

# Noticeboard

## TEACHING SEMINARS

The N.C. Center for the Advancement of Teaching, a program dedicated to the reward and renewal of outstanding public school teachers, is accepting applications for its winter/spring 1990 seminars. Seminars are one week in length and range in topics from archaeology to poetry. All expenses are paid by the center, including travel and substitute teacher reimbursement. For more information, call 1-800-922-0482 between 8 a.m. and 5 p.m. weekdays.

## HIRE-A TEEN

Persons needing help with yard work or other jobs around the house are invited to participate in the YMCA Hire-A-Teen Program. Teenagers are available to do your odd jobs at a reasonable rate. Call the "Y" at 638-8799 for more information.

## SWIM TEAM

The Twin Rivers YMCA has a swim team. The team is for boys and girls ages five through 18 who are fairly good swimmers. Several meets will be held. Call the YMCA at 638-8799 for more information. Practices will be held at Harbour Town Pool.

## SWIM LESSONS

The Twin Rivers YMCA will conduct swimming lessons for children up to adult age. Classes will meet weekdays for a two-week session at Harbour Town Pool. Call 638-8799 for more information.

## RESCUE AUXILIARY

The Vanceboro Rescue Squad Auxiliary meets the first Tuesday night of each month at the Vanceboro Volunteer Fire Department at 7:30 p.m. Those interested in serving in a worthwhile volunteer organization and helping the community are asked to attend.

## SENIOR CITIZENS

The senior citizens in United Tri-County Senior Citizens Inc. are reminded to attend the "Happy Birthday Party" this month. Senior citizens in Vanceboro meet regularly in the newly-renovated community center in Vanceboro. The last Friday of each month is the date for the "Happy Birthday Party."

## COOKBOOK

The Craven County Extension Homemakers have available for sale the latest N.C. Extension Homemakers Cookbook. This cookbook was compiled by the N.C. Extension Homemakers for the 1988 national meeting it hosted and contains recipes from across the state. For more information contact Susan Noble at 633-1477.

## SENIOR EXERCISES

Twin Rivers YMCA now offers a basic exercise and stretching class for adults over age 55. The classes are on Mondays and Wednesdays from 9 to 9:45 a.m. at the YMCA. For more information, call 638-8799.

## SEEK-A-SENIOR

The Twin Rivers YMCA Seek-a-Senior program is a referral service

promoting odd-job employment of active older adults who are 55-years-old or older by community members needing work done at reasonable rates. Call the YMCA at 638-8799 to find resources for hiring seniors to do such work as maintenance and repair, sewing, house-sitting and babysitting.

## BABYSITTING

The Twin Rivers YMCA is offering a course titled "Babysitting Techniques" for young people ages 10 and up who would like to get a solid foundation in babysitting. Students will be taught safety issues, caring techniques and areas of responsibility involved in child care. Classes will be taught at the YMCA on Wednesdays from 7:30 to 8:15 p.m. Call the YMCA at 638-8799.

## HOSPITAL HOURS

Craven Regional Medical Center has extended its hours of operation for its outpatient registration center from 6 a.m. to 9 p.m. weekdays and 9 a.m. to 2 p.m. Saturdays. The center is located in the front lobby of the hospital. Appointments may be made by calling the outpatient registration desk at 633-8118.

## AFTERSCHOOL PROGRAM

The Twin Rivers YMCA offers after school care for school-age children at the YMCA and Brinson Elementary in New Bern. Children in grades K-7 may enroll in the program at anytime during the school year. The programs will operate from school dismissal until 6 p.m. The YMCA will offer school pickup from several schools. Pre-registration will continue until Aug. 25. For more information, contact the YMCA at 638-8799.

## EXERCISE CLASS

Twin Rivers YMCA offers a basic exercise and stretching class Mondays and Wednesdays from 9 to 10 a.m. It is conducted to music and designed to meet fitness needs of older adults. Call 638-8799 for more information.

## MORNING AEROBICS

Twin Rivers YMCA now offers a morning aerobics class on Tuesdays and Thursdays from 10 a.m. to 11 a.m. and on Saturday from 9:30 a.m. to 10:30 a.m. For more information, call 638-8799.

## BUY A BRICK

Be a part of history—support the Twin Rivers YMCA in the Buy-A-Brick program. Your name will be listed among those who "build" the new YMCA. Call 638-8799 for more information.

## EXERCISES

Twin Rivers YMCA has started the seven-week fall session I of classes. Classes offered include early morning and afternoon CAM II fitness classes, low-impact aerobics, active older adult basic exercise classes, jazzercise and more. Call 638-8799 for more information.

## FAMILIES NEEDED

The Pacific Intercultural Exchange is looking for families that would be willing to host a European

or Asian student during the 1989-90 school year. Students will provide their own spending money. Hosts are required to provide room and board. Interested families should call 244-2177.

## PRE-SCHOOL PROGRAM

Twin Rivers YMCA will offer this fall a pre-school program for children 3 to 5-years old. The program will begin Sept. 5, and there is limited enrollment. Activities will include social interactions, motor skill development, educational programs, swim and gym programs and much more. For more information or to register, call the YMCA at 638-8799.

## HIGH SCHOOL DROPOUTS

If you are a high school dropout and wish to return to night classes, contact the Extended Day School Program at New Bern High School or any counselor in the New Bern-Craven County School System and learn how you can obtain your high school diploma while attending night classes. Registration is being held now and classes will begin August 31. Call 638-8230 for more information.

## ROAD RACE

The seventh annual Colonial New Bern 12K Road Race will be held Oct. 28. The race begins at Twin Rivers Mall. There will be a 12K, 5K and fun run. For more information, call Carolyn Jackson at 633-4121 or Garry Cooper at 636-4062.

## TENNIS TOURNAMENT

The Craven County Recreation and Parks Department will sponsor the Fall Classic Tennis Tournament to be held Oct. 21-22 at Craven Community College and New Bern High School. Events include men's singles and doubles and women's sin-

gles and doubles. For more information or to register, call 636-6606.

## GYMNASTICS

The Craven County Recreation and Parks Department is sponsoring gymnastics classes on Saturdays at H.J. McDonald Middle School. Children over 4 years old are eligible. For more information, contact 636-6606.

## AEROBICS

The Craven County Recreation and Parks Department is sponsoring low-impact aerobics at Farm Life Elementary School in Vanceboro. Classes began Tuesday and will be held on Tuesdays and Thursdays beginning at 7 p.m. There is a \$12 fee for the three-week session. For more information, contact 636-6606 or Donna Ippock at 244-2321.

## BATON

The Craven County Recreation and Parks Department will sponsor baton classes on Monday evenings. The fee is \$10 per month. Contact 636-6606 for more information or Delores Daniels at 637-2040.

## TENNIS BUDDIES

Beginning Saturday, the Craven County Recreation Department will sponsor the Dunlop Tennis Buddies program. The program is for children between the ages of five and 15. The program will run Saturday mornings until Dec. 2 from 9 to 11 a.m. There is a \$25 fee. The program will be held at Brinson Elementary School. Call 636-6606 for more information or instructor Vinnie Colucci at 637-2867.

## OFFICE CLOSED

The Craven County Veterans Service Office will be closed Oct. 19. It will resume normal hours on Oct. 20.

# Along The Pathway

Along the pathway of life there are times many of us fail to listen. I read an article in a paper last Thursday morning that really opened my eyes. The article was titled "Daddy, you are not listening."

The dad was so carried away in his sports program on television that he failed to listen when his little girl kept trying to tell him she saw a light flickering on and off, until he began to smell an unusual odor in the house. It was almost too late to save his family.

After getting all out with just a narrow escape, except for the nine-month-old baby, the smoke had gotten so bad he had to crawl out on burning carpet. If the carpet had not been flame-retardant, he would not have made it.

The point I would like to get across is: Mom, dad, grandfather and grandmother, are you listening? When your child or your grandchild tries to tell you something, do you ignore them and tell them to go play, go to bed or that you are too busy?

Mother, dad, grandfather and grandmother, you need to take time to listen to the child, whether it be a small child, older child or teen-ager. You need to listen with your mind open, with a prayer in your heart that you can read between the lines. The need may be greater than you realize. Sometimes the need may be too great for the child to put into words. You need to listen with keen observation and try to analyze what is on the child's mind. Sometimes we could ease a lot of heartaches or calm quite a few fears if we would only take the time to listen with a prayer in our hearts and enough love to reach out and lend a helping hand.

When we fail to hear with heartfelt love and prayer, we could be missing a great opportunity to guide our child away from drugs or guide them to making other decisions that would be for the best interest in his or her life.

The family life, our personal lives and communication in the family have a very great affect on children. Parents, take time to hear what your children are trying to tell you, with a prayer in your heart that is seeking help from the one above who is able to guide in all things.

Let the child know that you love him or her and you are a friend. Live the life in front of them that you should, rooted and grounded in the Lord, with joy in the Lord showing in your life and a love that can be felt and the results seen. Now is the time to point your child in the direction of the Savior who can make the difference in all of this life and eternity.

## Will You Take Time To Listen?

Would you let a chance go by to hear your child cry for help? If you fail to hear his call, he may turn to the wrong source. Little by little you may lose all the trust he has for you. Left with no one to hear, he may choose the wrong way. You have an opportunity today you may never have again. Of, if you would only take the time to hear his plea, Urgent needs could be met and ease a little one's heartache. The need to you may seem little but to him it is great, At least you could take the time to lend a listening ear, Keeping his trust near your heart, it will help, Even if there seems to be no way to solve the case, The love you show will help to ease a lot of pain. If you will only take the time to lend a listening ear. Make a bond and make it now, your child needs you. Even an understanding smile will help, you will see. The tie you make with an understanding heart is worthwhile. Oh, if you will let him know you are his friend, Let him know that you can be trusted to do your best. In every act let him see the love of God in you. Sharing and comparing all the pros and cons. Tell him the best for him is your desire. Even if he can't see the way you do, let him know you care. Now is the time to listen, you could win your child. It's up to you, will you take time to listen?

— Reba W. Mitchell

# Down East Cooking

By REBA W. MITCHELL

Herb oil helps your heart. Instead of margarine, try this cholesterol-free herb oil on your cooked vegetables. Include the oil as part of your daily dietary intake.

1 cup polyunsaturated oil  
1 tsp. Italian seasoning  
1 tsp. parsley  
1/2 clove crushed garlic  
Heat ingredients in small sauce pan for 3 to 5 minutes. Remove from heat and let cool. Store in a bottle in refrigerator. Use other herbs for a variety of flavors.

On our list of calorie-burning foods, eggplant is 17th. The following nutrients are found in one pound of eggplant: water, 93.4 percent; calories, 92; protein, 4.4 grams; fat, .7 grams; carbohydrates, 20.6 grams; phosphorus, 96, mg.; calcium, 44 mg.; iron, 2.6 mg.; sodium, 7 mg.; potassium, 786 mg.; vitamin A, 30 I.U.; thiamine, 20 mg.; riboflavin, 17 mg.; niacin, 2.3 mg.; ascorbic acid, 19 mg.

## Baked Eggplant

4 slices of bacon  
1 onion, finely chopped  
1 large eggplant, cleaned, cooked and mashed  
1 egg, beaten  
1 cup soft bread crumbs  
1/2 tsp. salt  
1/4 tsp. pepper  
Cook bacon until crispy. Remove bacon and reserve drippings in skillet. Crumble bacon and set aside. Sauté onion in drippings until tender. Combine mashed eggplant, bacon, onion, egg, bread crumbs, salt and pepper and mix well. Spoon mixture into well-greased 1-quart casserole dish and bake at 350 degrees uncovered for one hour. Makes four servings.

## Pear Honey

2 pounds of pears, peeled, cored and coarsely ground  
1/2 cup crushed pineapple, drained  
3 cups sugar  
2 tsp. lemon juice  
Combine pears and pineapple in a flat-bottom kettle. Add sugar and lemon juice, stirring well. Slowly bring to a boil, stirring frequently. Boil over medium-low heat, stirring occasionally for 30 minutes or until pears become translucent.

Ladle honey into hot sterilized jars, leaving 1/2 inch head space. Cover with metal lids and screw bands tight. Process honey in water bath for five minutes.

## Pear Conserve

1 quart coarsely ground pears  
3 1/2 cups sugar  
1 cup chopped raisins  
1/2 cup chopped pecans  
grated rind and juice from one lemon  
Combine all ingredients except pecans in a flat-bottom kettle and stir well. Cover and cook over medium heat for 20 minutes or until fruit is translucent. Stir frequently to prevent sticking. Add pecans and stir frequently, cooking five minutes or until mixture thickens. Quickly ladle into hot sterilized jars, leaving 1/2 inch head space. Cover with metal lids and screw bands tight. Process in boiling water bath for 15 minutes.

# How to get the most from your bank

## OBTAINING A MORTGAGE Key Questions To Ask A Lender

By Brenda C. Jordan  
Last of four parts

You will find there are many institutions that can lend you money to buy a home. When speaking to lenders, you should ask them specific questions to enable you to compare loans on an "apple to apple" basis. Below are listed some key questions that will help you secure the best loan for your situation.

1. What types of financing are available (i.e. FHA, VA, conventional, fixed rate, adjustable rate, etc.)?
2. What are the current interest rates for each type of loan?
3. What is the maximum term available?
4. What is the maximum loan-to-value ratio allowed (how much must I pay as a down payment)?
5. What ratios do you use in loan qualification?
6. Is there an application fee?
7. What is the loan origination fee?
8. What is the property appraisal fee?
9. What other fees are involved?
10. Is there a pre-payment penalty?
11. Is negative amortization involved with this loan?
12. Is the loan assumable?
13. How long does the application process take?
14. How long can I "lock-in" an interest rate?
15. What are my total estimated closing costs?
16. What are the advantages/disadvantages of 15-year financing? 30-year financing?
17. Is private mortgage insurance required?

In summary, remember to: examine the loan qualification process, study the standard types of loans, learn the terminology and ask questions. This will help simplify your search.

Brenda C. Jordan is a Personal Banker in the Biggs Park Office of Wachovia Bank and Trust Co. in Lumberton.



Brenda C. Jordan

# Professor Plant

By ARNOLD and CONNIE KROCHMAL

As the shorter days of fall and winter approach, the light needs of houseplants are of interest and concern. It isn't uncommon to find houseplants becoming spindly, usually due to inadequate light. Supplemental light sources are suggested to keep the plants growing well.

With energy prices as they are, we usually think of fluorescent sources as being the best bet for added light inside. They are relatively inexpensive to operate, and they have a long life expectancy as well. Fluorescents also produce less heat than incandescents, which is better for your plants' well-being, as the fluorescents do not foster too great a temperature changes indoors.

There are available a variety of both fluorescents and incandescents made especially for plant use. Local garden stores and shopping centers are sources. These have their spectrum in the range which plants require, which ordinary light sources do not.

We have found that 40-watt or smaller tubes work well for the indoor gardener. If you are handy, you can install a white reflector with these to provide the maximum amount of light. For plants which require a high level of light, it may be a good idea to combine incandescent bulbs with the tubes. We have had good results using a ratio of about one incandescent watt to each five fluorescent watts.

The fluorescent fixtures we use are two or four feet long, matching available light tubes. If you turn off the heat at night as we do in our house, a timing device to provide some extra light also will be a good step. We set our timers to turn the lights on and off, going on at 6 p.m. and off at 10 the following morning.

During the winter months plants are less active in growing, so it is a good idea to reduce water amounts, using just enough to keep the leaves from wilting. As growth slows, less water is required; winter is a kind of holding period for most plants.

At the same time, fertilizer use also should be reduced to one-third to one-fourth the amount used during the growing season, as the slower growth and the reduced water supply cut back the amount of fertilizer needed and amounts entering solution moving into the plant.



SEEDS FROM THE SOWER  
Michael A. Guido  
Metter, Georgia

Lord!

It proclaims the past and foretells the future. It's the only book that tell us where we came from, why we are here, and where we are going.

In it you'll find a plan for a satisfying life and power for a successful life.

It's sure in its promises, sanctifying in its precepts and sweet in its prospects. It's no common book. Like the little boy said, "I got a letter from the Lord."

Little Jimmy was given a Bible, and he ran to his mother shouting, "Mom, I got a letter from the Lord." He was right! The Bible isn't just a book, it's the Word of the

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EVERY SUNDAY 12:30 PM-UNTIL  
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Novelty Items - Toys - This n'That  
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The family suggests that memorial contributions be made to the American Heart Association.  
When people want to honor a loved one and fight heart disease.  
THE AMERICAN HEART ASSOCIATION MEMORIAL PROGRAM.  
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