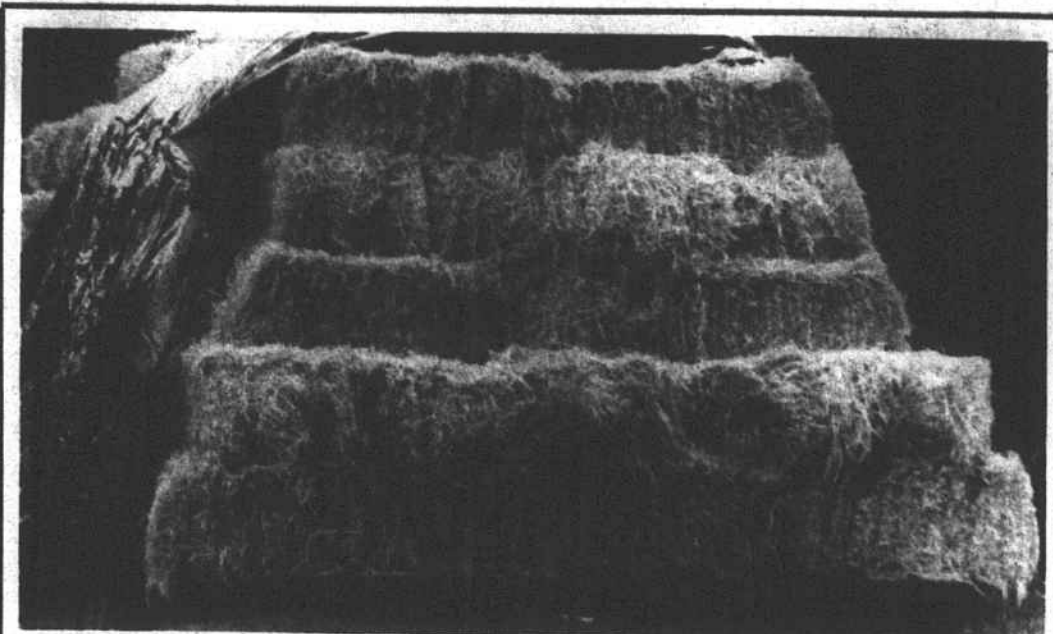


Lifestyles



Hay ride
This Hoke County hay wagon looks right for mounting by a pile of friends for an evening of fun and music.

Photo by Becky Jones

Sugar cutback clues offered

If you need to cut back on sugar calories in your diet:

-Read labels. Contents are listed by weight. Look for sugars and syrups. If sugar is listed first or near the beginning then it is a major ingredient.

-Use less sugar in desserts, breads, sweetened fruits and candied potatoes. Most of these recipes taste fine if you use one measure less. Reduce 1 cup to 3/4 cup; 3/4 cup to 1/2 cup; 1/2 cup to 1/4 cup and so on.

-Use more "sweet" flavored spices like cinnamon, ginger, cardamom, cloves, allspice and vanilla or almond flavoring while cutting the sugar.

-Choose canned fruits that are

On the Front Burner
Alice Pettitt
Home Economics Agent



canned in their own juice or a light syrup instead of heavy syrup. Rinse heavy syrup off before serving.

-Cut down on sugar in beverages. Read labels on fruit drinks to compare sugar content. Use unsweetened fruit juices instead of soft drinks, ades or punches. Try cinnamon or mint in unsweetened tea and a drop of

vanilla in coffee.

-Make your own salad dressing and breading for meats if you cannot find a commercial brand without sugar.

-Limit sweet desserts and snacks.

-Use lighter syrups when you can or freeze fruits.

-Try new products that have been developed so less sugar is needed. New pectin mixes allow you to use a third less sugar in jams or jellies. Watch for other new products.

-Many dieting aids contain sugar to reduce your appetite.

Some foods have sugar in them. (See FRONT, page 3B)

Fed. energy credit expiring

The federal income tax credit for residential energy improvements is due to expire at the end of this year.

This has prompted much recent advertising and marketing of residential renewable energy equipment, particularly solar energy equipment.

This news article will focus on consumer considerations involving the tax code and installation of renewable energy equipment.

The federal income tax rules state that a taxpayer can take an energy credit for amounts spent on solar, wind-powered, or geothermal property for a home.

The credit is calculated as 40% of these costs, with a maximum credit of \$4,000.

So, for example, if a taxpayer spent \$5,000 on a solar unit in 1985, a federal tax credit of \$2,000 (.40 x \$5,000) could be taken for 1985.

North Carolina energy tax credits are calculated at 25% of the costs of renewable energy systems, with a maximum credit of \$1,000. The North Carolina energy tax credits are not scheduled to expire in 1985.

In evaluating the purchase of residential renewable energy equipment, several concepts and concerns should be kept in mind:

•Energy Prices Aren't Rising Like They Used To - The energy credits were born in an age of rapidly rising, in fact skyrocketing, energy prices, primarily pushed by oil prices which rose 400% in 1979.

Now, oil prices have actually fallen during the past two years and overall energy prices only rose 2% in 1984.

Therefore, consumers should be cautious of energy savings calculated by sellers of energy equipment which assume a high rate of increase in future energy prices. "High" by today's stan-

Extension News

Willie Featherstone Jr.
County Extension Chairman



energy savings must be "discounted" before they are summed and compared to present expense for the equipment.

Based on current interest rates, it is recommended that a dollar of energy savings in a future year be reduced to the following amounts:

dards would be 6% annual rate of increase or higher.

•A Dollar of Savings Tomorrow is Worth Less Than a Dollar of Expense Today - Often the seller of renewable energy equipment will calculate the estimated future savings from the equipment, add those savings up over the next 10, 20, or 30 years, and compare the savings to the cost of the equipment.

So, for example, if the energy equipment is estimated (by the seller) to save \$10,000 in energy costs over 20 years, and the energy equipment costs the consumer today \$5,000, then the seller may say that the equipment would more than pay for itself over the next 20 years.

This comparison is absolutely incorrect.

Future dollars are always worth less than present dollars, first because inflation reduces the purchasing power of future dollars and second because a consumer can invest a dollar today and accumulate more than a dollar in the future.

Therefore, estimated future

Yr. 1	93¢	Yr. 7	75¢	Yr. 13	37¢	Yr. 19	23¢	Yr. 25	15¢
Yr. 2	86¢	Yr. 8	54¢	Yr. 14	34¢	Yr. 20	21¢	Yr. 26	14¢
Yr. 3	79¢	Yr. 9	50¢	Yr. 15	32¢	Yr. 21	20¢	Yr. 27	13¢
Yr. 4	74¢	Yr. 10	46¢	Yr. 16	29¢	Yr. 22	18¢	Yr. 28	12¢
Yr. 5	68¢	Yr. 11	43¢	Yr. 17	27¢	Yr. 23	17¢	Yr. 29	11¢
Yr. 6	63¢	Yr. 12	40¢	Yr. 18	25¢	Yr. 24	16¢	Yr. 30	10¢

So, for example, if a new solar device is estimated to save the consumer \$3,000 in energy costs in year 30, this would be worth only \$300 (\$3,000 x .10) today.

Check Warranties Carefully - Many renewable energy systems offer warranties, for a price. Be aware that if a warranty on the equipment is in the seller's name, and the seller goes out of business, then the warranty is worthless.

Manufacturers may also have warranties on their parts used in the energy equipment.

Often, however, the manufacturer will only honor the warranty if their part is "properly installed."

Be sure to inquire what the manufacturer means by "properly installed."

Sometimes it may mean that the manufacturer will honor their warranty if the equipment installation is done only with their parts.

Kelly serves as House page

William (Billy) Preston Kelly Jr. of Bowmore was appointed by Liston B. Ramsey, Speaker of the North Carolina House of Representatives to serve as a Page in the 1985 Session of the North Carolina General Assembly for the week of July 1-July 5. Representative Sidney Locks recommended Billy.

Billy is a sophomore at Hoke County High School. He is the treasurer of the sophomore class, member of the Hoke High marching band, plays football for Hoke High, and is enrolled in the academically gifted program.

Billy is the son of William Preston Kelly and Charlotte B. Kelly.

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