

Lifestyles



Celebrating youth art

In celebration of Youth Art Month, South Hoke fourth graders Denis Woods (left) and Robert Hill (right) assisted their art teacher Martha Warren (not pictured) with the painting and display of this sign, which will be shown throughout Hoke County during March.

Ash offers good shade

By Willie Featherstone Jr., County Extension Chairman
Ash is an excellent shade tree and can work well in your landscape if there is space for it.

Two types of ash are native to North Carolina and grow well throughout the state. They are green ash and white ash. They are among the best and fastest growing of all trees for shade.

The main difference between growing white ash and green ash is the soil requirement. Green ash will grow on a wide variety of soil types. White ash is very demanding in its soil requirements. It needs moist, well drained, loamy or silty soil of high fertility if it is to grow rapidly.

Another difference is in the color of the fall foliage. Green ash provides an early burst of bright yellow color in the fall. The foliage of white ash is more bronze. A final difference between the two

species of trees is their tolerance to shade. White ash can be grown in partial shade. Green ash needs full sun for best growth.

Both species of trees can attain heights of up to 100 feet and a spread of up to 75 feet at maturity. They have attractive, dense summer foliage. Their average life expectancy is 75 years.

Both green ash and white have shallow root systems, which occasionally cause lawn problems if surface watering and fertilization are used. Deep watering and fertilization will cause the roots to form deeper.

Heavy seed crops are often a problem. However, varieties of male trees which do not produce seed are available. Three commercially available seedless varieties of green ash are Marshall's Seedless, Emerald and Summit. Two commercially available seedless varieties of white ash are Rose Hill and Autumn Purple.

Skill improves buying power

By Ellen W. Willis, Home Extension Agent
Increasing prices, although slight, decrease by buying power. More money is needed to maintain the same level of living. Increasing income is not always possible, but most of us could fine tune our consumer habits and increase the buying power of the money we have. This can be done through: wise spending, eliminating waste and increasing productivity.

Springtime is fine for increasing buying power. Why not involve the entire family in a three months project? To do this, the family should talk about the idea and build enthusiasm for it. Then decide how much money they would like to save, how the money will be used, and exactly what will be done, when and by whom. The following tips can help you decide what to do.

Dollar-saving tips

Make a spending plan and follow it -- cut out spur-of-the-moment buying. In the plan, include basic items needed and reduce convenience and luxury items. Reduce shopping trips to once a week or less.

Find the cheapest way to buy "repeat" items -- the things you use everyday or every week. For example: buy in bulk when cheaper, use day-old bread, buy end of season items, time purchases for traditional sales or weekend specials, and "brown-bag" lunch several times per week.

Recycle instead of buying a new item -- alter clothing, refurbish furniture, repair and reuse items of clothing, furniture and furnishings.

Do-it-yourself instead of buying a good or service, for example: routine car care, yard work, and home repairs and maintenance. Borrow, rent, or trade with

neighbors instead of buying -- special tools, and equipment, books, children's toys, and furniture.

Select low or no-cost fun and vacation activities -- plan close at home activities, use tourist or guest houses instead of motels, purchase early and special-rate (super-saver) airline tickets, avoid expensive food stops on a car trip, and take along packets of staple foods -- cereals, crackers, peanut-butter, etc.

Save on holiday gifts by making or buying throughout the year when there is a price advantage. December is the most expensive month to buy gifts. (Continued next week).

Thinking thin important

There's more to losing weight than eating fewer calories. You have to learn to think thin, too.

This means that as you change your eating habits, you should use imagery to picture yourself in new roles or situations. No doubt about it. Mental rehearsal can be useful for getting a picture of how a thin person behaves.

Imagine yourself going to a size 10 rack and trying on clothes that fit. Or imagine going to a family dinner and not overeating.

Then try to get involved in activities that take you outside of yourself. Instead of dwelling on the difficulties of losing weight, get involved in activities that you like and that can give you a change to prove how effective you are. Volunteer at the local hospital, renew an old acquaintance or take a course in something that interests you.

Next, take care of some of the other problem areas of your life. Consider taking classes in stress management or time management. Or get involved in a serious, organized exercise program.

Front Burner

And by all means, strive to improve your self-esteem. Perhaps you previously thought of yourself as a person who was weak-willed or poorly motivated about weight. Right now, today, start thinking of yourself as a person who knows how to manage weight.

Then, if you have a set-back, don't feel bad. That's what being human is all about. Just go right back to your low-calories eating plan. And get right back to your new self-image too.

To help you achieve your weight loss goal following are recipes with calorie counts given.

CHICKEN DINNER IN THE POT

2 chicken breasts, split and skinned
2 large carrots
1 large onion
1 tablespoon dried parsley flakes
1/2 cup dry sherry
4 medium size potatoes
1/2 lb. fresh green beans or 1 10-oz. package frozen
freshly ground black pepper
Place chicken breasts in a large heavy ovenware pot. (An enamel-coated cast-iron pot is best.) Peel potatoes, slice 1/2 inch thick and place on top of chicken. Peel and quarter the onion. Peel carrots, quarter lengthwise, and cut into 2 inch lengths. Cut ends off the green beans, or separate frozen beans, and place in the pot with onions and carrots. Sprinkle contents of pot with parsley flakes. Season lightly with pepper. Pour sherry over all and cover tightly. Bake at 300°F. for 2 hours or until

vegetables are tender. Yield 4 servings. Approximately 310 calories per serving.

VEGETABLES A LA GRECQUE

1/2 cup olive oil
1 teaspoon crushed coriander seed
1 teaspoon thyme
1 garlic clove crushed
2 cups water
1/2 cup wine vinegar; or 2 tablespoons lemon juice and 1 or 2 slices lemon
1 bay leaf
freshly ground black pepper
Combine oil, vinegar or lemon juice and slices, seasonings and water. Bring to a boil and put in the vegetables. Reduce heat and simmer uncovered until tender-crisp. Do not overcook (frozen vegetables require a shorter cooking time). Let vegetable cool in the sauce. Vegetables a la Grecque are served cold or at room temperature. Yield 8 servings. Approximately 140 calories per serving.

CARROTS DELUXE

6 medium carrots, pared in thin strips
1 tablespoon chopped chives
1 tablespoon lemon juice
1 tablespoon margarine
1 tablespoon chopped parsley
2 tablespoons water
Melt margarine in a saucepan; add lemon juice. Arrange carrots in layers in a baking dish. Between each layer pour in the lemon juice and margarine mixture and sprinkle with chives and parsley. Add the water. Cover and bake at 350°F. until the carrots are tender, about 50 minutes. Yield 4 servings. (Continued on page 7)

McMillan named Air Force general

Air Force Colonel Raymond V. McMillan, 50, has been nominated by President Reagan and confirmed by the Senate for appointment to the grade of brigadier general.

Colonel McMillan's brothers Jesse and Irving McMillan and sister Marcenia Easterling live in Raeford.

Colonel McMillan is currently the Air Force Systems Command chief of the Program Management Assistance Group. PMAG's function is similar to that of a consulting firm and Colonel McMillan's team of experts in engineering, contracting, finance and other areas help weapon systems program managers solve acquisition problems.

Colonel McMillan is a

"mustang," an officer with eight years' enlisted service.

Born in Fairmont, the colonel graduated from Peterson High School in Red Springs in 1949 and enlisted in the U.S. Air Force in August 1950. He served as a radar maintenance technician and attained the rank of technical sergeant before receiving his commission in December 1958.

Some of the colonel's assignments as an officer include duties as a Minuteman missile launch officer, radar engineer, and manager of two radar development and acquisition programs at Electronic Systems Division, Hanscom AFB, Mass. He has over 200 hours of flying time as a test engineer in the Airborne Warning and Control



Col. Raymond McMillan

System aircraft program. He also formed an AFSC detachment in Colorado Springs to assist the North American Aerospace Defense Command and Space

Command in resolving systems acquisition problems.

Colonel McMillan's professional affiliations include the Phi Kappa Phi honor society, Institute of Electronic and Electrical Engineers (IEEE), University of Wyoming Alumni Society and the Air Force Association.

Among his military decorations and awards are the Defense Superior Service Medal, Legion of Merit, Meritorious Service medal with one oak leaf cluster, Air Force Commendation Medal, Good Conduct Medal and Outstanding Unit Award.

Colonel McMillan is married to the former Maxine Tyler and the couple has two children, Raymond D. McMillan and Debra C. Green.



Special Olympics supported

The Hoke County Special Olympics, scheduled to be held at Hoke High School Athletic field on April 19, has received financial support from the local plants of Burlington Industries. The annual event sponsored by the Hoke County Board of Education, Exceptional Children's Program provides opportunity for certain children to participate in Olympic-style sporting events and gain special recognition for their efforts. Winners in the local competition will travel to the statewide competition for further participation. Ivey Thigpen (right), Director of Programs for Exceptional Children in Hoke County encourages students, teachers, businesses and the community-at-large to support this undertaking and attend the activities at the high school. Thigpen is accepting a check from Harry Williamson, Personnel Manager of the Raeford Plant.

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NOTICE

Meeting of the Board of Equalization and Review

Notice is hereby given that pursuant to Article 21, GS 105-322 of the Machinery Act, a meeting of the Board of Equalization and Review will be held:

MONDAY, APRIL 2, 1984
beginning at 1:30 p.m.
by appointment only

After notices of new property values have been received, these values can be reviewed at the Tax Supervisor's Office.

You are urged to check your property values and in the event you are dissatisfied, complaint procedures will be furnished at the Tax Supervisor's Office and if requested, an appointment will be made to appear before the Equalization and Review Board.

NO COMPLAINTS WILL BE HEARD BY THE BOARD EXCEPT BY APPOINTMENT.

All meetings will be held at the Hoke County office building at 227 N. Main St. in the Commissioners conference room.

The Board expects to adjourn April 2, 1984. In the event of later adjournment, notice to that effect will be published in this newspaper.

HOKE COUNTY BOARD OF COMMISSIONERS