

Four-Year Extension Program Announced

The Duplin Agricultural Extension Service was among the 100 counties announcing a new statewide four-year plan, Nov. 21. The plan projects a statewide increase of \$55 million in agricultural income by 1987, said Duplin chairman of the Agricultural Programs committee Larry Knowles.

The new four-year program is designed to meet some of the county's major human, community and economic needs. Announcement of the "People's Plan '87" was made at a breakfast meeting of the Agricultural Extension Advisory Leadership system, extension workers, county commissioners, legislators, congressmen and news media.

"Our main objective is to deliver technology to the citizens of Duplin that will strengthen the family as a unit in our society," Lois G. Britt, county extension chairman, said. Goals in these areas have been established by the extension staff aided by approximately 250 volunteer citizens. According to Britt, the program calls for involvement in four areas — agriculture and natural resources, 4-H and youth, home economics and community and rural development.

People's Plan '87

Agriculture
The major programs included in Duplin's agricultural four-year plan of work are: Farm business management and marketing, poultry, livestock and poultry pest management, field crops, livestock, horticultural production, forestry and home beautifications. There are provisions for assessing

and reporting any accomplishments of the above major programs including participant surveys and results of major program activities. The accomplishments will be conveyed through the Extension Advisory Leadership System via specialized committees, the program committee, and the Extension Advisory Leadership Council, through the news media and Extension newsletters.

Home Economics

The major programs in home economics concentrate on family economic stability and security, foods and nutrition and health, and family strengths and social environment, said Elinor Ezzell, chairman of the Home Economics Program Committee in Duplin.

These programs are based on the following problems of Duplin families as identified by the Extension Home Economics Advisory Committee in early 1983: Difficulty in coping with financial problems; Lack of use of all available resources in order to extend family income; lack of knowledge in making best choices in all aspects of the housing dollar; lack of understanding of the aging process and making adjustments to aging; lack of understanding of how good nutrition contributes to total health; and lack of skills in getting maximum nutrition from the food dollar and other resources in order to meet nutritional needs.

4-H

Four-H planned programming in the next four years will concentrate in four major areas. These major programs are: 4-H public awareness

support designed to help increase membership, volunteerism, financial support and develop activities; 4-H program expansion to increase the number of youth involved in educational experiences through the community setting; 4-H program maintenance to increase the length of time that volunteers and 4-H'ers remain involved in the 4-H program and; development of youth and adult leadership and life skills through special interest programming and/or project clubs designed to help youth and adults develop life skills in specific subject matter areas and leadership skills which will enable them to be effective leaders in the future.

Community Resource Development

Over \$500 million of the \$670 million tax base is tied directly to agriculture. Many of Duplin's people are rural nonfarm, but their life style is controlled by this economy, said David Byrd Jr., chairman of the Duplin Community Resource Development program.

In order to accomplish this, the plan of action will be: County fair to operate with committee structure that will cause expansion of facilities, cooperation between communities, intermingling of business, government, industry, and agriculture and open communications for further projects; implement observances of National Ag. Day, Farm City to reinforce; develop and expand facilities for Cowan Museum to attract tourists; correlate work of 4-H and CRD program committees to determine day camping/workshop facilities needs and acquire some.



DAVIS RECEIVES OATH - Secretary of State Thad Eure, left, administers the oath of office to Michael Freddie Davis, one of 48 motor vehicle process officers in the License, Theft and Weight Enforcement Section in the N.C. Department of Transportation's Division of Motor Vehicles (DMV). He will be assigned to the Rocky Mount duty section which will include the counties of Edgecombe, Franklin and Nash. According to DMV Commissioner R.V. Wilkins Jr., motor vehicle process officers are responsible for serving revocation orders on driver licenses and license plates. As law enforcement officers, they will be uniformed and carry weapons.

1-1/4 cups graham cracker crumbs
1/3 cup diet margarine

Filling:

1 envelope unflavored gelatin
1-1/2 cups skim milk
3/4 cup part-skim ricotta cheese
1 tsp. vanilla extract
6 packets Equal
1/4 cup cocoa
1 packet low-calorie whipped topping mix
6 packets Equal

Combine crumbs with diet margarine by cutting in softened margarine until mixture resembles coarse crumbs. Press firmly in bottom and sides of 8- or 9-inch pie pan. Bake in preheated 350°F oven 8 to 10 minutes. Cool.

In small saucepan, sprinkle gelatin over 1/2 cup skim milk. Let stand 1 minute. Heat, stirring constantly until gelatin dissolves. In blender or food processor, blend ricotta until smooth and add gelatin mixture, remaining 1 cup milk and vanilla. Continue blending until completely smooth. Remove half the mixture, set aside. To mixture in blender, add 6 packets Equal and cocoa. Blend thoroughly. Pour into crust, chill for 30 minutes or until partially set. At the same time, chill remaining mixture for 30 minutes. Prepare whipped topping according to package directions gradually adding 6 packets Equal. Whisk into reserved, chilled mixture until blended smoothly. Spoon over chocolate layer; chill until set. Garnish with dusting of cocoa.

Makes one 8- or 9-inch pie (filling and crust) or 8 servings.
Calories per serving: 185
Diabetic exchange: 1 nonfat milk, 1/2 bread, 2 fat

HARVEST FESTIVAL SHRUB

1 can (46 oz.) Dole Pineapple Juice
1 quart cranberry juice cocktail
1 can (12 oz.) apricot nectar
1 tray ice cubes
2 tablespoons cider vinegar
2 packages (10 oz. ea.) frozen raspberries
1 orange, sliced
1 lemon, sliced

Combine pineapple juice, cranberry juice cocktail, and apricot nectar in a large punch bowl. Add ice cubes. Stir in cider vinegar and raspberries. Garnish with orange and lemon slices to serve. Makes 30 (4 oz.) servings.

Extension Notes

Keep Parties Simple

'Tis the season for entertaining, some of it formal and some of it simply friends and relatives dropping by. Extra entertaining, combined with all of the other additional chores related to the holidays, can overload a person. Dr. Nadine Tope, extension food and nutrition specialist-in-charge, North

Carolina State University, offers the following tips:
-Plan an emergency menu which can be quickly whipped up from items on hand. Then if friends do drop by, it will be easy to invite them to stay for dinner.
-When planning a party, choose dishes which can be prepared together or ahead

of time to save last-minute work.
-Don't go overboard with fancy, high calorie dishes. Your guests will thank you.
-Schedule parties back-to-back to take advantage of the clean house and floral arrangements. Recipes can also be doubled, saving time and effort.

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New Treats For Calorie-Conscious Dessert Lovers

Looking for luscious desserts that are easy on the waistline? Try Strawberry & Cream Cheese Crepes or Black Bottom Pie from a new booklet called *Equal's Delicious Recipes*. Both taste sinfully rich but have less than half the calories of most desserts.

The secret to these delectable, light treats is Equal, the unique low-calorie sweetener. They taste like they were made with sugar, because unlike other low-calorie sweeteners, Equal has no saccharin and no unpleasant aftertaste.

Both desserts will be enjoyed by the entire family, as well as by waistline watchers, diabetics, and others on sugar or carbohydrate-restricted diets. These treats also are low in fats, because lean ingredients such as skim milk, ricotta cheese and fresh fruit are used.

More recipes and tips are found in the *Equal's Delicious Recipes* booklet. In addition to desserts, the booklet introduces recipes for appetizers, beverages, salads and entrees. Each includes the calorie count and diabetic exchange. To obtain a copy, send \$1.00 to: Equal Delicious Recipes, P.O. Box 7766, Mt. Prospect, IL 60056-7766.

STRAWBERRY & CREAM CHEESE CREPES

Crepes Batter:
2 eggs
1/4 cup skim milk
2 tbsp. water
4 tbsp. all-purpose flour
1/8 tsp. salt

Filling:
3 oz. low-calorie cream cheese
6 tbsp. dry curd cottage cheese
1 egg
4 packets Equal

Sauce:
2 cups fresh strawberries (or frozen unsweetened, thawed)
1 tbsp. lemon juice
6 packets Equal

Batter: beat eggs, milk and water. Add flour and salt; beat just until smooth. Spray a crepe pan with non-stick coating. Heat pan over medium heat. When pan is hot, spoon 2 tablespoons



Low calorie and delicious: Black Bottom Pie and Strawberry & Cream Cheese Crepes.

HAPPY BIRTHDAY RUSSELL

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BLACK BOTTOM PIE

Graham Cracker Crust:

batter into pan and rotate pan to spread evenly. When edges of crepe are browned, turn crepe onto a plate. Filling: place cream cheese, cottage cheese, egg and Equal in mixer. Blend until smooth; set aside. Sauce: coarsely chop strawberries. Add lemon juice and Equal. Toss lightly. When ready to serve, spoon 2 tablespoons filling into each crepe and roll. Arrange crepes, seam-side down on plate. Serve immediately with fresh fruit sauce.

Makes 12 servings, 1 crepe each.
Calories per serving: 61
Diabetic exchange: 1/2 non-fat milk, 1/2 fat

BATTER: beat eggs, milk and water. Add flour and salt; beat just until smooth. Spray a crepe pan with non-stick coating. Heat pan over medium heat. When pan is hot, spoon 2 tablespoons

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