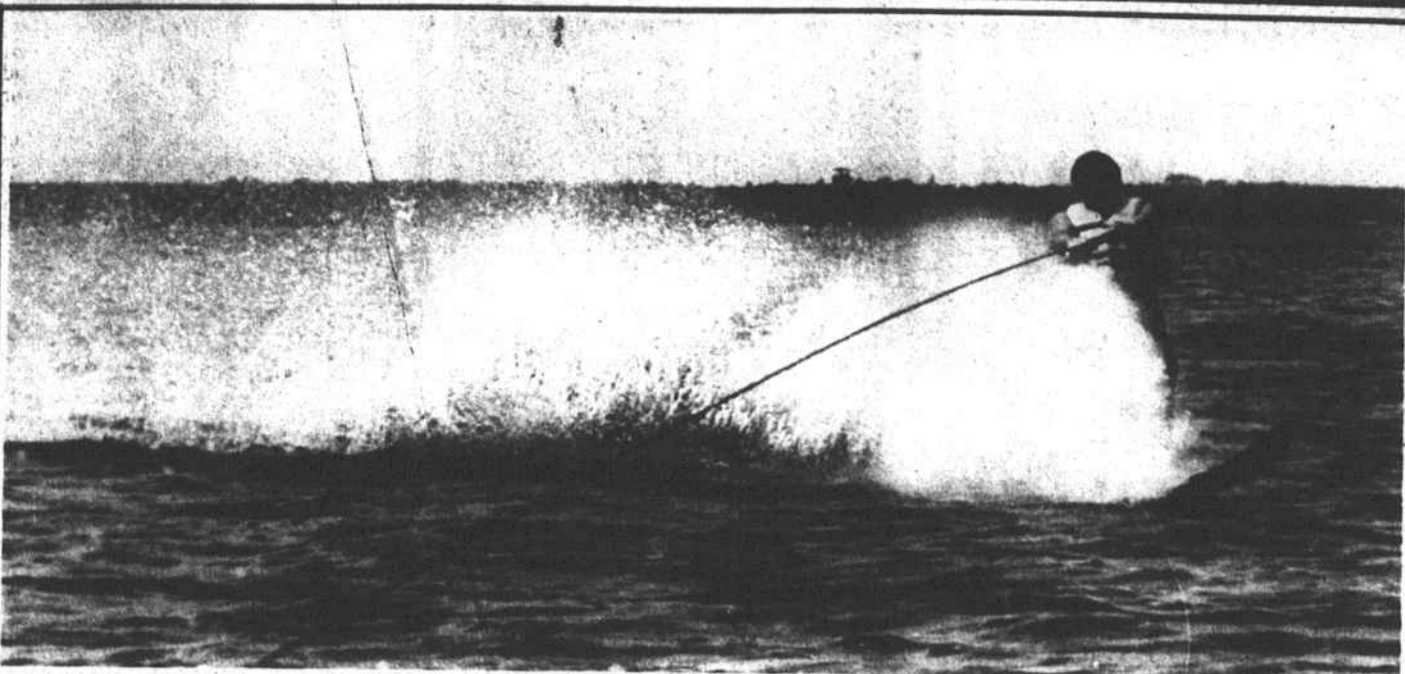


Sports



Pretty good show
Jim Hicks of Charlotte is doing some fancy skiing as he cuts across the water at Lake Waccamaw on Sunday. Hicks is married to former Raeford resident Gail Conoly.

Photo by Rebecca Jones

'Quick chill' keeps summer catch fresh

Most fishermen enjoy some degree of success of their fishing excursions, and opt to keep at least part of their catch for the table or freezer. If you want your fish to taste their best when they reach the dinner table, cooling the fish when it's first caught is important.

Smothering fish in crushed ice as soon as they're caught is a tremendous aid in preserving the quality of freshly caught fish, but if you "quick-chill" them before they are covered with fresh ice they'll keep even better. To "quick-chill" fish you need a tub, some crushed ice, and salt. Begin by pouring some salt and water (coastal fishermen can use sea water) into the tub to make a slush. Drop the fish you intend to keep into this slush for about a half-hour, then remove them from the slush and pack them in crushed ice in a cooler until the end of the day. The fish may be whole or gutted when iced.

If you aren't able to freeze or cook your catch for several days, "super-chilling" when you come

ashore at the end of the fishing day is the best way to keep your fish fresh. To do this, line the bottom of an insulated ice chest with about 4 inches of crushed ice and leave the bottom drain open. In another container make a salt-ice mixture, using about one pound of coarse rock salt for each 20 pounds of crushed ice. Arrange the fish in layers in the ice chest, generously covering each layer of fish with the salt-ice mixture. Then, secure the lid of the chest and keep it closed.

Whole fish may be super-chilled in direct contact with the salt-ice mixture. If you plan to super-chill dressed fish, steaks or fillets you should protect them by putting them in sealable clear plastic bags before placing them in the chest.

Fish can be held for up to seven days without loss of quality if they are properly iced during the day and super-chilled on shore. If salt is not available, plain crushed ice will serve, but fish will maintain their quality only for two or three days.



It was a fine day
The morning that 10-year-old Timmy Locklear went to his favorite fishing hole to "wet a line" he had no idea he would come home with a stringer of over 120 fish. According to Timmy's father, they had a fish fry last Friday night. If young Timmy's catch reflects the catches of other days at the pond, there should have been enough bream at the fry to feed a good portion of Hoke County. Way to catch 'em Timmy.

Pittman Grove in tie battle

Pittman Grove Raiders held on to their share of 1st place by holding off Cedar Falls 4-3 Monday.

Leading hitters for the Raiders were M. Madden 2-3, G. Jackson 2-3, J. Madden 1-3, T. Clark 1-3 and T. Boahn 1-3.

The win sets the stage for a play-off between the Raiders and Lafayette Baptist for the 1st place championship.

Both teams are 10-1 for the season, and the championship game will be held at Pittman Grove Church on Monday July 23rd.

Recreation Bits

Playground schedule

The 1984 Summer Playground Program began July 2 and will end August 10. Sites will be open Monday-Friday from 9:00 a.m. until 4 p.m. The program is free and is open to those ages 5-16. The following sites will be used: J.W. Turlington School, Scurlock School, and South Hoke School. Summer crafts will also be available at each site during the week.

Alert Cable T.V. wins liniment league regular season

July 9: B&W Food Market 10	First Baptist 4
A.M.E. Zion 14	Raeford Methodist 6
Alert Cable T.V. 13	Presbyterian 3
Team standings	W L
1. Alert Cable T.V.	5 0
2. First Baptist	3 2
3. Presbyterian	3 2
4. A.M.E. Zion	2 3
5. B&W Food Market	1 4

T-ball league results

July 9: Auto Parts/Hedgpeth Ins. 25	Home Food Market 24
Southern National Bank 17	Economy Enterprises 13
July 10: McLaughlin Hardware 20	Economy Enterprises 13
Convenient Food Mart 21	Home Food Market 17
July 11: Hollingsworth Florist 32	Auto Parts/Hedgpeth Ins. 14
Century 21 38	Southern National Bank 19
July 12: Convenient Food Mart 32	Economy Enterprises 19
Hollingsworth Florist 18	Southern National Bank 11

Men's softball league

July 10: Boahn Concrete 15	Raeford Jaycees 4
All Stars 21	211 Auto 8
July 12: 211 Auto 10	Hard and Heavy 3
All Stars 17	Raeford Jaycees 2
Standings	W L
1. All Stars	13 2
2. Boahn Concrete	12 2
3. Hard and Heavy	5 9
4. 211 Auto	3 11
5. Raeford Jaycees	3 11

Co-ed volleyball results

6:30 Sugar Hill Gang	Aces	15-13, 11-15, 15-13	
Faberge	Boomers	14-16, 15-8, 15-3	
7:15 Faberge	Recappers	15-1, 15-7	
Boomers	Rockets	15-5, 15-1	
8:00 F.I.S.H.	Rockets	15-10, 15-6	
Diggers	Dynamites	15-0, 15-0	
8:45 Eight Pack	D.C. Jets	16-14, 10-15, 15-8	
B&W Food Mart	Pony Express	15-6, 15-12	
9:30 Pacemakers	Pony Express	15-7, 15-2	
B&W Food Mart	Eight Pack	15-6, 15-11	
Standings	W L	W L	
1. B&W Food Mart	6	0	6
2. Diggers	5	0	0
3. Boomers	4	2	2
4. Eight Pack	4	2	2
5. Faberge	4	2	2
6. Pony Express	3	3	3
7. Sugar Hill Gang	3	3	3
8. D.C. Jets	2	3	3
9. Recappers	2	3	3
10. Aces	2	4	4
11. F.I.S.H.	2	4	4
12. Pacemakers	2	4	4
13. Dynamites	1	4	4
14. Rockets	0	6	6

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