

Top student employee The Hoke County High School Placement Group has selected Larry McPhaul, (center), as the employee of the first six weeks. The Placement Group consists of the Textile Program, Marketing and Distributive Education, Job Placement. Larry is employed at Tarheel Turkey Hatchery part-time and is also in the North Carolina National Guard (Raeford unit). Larry had an 86 average in his

classes this six weeks, 100% attendance in school. He is the son of Mrs. Mary Ella McPhaul. He plans to join the military after graduation from High School. McPhaul is shown here with Job Placement Supervisor Jeff Moss, (left), and Will Johnson, (right), Personnel Director at Tarheel Turkey Hat-

Library summer program planned

by Elizabeth Burgess Hoke Co. Librarian Plans have been made for the 1985 SUMMER READING PRO-

GRAM.

The theme this year is IM-AGINE, JUST IMAGINE. We have planned magic tricks, puppetry, science experiments, and art projects for the children. The pro-gram will be on Tuesdays at 10 a.m., and will begin on June 25 and run through July 30. We will not have a program the week of July 4. We also will have movies this summer. Watch The News-Journal for the dates and time of the movies

On display in the foyer are items from the KUNTRY SAMPLER. If you have not had an opportunity to see them, please do so. We

Library News

thank the Hoke County schools for allowing the library to display art work in the foyer. The art instructors in the school system certainly do deserve a big thank you for inspiring so many young people to become interested in art.

On June 3, the library will begin the summer hours. The library will be open from 8:00 - 12:00 and 4:00 - 8:00 each day Monday through Thursday. Fridays the library will be open from 8:00 until 4:00.

On Saturdays the library will be open from 8:00 until 12:00. We had such a positive response last summer, we are looking forward to another wonderful summer serving Hoke County.

Phone Number 875-2502, Dial-a-Story 875-2039.

New Books

These new books were received this week at the Hoke County Public Library, a member of the Sandhill Regional Library System. They are available at the public library and bookmobile in Raeford:

Adult Fact

Barry, Stephen P., "Royal Secrets", Fixx, James, "Maximum Sports Performance", Gilliatt, Mary, "The Complete Book of Home Design", Gilliatt, Mary, "Mary Gilliatt's Mix and Match Decorating Book", Hall, Donald, "Fathers Playing Catch With Sons", Matthews, Dee, "The You Can Do It! Kids Diet", Nixon, Richard, "No More Vietnams".

Adult Fiction

Ashfield, Helen, "PEARL", Brookner, Anita, "Hotel Du Lac", Francis, Dick, "PROOF", Gallant, Mavis, "Home Truths" Gallant, Mavis, "Home Truths", Greene, Constance C., "Other Plans", Harris, Ruth, "Husbands and Lovers", Havill, Steven, "Leadfire", Johnston, Jane, "Pray For Ricky Foster", Wouk, Herman, "Inside, Outside", West, Rebecca, "This Real Night".

BAYLINER

FACTORY AUTHORIZED

Royal couple is named was crowned by the pastor's wife,

On Sunday, April 28, the Mt. Olive Church of God held a "King and Queen" Contest. Elder Booker T. Whitted is pastor of the church which is located on Strickland Bridge Road of Fayet-

Miss Eugina Jones Leak was crowned Queen. She is the daughter of Mr. and Mrs. Matthew Leak. She is a student at Scurlock School in Hoke County. She is a member of the Buds of Promise Choir at Mt. Olive. She Mother Havanna Whitted.

Richard Jamal McPhaul, the son of Patricia McPhaul, was crowned King by Elder Whitted. He is four years old, a Head Start student at West Hoke School. He, too, sings in the Buds of Promise Choir at Mt. Olive.

The children received cash

Ice cream was served to everyone who participated.



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Salt, fat can be avoided

Many residents of Hoke County cook with too much salt and fat. It's the way they were raised and the way they learned to eat and enjoy food, according to Becky Smith, Health Educator.

Children are not born with the taste for salt - it is something that is learned. Have you ever tasted baby food? It is very bland tasting because there is no salt or sugar

Babies are satisfied with their food

When they get older they learn to put salt on their food.

Some do this to imitate parents. Others put salt on their food because parents have taught them

Health Hints

Many times parents feel that if they like a certain food with salt on it, that the only way their children will eat it is to put salt on it also. The human body does need some salt in order to function and slightly less than one teaspoon daily is plenty.

There are several ways we can help ourselves and our children

learn to eat using less salt: •When using a recipe that calls for salt, use only half the amount

or leave it out completely. Use fresh and frozen vegetables instead of canned.

 Rinse canned vegetables before cooking.

•Use vegetable oil to cook vegetables instead of fat or cured

Buy fresh, uncured meats.

•Use herbs and spices in place of salt (onion, bell pepper, dill, lemon juice, vinegar, and paprika for ex-

 Buy canned foods that state they are low in sodium or salt.

•Take advantage of low-sodium cookbooks available at bookstores or the Hoke County Public Library.

It may be difficult to cut down on salt at first, so go about this gradually.

LET'S START PLANNING **YOUR '85 CROP PROGRAM!**



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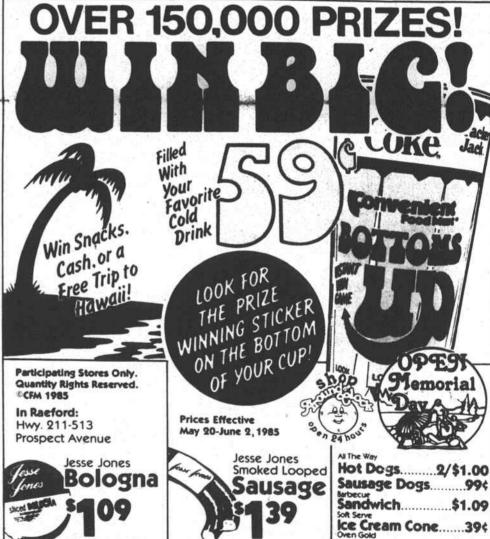
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