

Lifestyles

Remodeling is an alternative to purchasing a larger home

Once upon a time, before the days of soaring interest rates, when a family outgrew its first small home, it was traded in on a bigger one. But today, when a family finds its home bulging at the seams, it looks for less costly ways to get more space than buying a new house.

Finishing an existing basement is the space-finding route many families take. And indeed, an unfinished basement does offer the homeowner an opportunity to develop additional room to meet changing family needs.

In today's fluctuating economy and rapidly changing lifestyles, any number of things can trigger a need for expanding a home's living space: a recreation room for a bunch of noisy teenagers; a mini-apartment for that grown child who is just out of college; a hobby area; a home office for the new business mom is starting up; or a sophisticated activity room with separate areas for entertaining, work, study and hobbies.

While finishing the basement is a good way to add several hundred square feet of usable space to a home, there are a number of things for the remodeler to check out before deciding on the functional uses of the room and planning the final decor.

The first question in planning a basement remodeling should be the basement dry enough for finishing, or can it be kept dry enough mechanically for the planned use? The usual or normal dampness (humidity) associated with basements can be solved easily by installing a dehumidifier with the approximate capacity for the humidity level.

Dehumidifiers are available with capacities for moisture removal ranging from 12-40 pints per 24 hours.

The unit size needed depends upon the amount of space to be dehumidified and the degree of dampness for the area.

A leaky, wet basement condition cannot be solved with a dehumidifier.

Such a problem should be corrected before remodeling and fur-

On the Front Burner

Alice Pettitt
Home Economics Agent



nishing the area.

For basements that can be dehumidified, the activity use of the space is practically unlimited.

The first place to start for the remodeling plan is with the space that is already in use.

That usually is the laundry area with appliances lined up against a bare wall in a dark corner. Dressing up the laundry area is a relatively easy job.

With some panelling, some shelves, storage cabinets, attractive lighting fixtures, clothes sorting bins and a laundry pair that is color coordinated to the design, a dark laundry corner can become a well organized work center.

Another basement design suggestion is to set aside an entire section of the finished basement for work-oriented activities.

In this center, plan for such chores as food preservation and preparation, laundry and sewing, potting plants, and desk work.

By centering these in one area, counters, desktops and storage can be utilized for multiple activities.

By starting the remodeling with the activities already in the basement, the final plan may take on the characteristics of a very popular great room design.

With this concept, several activity centers are combined into a harmonious design that offers very flexible use for meeting changing needs: a sofa that makes into a bed for occasional guests, a kitchen with a wet bar that easily moves from party food service to regular meal preparation, and a sewing-laundry-hobby center that doubles as an office for a budding entrepreneur and home manager.

Beautiful Baked Fish Pimiento

- 1 lb. fish fillets
- 1 clove garlic, minced
- Freshly ground pepper

- 1/4 cup flour
- 2 (4 oz.) jars pimiento, sliced, pieces or diced
- 1 medium onion sliced in rings
- 2 teaspoons paprika
- 4 tablespoons margarine
- 1 cup light cream of evaporated milk

Season filets with minced garlic and pepper. Coat lightly with flour and place in a well-buttered baking dish. Overlap pimiento, onion rings and filets. Sprinkle with paprika. Top with margarine cut into thin slices. Add remaining pimiento to the crema and pour over filets. Bake in a 325° oven for about 20 minutes or until fish flakes easily. Serves 4.

Butter Sugar Cookies

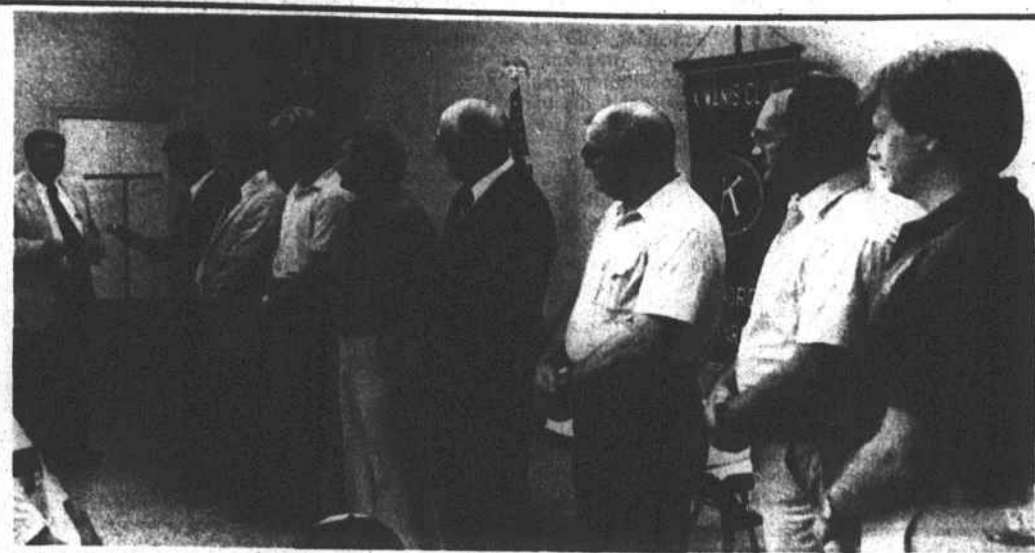
- 1 cup (2 sticks) butter
- 1 egg
- 2 1/2 cups all-purpose flour
- 1/4 teaspoon salt
- 1 1/2 cups softened confectioners' sugar
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- Colored sugar crystals

Cut butter into chunks; cream. Gradually add sugar; beat until light and fluffy. Beat in egg and vanilla. Combine flour, baking powder and salt; gradually blend into creamed mixture. Chill for ease in handling. Preheat oven to 350°F. Roll out dough on lightly floured surface to 1/8 inch thickness. Cut out cookies with floured 2-inch round cutters. Place on cookie sheets and sprinkle with decorator's sugar crystals. Bake 8 to 10 minutes. Yield: About 5 dozen.

Borello finishes basic training

Army National Guard Pvt. Bruce A. Borello, son of Florence N. Barlow and Frank J. Borello, both of Aberdeen, 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.



Change of command

Incoming Raeford Kiwanis Club President John Plummer receives the gavel from member Frank Crumpler (left) during swearing-in ceremonies held last week. Taking the helm of the club for the coming year are from left: Plummer, President Elect

Terry Houston, Vice President Jimmy Wood, Secretary/Treasurer Dorsey Short, Past President Wendell Young, new directors Bill Niven, Steve Parker and Tom Howell.

Farm commodity mix changing

(Editor's note: This is the second in a series of four articles focusing on the changes in North Carolina farm structure since 1950.)

North Carolina has long been known as a tobacco state, and indeed it is. But the relative importance of tobacco in the farm commodity mix has declined from about 50% of gross receipts in the early 1950's to under 30% in the early 1980's.

The table illustrates this and other changes in the mix of commodities produced by farms in various regions of the state.

Shown is the value of production of each commodity as a percentage of the value of all major commodities produced in the state or region.

Average values for 1950-51 are contrasted with those for 1982-83.

In the state as a whole, the share of tobacco, cotton and peanuts has fallen 25 percentage points, from 58 to 23%. These lost shares have been taken over by poultry, soybeans and swine. The result is a state enterprise mix that is much more balanced between livestock

Extension News

Willie Featherstone Jr.,
County Extension Chairman



1982-83	44	64	61	31
All live-stock	56	36	39	69
Tobacco	30	22	26	34
Poultry	23	36	33	15
Swine	10	2	5	14
Milk	7	17	15	1
Corn & soybeans	17	6	10	23

and crops, with about one-fourth of receipts due each to tobacco and poultry, one-fifth to the corn-soybean combination, a tenth or so each to swine and milk; the remainder to beef, peanuts, fruits, vegetables, wheat and sweet potatoes.

Each of the state's major agricultural regions tends to be less diversified than the state as a whole.

As the table shows, the Mountain and Piedmont regions each depend upon livestock products for two-thirds of value produced, whereas the Coastal area receives two-thirds of value from crops.

A number of factors have contributed to these changes in product mix. Tobacco production has, of course, been limited by falling quotas that have reflected falling demand at support price levels. Although the real (inflation-adjusted) prices of most of these commodities have fallen, the prices of swine, beef, milk and soybeans have fallen less than the others, providing some incentive to switch to those enterprises.

Year	Percentage Share Of Agricultural Commodities In North Carolina			
	State	Mountains	Piedmont	Coast
	(Percent)			
1950-51	26	57	35	15
All live-stock	74	43	65	85
All crops	48	24	42	56
Tobacco	8	18	14	4
Poultry	6	4	4	7
Swine	9	25	13	3
Milk	11	10	8	14
Corn & Soybeans				

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CAR WASH

Saturday, October 12

9 am - 3 pm

Behind Raeford United Methodist Church

Sponsored by Methodist Youth

Notice! Notice!

Countywide Community Meeting

to share information on the public interest need for Extended Area Telephone Service (EAS) between Raeford and Fayetteville. Let's join together for a progressive step to shape the future of Hoke County -- Turlington School auditorium 7:30 p.m. on Thursday Oct. 10.

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DIET FACTS & FALLACIES

From Connoisseur To Food Worshipper

We've all met people who live for their next meal. Possibly, you are unconsciously this type of person. These people eat not because they are hungry, but because they have developed an insatiable taste for very rich, exotic foods. They read recipes and can taste the food they read about. They savor every bite and have evolved into food worshippers. Of course, we all enjoy a well-prepared meal, which is perfectly natural. However, food worshippers may reach the point that they substitute food for other

areas in their lives that are lacking fulfillment instead of confronting the problem. This action can be damaging. Food is not an outlet. It is a source of fuel for the body.

Diet Center believes you should eat food that will help your body function at total capacity. But it is also felt this can be achieved through appetizing and fulfilling meals, featuring the natural flavors of fresh fruits and vegetables. No deprivation need be involved. Contact a Diet Center Counselor today and find out how to "eat to live."

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J.W. Turlington School

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