



Winners of a contest sponsored by Warrenton's newest video game center, The Game Room, were given \$5 cash prizes Monday following a weekend's grand opening. Winners were, left to right, Michael Wilson, Roland Taylor, Rudolph Bishop, Waverly Taylor and Steve West. Shown with the winners is William (Dynamite) Evans, manager. Not present to receive their cash awards were Veronica Williams, Tasker Fleming, Michael Hargrove, Darryl Hargrove, and Edward Burnette, Jr. Winners of the door prize drawing were Laurence Pollard of Warrenton, recipient of \$10, and Nannette Young of Rt. 2, Norlina, recipient of a T-shirt. (Staff Photo)

Settlement Is Being Sought

Members of the Soul City Parks and Recreation Association will meet with Chairman Jack Harris and County Manager Glenwood Newsome in an effort to find an amicable settlement of possible differences over water rates for Soul City Sanitary District which were discussed at the Monday morning meeting of the Warren County Board of Commissioners.

City. He said the higher rate would be a deterrent for further industrial development there.

Mrs. Janice Crump, a resident of Soul City, spoke with some heat of "Warrenton's attempt to profit" at the expense of Soul City residents. Pointing out if it had not been for the efforts of Soul City there would have been no such water available for Warren-

ton, Oxford and Henderson. She said it was unjust to try to profit at Soul City's expense, particularly as Warrenton, which is acting as the county's agent, has had to install no pipes, and as a matter of fact water meters and pipes for 100 customers have already been installed by Soul City, and the only expense to be incurred by Warrenton is turning the water on.

Charles Worth, assets manager of Soul City, was the principal speaker for the group, and he said that prior to the dissolution of the Soul City Sanitary District and the take over of its functions by Warren County, that an agreement was reached over water rates which stated that the rates charged Soul City would be no higher than the rate charged its customers by Warrenton.

Worth said that Soul City citizens had no objection to being charged the in-town rate charged by Warrenton, but did strenuously object to Warrenton's higher out-of-town rate being charged Soul

Market Closes

The Warrenton Tobacco Market, which closed its 1982 sales season Thursday, paid out more than \$14 million to area farmers.

Mrs. Alice R. Robertson, sales supervisor, said the market had "an excellent year."

She reported that the local market sold 8,076,458 pounds of tobacco for a total of \$14,261,105.29 — an average of \$176.58 per hundred pounds.

Maples Favored

Many of the brightly colored trees you see this fall will be maples. There are several species in North Caro-

lina and most of them are suitable for planting around the home for summer shade and fall color.

The three most common maples in the state are Sugar Maple, Red Maple and Norway Maple. All of these provide excellent shade and brilliant colors of red, orange and yellow in the fall, according to N. C. Agricultural Extension Service specialists.

The Silver Maple, on the other hand, is not recommended as a landscape tree. It is sold at discount stores and is often planted on sites where it really does not belong. The wood is brittle and, once the tree reaches a certain size, it can be a hazard to people and property during wind and ice storms. The root system often causes problems' with sidewalks, drives and septic tanks.

Maples will grow in wide range of conditions. They grow best, however, in moist locations in either full sun or shade.

When planting a maple tree, be sure to choose a large open site. Dig the hole twice the size of the rootball and mix in plenty of organic material such as decayed leaves, compost or sawdust. Water well and stake if necessary. You can plant maples in either fall or spring. Fertilize in early spring or summer.

There are no serious pest problems with maples. However, galls sometimes disfigure the leaves and alarm homeowners.

Brauer Named To New Term

William Brauer of Ridgeway was re-appointed a member of the Warren County Planning Board for a four-year term at the regular November meeting of the Warren County Board of Commissioners on Monday morning. The meeting was held in the Grand Jury room of the court house because of a special term of court being held for the trial of those tried in PCB cases concerned with alleged violation of state laws.

Amendments to zoning ordinances were tabled because in a recent public hearing only Gaston Lake was considered when both Gaston and Kerr Lakes should have been considered. A public hearing will be advertised and held on Tuesday, Nov. 16, at 7:30 in the courthouse when proposed zoning ordinances hearings for both lakes will be held.

Also tabled for re-advertisement were bids for a pick-up truck for the use of the county manager, because of a mistake in specifications submitted by one of the three bidders.

The report of Mrs. Susan W. Whitley, tax collector, for the month of October showed that taxes in the amount of \$148,819.53 were collected during the month, making taxes collected to date in the amount of \$326,203.54, which is 15.70 per cent of the 1982-83 levy.

Other October collections reported by Mrs. Whitley were: delinquent taxes and penalties, \$6,818.04; partial payments, \$4,611.08;

advance payments \$49.56—Total October collections, \$160,298.21 — 17.23 percent of 1981 taxes collected.

Inspection Dept. Report
The Inspection Department Report for October, as submitted by Chester A. Forrester, director were:

Inspections made—electrical 45, insulation 16, fire 3; permits written, zoning 4, insulation 4.

Forrester also reported that mileage driven through Oct. 27, was 1114 miles.

The commissioners re-certified the Warren County Rural Fire Department.

A contract for the special deputy, employed to assist in paternity case enforcement, was accepted with a \$14.00 per month increase and a mileage allowance of 25c a mile. In agreeing to the renewal of the contract the commissioners praised the employment of the special deputy as one of their wisest moves.

A contract with the county engineers was amended due to questions raised by two of the contractors on waste water treatment plant.

The resignation of Commissioner George Shearin from the Capital Health Systems Board was accepted with regret.

The commissioners tabled consideration of a tax assessment for A&P Tea Company due to need for further study.

County Manager Glen Newsome reported sales tax collections for September in the amount of \$29,270.76.



Turner E. Brown, a native of the Embro Community of Warren County who now lives in Baltimore, Md., is shown with his 1955 Packard which was used in the world premier movie, "The Diner." Mr. Brown reported that the film was shot last spring and is now being seen on television and at movie houses in his area.

Steaming Can Save Nutrients

Steaming, or cooking vegetables over boiling water, is a method Oriental cooks have used for centuries.

Many Tar Heel cooks are discovering, or re-discovering, this cooking method, adds Rachel Kinlaw, extension food specialist at North Carolina State University. It's simple and may be used to cook almost any vegetable that can be boiled.

To steam, use a special vegetable steamer or a collapsible steamer basket in a saucepan. Pour in one or two inches of water, Lower the basket in the saucepan, being sure that water doesn't touch the bottom of the steamer basket. Place vegetables inside the basket, cover and bring to a boil. Steam vegetables until they are crisp-tender or fork-tender.

To shorten cooking time, cut dense vegetables such as carrots and broccoli into thin pieces. Leave soft vegetables such as zucchini in large pieces. If necessary, add more water during cooking. Try to avoid unnecessary peeking; this allows steam to escape.

Relandscaping

(Continued from page 18) slopes.

One problem you're likely to run into if you're re-landscaping an older home is what to do about old foundation plantings. Most likely, you'll have to remove these plants, particularly if they have gone unpruned for many years.

The NCSU extension specialists point out that any shrub up against the house should be pruned annually.

The number of plants in a foundation planting will vary according to the size of the house and the kinds of plants that will be used. Use just enough to tie the house to the ground but not enough to smother or hide the house.

It's desirable to use a few good shrubs and repeat the species several times rather than using a variety of species. The average home needs only about three species of shrubs across the front — seldom more than four.

Some of the best landscape designs contain only two species. Some good ones can have only one species, such as outstanding specimens of boxwood.

If you just love plants and like to have some of many kinds around the house, the best approach may be to establish a shrubbery border. The back property line or along the side of the lot may be the best places for the border.

Driftwood Perfect For Arrangements

Dried, gnarled pieces of wood are perfect for showing dried and fresh flowers at their best. Sun, wind and rain work together as curing agents to turn parts of trees into beautifully colored decorative wood.

Before using it as a holder, the wood needs to be conditioned, says Dr. Linda McCutcheon, extension house furnishings specialist at North Carolina State University.

Remove all dirt and loose particles by giving the wood a good scrubbing with a stiff brush and soap and water. Remove any decayed parts with a paring knife or screwdriver. The wood will require at least a week to dry.

Bark can be removed from cypress knees and other woods by covering them with water and boiling from 45 minutes to an hour. As soon as the bark will peel, remove from water and peel as quickly as possible. Clean the entire piece and set aside to dry in a shady place. After the wood dries, sand lightly with sandpaper or steel wool.

Wood may be used in its natural color or finished to the desired color, Dr. McCutcheon adds. Most woods can be bleached with a strong chlorine bleach solution and dried in the sun.

Most people prefer to leave the exposed sur-

face to the wood natural, but in some instances artificial treatment does bring out the qualities that may not have been naturally evident in the wood.

Several finishing methods may be used on wood pieces.

Penetrating sealer may be applied in several coats, according to manufacturer's directions. After each coat is applied, the wood should be rubbed down with steel wool.

Finally, two coats of paste wax should be applied, giving a polished furniture finish.

Paste wax may be used alone. After rubbing a thin coat, rub the wood thoroughly. Allow to dry 20 minutes and polish.

Courthouse Squares



A GUY WHO GOES TO PRISON FOR LIFE SURE DOESN'T FIND MUCH OF IT THERE.

COMMUNITY HYPERTENSION PROGRAM

Sponsored by Warren County Health Department

By age. By sex. By race.

If you're interested in knowing whether or not you're in a group for which blood pressure (hypertension) is more common — here is some helpful information.

Age discrimination.
High blood pressure seems to prefer older people—half of Americans aged 65 and over have it. Yet, hypertension can occur at almost any age.

Sex discrimination.
Under the age of 50, hypertension is more common in men than in women. After 55 or 60, it is more common in women than in men. But more men die from hypertension complications than do women.

Race discrimination.
Statistics show that blacks, compared to whites, get high blood pressure earlier in life, at higher levels and twice as often. A leading cause of death, it kills 100 times more blacks than does sickle cell anemia.

Whites as well as blacks have high blood pressure, which may be associated with being overweight. (Your doctor would know if you are). Hypertension runs in families and it's aggravated by consuming too much salt.

Why worry about high blood pressure?
Because in its early stages, high blood pressure is a disease without symptoms. More than 35 million Americans of both sexes and all ages and races have it — yet two out of six afflicted persons don't even know it.

Also, high blood pressure can cause hardening of the arteries and it is the major cause of crippling through heart attacks, strokes and damage to the kidneys.

Yet, high blood pressure is one of the easiest conditions to diagnose and to treat.

How is high blood pressure diagnosed?
Hypertension cannot be diagnosed on the basis of one blood pressure reading alone. Only your doctor can accurately diagnose your condition.

What can be done about high blood pressure?
High blood pressure can be controlled in two ways:

1. Healthier living through modifications in life-styles: reduction of weight, salt intake, smoke, stress, anxieties and proper programs of exercise, rest and relaxation.
2. Blood pressure — controlling medicines. These have been among the miracles of modern therapeutics. A whole range of effective medicines can be prescribed by your doctor. The use of anti-hypertensive medicines, together with improved life-styles, has helped cut one type of stroke deaths in half and reduce heart attacks by one-third.

Obviously, you can't be your own doctor. You need a support system. We call it....

Partners in Healthcare. You are the most important partner. Only you can take the first step and seek the advice of your local health department personnel or physician. And it's you who must decide to accept the guidance and counseling of these professionals. And when medicines are prescribed, only you can take them as directed.

If you are uncertain about your blood pressure, give your local health department a call today and make an appointment to have it checked. It is your health and only you can take care of it.

CALENDAR

Monday, October 4-November 29
Free 8-week Weigh-In Contest sponsored by Leigh's of Norlina
Location: Warren County Health Dept.
Time: Between 8:30 a. m. - 5:00 p. m. at your convenience

Tuesday of each Week
Blood Pressure Screening and Monitoring
Location: Warren County Health Dept.
Time: 8:45 a. m. - 2:30 p. m.

Tuesday of Each Week
Free Hypertension Film Hour
Location: Warren County Health Dept.
Time: 3:00-4:00 p. m. by appointment.

You And Your Pet

APPROACH INJURED DOG CAREFULLY

Dear Doctor: What should you do when you come across a dog that's been hit by a car and is yelping in pain? That happened to us. The person who hit it obviously drove off without stopping.

Answer: Approach any unidentified injured dog carefully. There is a possibility of being bitten and if the animal is a stray, it could very well be rabid. Recommended procedure is to cover the animal with a blanket or rug, roll the animal up gently, re-open the blanket as a sling and carry by the edges. If you are adept, you can muzzle the animal with a tie, belt rope or gauze. You can then take the injured animal to an emergency clinic for treatment. If the animal is owned (a good argument for being sure your pet is tagged), you can hope that the owner will praise you for your good works and pay the bill. If the animal is unowned and you do not want to accept responsibility for its care, your only other choice is to call the dog pound or humane society where it will be put down. Regrettably, there is no easy answer to your question. Problems of this nature are mushrooming as people abandon their dogs, for a variety of reasons, or refuse to take responsibility for them leading to a growing population of strays who then become a burden to people, like you, who care.

Dear Doctor: Are rabies still a threat? I haven't read much about animal quarantine lately.

Answer: The incidence of rabies rose 9% in Indiana last year following a previous increase the year before. So, yes, rabies is a threat, fed by the number of unvaccinated strays roaming in our communities. The problem is particularly serious in the rural areas where rabid animals, especially skunks, pass the disease on by biting domesticated animals.

Dear Doctor: I have a dog, part poodle, and she has a skin disease. The veterinarian doesn't know what causes her ailment but said I could try giving her a diet of rice and hamburger which I am doing now. She is 14 years old.

Answer: Your veterinarian apparently feels that an allergy is causing the skin disease. A diet of rice and hamburger is prescribed in such cases. If the problem persists, you may want to ask your veterinarian to test your pet more thoroughly or you may want to seek a second opinion, possibly from a veterinarian specializing in skin diseases. The important thing for a pet as old as yours is to keep her as comfortable as possible.

(Do you have a question about pet care? If so send it to "YOU AND YOUR PET", 112 Johnston Street, Smithfield, N.C. 27577).