## Marvelous Easter almond muffins here

A wonderful way to celebrate Easter and the return of spring is by serving a seasonal brunch for friends and family.

An easy-to-prepare brunch can feature such favorite foods as quiche, ham, fruit, bagels and some mouthwateringly marvelous almond muffins.

These delicious muffins are a sensational way to celebrate Easter with your loved ones.

**Almond Muffins** Yield: 12 muffins

3 cups all-purpose flour 1 Tbsp. baking powder

1/2 tsp. baking soda 1/2 tsp. salt



Almond muffins will make a great addition to your Easter brunch. Just add family and friends for a wonderful

1/2 cup (equivalent of 1 stick) of butter or margarine

3/4 cup PLUS 1 Tbsp. sugar 2 eggs, room temperature 1 1/3 cups buttermilk, room

temperature 1/4 tsp. almond extract 1/2 cup sliced almonds with

Preheat oven to 375° F. Grease 12-cup muffin pan or line with paper cupcake liners; set aside.

In medium bowl, combine flour, baking powder, baking soda and salt until blended; set

In large bowl, with electric mixer, beat butter/margarine and 3/4 cup sugar until light and fluffy, about 5 minutes.

Beat in eggs until well blended. With mixer on low, alternately beat in flour mixture and buttermilk with almond extract, beginning and ending with flour mixture, just until blended.

Evenly spoon batter into prepared pan. Sprinkle tops with

Bake 30 minutes or until comes out clean and tops are lightly browned. On wire rack, cool 10 minutes; remove from pan and serve warm or cool



Sugar and spice make

make Easter ham nice

isn't just for Sundays and holi-

days," said John Lewallen,

Cook Family Foods director

of marketing. "With the great

taste and value of bone-in

hams, families are serving

on your dinner table this Easter, try this recipe for deli-

cious Baked Ham with Spiced

**Baked Ham with** 

Spiced Sugar Rub

1 cup packed dark brown

1 1/2 teaspoons dry mustard

1 teaspoon grated lime rind

1/2 teaspoon ground ginger

1/8 teaspoon ground cloves

Bone-in portion or half ham

(butt or shank), 8 to 11 pounds

ham face down in roasting

pan. Using point of knife,

score entire ham in cross-

hatch pattern. Cover pan with

aluminum foil; bake 1 hour

Meanwhile, prepare sugar

rub. Combine brown sugar

with next five ingredients.

Mix with fork. Stir in lime

Remove ham from oven and

uncover. Rub sugar mixture

Heat oven to 325° F. Place

1 tablespoon lime juice

25 pecan halves

and 45 minutes.

juice to moisten.

as well.'

Sugar Rub.

Baked ham made even more delicious with the addition of a spiced sugar rub, will quickly become a family favorite for Easter - or anytime.

sides evenly. Press pecan ham for weeknight dinners halves into ham, securing For an elegant ham entree with toothpicks.

Bake ham uncovered 30 to 45 minutes, basting with pan juices every 15 minutes. Ham is done when center reaches 150° F. on meat thermometer. Set ham face down onto cutting board. Loosely cover with aluminum foil; let rest 10 to 15 minutes.

Portion ham makes 15-19 servings. Half ham makes 19-24 servings. 1/4 teaspoon ground allspice

Carving Instructions for a Portion or Half Ham Begin with the thicker piece of meat — the "cushion" meat

on top. Use a fork to steady the ham and cut along the top of the bone to loosen the boneless cushion meat.

Place the cushion meat carved-side down on the cutting board and cut across the grain in perpendicular slices, 1/4 inch thick, transferring to serving platter.

Turn the remaining meat carved-side down and remove large boneless sections. Place them on the cutting board and cut in perpendicular slices, over ham, covering top end transferring to serving plat-

remaining 1 Tbsp. sugar and almonds. from consumers that ham

toothpick inserted in centers completely.

Sweet treats make Easter fun for those you love

When it comes to finding the right treats for friends and loved ones, consider using the old bean: the jelly bean.

One of the biggest bean-eating seasons of the year is Easter. Jelly beans were invented in the 1800's and quickly earned a place among the many glass jars of "penny candy" in general stores where they were sold by weight and taken home in paper bags. It wasn't until the 1930s, however, that jelly beans became a part of Easter traditions.

To start a new Easter tradition at your house, why not try



Let the Easter bunny deliver gourmet jelly beans this year.

this fun Easter recipe that's

sure to delight youngsters of all ages:

**Nest Cookies** 1 1/2 cups all purpose flour

1 tsp. baking powder 1/2 tsp. salt

1/2 cup shortening 1/2 cup sugar

1 tsp. vanilla 2 Tbsps. milk

2 cups shredded coconut

5 ozs. jelly beans, assorted

Heat oven to 375 degrees F. Sift together flour, baking powder and salt and set aside. In large bowl beat shortening,

sugar, egg white and vanilla until well blended. Add flour mixture and milk until blended. Stir in coconut.

Roll dough into a ball, divide in half. Roll 15 one-inch balls from each half and place on ungreased baking sheet. Make thumb print depression in center of each ball to form nest.

Bake 6 minutes. Remove from oven and place four jelly beans in center of each cookie.

Return to oven and bake 5 more minutes. Transfer cookies to wire rack to cool. Makes 30 cookies.

## How herbs can relieve complications of diabetes

By RICHARD HUEMER, MD

One out of every 16 people. That's how many now have diabetes, and half of them don't even know it.

You gain three important advantages if, by getting regular physicals, watching your diet and taking natural supplements, you are able to lower your risk for, or detect the onset of, diabetes before it's too

1. Protecting your eyes. Diabetes can affect the blood vessels in the eyes, potentially causing leakage (diabetic retinopathy) and a permanent reduction in sharpness of vision.

Protecting your kidneys. The kidneys help filter the body of waste materials. Diabetes can lead to inflammation and scarring of the organs, which reduce their effectiveness.

3. Protecting your nervous system. Diabetes can cause nerve damage called peripheral neuropathy, which provokes a numbness or extreme sensitivity of various body parts. This can ultimately lead to muscle weakness.

Symptoms of diabetes can include tingling in the legs and fingers, leg ulcers, frequent urination, fatigue and varicose veins. Unfortunately, by the time these symptoms appear, it is likely that you've already been suffering from diabetes for several years. That is why it is important not to delay in seeing a health professional to be sure of the diagnosis and in taking positive steps to improve your overall health.

Baby boomers are particularly susceptible to Type II (or adult-onset) diabetes. This aspect of the disease counts for opercent of all cases of diabetes, but fortunately lends itself to natural methods of control. Diet, for example, can help a great deal. Such a diet restricts the amount of carbohydrates a person consumes at one meal. Eating smaller portions more frequently during the day is important. Cutting out sweets, such as the concentrated sugars of candy, cake, baked goods and other snacks is helpful. Cutting calories and losing weight can also help.

In addition, dietary supplements can be extremely helpful. As a medical doctor experienced in treating patients with diabetes, I know from firsthand experience that herbs and nutrients, used orally and topically, can do a great deal to help support blood sugar and maintain proper circulation. For example:

Chromium is one of the most important sugar-balancing nutrients, and 90 percent of all Americans are deficient in this vital nutrient. Vitamin B-6, which is widely deficient in the diet, and vitamin B-12 can also help combat peripheral neur-

opathy. The herbs bilberry, horse

chestnut seed and gotu kola cers and potentially even ganreduce the leakiness of small blood vessels, prevent bruising and protect against diabetic the lower legs. retinopathy, as well as leg ul-

grene. Capsaicin, applied topically, is great for circulation to

Ginkgo biloba enhances cir-

culation to the most distant of the body's tissues in the fingers, arms, legs and toes. With gingko, many people can walk long distances without pain, a sure sign of healthy circula-

See DIABETES On Page 7-B first, then spreading down the ter.

## NOTICE TO PUBLIC OF NO SIGNIFICANT IMPACT ON THE **ENVIRONMENT** AND NOTICE TO PUBLIC OF REQUEST FOR RELEASE OF FUNDS

March 29, 1999

The Town of Edenton PO Box 300

Edenton NC 27932 Phone: 482-2155

TO ALL INTERESTED AGENCIES, GROUPS AND PERSONS:

On or about April 14, 1999, The Town of Edenton will request the North Carolina Division of Community Assistance to release Federal funds under Title I of the Housing and Community Development Act of 1974 (PL 93-383) for the

Edenton 1998 Scattered Site Housing Improvement Project

**Project Description:** 

Project consists of repairing 8 occupied dwellings to Section Eight Standards, Clearing three dilapidated structures and relocating the household occupants to descent, safe, and sanitary housing.

Total Project Cost: \$420,000; CDBG Cost \$400,000); CDBG Percentage: 95%

Project is located at scattered sites in the Town of Edenton

Purpose of Notice

This notice is intended to meet two separate procedural requirements of 24 CFR Part 58: (1) to provide notice to the public that # has determined that the proposed activities in the above named project will not have a significant impact on the environment, (2) to provide notice to the public that the Town of Edenton is requesting the release of funds for the project

Finding of No Significant Impact

It has been determined that the proposed activities in this Scattered Site Project will not have a significant impact on the environment and accordingly the Town of Edenton has decided not to prepare an Environmental Impact Statement under the National Environmental Policy Act of 1969 (PL 91-190).

The reasons for the above decision are as follows: Project activities propose to repair deficiencies of existing structures and to remove existing structures that are not fit for human habitation. All activities are designed to correct man-made deficiencies that pose a threat to the living environment. The clearance and disposal of clearance debris will be incompliance with state procedures and laws.

An Environmental Review Record documenting the review of this project and more fully setting forth the reasons such a statement is not required has been prepared is available for public inspection in the Town Manager's Office between the hours of 8:00 am and 5:00 pm. No further environmental review of this project is proposed prior to the request for release of Federal Funds.

Public Comments on Finding

All interested agencies, groups and persons disagreeing with this decision are invited to submit written comments for consideration by the Town to the above address. Such written comments should be received no later than #. All such comments received will be considered and the Town will not request release of funds or take any administrative action on this project prior to the date specified in the preceding sentence.

Release of Funds

The Town of Edenton will undertake the project describe above with Community Development Block Grant funds from the NC Division of Community Assistance under Title I of the Housing and Community Development Act of 1974. The Town of Edenton and Roland Vaughan in his official capacity as Mayor consent to accept jurisdiction of the Federal courts if an action is brought to enforce responsibilities in relation to environmental reviews, decision making and action; and that these responsibilities have been satisfied.

Objections to State Release of Funds

The Division of Community Assistance will accept an objection to its approval only if it is on the following bases: (a) that the certification was not in fact executed by the certifying official, or (b) that the applicant's environmental review record for the project indicates an omission of a required decision, finding or step applicable to the project in the environmental review process. Objections must be prepared and submitted in accordance with the required procedure (24 CFR Part 58) and may be addressed to DCA at PO Box 12600, Raleigh, North Carolina 27605-2600.

Objections to the release of funds on bases other than those stated above will not be considered by the Division of Community Assistance. No objections received after April 29, 1999 will be considered by Division of Community Assistance. Comments must specify whether they concern the finding of no significant impact or the intent to request release of funds.

> Roland Vaughan, Mayor The Town of Edenton PO Box 300 Edenton NC 275932

