

Lifestyles



Class of 1917

These youthful children, posed outside the 67-year-old Hoke County school building, are members of the Montrose School class of 1917. Pictured here are Lee Maultsby, James Riley, Walter Livingston, Graham Smith, Jack Clark, Albert Perdue, Clay Riley, Joe Clark, Howard McAnulty, Howard Usher, Kathleen Seaford, Addie B. Hardister, Edith Seaford, Gladys Usher, Ruth Usher, Ina Seaford, Morsel Thompson, Mary Smith, Pearl Smith, Ida Tapp, Monroe Chapple.

Wall Covenington, Margaret Livingston, Juanita Perdue, Rosada McAnulty, Fay Clark, Never Jenkins, Marie McFayden, Hattie Thompson, Luther Tapp, Alex Petterson, Allen Usher, Virgil Clark, John Maultsby, Earl Riley, Frank Riley and Alford Covering. Miss Sadie McBrayer (pictured top center) was the teacher for the 1917 class.

Family on burner

By Ellen S. Willis
Home Economics Agent

Front Burner

Hoke Agricultural Extension is Focusing on Families through its Agriculture, Home Economics, 4-H and Community and Rural Development programs.

Saturday, March 31 a Family Fun Day 10 a.m. to 2 p.m. is being planned at Gibson Gym.

Plan now to bring your family and join in the fun - more details elsewhere in the paper. See you there.

North Carolina turkey industry men are offering a \$500 reward for the best turkey parts recipe North Carolina's cooks have to offer. If you love turkey and could use the extra cash, now is the time to don your apron, put your imagination to work and exercise your best cooking skills on a package of your favorite turkey parts.

North Carolina turkey industry men know that you will get as excited as they are about the new-packaged turkey parts when you start to experiment with turkey parts in your menu planning and discover just how versatile turkey can be. You can use turkey in almost any recipe that calls for meat (even as a substitute for beef, veal or pork) and prepare it in an almost limitless number of ways.

Experiment with turkey parts -- you will be truly amazed with the versatility of turkey. Get started today -- and enter your favorite recipe in the turkey cooking contest being planned for August in Raleigh, N.C. Just write your name, address and phone number of your favorite turkey parts recipe and mail to us:

Turkey Contest
c/o North Carolina Turkey Federation
P.O. Box 2431
Raleigh, N.C. 27602

Entries must be postmarked no later than July 1, 1984 to be eligible for the \$500 first prize and other cash awards.

There has been a lot of interest in sour dough bread recently. You

might want to try these two recipes from Rachel Stevens.

SOUR DOUGH PANCAKES

Mix well:
1 cup starter
1 teaspoon soda
1 cup milk
1 tablespoon oil
1 egg

Mix well:
1 cup flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon sugar

SOUR DOUGH BISCUITS

(1)
1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt

(2)
1 cup "starter" dough
1/4 cup oil
1/4 teaspoon soda
Mix dry ingredients (1). Mix (2). Combine (1) and (2). Roll out and cut biscuits. Let set 20 minutes in warm place. Bake 425° for 10-15 minutes.

LAZY BEEF CASSEROLE

1 lb. lean beef chuck, cut into 1 1/2 inch cubes
1/4 teaspoon rosemary
1 medium onion, chopped
1/4 cup all purpose flour
1/2 cup red wine
1 10-oz. can consomme, undiluted
freshly ground black pepper
1/4 cup fine dry bread crumbs
Put meat in a casserole with the wine, consomme, pepper, rosemary and onion. Mix flour and bread crumbs and stir into the liquid. Cover and bake at 300°F about 3 hours. (Or a lower temperature and longer cooking may be used if it is more convenient.) Serve with rice or noodles. Yield: 4 servings. Approximately 350 (or 450 calories with 1/2 cup rice or pasta).

(Continued on page 5B)

Depression is an epidemic

By David Roberson
Duke University Medical Center
Although medication and psychotherapy can be highly effective in combating depression, positive thoughts and actions can also be important tools in overcoming the condition, according to a Duke University Medical Center psychiatrist.

"Depression is an epidemic in this country," said Dr. J. Ingram Walker, assistant professor of psychiatry. Walker said one of every four people will be clinically depressed over a lifetime. At any given time, he added, 5 to 7% of

the population is suffering from depression.

The six different types of depression are caused by stress or genetic predisposition that deplete the supply of certain chemicals in the brain, Walker said. Typical symptoms of depression are sleep disturbance or a decrease in energy, appetite or sex drive lasting longer than six weeks.

Anti-depressant medication increases the chemicals in the brain needed to eliminate the symptoms of depression, Walker said, and psychotherapy can help victims of depression learn how to deal with

conflicts that contribute to the condition.

But Walker said positive thoughts can help prevent depressive attitudes.

"You can talk yourself into feeling better," he said.

A healthy lifestyle including good nutrition and daily exercise can also help one maintain a positive attitude, Walker said.

For those interested in preventing depression, Walker offered several tips:

Get up early in the morning and allow time to start the day in a relaxed manner.

Eat a large breakfast and lunch, but a light supper.

Break work or other activity into segments of about 90 minutes to help avoid buildup of tension.

Read.
Set aside time to get together and talk with the family in a relaxed atmosphere.

"By practicing this preventive medicine, we can do better every day," Walker said.

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SANDHILLS COMMUNITY COLLEGE

Continuing Education Classes
For Spring Quarter 1984
HOKE COUNTY CLASSES

COURSE	BEGINS	ENDS	PLACE	TIME	DAY	COST
Beekeeping - Sheppard	May 3-June 14		OCOB	7-10 p.m.	Thurs.	\$15.00
Bible Study - Timmons	Apr. 9-June 25		Laurel Hill	7-10 p.m.	Mon.	\$10.00
Calligraphy - Whightsil	May 2-June 13		HCPL	3-6 p.m.	Wed.	\$13.50
Computer Software for Farmers and Small Business Mgt. - Colston	May 1-May 31		HHS	7-9	T&Th	\$10.00
Doll Making - Owen	May 3-June 14		HCPL	7-10 p.m.	Thurs.	\$15.00
Doll Making - Owen	May 2-June 13		HCPL	7-10 p.m.	Wed.	\$15.00
Doll Making - Owen	July 12-Aug. 23		HCPL	7-10 p.m.	Thurs.	\$15.00
Drafting - Parsons	Apr. 12-June 21		HHS	6-9 p.m.	Thurs.	\$10.00
Flower Arranging - Hagen	May 1-June 12		HCPL	7-10 p.m.	Tues.	\$15.00
Furniture Refinishing - Suggs	Apr. 30-June 18		OCOB	7-10 p.m.	Mon.	\$18.00
Notary Public Education - Abernathy	May 22-May 24		HCPL	7-9 p.m.	T&Th	\$10.00
Painting - Augustoni	May 3-June 14		OCOB	1-4 p.m.	Thurs.	\$15.00
Painting On Fabric - Augustoni	May 1-June 12		OCOB	1-4 p.m.	Tues.	\$15.00
Painting On Fabric - Augustoni	May 2-June 13		OCOB	6:30-9:30 p.m.	Wed.	\$15.00
Picture Framing for your Needlecrafts - McKeithan	May 1-June 12		HCPL	9:30-12:30	Tues.	\$15.00
Pinecone Petal Crafts - Baker	Apr. 30-June 18		HCPL	9-12 noon	Mon.	\$15.00
Quilting - Smith	Apr. 4-May 16		WCB	1-4 p.m.	Wed.	\$15.00
Quilting - Smith	May 23-June 27		WCB	1-4 p.m.	Wed.	\$15.00
SAT Preparation - Spong, Williams	Apr. 2-May 3		HHS	3:15-5 p.m.	M&Th	\$10.00
Sewing - Smith	Apr. 4-May 16		WCB	9-12 noon	Wed.	\$15.00
Sewing - Smith	May 23-June 27		WCB	9-12 noon	Wed.	\$15.00
Surveying for Real Estate and Light Construction - Furmage	Apr. 10-June 19		HHS	6-9 p.m.	Tues.	\$10.00
Survival Skills in Written Communication - Shaw	May 21-May 24		HCPL	9-5 p.m.	M-W	\$10.00
Taxidermy - Gray	Apr. 3-May 22		USC	7-10	Thurs. T&W	\$10.00

Registration: Students may register at the first class meeting

REFUNDS: A refund will be made only if a class is canceled because of insufficient enrollment. No charge for North Carolina residents age sixty-five (65) or older. Many classes will also require special supplies and books.

FOR ADDITIONAL INFORMATION: Contact Hank Richards, 875-2470, Continuing Education Supervisor, Locky MacDonald, 875-2156, Continuing Education Supervisor or Betty High, 892-6185, Continuing Education Coordinator.

ABBREVIATIONS: OCOB - Old County Office Building
OARH - Open Arms Rest Home
HCPL - Hoke County Public Library
WCB - Wayside Community Building
HHS - Hoke High School
USC - Universal Sports Center