance from Mr. Ron Andrade, Executive Director, National Congress of American Indians (NCAI), headquarters located in Washington, D.C. Tickets can be obtained by contacting Gary Deese, ANA Coordinator at LRDA's ANA/CETA complex between 8:30 a.m. and 5:00 p.m.

**savings you can see**

**SHOULDER ROUND STEAK**  
\$1.79 LB.

**BO'S SUPER MARKET**  
3 BO'S STORES  
LUMBERTON • Fairmont Rd • Godwin At 5th  
PEMBROKE • Union Chapel Rd  
FOOD STAMPS Welcome!  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES  
NONE SOLD TO DEALERS

**GRADE "A" FRYERS**  
2 TO BAG  
47¢ LB.

**BONE-IN SHOULDER ROAST** \$1.79 LB.  
**FRESH GROUND BEEF**  
FAMILY PACK  
\$1.19 LB.

**BONE-IN STEW** LB. 99¢  
FAMILY PACK LEAN BONELESS STEW BEEF LB. \$1.89  
FRESH GROUND CHUCK STEW LB. \$1.89  
1-LB. FROSTY MORN BOLOGNA LB. \$1.59  
1-LB. FROSTY MORN BACON LB. \$1.69

**CUBE STEAK** \$2.59 LB.  
**FROSTY MORN FRANKS** 12-OZ. 99¢

**SCOTTISH PUDDING** 10-LB. \$6.99  
**SCOTTISH PORK SAUSAGE** 10-LB. \$15.99  
**SMOKED SAUSAGE** 10-LB. \$14.99  
COMBINATION CHICKEN PARTS  
3 Breast - 3 Thighs  
3 Drumsticks  
99¢ LB.  
FRYER LIVER OR GIZZARD LB. 89¢  
FRYER BACK LB. 29¢

**CENTER CUT BONE IN CHUCK ROAST** \$1.39 LB.  
**HEAVY WESTERN BEEF CHUCK STEAK** \$1.39 LB.

HELLOGO'S SUGAR SMACKS 18-OZ. \$1.60  
HELLOGO'S PRODUCT 19 8-OZ. 99¢  
HELLOGO'S RAISIN BRAN 30-OZ. \$1.65  
QUAKER INSTANT OATMEAL 10-OZ. \$1.09  
QUAKER QUICK GRITS 1-LB. 53¢  
SPECIAL TOTAL CEREAL 8-OZ. 99¢  
ARMOUR FROSTY MORN TRIPE 24-OZ. \$2.09  
LARD 4-LB. \$1.69  
SPECIAL CRISCO OIL 16-OZ. BTL. 95¢

**BOUNTY PAPER TOWELS**  
JUMBO ROLL 79¢

**KRAFT MACARONI & CHEESE DELUXE DINNER** 14-OZ. 99¢

**ICE CREAM**  
VANILLA • CHOCOLATE AND MARBLE FUDGE  
5-QT. BUCKETS \$2.99  
3 GAL CHURN 8.99 (Pembroke Stores Only)

**TOM'S CHIPS**  
BAR-B-CUE • CORN CHEESE • BUGLES  
89¢ 4-OZ.  
BUY 2 GET 1 FREE

**KRAFT PARKAY MARGARINE** 1-LB. 2.99¢

**CHARMIN TOILET TISSUE** 4 ROLL \$1.09

**CAMPBELL'S TOMATO SOUP** NO. 1 CAN 4/\$1

**SPECIAL TIDE Detergent** GIANT SIZE \$1.99

**CHICKEN 'N RIBS BARBECUE SAUCE** 18-OZ. 59¢

**SPECIAL Carnation MILK** 13 OZ. CANS 2/99¢

**JIFFY CORN MUFFIN MIX** 8 1/2-OZ. 4/99¢

**MARK RITE IODIZED SALT** 26-OZ. 4/99¢

**MERICO BUTTER-ME-NOT BISCUITS** 10-CT. 9.5-OZ. 2 FOR 99¢

**DUKE'S MAYONNAISE** QT. 99¢

**COCA-COLA SPRITE MELLO YELLO TAB** 12-OZ. CANS 12 PACK 2.99

**LIPTON TEA BAGS** 100-CT. \$1.99

**SPECIAL LUX SOAP** 3 BARS \$1.00

**SPECIAL ARMOUR TREET** 12-OZ. 99¢

**GENERIC BATHROOM TISSUE** 4-ROLL 69¢  
**GENERIC NAPKINS** 180-CT. 79¢  
**GENERIC FACIAL TISSUE** 200-CT. 59¢

**JOY LIQUID DETERGENT** 12-OZ. 79¢  
**SPECIAL CLOROX LIQUID** 1/2-GAL. 69¢  
**PUREZ LIQUID BLEACH** 1/2-GAL. 67¢

**ALPO DOG FOOD** 14-OZ. CAN 39¢  
**CAT FOOD** 8 1/2-OZ. 37¢  
**CHAMP DOG FOOD** 25-LB. \$3.99

**ENGAGEMENT ANNOUNCED**



Mr. and Mrs. Fred Locklear of Pembroke announce the engagement of their daughter, Wanda Kay, to Dexter Earl Locklear of Raleigh. The prospective bridegroom is the son of Mrs. Pauline B. Locklear of Maxton, and Mr. James Earl Locklear of Maxton.

broke Senior High and Pembroke State University. She is employed with Orange County Employment and Training in Hillsborough. The prospective bridegroom is a graduate of Prospect High and Pembroke State University. He is employed with the N.C. Commission of Indian Affairs in Raleigh and will be a second year law student at the University of North Carolina, at Chapel Hill, School of Law in the fall.

The garden wedding is planned for August 7, at the home of the bride. The bride-elect is a graduate of Pembroke Senior High and Pembroke State University.

**GOOD NEWS FOR MATURE AMERICANS**

There's good news for Americans—a long, healthy and active life is not just the result of good genes and a pinch of luck. Evidence is accumulating that good diet and sound health habits contribute significantly to longevity.



Experts from the Wheat Germ Fitness Foundation—an organization of professionals dedicated to promoting healthful diet and physical fitness—say that people who practice even some of the following good habits can enhance their well-being.

Eating a balanced diet and exercising regularly can help add years to your life.

1. Eat a balanced diet. Healthy diets are based on a wide variety of minimally processed foods in moderate amounts. The easiest way to get the right balance of nutrients is to choose from the four basic food groups.

older person include limiting sodium, cholesterol and sugar. Older people also need more fiber for normal elimination. One good source is Kretschmer Wheat Germ, a nutritious natural cereal.

2. Maintain appropriate weight for your height. Remember, that as energy needs drop slowly with each passing decade, food intake and activity levels should be adjusted accordingly. For example, a woman who may have needed 2,000 calories in her early 20s, may need only 1,500 to 1,800 calories in her mature years. Other dietary concerns for the

3. Use alcohol in moderation, if at all, and do not smoke.  
4. Exercise regularly. Staying active helps preserve muscle tone, may prevent calcium loss in bones and helps prevent weight gain. Activity is also important for digestion and good blood circulation.

For a free fitness guide that includes exercise and nutrition information for mature adults, as well as a number of healthful recipes, write to the Wheat Germ Fitness Foundation, P.O. Box 9148-M, St. Paul, MN 55191.

The ancient Egyptians are credited with making the first leavened bread. Legend has it that spores from yeast plants floating in the air settled on dough and expanded flat, hard loaves into something soft, light and filled with air.