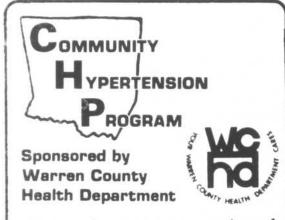


FARM-CITY WEEK - Governor James B. Hunt, Jr. (center) has proclaimed November 19-25 as Farm-City Week in North Carolina. Watching the governor sign the proclamation are Dr. Chester D. Black (left), director of the N. C. Agricultural Extension Service and Frank Boyette, state Farm-City Week chairman.



What are the most common symptoms of high blood pressure? There are none. But, some people mistakenly think that high blood pressure produces symptoms, such as headaches, dizziness, or anxiety. Because they have . symptoms, some people who have high blood pressure make another mistake and stop taking their medication. Their feelings aren't reliable indicators of high blood pressure. They should continue to take their medicine and follow their doctor's advice.

CALENDAR Monday, Oct. 4 - November 29

Free 8 week Weigh-In Contest Sponsored by LEIGH'S of Norlina

Location - Warren County Health Department

Time - Between 8:30 AM and 5:00 PM at your convenience

CALENDAR

Monday, Oct. 4 - November 29 Free 8 week Weigh-In Contest Sponsored by LEIGH'S of Norlina

Location: Warren County Health Dept. Time: Between 8:30 AM and 5:00 PM at your

convenience Tuesday of Each Week

Blood Pressure Screening and Monitoring



County citizens join with 15,000 other communities across the United States in Farm-City Week programs this year.

As in the past, Farm-City Week will be the week immediately preceding Thanksgiving Day. The dates this year are November 19-25.

In commending this observance to North Carolinians, Governor James B. Hunt, Jr. said there is a continued need for farm people to recognize they are partners in progress.

"The prosperity and well-being of all citizens of North Carolina depend on the products and services of both industry and agriculture," the Governor said.

Heading Farm-City Week activities locally is Richard Gupton, Warren County Chairman. The statewide chairman is Frank Boyette, an agribusiness and banking leader from Lumberton. The state vice chairman is John H. Hendrick, a poultry farmer and agribusinessman from Shelby. Staff members of the N.C. Agricultuural Extension Service coordinate many of the Farm-City Week activities across the state.

Some of the local Farm-City Week activities incude county displays, Philip Morris tobacco plant tour, mass media efforts, 4-H observance through local clubs and Extension Homemaker observance.

Is Named Head

Of 4-H Group

Mrs. Ann Crawford, volunteer 4-H Leader of the Embro Community, was voted in as 1983 chairman of the Warren County 4-H and Youth Committee on Monday evening. Mrs. Chris F. Holtzman, 1982 Chairman of the committee, acepted the post of secretary. Each will serve a one-year term of office.

The committee now chaired by Mrs. Holtzman is responsible for keeping in touch with current youth needs and for developing goals in response to these needs. During quarterly

meetings the committee membership representative of county lay leadership, both youth and adults and county 4-H organizations, constantly evaluate the success of on-going 4-H programs and activities and help to further identify the needs of youth determining program goals to fulfill these needs.

During the meeting



Berry Credle of Chapel Hill (left), past Rotary district governor and District Rotary Foundation chairman, and Laurance Pollock (right) of Chasetown. England, join Warrenton's Rotary President Gordon A. Greene in discussing the foundation's scholarship program. Pollock, a scholarship recipient who is studying at the University of North Carolina at Chapel Hill, is one of 10 recipients from District 771, of which Warrenton's club is a member. (Staff Photo)

Annual 4-H Sunday Observed

tension agent, 4-H,

attended the program

and morning service

and extended apprecia-

tion to the church com-

munity for their help

and support of the 4-H

program within the

Recognition was ex-

tended to the many

former 4-H leaders

present and visiting

leaders and club mem-

bers from other areas of

The Rev. Timothy

Edwards, pastor of the

church, praised the

4-H'ers for their work

and their motto and

exhorted them to con-

tinue on through life

making "The Best

Better" with God. The

morning message from

community.

the county.

Fork Chapel Baptist Church was where 12 4-H'ers and three leaders of the Busy Clover 4-H Club held their annual 4-H Sunday observance on November 7.

Prior to morning service, Ronald Hunt, president of the club, and Lenora Young, secretary, presented their fellow 4-H'ers to the audience in a short planned program.

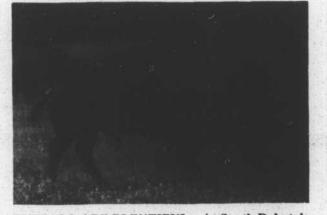
Those participating in the program included Lenora Young, who read the scripture; Barbara Elps, who led the congregation in prayer; Katrina Alston, who led the pledge of allegiance; Michelle Hooker who recited the 4-H Pledge; the 4-H Emblem was by Caprice Nash; the purpose of 4-H Sunday was told by Ronald Hunt; and What 4-H Means To Me was told by Byine Nash.

Others participating in the song and poem presentation included Cheryl Young, Tausha Hooker, Maurice Alston, Donald Hunt and James Alston. Leaders participating included Mrs. Julia Alston, Mrs. Edna Hunt and Mrs. Jennifer Nash.

George Koonce, Ex-

the pastor was taken from Matthew 22:42; his text was "A Question for Every Heart." There is a great question universal everyone should ask themselves. The question is "What do they give Christ in return for his love, his death on the cross?"

The pastor's exhortation was to everyone to examine themselves and ask the question, "Have I done what the Lord would have me to do? Have I been faithful as the Lord would have me to be?" The Rev. Mr. Edwards ended his message with an altar call and the singing of Amazing Grace.



BUFFALO ARE PLENTIFUL...At South Dakota's Custer State Park, home of the largest buffalo Lard in the nation. About 500 of the great beasts will be auctioned Nov. 20 to keep the herd at manageable size.

Loan Rate Set

The loan rate for 1982 crop soybeans is \$5.04. All producers of 1982 crop soybeans will be eligible for a loan. Soybeans may be stored on the farm or in an approved warehouse.

Farmers are not required to participate in production adjustment programs as a condition for eligibility. Soybeans are not eligible for the farmer-owned reserve programs or for storage payments.

Producers who might be interested in the loan program are encouraged to contact the Warren County ASCS office for more detailed information.

Leaders Have Part In State Gathering

By G. W. KOONCE **Extension Agent**, 4-H

How to use the **Project Planning Guide** and Plan-Do-Review Project Record Form, How Do New Projects or Programs Get Started?, Creative 4-H Club Programming and Totally Terrific Me-Youngsters and Selfesteem were but a small portion of the 14 workshops, show and tell fair, displays and evening extravaganza participated in by Warren County 4-H volunteer leaders and supporters attending their state convention in Raleigh last Saturday. The statewide training convention sponsored by the Association of N. C. Volunteer 4-H Leaders was held at McKimmon Center on the N.

C. State University campus. The workshops were

very well planned and conducted. "All news about the convention is good news," said George W. Koonce, Extension Agent, 4-H. "I have never witnessed such large amounts of good positive feedback from any of our training sessions before" the agent said. "It is a definite plus for us at the county level and

...... Mrs. Crawford

Location: Warren County Health Dept. Time: 8:45 AM - 2:30 PM Tuesday of Each Week Free Hypertension Film Hour Location: Warren County Health Dept. Time: 3:00 PM - 4:00 PM by Appointment Monday - Wednesday, Oct. 15-17 Industrial Blood Pressure Screening Location: Carolina Sportswear Time: 8:30 AM - 3:00 PM

COMING AGAIN

The Old Barn Variety Show

In The Auditorium Of

The Old Wise School, Wise, N. C.

Sponsored By:

The Wise Paschall Ruritan Club

SAT., NOV. 13 7:30 Till 10:30

Admission \$2.00

Featuring:

Butch Meek and The Country Grass

...... The Young Brothers Band And R. C. Cox, South Hill, Va.

The Kerr Lake Characters

Selma Conn and The Nite Riders, Epsom, N. C. we're going to get long mileage out of our attendance and participation."

> Eighteen of 23 organized 4-H units in the county either had full volunteer leader attendance or part attendance at the convention.

"It was our largest number yet, but by no means our goal," said the agent. "We want every community club volunteer, project club volunteer and special interest volunteer to plan for this occasion each year. The county and area training for 4-H volunteers held here and that at district and state levels each year are paramount to the vital programming effort we see carried out in local clubs. There is a parallel between training, productivity and the fruit of achievement in our local clubs."

Following the daylong convention a treat was in store for the county volunteers, as they ate dinner at North Hills Shopping Center and emerged to browse and shop during a 7 p. m. Moonlight Madness Sale that turned everyone on to the holiday shopping season.

Mrs. Juanita Branch of the Oine Community, one of the last three to board the bus for home, commented, "It has been a wonderful, wonderful day." The echoes aboard seemed to agree as we journeyed home.

Monday the committee reviewed the annual federal and North Carolina statistical report the county 4-H Office recently completed for the last fiscal year. The members also discussed the annual county 4-H Plan of Work for fiscal 1983 and deliberated on long-range county 4-H programming for the four years. Setting a schedule of meetings for 1983 ended the committee meeting attended and participated in by both members and 4-H agents.

PINEAPPLE APRICOT CONSERVE

A rich, thick conserve that's delicious on toast, as a topper for ice cream or an accompaniment to roast pork loin.

Perfect for gift-givingmake this conserve early in the fall and seal in pretty containers ready to use as a gift on the spur of the moment.

1 pound dried apricots 2 cups water

medium-size oranges 1 can (20 oz.) Dole Crushed **Pineapple in Syrup**

2 cups sugar

Simmer apricots in water until soft and most of water is absorbed, about 20 minutes. Grate 3 table-spoons peel from oranges. Peel oranges, removing white membrane. Cut fruit in sixths and remove seeds. Purée apricots and orange pieces in blender. Turn into large kettle; add undrained pineapple, orange peel and sugar. Simmer over low heat until thick, about 6 to 8 minutes, stirring frequently. Spoon into jars, cover and refrigerate (or seal in steri-lized jars). Makes about 2 quarts.

ASK ABOUT OUR GREAT SAVINGS ON '82 MODELS



ANNUAL PERCENTAGE RATE



OFFER ENDS DECEMBER 31

Randy Currin CHEVROLET **TELEPHONE 257-1000** E. MACON STREET WARRENTON