

# GAIL WINDS

by: Gail L. Roberson

Nature has given us one tongue but two ears, for a reason ... that we may hear from others twice as much as we speak. The greatest human need is to be listened to. Unfortunately, this rarely happens. We're all familiar with those whose eyes glaze over and continuously look away while we try to talk to them, yet when they talk to us, we can't get a word in edgewise. This person is called a "bore." A bore is a someone who talks when you wish him to listen. There are others who are equally as dangerous. One is the ADVICE GIVER. We know what they do. Another is the INTERRUPTER. They tell you what you are trying to say. CROSS EXAMINERS want to argue with everything and PARAPHRASERS repeat everything back to you.

A radio poll phoned more than 15,000 men in various parts of the country to ask: "Who are you listening to at the moment?" Ninety percent of them answered, "my wife." Well, I don't believe it. Spouses spend less time listening to one another than any other part of the population.

My husband has tuned me out so much that I now write notes for him when I have something to say. I've tested him. When I showed him a new dress, his glazed expression and mechanical, "very nice honey," hinted that he had again retreated into his own thoughts. When I asked, "and on my way home I stopped to put \$1,000 down on a polo pony for the barnyard," he also responded with, "very nice honey."

But, I plead guilty to all the same shortcomings. When he begins to explain the workings of the "guts" of his tobacco barn and of coloring heats and electrical wizardry, I put my brain on automatic pilot and try to look at least partially intelligent and interested. While I don't wish to offend him, neither do I want to clog up my brain with such useless information.

Sometimes we can deeply regret not listening. Such as a friend who has told me countless times how she longs to return to the days when her husband begged her to come sit out on the screened-in porch after supper with him. Instead, she always insisted on leaving the kitchen pristine clean, and took the time to wash up every dish and wipe off every counter. By the time she finally got to be porch, it was too dark to watch the geese on the pond or listen to a report of her husband's day, for he had grown weary of waiting and was absorbed in the television instead.

As parents, it's hard to make yourself listen when toddlers chatter nonstop. Too often, it's easier to concentrate on the physical needs of a child than the emotional ones. But take note that it's extremely dangerous to assume that any of our loved ones know we love them. Never assume anything. If you can't say it, show it. And the best way to show it is to listen.

In this busy time, most all of us are guilty of not really listening, of never "hearing" what others are saying to us. True communication requires that we develop the art of listening, whether it's listening to family, friends, or someone on the street.

The biggest compliment I overheard being given to a recently departed friend was that "she always listened." As I looked upon her face for the last time, I too, thought those same words. She truly DID listen. That wonderful trait was what set her apart from all the other people I knew. She never interrupted or gave advice. Cross examination was not her style, and repeating what you had just said was entirely unheard of in her case. What was so remarkable about this woman was that she truly did care and wanted to help her friends. I can't think of a better tribute to be said about her or to be etched in her stone than... "She listened." I only wish I could say it on behalf of a few more people. But most of all, I'd like for someone to say those words about me one day.

So, why don't we all learn to cultivate the fine art of responsive attention. Let's open our ears to receive in a manner that will enable us to hear from others twice as much as we speak. Beginning is as simple as asking yourself... "do I REALLY listen?"

## Extension Extras

### Most 'New' Foods Are Really Convenience Foods

By Joan Gosper  
N.C. State University  
Over 9,000 new food products were introduced in 1988, says Rachel Kinlaw, extension foods and nutrition specialist at North Carolina State University.

Many of these new foods are simply products designed for the consumer who doesn't have the time or desire to cook, Kinlaw notes. For example, microwaveable sandwiches, snack foods, burritos and toppings for vegetables and meats were among the new items. The areas of condiments and candy, gum and snacks accounted for more than 2,700 of the new items available.

For the traditionalists among us, the extension specialist notes that leading vegetables in the market this time of year include carrots, broccoli, potatoes, peppers, iceberg lettuce, tomatoes, celery and cabbage. "While supplies of some of these vegetables fluctuate a bit from week to week as harvests shift among growing areas, overall supplies will be very good," Kinlaw says.

Grapefruit supplies are good this year, with Florida production up a little and Texas growers harvesting almost 20 percent more than last winter. This year's larger orange crops are also coming to market. Winter pears, which include D'anjou, bosc and comice, are in record supply this year.

#### NEW APPLIANCE

If that first dish from a new appliance was disappointing, don't

pack it away. You need to do some experimenting with recipes or your cooking techniques, says Dr. Nadine Tope, extension foods and nutrition specialist, NCSU.

Read the owner's manual carefully. You are less likely to be disappointed if you are not expecting the impossible. Then try some of the recipes which came with the appliance. Look for other appropriate recipes in special cookbooks and magazines.

Keep the appliance where you will use it frequently.

Once you have mastered the basics, try to put the appliance to its fullest use. Many people learn to use an appliance for one task and then never explore its other capacities.

#### BABY FOOD

If you make baby food at home, you may find it convenient to freeze single-serving portions, suggest extension foods and nutrition specialists at North Carolina State University.

Spoon freshly-made baby food into a clean ice cube tray or drop spoonfuls onto a cookie sheet. Cover with foil and freeze until the food is solid. Then put the frozen cubes into a freezer bag or container. Thaw only the number of cubes the baby will need at one meal, and be sure to thaw the cubes in the refrigerator, not on the counter.

Don't make more baby food than you will use up in one month, and never refreeze thawed baby food.

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## Our Opinion

### Picture Not So Favorable For Speaker Joe Mavretic

A house built with a weak foundation is hardly expected to stand long and endure the pressure sure to come.

The political house Joe Mavretic has built has a shaky foundation, and from all present day appearances, that house might collapse when the next political storm comes.

Mr. Mavretic was elected speaker of the North Carolina House of Representatives in a political coup which surprised even those on the winning side, we feel. When 21 dissatisfied Democrats join with 42 Republicans in the election of a house speaker, then as partisan politics develops along the way, the house begins to swing and sway.

The day before the election of a house speaker, it was generally believed and in most quarters accepted as fact that veteran Speaker Liston Ramsey would win without difficulty. But the coalition had done its homework well, and Mr. Ramsey was dethroned. And frankly, he should never have been running.

There are times when people become so powerful and so dictatorial that they seem to feel that some office or position belongs to them. The people of North Carolina apparently have not been so disturbed with the defeat of Mr. Ramsey as they are the way it was done.

Democrats had a right to expect those 21 defecting Democrats to stand by the party which elected them. That did not happen. All through the legislative session Mr. Mavretic held forth as speaker, but never did he really get the confidence and deep down support of either the 21 Democrats or the 42 Republicans.

Now one member of his team, a Democrat, Representative Donald Dawkins of Rockingham, has defected. He will return to the Democratic party organizational fold. Then with an election coming up next year, some members of his team will not run again, some will be defeated, and others may leave the team.

To gain re-election as speaker, Mr. Mavretic faces some tough sledding. Already the wear and tear on the Mavretic combine is showing. He hardly can expect to get 21 Democrats to follow his leadership and support him again for the speaker's position.

As of this time several Democrats are seeking support for the speaker's job. They include Rep. Joe Hackney of Orange County, Samuel Hunt of Alamance County, and Robert Hunter of McDowell County. Then a few days ago, Rep. George Miller of Durham County says he has been approached to make the race for speaker and he is giving the matter deep thought.

In reality, the picture as it is now shaping up seems to indicate that Democrats feel they can derail Mr. Mavretic this next time and elect a Democratic regular as speaker.

There are a lot of "ifs" to face. If the Democrats can hold their present house majority, they might beat Mr. Mavretic. If the Republicans make substantial gains in the house, Mr. Mavretic might prevail again. If Mr. Mavretic can hold in line enough Democrats, he might can win.

Right now those "ifs" seem to favor Democrats who want to unseat Mr. Mavretic.

### Need Is There

When mention is made of the lack of entertainment or somewhere to go and enjoy themselves in regard to teen-agers, parents very naturally perk up.

In recent days, parents have spoken out in "letters to the editor" on this subject. The letters are well placed, and it is good to know that the P.S. Jones PTA is sponsoring Friday night dances and urging the young people to come out and enjoy themselves.

The success of any measures taken to appeal to young people depends in large part on the willingness of the parents to give full and active support. Friday night dances may well be one project designed to appeal to the teen-agers. In future days, surely there will be others. But what the P.S. Jones PTA is doing now is a good start.

### Television Ministry Hurt By Jim Bakker And Others

While we have a very strong dislike of the acts of begging preachers pulling in the money from innocent victims, we realize at the same time that there are many shut-ins and elderly people in America who use the television ministry as the form of worship.

Jim Bakker was one of the most successful "begging preachers." He reaped in millions of dollars and the jury has found him guilty of using millions of dollars for his own lavish lifestyle.

Being found guilty on 24 counts surely must represent a heavy sentence when on October 24 he comes back into court to hear what the judge says. We read that he can possibly be sentenced to 120 years in prison and fined \$5 million.

There are people who sympathize with Mr. Bakker and who sincerely believe he has been handed a bad deal. But this man brought his troubles upon himself. He just became "too big for his britches." If money is the root of all evil, then this man surely knows the roots well.

In recent times with the indictment of Mr. Bakker, the ugly story of Jimmy Swaggart, the verbal fight between Jerry Falwell and Mr. Bakker, along with several other television ministry stories, the public seemingly has become rather suspicious of the whole group.

From the evidence presented at the Bakker trial, few people in our country have lived in such luxurious style than did the Bakker family. To have an air-conditioned dog house, to have gold taps in the bathroom, to own several expensive cars and homes, and to pull out \$265,000 to keep a church secretary quiet about their sex meeting, all add up to something far removed from religious commitment, we feel.

In general terms such television ministers as Oral Roberts, Pat Robertson, and Billy Graham, have appeared to be going strong still without all the ugliness attached to the likes of Bakker and Swaggart.

However, Mr. Roberts is about to close down his City of Faith Hospital because it has not done what he hoped it would do. And he is selling five homes on the residential area of Oral Roberts University in order to keep the institution afloat.

Some of the other television evangelists are quiet these days. They realize people have an inborn distrust right now, and unless the money flows in, the show cannot be on the air.

Now as for Bakker's future, it is difficult to say. Surely, he will get a term in prison. We must guess about 30 years plus a fine of around \$2 million. His television ministry days may be over for him. Now his wife, Tammy, might be able to cry her way through and keep the ministry breathing for awhile.

One thing in all fairness must be said. Not all television ministers are dishonest. Some are dedicated and sincere. The very fact that they beg for money might put a cloud around them today, but again they cannot keep going without cash.

### Hard To Reconcile

Two men commit murders in rather similar circumstances. One man is sentenced to die in the gas chamber while the other gets life in prison.

Each one has killed someone in cold blood. Both murders were planned well ahead, carried out without regard to pain and suffering, and both saw their victims die while pleading for mercy.

Now with the difference in the sentences, we understand how it is so very difficult for some people to reconcile what we call justice. For one man to live and another die for the same crime places this thing we call justice in a rather awkward position.

Yet, this happens often right here in our own country. Today we suppose that we have more than 1,000 men and women on "death rows" in our states. But we also have perhaps three or four thousand people, some in prison, and some out on parole, who are just as guilty as those awaiting final disposition of their cases.

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