



Norlina High School marshals for the 1977 commencement exercises are front row, [left to right] Derrick Cheston, Freda Hight, Wendy Curtis, Oita Cheston and Laurie Hayes. Top row, Michael Norwood, Chuck Ellington, Patricia Hicks, Debra White and Tammie Craft. [Staff Photo]

Norlina High Marshals Named



Blue Wave Chorus Writes Poem

The Blue Wave Chorus has issued the following poem in making the announcement of a "Rockin' Fifties" program to be given Sunday, May 29, at 8 p. m. in the Norlina High Gymnasium:

The rockin' fifties were the fad-filled fifties:
3-D glasses and hula hoops!
The rockin' fifties were the glamour-queen fifties:
M. Monroe in a skirt that went — whoops!
The rockin' fifties were the motorcycle fifties:
A rovin' cult with all the answers!
The rockin' fifties were the T-V fifties:
Cops and robbers and fabulous dancers!
The rockin' fifties were guitar — lovin' fifties.
With Elvis the Pelvis leading the throng,
We all strummed away in the deadpan fifties,
And laughed or cried only in song.
But thru it all —
up above,
down below,
all around—

YOU COULD NEVER ESCAPE THAT ROCKIN' SOUND

Rural Firemen Answer Four Calls

Warrenton rural firemen answered four calls during the past week, responding to a woods fire, two car fires and a trash container fire. The first of these fires occurred on Wednesday afternoon of last week around 3:30 p. m. when 5 firemen and a crash truck responded to a fire on SR 1001 three miles west of Warrenton where a station wagon loaded with newspapers was on fire. The station wagon and some 400 papers were a total loss. Some 4,000 papers were removed from the station wagon. A second car fire was reported at 9:20 p. m. on Wednesday when a car belonging to Gwen Datta Tunstall, Route 3, Warrenton was on fire. Seven men and a crash truck responded.

ed. Damage to the 1971 Dodge Dart was estimated at \$100. Seven men, two fire trucks and a crash truck responded to a woods fire on the Peter Hayes farm near Vicksboro at 4:25 p. m. Friday. The fire was extinguished after it had burned over about one acre. Six firemen and a crash truck responded to a fire call at Warren General Hospital at 6:45 p. m. Saturday. The fire was found to be located in a trash container and was extinguished. No damage was reported.

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Declares Dividend

ROCKY MOUNT, N. C., May 19, 1977—The Board of Directors of Peoples Bank and Trust Company has declared a dividend of 24 cents per share on the bank's common stock for the second quarter, an increase of 2 cents per share above the 22 cents paid the first quarter. The dividend is payable June 30, 1977 to shareholders of record on June 15, 1977. The "X" dividend date is June 9, 1977. Peoples Bank currently serves 23 North Carolina communities with 39 branch offices.

Turkey sells for about \$2 a pound in Chili.

Public Hearing

A public hearing on the proposed use of Revenue Sharing funds by Warren County will be held at the Warren County Courthouse on Wednesday, June 1, at 7 o'clock P. M.

This May 26, 1977.

CHARLES A. HAYES
County Manager

Cooper Discusses Soybean Marketing

By L. C. COOPER
Agricultural Extension Agent

Any way you look at it, the supply situation in soybeans is tight and will remain that way until the 1977 soybean crop is harvested.

November futures have been as high as \$7.76 for 1977 soybeans. History generally repeats itself and most likely it will and soybeans will go to \$5.50 to \$6.50 per bushel.

If you're not a hedger, you're a speculator. If you buy or sell livestock, hogs, soybeans or corn on the cash market, you're taking a big enough risk to be called a speculator. The way prices fluctuate, you could take a much smaller risk by carefully hedging, or contracting your soybeans.

Hedging is a way of buying or selling in advance at a price that you and your business can live with. Hedging is a marketing tool on the futures market which is simply a market on which prices are established for commodities that will be delivered at some time in the future.

Cash contracts allow you to forward prices just as effectively as the futures market. It is a marketing tool that simply guarantees a given price for a given quantity of produce at a given time of delivery.

Hedging requires some capital investment where as cash contracts require no capital down.

Tar Heel Kitchen

By MISSE YORK KIKER
N. C. Department of Agriculture

A recent article suggested food ideas for older citizens, however, requests indicate there is a need for recipe for small family units. Young couples, students, and singles enjoy eating, but find most recipes are for six or more servings. For ease of preparation main dish combinations of meat or chicken with vegetables are excellent choices.

Do you need a crisp, green vegetable to accompany the casserole? Cabbage is an excellent choice. Cabbage has many points in its favor. Select a fresh head of cabbage, cut only the amount needed for preparation and store the remainder of the cabbage in the refrigerator for later use. Cabbage is excellent served raw in your favorite cold slaw or congealed vegetable salad, or may be steamed in a small amount of water for approximately ten minutes. To the steamed cabbage you can add only salt, pepper and butter or bacon drippings for seasoning or be more elaborate with "trimmings" if desired. Fresh cabbage is now being cut in eastern North Carolina thus the price should be more favorable than recently.

Desserts are always welcome and by proper selection can add important nutrients to the diet. With June Dairy Month approaching, we are reminded not to take a vacation from these important foods. Yogurt is a cultured milk product which is one of the oldest foods consumed by modern man but which you may not have discovered. For a simple dessert try:

Plain yogurt sprinkled with brown sugar. Strawberries may be added, if available.

Sliced bananas or peaches with blueberry yogurt sprinkled with flaked coconut.

Plain yogurt drizzled with 2 tablespoons honey per cup of yogurt.

Plain yogurt plus applesauce to taste plus a dash of cinnamon.

Baked Beef-Rice Scallop

½ cup rice, cooked
½ cup leftover roast beef, chopped
½ cup milk
1 egg, beaten
1 tablespoon beef drippings or margarine
1 teaspoon onion, chopped
½ teaspoon salt
Few grains of pepper

Mix all ingredients. Place in a small greased casserole. Bake at 350 degrees F. (moderate oven) for 40 minutes. Yields: 2 servings, about 1 cup each.

Pork And Turnips

2 pork chops, lean
1 tablespoon shortening
4 small turnips, young, sliced
½ medium-size onion, sliced
1 (10½-oz.) can cream of mushroom soup, condensed
½ cup milk
Few grains of salt
Few grains of pepper

Brown pork chops in fat. Place a layer of turnip slices in baking pan. Place chops over turnips and top with a layer of sliced onions. Combine soup, milk and seasonings; pour over the onions. Bake at 350 degrees F. (moderate oven) until chops are tender, about 1 hour. Yields: 2 servings.

Individual Chicken Casseroles

1 cup cooked chopped chicken or 1 can (6 oz.) boned chicken
½ cup diced, cooked or canned carrot
8 small cooked or canned onions
1 cup diced, cooked potato
2 tablespoons fat
2 tablespoons flour
¼ teaspoon salt
Pepper to taste
1 chicken bouillon cube
¾ cup hot liquid
½ cup milk
1 tablespoon melted butter
1 cup ready-to-eat cereal

Put equal amounts of chicken, carrot, onion and potato into two individual casseroles. Melt fat: stir in flour, salt, and pepper. Dissolve bouillon cube in liquid drained from cooked or canned vegetables plus enough hot water to make ¾ cup. Add slowly, with milk, to fat mixture. Cook over low heat, stirring constantly, until thickened. Pour over chicken and vegetables. Mix butter with cereal and sprinkle over tops of casseroles. Bake in 400 degrees F. oven for 10 to 15 minutes. Yields: serves 2.

Truck Crop Acreages Gain

Green beans, or snap beans, don't receive much attention as a commercial crop in North Carolina, but the state is second only to Florida in the size of its spring fresh market crop. North Carolina producers will harvest about 3,000 acres of green beans this spring for the fresh market. This acreage is up 11 per cent from 1976. Spring cabbage acreage is up also. Official projections indicate Tar Heel growers will harvest about 2,500 acres, or 400 more than last spring. The state ranks fourth in the production of spring cabbage. Florida is the largest producer. A whopping 83 per cent increase is expected in the harvest of spring cucumbers for the fresh market. North Carolina has increased its acreage to around 5,500 this year. This would make the state the second largest producer of fresh market cukes behind Florida.

Gospel Baptist Church Commentary

Continued
Messages from the commentaries of Oliver B. Greene sponsored by Gospel Baptist Church, Norlina.

Paul, in Romans, speaks of "Him that is of power to establish you according to my Gospel, and the preaching of Jesus Christ, according to the revelation of the mystery, which was kept secret since the world began" (Rom. 16:25).

Many believers consider Romans a book hard to understand; but it is not difficult to understand if we will "let God be true, but every man a liar" (Rom. 3:4), and if we will read what Romans says and believe it instead of refusing to believe what we read. Many believers must confess that their besetting sin, as having to do with Bible study, is the sin of unbelief. They read a clear statement in God's Holy Word and then they stop, raise their eyebrows, scratch their forehead, and say, "I wonder what that means." Just let God be true and every man a liar! The Word of God says what it means, and means what it says.

There are parables in the Word of God, and there are symbols in the Word of God; but the Holy Spirit always makes it clear when parables are employed to illustrate a tremendous spiritual truth. So when you read a clear statement such as "For sin shall not have dominion over you...." It is clear: When one receives Jesus as Saviour, Jesus is our victory over sin; and if He who is in us is defeated by him who is on the outside of us, then the latter is greater than the former. You will understand if you will read I John 4:4: "Yet are of God, little children, and have overcome them: because greater is He that is in you, than he that is in the world." John is telling us that Jesus Christ is greater and more powerful than the devil. Every believer has within him Jesus in the Person of the Holy Spirit; and Jesus within is greater than the devil without. Therefore "we are more than conquerors through Him that loved us" (Rom. 8:37).

The Book of Romans speaks with authority. The words in Romans were penned down by the accredited representative of the risen Christ, one who was called and ordained of God to bear this message—not only to the Romans, but to all Gentiles. The words we read in Romans are Godbreathed (II Tim. 3:16). So as we read and study these sacred lines, verse by verse, chapter by chapter, should we not feel as Moses felt when God said that he should remove his sandals from his feet because he was standing on holy ground? (See Exodus 3:1-5).

Perhaps someone is asking here, "Just what do we mean when we refer to the Scriptures as being verbally inspired?" We know that not one word of the New Testament had been written when Jesus Christ ascended back to heaven, but we have in God's word plain truths that

declare His Word to be God-breathed, or verbally inspired.

In the first place, Jesus plainly said before He went away that He would leave the revelation of truth unfinished (John 16:12), but He promised that the revelation of truth would be completed after He ascended back to the Father, where He was before He came to earth in a body (John 16:13). Also, those certain men to receive additional revelation from time to time, and to be His witnesses, His preachers and teachers, after He ascended back to the Father. (Read John 16:13; 15:27; Matthew 28:19, 20; Acts 1:8 and 9:15-17.) These words, penned down by holy men called ordained by God, are precisely the same in authority and power as the words spoken by the very lips of Jesus Himself. (Read Matthew 10:14, 15; Luke 10:16; John 13:20 and 17:20.)

I do not believe the Bible CONTAINS the Word of God; I believe the Bible IS the Word of God! I believe every word in the Bible is inspired of God and penned down by holy men called and ordained of God, and they wrote as God's Holy Ghost dictated to them the words they were to pen down for our instruction and admonition. According to the testimony of Jesus Christ Himself and of the men who wrote the Gospels and the Epistles, the Scriptures are verbally inspired; that is, the Holy Ghost gave the words and holy men penned them down.

As we study the Epistle to the Romans, we will notice the exceeding sinfulness of sin; how sin entered; the final wages of sin; and the only hope for the sinner. Then we will see clearly set forth the righteousness of God in Christ Jesus, and our desperate need for His righteousness if we would enter the City of God. We will clearly see that God honors only the righteousness that comes through faith in the finished work of the Lord Jesus Christ, His only begotten Son.

As we come to the closing chapters of the book, we will see clearly set forth the walk of the believers. We will see what the Holy Spirit reveals through Paul concerning our conduct toward each other, and as believers we will learn much about the ministry of the Holy Spirit in our heart and life after we become a child of God.

Paul told the Ephesian believers: "Ye were sometimes darkness, but now are ye light in the Lord: walk as children of light" (Eph. 5:8). Certainly, as we study Romans, we will receive new light, increased light—and if we fail to walk in that light, then we will be worse off after studying this marvelous Epistle, than we were before we began the study. If we see these things and know these things, happy will we be if we do them; but if we see them and refuse to accept them, if the light is revealed and we refuse to walk in it, then better had we never been exposed to the tremendous spiritual truths of Romans.

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