

TAR HEEL SPOTLIGHT

Department of Art, Culture And History
Sam Ragan, Secretary
"THE BIRTHPLACE OF TWO GOVERNORS"

Among the fifteen public historic sites owned by the State of North Carolina are two homes where outstanding governors were born: The Zebulon Vance birthplace near Asheville, and the Charles B. Aycock birthplace near Fremont.

The mountain farm complex where Vance was born consists of a log house and six outbuildings constructed soon after the Revolution. An adjoining visitor center features exhibits relating to Vance's career as governor of North Carolina during the Civil war, his Union imprisonment, and his later service to the state both as governor and as United States senator.

A restored one-room school building has been relocated alongside the birthplace of Charles B. Aycock, who is remembered as North Carolina's "educational governor." His support of universal education for the children of the state resulted in the opening of new schools at the average rate of one per day during the Aycock administration. The typical eastern farm of the 1840s consists of the governor's restored birthplace, accompanying outbuildings, and the one-room school dating from the

days of his boyhood. As in the case at most of the state-owned historic sites, a modern visitor center offers additional exhibits.

The homes of governors Vance and Aycock, both of which are furnished with appropriate antiques, are open to the public free of charge every day except Monday. Additional information such as exact locations, hours of operation, and a brief sketch of all fifteen state-owned historic sites in North Carolina is included in the brochure, "Land of Beginnings." It is available free on request from the State Department of Archives and History in Raleigh.

One of the objectives of the North Carolina Heart Association's Rheumatic Fever Prevention program is to make low-cost penicillin available to rheumatic fever victims on whom the cost of the medicine would work a hardship. Victims who discontinue taking the penicillin run the risk of rheumatic heart disease.

The North Carolina Heart Association says there's a connection between waist-span and lifespan. Statistics show that overweight persons are more prone to serious illnesses and have a shorter life expectancy. Protecting your heart and your health by keeping weight normal.



Commendation To Shope

FT. SAM HOUSTON, Tex.—Army Sergeant First Class Thomas C. Shope (right), son of Mrs. Lucille F. Shope, 222 E. Boston Ave., Bessemer City, N. C., receives the joint service commendation medal during a recent ceremony at Ft. Sam Houston.

The joint service commendation medal was awarded for meritorious performance of service in a joint activity assignment. Ranking with the army commendation medal, it was established by the Department of Defense in May 1967.

Sgt. Shope earned the award during his last assignment with the 525th military intelligence

group in Vietnam.

He is now serving as noncommissioned officer in charge of the pharmacy service with medical company, Brooke General Hospital, Ft. Sam Houston.

Sgt. Shope, whose wife, Barbara, lives in San Antonio, Tex., is a 1956 graduate of Bessemer City Central high school.

Congratulating him is Brigadier General David E. Thomas, commanding general of Brooke General Hospital.

NO SEW APPLIQUE
If you're better with a steam iron than a needle, you'll welcome the new iron-on applique. It's a printing process.

Bright designs are transferred from the applique paper to fabric when a hot iron is applied.

Two companies are bringing out the iron-on appliques in some 35 designs. Makers claim the colors won't fade when garments are washed.

Roasting Bag Creates Mess

RALEIGH — See-through roasting bags, that have mad cleaning up after cooking almost a thing of the past, have caused a few homemakers some problems.

A limited number of these bags have exploded in the oven, creating a mess and starting oven fires.

Homemakers who reported these incidents claimed they had followed the manufacturer's instructions to the letter.

Manufacturers of the bags soon discovered the cause of the problem and an easy solution, says Mrs. Marjorie Donnelly, extension food specialist, North Carolina State University.

The cause was simple. When meat is cooked, fat and other juices are released. Sometimes a layer of fat may accumulate over the juices, building up a pressure that eventually may "cause splattering or 'bumping.'"

A major bumping is rare, but when it does occur, fats and juices are thrown violently outward, causing a messy oven and occasionally a fire.

If this bumping occurs in a see-through roasting bag, the force may cause the bag to break, releasing the fat and juices.

The solution is also simple. Coat the inside of the roasting bag with a tablespoon of flour before the meat is added.

Just spoon in the flour and shake well. The flour insures even boiling and prevents bumping.

If sauces or seasoning mixes are used, there is no need to add flour. The mix will prevent bumping.

Bob Phillips Has Enlisted

Bobby Franklin Phillips, son of Mr. and Mrs. Frank Phillips of 207 N. Dilling street, has enlisted in the U. S. navy, under the navy's new 180-day program.

This program authorizes the navy to enlist qualified young men and give them up to 180 days delay in reporting for active duty. By enlisting under this program, Phillips has gained several advantages over other enlistments in that the delay time prior to reporting for active duty counts toward completion of military obligation; builds up longevity for pay purposes and affords up to six month seniority prior to entering recruit training. No attendance at drills or meeting is required during the waiting period. Upon completion of a specific period of inactive duty, Bobby will be transferred to a U. S. naval training center for recruit training.

Petty Officer John Bouknight, local navy recruiter for this area, invites anyone interested in this program to contact him at the local navy recruiting office located at 201 E. Franklin St. in Gastonia.

WALL TABLE
There's a card table on the market that is designed to hang on the wall when you're not using it.

The playing area features bold designs that have been silk screened by hand on durable, easy-to-clean vinyl. The frame and legs are chrome.

When it's time to put the table away, the legs fold out of sight and the table is hung on two wall pegs.

ACCENT ON AGRICULTURE

GOVERNMENT PAYMENTS
A "popular" consumer criticism directed toward farmers concerns allocation of government funds for farm price supports and for not growing certain crops.

This is an area of much misunderstanding. A 1971 Federal Government estimate of government spending under the general heading of "agriculture" amounted to almost \$8 billion. The common assumption is that this amount either went directly to farmers in the form of price supports or else was spent for their direct benefit.

Nothing could be farther from the truth. Programs that were actually geared to the farmer's direct benefit totaled about \$3.8 billion, or about 45 per cent of "agricultural appropriations."

What about all those other billions—where did they go? They went into programs that clearly benefited everyone consumers, businessmen, poor people and the general public. For instance,

\$875 million of the \$8 billion total was spent on programs having foreign relations and defense aspects. Another \$2.3 billion went into food distribution programs such as food stamps, school lunches and special milk programs. Another \$1.4 billion was spent on long-range natural resources improvement programs. With today's growing accent on areas of environment, ecology and social welfare, it is anticipated an even larger proportion of so-called "agriculture" funds will be spent in these areas in the future.

Yes, for most people who don't farm it is a big surprise to learn that farmers receive less in U. S. Department of Agriculture programs and services than non-farmers.

A late spring in the Arctic can affect the reproduction of geese that nest there. If the first nesting fails, there isn't sufficient time for re-nesting due to the weather.

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SOUTH BATTLEGROUND AVENUE

Bennett Earns Unit Award

PANAMA CITY, Fla.—Airman First Class Thomas S. Bennett, son of Mr. and Mrs. Norman O. Bennett of 720 Parkview St., Asheboro, N. C., is a member of a unit which has earned the U. S. Air Force Outstanding Unit award.

Airman Bennett is an accounting specialist with the Aerospace Defense Command's (A D C) 4756th Air Base group at Tyndall AFB, Fla. The 4756th was presented the award for exceptionally meritorious service from July 1, 1969 to June 30, 1971.

The unit was cited for outstanding support of the Tyndall based Air Defense Weapons Center which provides operational and technical expertise on air defense. A primary function of the center is providing annual combat readiness training for ADC aircrew members.

The airman will wear a distinctive ribbon to mark its affiliation with the unit.

Airman Bennett, a 1966 graduate of Asheboro high school, received an A. S. degree in 1968 from Wingate (N. C.) junior college.

His wife, Alice, is the daughter of Mr. and Mrs. Russell E. Smith of 826 N. Piedmont Ave., Kings Mountain, N. C.

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