

Lifestyles

Miles receives AF assignment

Airman Sharon D. Miles, daughter of Gladys D. Murchison of Tylertown Loop, Raeford, has been assigned to Lowry Air Force Base, Colorado, after completing Air Force basic training.

During the six weeks at Lackland Air Force Base, Texas, the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree in applied science through the Community College of the Air Force.

The airman will now receive specialized instruction in the supply field.

Her husband, John, is the son of Mr. and Mrs. Curtis L. Miles of Sutter Avenue, Brooklyn, New York.

The airman is a 1981 graduate of Hoke County High School.



Attends 4-H Electric Congress

Hoke County 4-H member Mark Miller, Rt. 4, Raeford, (left), was a delegate to the State 4-H Electric Congress July 8-10 at the University of North Carolina at Charlotte. John Wicker (right), Carolina Power and Light Company customer service representative, accompanied the delegate. Miller was selected for achievement in his electric project. Carolina Power and Light Company sponsored his trip. The congress was conducted by the North Carolina Agricultural Extension Service.

Corn worms are looking for soybeans

Now is the time of year corn earworms come looking for soybeans, and they frequently don't realize they're supposed to leave your field alone.

It would be a shame to lose a field after you've invested your time and labor and money into getting them to this stage of growth.

One of the hardest things to explain is that it isn't the growers fault that the corn earworms ruined this year's soybean crop.

There is no substitute for getting out of the vehicle and walking



Extension News
Willie Featherstone Jr.
County Extension
Chairman

across each field periodically stopping to see what is eating on your crop. This practice is called scouting.

The objective of scouting is to gain information which accurately

represents the true pest level in each field.

Scouting patterns should cover the major portion of the field and should be altered on successive field margins and weak spots.

Usually a zig-zag (when plants are small) or "U" shape (when plants are large) pattern works well.

It is very important to identify the insect because there are several worms in fields that are feeding on the leaves of plants and you can afford. (See CORN, page 5B)

Baking soda keeps refrigerator from having unpleasant odors

Take a good look in your refrigerator.

Not just a quick open-and-close glance, but a long, close-up look.

Is it hidden behind Junior's birthday cake, or behind last night's dinner? Maybe it's behind the milk. Yes, it's still there, that familiar yellow box of pure baking soda.

That box—how long has it been sitting there absorbing all those odors? Doesn't it seem as though it has been a long time between boxes? If you can remember buying that box when you were shopping for the special Valentine's Day dinner you cooked six months ago, you can be sure your box of baking soda is in need of replacement.

There is a good reason to keep an open box of baking soda in a refrigerator. Odors from fish, garlic and old food are absorbed by baking soda. Baking soda neutralizes most refrigerator odors. It keeps food smelling fresh and prevents taste transfers between foods.

Exposure to odors in a refrigerator is constant. Refrigerator research has shown that a 2-month span of performance is a good average, although it depends on how much odor has to be dealt with. Therefore, a new box of pure

On the Front Burner
Alice Pettitt
Home Economics
Agent



sponge with baking soda and scrub.

Remember to rinse thoroughly and wipe dry.

Don't worry, baking soda will not scratch the delicate interior. It deodorizes as it cleans, too.

baking soda should be placed in the refrigerator every two to three months. The same holds true in the freezer, especially when ice cubes have that peculiar taste.

Don't wait until your nose alerts you to the fact that the box must be changed.

A good idea is to place the baking soda in a visible spot so that you will be reminded of its importance every time you open your refrigerator.

When you're ready to change the box, recycle the "old" baking soda by pouring it down drains to keep them fresh and sweet-smelling.

Here is another hint to help you have a clean, odor-free refrigerator/freezer that will help keep food tasting fresher longer.

Wash the inside of your refrigerator and freezer with a sponge dipped in a baking soda solution of four tablespoons of baking soda to one quart of warm water.

For stubborn stains, sprinkle the

Roman Meatball Sandwich

4 slices bread
4 cooked meatballs, cut in half
2/3 cup italian-style tomato sauce or prepared spaghetti or marinara sauce.

2 slices mozzarella cheese
2 tablespoons grated parmesan cheese

Place bread on lightly greased baking sheet. Heat meatballs and sauce together. Distribute meatballs and sauce over two of the bread slices. Top remaining bread slices with mozzarella cheese. Broil until cheese is melted, about 1 to 2 minutes. Sprinkle each with parmesan cheese. Close sandwiches. Serve immediately; makes 2 sandwiches.

Sandwich Party Cake

16 slices bread
1 can (6 1/2 oz.) water-packed tuna, drained and flaked
1/2 cup mayonnaise
1/4 cup finely chopped parsley
1/2 to 1 teaspoon grated lemon peel

(See FRONT, page 5B)



Sandhills Community College

COLLEGE CREDIT CLASSES

Hoke County Campus

The college credit courses listed below are the result of a survey recently completed by Hoke County residents. If the courses you would like to take are not shown here, please call Betty High, 875-8589. Please keep in mind that classes must have a minimum of twelve students.

REGISTRATION: Monday, August, 26, 4-7 p.m. at Hoke High School.

For complete information about registration, call 875-8589.

COURSE NO.	SEC.	TITLE	HOURS CR	CON	DAYS	TIME
BUSINESS						
Bus 101	04	Intro. To Business	5	5	M W	7:40-10:00pm
Bus 102	05	Keyboarding I/Typing	4	5	M W	5:00-7:25pm
Bus 131	05	Prin. Of Accounting I	5	5	TU TH	6:30-8:50pm
Bus 130	04	Bus. Math	5	5	M W	5:00-7:25pm
CSC 105	06	Computer Literacy	2	3	F	6:00-8:45pm
ENGLISH						
Eng 098	06	Grammar & Composition I	3	5	T TH	6:30-8:50pm
Eng 099	07	Grammar & Composition II	3	5	T TH	6:30-8:50pm
Eng 110	15	English Composition I	3	5	T TH	6:30-8:50pm
MATHEMATICS						
Mat 022	06	Elementary Algebra I	5	7	M W	6:45-10:00pm
Mat 023	02	Geometry	5	5	M W	7:40-10:00pm
Mat 025	04	Pre-College Algebra II	5	5	M W	7:40-10:00pm
Mat 120	03	College Trigonometry	5	5	M W	7:40-10:00pm
MUSIC						
Mus 100	02	Learning To Read Music	2	3	TU	6:30-8:15pm
PHYSICAL EDUCATION						
Ped 125	06	Aerobic Exercises	1	2	TU TH	5:20-8:10pm
Ped 200	02	First Aid & Emer. Care	3	3	M	6:00-8:45pm
READING						
RDG 100	11	Reading	5	5	M W	6:00-7:25pm

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MONTHLY LIVING COSTS COMPARISON

Fill In Your Present Monthly Payments	This Is What You Get Each Month At Heritage Place
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..... Taxes	PAID
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..... Waste	PAID
..... Heating	PAID
..... Home Maintenance	PAID
..... Insurance	PAID
..... Yard Maintenance	PAID
..... Maid Service	PAID
..... Food..... (2 meals/day)	PAID
..... Cable TV	PAID
..... 24-Hour Security	PAID
..... Auto Mileage @ 20¢	PAID
..... Doctors Appts. Shopping	PAID
..... TOTAL MONTHLY EXPENSE	\$797.50**

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