

# Lifestyles

## Locklear completes NG basic training

Army National Guard Pvt. James V. Locklear, son of James L. Locklear of Rural Route 1, Maxton, and Dorothy J. Woods of Rural Route 2, Red Springs, has completed basic training at Fort Jackson, South Carolina.

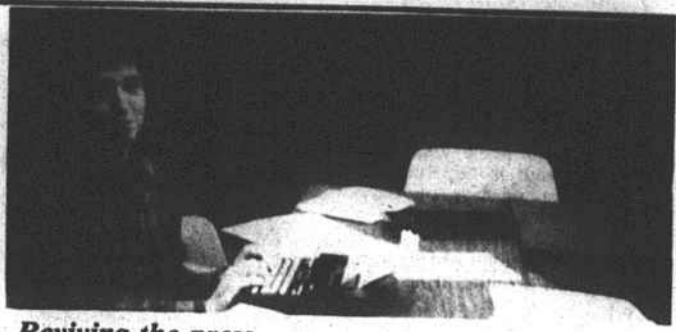
During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

## Walker promoted

Ernest C. Walker, son of Ernest H. Walker of Rural Route 2, Raeford, has been promoted in the U.S. Army to the rank of private first class.

Walker is a medical specialist at Fort Bragg with the 82nd Airborne Division.

He is a 1984 graduate of Hoke County High School.



## Reviving the press

Jeff Crum, editor of the Sandhills Community College student newspaper The Eye of the Needle begins work for the first issue. The students of the Hoke and Moore County campuses of Sandhills Community College are about to find themselves involved in the revived college newspaper. According to Crum, he and his staff are "taking a fresh approach" to satisfy the demand for a campus paper. The Eye of the Needle will feature editorials, student essays, "S.C.C. Scenes," student government news, commentaries, and a "Gabby Weisenhimer" column (with apologies to Ann Landers) written by one of the writer men on campus, assistant editor Ken Newton. In the past weeks, Crum has pulled together some of the best and brightest from the S.C.C. campus to form a staff made up of production manager, Keith Borshak; photographer, William Jarrell; and writers Amy Clark, Brian Crum, Tip Iulucci, Monica Parsons, Brenda Squires, Shane Varney, Thomas Wolfe, and Sarah Young. The first issue is due out the second week in November.

## Variety of factors affect farms

Editor's Note: This is the fourth in a series of four articles focusing on the changes in North Carolina farm structure since 1950.

The structure of the farming industry is determined by a variety of factors, and our knowledge of the underlying causes of changes in structure is limited.

Nevertheless, this article will consider briefly some of the topics



**Extension News**  
Willie Featherstone Jr.  
County Extension  
Chairman

usually thought to be related to farm numbers, the size distribution

of farms and other structural characteristics.

There is a clear relationship between technological change and changes in farm size. Farm numbers have fallen and farms have grown in size over the last half century as new methods were introduced to allow more output per farm operator and to allow a

(See FARMS, page 5B)

## Insulation should be checked before cold winter weather hits

Chances are good that your mobile home already has insulation, but there are other things to check in searching for ways to prepare the home for winter. First check to be sure there is insulation in the floor. There should be three or four inches.

If there isn't, add R-19 fiberglass batts. Consider installing storm windows and doors.

If it isn't possible to add conventional storm windows and doors, put plastic over the inside of the windows. In some cases a custom made storm door can be placed on the inside of the existing door.

You may also weatherstrip around doors and windows, or caulk around all windows, doors and other places where air may pass through. Placing a skirting material around the base of the mobile home may be one of the best investments you can make to reduce heating costs.

This reduces heat loss and helps prevent water pipes from freezing.

You should allow some vent space in the skirting. Have your heating system checked and serviced by a competent service person, if this hasn't been done recently.

The system should be adjusted for maximum operating efficiency. If heat system duct is exposed under the floor, wrap it with a minimum of R-4 insulation.

Also, insulate all water pipes and tanks to prevent freezing.

## On the Front Burner

Alice Pettitt  
Home Economics  
Agent



Keep doors and windows closed when possible.

Lower thermostat setting as low as possible without keeping the home too uncomfortably cool.

### Biscuit Lasagne

- 1 lb ground beef
- 1 jar (32 oz.) spaghetti sauce
- 1 teaspoon dried oregano leaves
- 1 cup creamed cottage cheese
- 1/4 cup milk
- 1 teaspoon dried basil leaves
- 2 cups mozzarella cheese (8 oz.)
- 1/2 cup chopped onion
- 1 tablespoon parsley flakes
- 3 cups biscuit baking mix
- 1/4 cup grated Parmesan cheese
- 1 tablespoon parsley flakes
- 1 cup shredded zucchini (about 1 small)

Heat oven to 375°. Cook and stir ground beef and onion in 4-quart saucepan over medium heat until beef is brown; drain. Stir in spaghetti sauce, 1 tablespoon parsley and the oregano. Heat to boiling over medium-high heat, stirring occasionally. Keep warm over low heat. Mix remaining ingredients except zucchini and mozzarella cheese until dough forms; beat 20 strokes. Spread half of the dough in ungreased rectangular pan, 13"x9"x2". Sprinkle half of the zucchini over dough; spread half of the beef mixture over zucchini. Sprinkle with half of the mozzarella cheese. Drop remaining dough by heaping teaspoonfuls onto cheese. Repeat with remaining zucchini, beef mixture and cheese. Bake until biscuits are dark golden brown, 32 to 35 minutes. Let stand 10 minutes before cutting. 15 servings.

zarella cheese until dough forms; beat 20 strokes. Spread half of the dough in ungreased rectangular pan, 13"x9"x2". Sprinkle half of the zucchini over dough; spread half of the beef mixture over zucchini. Sprinkle with half of the mozzarella cheese. Drop remaining dough by heaping teaspoonfuls onto cheese. Repeat with remaining zucchini, beef mixture and cheese. Bake until biscuits are dark golden brown, 32 to 35 minutes. Let stand 10 minutes before cutting. 15 servings.

### Pumpkin-Coconut Bar

- 2 cups biscuit baking mix
  - 1 cup flaked coconut
  - 1 1/2 teaspoons ground cinnamon
  - 3 eggs
  - Easy coconut frosting (below)
  - 1 cup chopped pecans
  - 2/3 cup sugar
  - 1 1/2 teaspoons ground nutmeg
  - 1 can (16 oz.) pumpkin
- Heat oven to 325°. Grease jelly roll pan, 15 1/2"x10 1/2"x1". Mix all ingredients except frosting; beat 40 strokes. Spread in pan. Bake until wooden pick inserted in center comes out clean, about 20 minutes; cool completely. Spread easy coconut frosting over top. Cut into bars, about 2x1". 75 bars.

Easy Coconut Frosting: Mix 1 cup powdered sugar, 1 tablespoon plus 2 teaspoons milk and 1/2 teaspoon coconut flavoring until smooth.

## Enviro-Chem Co. EXTERMINATORS

### HOUSEHOLD PEST CONTROL

120 W. EDINBOROUGH AVE. Jim Conoly OFFICE 875-8146  
RAEFORD, N.C. EXTERMINATOR HOME 875-8268

Long Beach Office 278-9889

Sidney Manfield/Exterminator



## HOMEOWNERS

Fire, Auto, Business

We Can Design Proper Coverage At The Lowest Cost To You - Compare Our Rates



## J.H. Austin Insurance Agency, Inc.

Phone 875-3667

112 W. Edinborough Ave.

Raeford, N.C.

## NEW TIRES

Bridgestone

Grand AM G/T

Vico

## McDonald's Tire Service

Wheel Alignment

RIMS

Keystone

Grand Prix

### SPECIAL ORDER NEW TIRES

Michelin - Remington - Regal - Monarch - BF Goodrich

MASTER CARD - VISA - MULTI-MILE

114 Racket Alley

Phone 875-2070

## RECAPS

Regular & Radial

N.C. Farm

Bureau Dealer -

TBA Dealer

TBA Dealer

**MOVIN' MUG**  
\$1.59  
NEW HOLDER 59¢  
REFILLS 25¢  
We are Convenient

In Raeford: Hwy. 211-513 Prospect Avenue

Coke Sprite  
Diet Coke, TAB  
Coke Classic  
89¢  
2 LITER NON-RETURNABLE

Frito-Lay Cheetos  
Cheese Flavored  
Snacks  
99¢  
Regular \$1.39

Miller Lite  
Beer  
\$5.39  
12 OZ. CANS  
12.5

Participating Stores Only. Quantity Rights Reserved. CFM 1985

OPEN 24 HOURS

Convenient Food Mart

# IT'S HERE!! CHASON'S JUNIOR

HAS WHAT  
YOU'VE BEEN WAITING FOR!

Chason's Now Has A Much Larger And New Soup And Salad Bar. Now Serving All You Can Eat Lunch And Dinner Buffet Including Soup, Salad, Drink And Dessert.

DINNER BUFFET  
MONDAY THRU THURSDAY 4<sup>95</sup>  
ALL YOU CAN EAT!!  
FRIDAY AND SATURDAY 5<sup>95</sup>

LUNCH BUFFET  
ALL YOU CAN EAT!!  
4<sup>00</sup>

WE HAVE CATERING AND BANQUET FACILITIES AVAILABLE.

OUR NEW HOURS ARE:  
10:30 AM TIL 9:00 PM  
MONDAY THRU SATURDAY

CALL 843-2622 FOR CARRY OUT  
E. 4th AVE. HWY. 211 EAST 843-2622  
RED SPRINGS, N.C.