

New guardsman

Vaal T. Sterling, (right) of Lamont Street, Raeford, was enlisted into the North Carolina National Guard on August 6. Because he will be entering his junior year at N.C. A&T in Greensboro this fall he was enlisted as a Private First Class. Vaal is a 1982 Graduate of Hoke County High School. He will be joining the Headquarters of the 2nd Battalion 252nd Armor in Raeford as a Legal Clerk. Sterling is shown here with Cpt. Norman G. Dean III, Adjutant of the 2nd Bn 252 Armor.

Coast Guard opens Academy competition

The United States Coast Guard Academy has announced that it is now accepting and processing applications for appointment as Cadet, U.S. Coast Guard, Class of 1989.

Applications are being accepted for both men and women.

Appointments as Coast Guard Cadets are tendered solely on the basis of an annual nationwide competition with no congressional appointments or geographical quotas.

Applications for appointment must be submitted to the Director of Admissions, U.S. Coast Guard Academy, prior to December 15, 1984.

Candidates must arrange to participate in either the College Board Scholastic Aptitude Test (SAT) or American College Testing Assessment (ACT) prior to or including the December 8, 1984 administration for the ACT and the December 1, 1984 administration for the SAT.

The competition for appointment as Cadet is based on the candidate's high school rank, performance on either the SAT or ACT, and leadership potential as demonstrated by participation in high school extracurricular activities, community affairs and/or part-time employment.

Most successful candidates rank in the top quarter of their high school class and demonstrate proficiency in both the mathematical and applied science fields.

To qualify for the competition, an applicant must be unmarried at the time of appointment, have no legal obligations resulting from a

prior marriage, and must have reached the age of 17 but not 22 by July 1, 1985.

All applications must be assured high school graduation by June 30, 1985. Regulations stipulate that all applicants must have completed three units in English, and three in mathematics to include algebra and plane or coordinate geometry or their equivalents, and must fulfill basic physical requirements.

Coast Guard cadets obtain an excellent undergraduate education at no personal expense. In addition, they received pay and allowances fully adequate to fulfill their ordinary living expenses. The constantly updated Academy curriculum leads to a Bachelor of Science degree with a strong academic emphasis on engineering and science.

The selected major studies, when combined with varied elective courses, establish a solid foundation for a challenging career. Graduates of the Academy are awarded a Bachelor of Science degree and are commissioned as Ensigns in the United States Coast Guard.

Selected officers may pursue further postgraduate education and specialized training at many leading civilian and military graduate or professional schools, in such fields as aviation, business administration, electronics, engineering, law and oceanography.

The young Academy graduate can look forward to a varied, exciting, and demanding career as a regular Coast Guard Officer.

Seed saving can be risky

By Willie Featherstone Jr. County Extension Chairman

It is during this time of the year that some of the more avid gardeners turn their attention to collecting seeds from some of their garden vegetables. While the practice of saving one's own vegetable seed is not recommended, a limited number of gardeners have been successful at saving heirloom strains of garden vegetables.

Succeeding generations grown from seed saved from hybrid plants will tend to lose many of the desirable characteristics possessed by the first generation. Anyone planning to save seed should note which vegetables are hybrids at planting time or check the seed catalog for information on the varieties planted. Hence, consideration should only be given to saving the seeds from only open-pollinated (nonhybrid) varieties of vegetables.

Collecting the seeds of garden vegetables can be risky because of cross-pollination (the transfer of pollen to a flower from a plant of the same species having a different

genetic makeup). Cross-pollination can be a real problem among the insect-pollinated group of vegetables when grown in neighborhood gardens that are located in the direct flight line of bees.

Therefore, the seeds from the following group of insect pollinated vegetables should not be saved: Asparagus, Brussels sprouts, Peppers, Cabbage, Carrots, Pumpkins, Cauliflower, Chinese Cabbage, Radish, Collards, Cucumbers, Rutabagas, Kale, Eggplant, Squash, Kohlrabi, Melons, Turnips, Broccoli and Onions.

Generally speaking, the home gardener will have the best success with saving the seeds of vegetables that are self-pollinating (those in which the flower accepts its own pollen, with or without insect intervention). This group includes the following commonly grown vegetables: snap beans, lima

beans, Southern peas, and tomatoes.

The following are some general guidelines on how to save the seeds of the previously listed crops:

•**BEANS:** (all kinds) Allow pods to mature and turn brown on plant. Remove entire plant and allow to dry in shade. Shell pods by hand.

•**SOUTHERN PEAS:** Allow pods to remain on the vine until thoroughly dry (browning of pods). Harvest pods and cure one to two weeks in a ventilated area prior to shelling.

•**TOMATOES:** Allow fruit to overripen on vine. Cut fruit open and scrape seed and jelly-like material onto newspaper to dry in the sun.

Most vegetable seeds will remain viable from two to five years when stored in air tight cans or glass jars under cool dry, conditions in the refrigerator. All seeds should go into storage as dry as possible.

Dried powdered milk can be wrapped in a paper towel and placed inside a storage container to absorb any excess moisture.



Completes training

Pvt. Theresa A. Conner, daughter of Sarah A. and Roy E. Pate of 2828 Palomino Ave., Columbus, Georgia, has completed basic training at Fort Dix, New Jersey. During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions. Her husband, Jeffrey, is the son of Jim Conner of Raeford.

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12 OZ
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QUART

Ruffles Potato Chips
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Coble Ice Cream
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HALF GALLON CARTON
All Flavors

Coble Dip 'n Chip or Sour Cream
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8 OZ TUBS

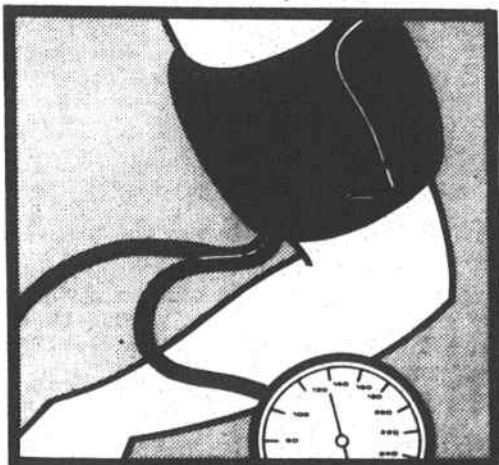
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Oven-Gold Bread
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24 OZ LOAF

Budweiser Beer
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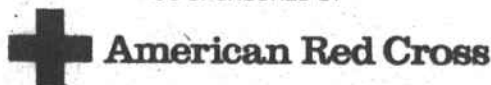


Get to the heart of the problem.

High blood pressure is recognized as the major cause of heart disease. However, since it has no symptoms, 17 million people have this health problem and don't know it. A simple check can determine if you have high blood pressure.

Thursday, August 30, 9:00 am-5:00 pm

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