

By **MARTHA PAGE**  
What a wonderful Christmas the residents here at the rest home have had this year. The people in the surrounding communities have really showered us with gifts and all the Christmas goodies we could possibly have wanted.

Everyone has had all they could eat and food of every kind has been sent out to us. There are bushels and bushels of fruit and candy still here and we have already passed out bushels and bushels in the last two weeks.

We have been enjoying homemade cookies and candy, sent to us by the Lake Gaston Ladies Club. These ladies have really made Christmas special for us this year, along with many other groups. Every resident received several gifts and everyone has been especially happy this week. We are going to try to mention everyone's name or organization that has donated anything to the residents and hope we don't miss a single one, but if we do, we will try and get your name in the article next week.

A million thanks for your caring enough to take time out of your busy schedules to remember us. You have made some very deserving people very happy. These are the people we want to thank: The Lola Sue Circle of the Norlina Baptist Church, Woman's Auxiliary of Emmanuel Episcopal Church of Warrenton, Warren Plains United Methodist Church, Young Woman's Class of Enterprise Baptist Church in Littleton, Oak Level Baptist Church, Adult Mission Circle of Cook's Chapel Church of Warren Plains, Gospel Baptist Church of Norlina, The Senior Citizens Band from Norlina, Roanoke Chapel Mission, Nellie Perry and Ruth Tillett from Nags Head, Shady Grove Methodist Church, Warren County High School Student Council, Mrs. Henry Fuller and the Home Life Department of the Macon Woman's Club, the 4-H Club of the Parktonia Youth in Action, Pleasant Grove Junior Missionaries, Zion United Methodist Church, the Warrenton Lions Club and the Allen Bible Class of the Warrenton Baptist Church.

Also a very special "Thank You" to the Bethlehem Christian Church in Vaughan and to the Lake Gaston Ladies Club, who have meant so much to us in the last year. The Bethlehem Christian Church always comes out the second week in December and brings a lot of homemade goodies and gives a party for the residents. They always look forward to this group coming and are never disappointed. The Lake Gaston Ladies Club has been visiting us the last two years and have done so many nice things for us it is hard to list everything. They brought lovely gifts for every resident and also made homemade cookies for every one.

These are the ladies who bring the gifts to us: Betty Phillips, Veronica Mullins, Elsie Stefura, Johnnie Foster, Jennie Eisloeffel, and Sarah Drake. Thanks so much ladies.

I hope I didn't miss anyone. We try to keep up with the groups that visit but sometimes one is overlooked in the bustle of Christmas and for this we apologize.

Many of our residents are gone home for the holidays and we know they will be having a great time at home. We just wish it were possible for everyone to be able to go home and spend their holiday with family and friends. For many of them, this is the only home they have and we are all the family they have, so we try to make Christmas a very special time for them.

Again, thanks for everything that has been donated and for the cards the residents received, and for any other kindness extended to us. Till next week, a very Happy New Year and God bless you all.

**4-H Club Meets**

By **ANGELA TERRY**  
Mrs. Mary Pettaway gave a demonstration to the Up and Coming 4-H Club at their December meeting on making candy in a frying pan. This was enjoyed by all members.

The meeting was called to order by the president, followed by all club members joining in the Pledge of Allegiance, a song and the 4-H motto. Old business was discussed. New business consisted of a thank you note from the Skateeum for visiting them.

The meeting was then adjourned. Sixteen members were present. The next meeting will be held at Miss Annie Henderson's home.



A computer essay contest sponsored by Rysol Products recently inspired teachers at Mariam Boyd School to prepare their students a lesson involving computers and essay writing. Jane Steelman, reading teacher, provided expertise and hands-on computer experiences for Eddy Welker's 29 third graders. Students created music, graphic designs and a "fractured tale" on a computer supplied by Mrs. Steelman. Later, students used writing skills in Mrs. Welker's class to write a 50-word essay. By participating in the contest, students will have a chance to win a computer for the school. Learning about computers from Jane Steelman (left) are, from left to right, Deidra Cooper, Tanishia Bullock, William Goode, Shawn Brown and April Hedgepeth.

(Community Schools Photo)

**Eagles End Year's Play On A Victorious Note**

Warren County's Eagles opened their holiday break on a happy note on Dec. 20 as they downed visiting Franklinton by a 65-45 margin.

Kenneth Shaw led Coach James Howell's squad with 24 points. Monte Stevenson and Derrick Alston each contributed 14 points for the winners, and Alston was credited with picking off 12 rebounds.

Eric Allen was the point leader for Franklinton with 10. Neither team experienced a good shooting night from the field. Warren County hit 23 of 64 attempts for a 36 percent showing, while Franklinton hit on 16 of 43 for 37 percent accuracy. At the charity stripe, Warren County shot 45 percent, while Franklinton hit on 74 percent of their attempts.

Warren County cut down on its fouls, and in the turnover department, where they were averaging 21, they had 15. The Eagle defense created 29 turnovers on Franklinton's part, the most for the year.

The Eagles improved their record to 3-2 and will not see action again until Jan. 3 when they host Northwest.

In the girl's preliminary, Franklinton rode on the 15-point effort of Earlene Allen to post a 30-21 victory over the Lady Eagles, now 2-3 on the year. Gloria Kearney led Warren County with 11 points. The Lady Jackets trailed early, falling behind by 8-1 at the end of the first half.

**On Dean's List**

Garret A. Davis, son of Mr. and Mrs. Charles Brown of Rt. 2, Warrenton, has been named to the Dean's List at Fayetteville State University for the fall semester.

Davis, 19, is a music education major.

and never seriously threatened.

In the jayvee contest, Warren County lost a heart-breaker, dropping a 47-46 game. The loss put Warren County at 2-3 for the year.

Clarence Watson had

12 points and six rebounds to lead Coach McCain Brown's charges. Bobby Kearney had six rebounds to go along with his seven points for the Eagles, while Mark Taylor contributed six points.

**Save Your Money With Large Cuts**

The advertised price for rib eye is actually affordable, but when you get to the store you see this price per pound is for a 10- to 12-pound package. The butcher will cut it into steaks for you, but that total price is forbidding.

"If your divide that large cut into the number of steaks you will get out of it, you will probably be paying less than \$2 per serving. This may be the only way many people will be able to afford to put these more expensive cuts of beef on their tables. The problem is that many people can't afford the original outlay," says Rachel Kinlaw, extension food specialist at North Carolina State University.

Beef prices rose all through 1983, says the extension specialist.

Since 25 to 30 percent of the average food dollar in this country goes for meat, any money saved in this department will make a difference on the budget.

Less expensive cuts also come in family-sized packages. They are cheaper on a cost per serving basis, and the supermarket can sell them at lower prices because it has trimmed its costs for packaging. Round and pot roasts, marinated and cooked with moisture, make delicious roasts or steaks, says Mrs. Kinlaw.

Large cuts of meat wrapped in vacuum packaging do appear in a number of supermarkets. The beef carcass is traditionally divided into nine parts or "primal" cuts. Subprimals in supermarkets are usually the best part of these cuts with most of the bone and other waste trimmed away.

The meat is not a bright red, because it has been vacuum packed at the packing plant. Meat gets its red "bloom" when it is exposed to the air.

Subprimals have never been frozen and will keep in the refrigerator for at least a week. Most likely, they will either be frozen in the original vacuum packaging or cut up into meal-sized pieces, wrapped airtight and then frozen.

Consumers may notice an unusual odor when they first open the vacuum packing. This is caused by a natural chemical reaction, and is not an indication that the meat is bad. It will disappear within an hour.

**THOUGHT FOR FOOD** by GOULD CROOK

**Hot Spiced Pineapple Cider**  
1 can (46 oz.) Dole Pine-apple Juice  
3 qts. apple juice  
3 cinnamon sticks  
10-20 whole cloves  
1 apple, sliced

In a large saucepan, warm pineapple and apple juices. Add cinnamon sticks. Put cloves into apple slices and add to juices. Simmer on low heat 20 to 30 minutes. Cover. Let stand 8 to 10 hours or overnight. Heat again to serve. Garnish with apple slices, if desired. Makes 1 generous gallon.

**Neat**  
Organize newspapers and magazines neatly by storing them in a basket or wire rack.



**Small Ears**  
Arctic animals survive life at the top of the world by having small ears that expose less skin to the cold, thick coats of hair, thick layers of fat just under the skin, or white coats that blend with the snow and ice to hide them from their enemies, National Geographic World magazine reports.

**Warren Students Named To VGCC Dean's List**

Thirty Warren County students have been named to the Dean's List for the fall quarter at Vance-Granville Community College.

To achieve the honor, students must maintain grade point averages of 3.2 (B) or better while taking at least 12 credit hours during the entire quarter.

High-ranking Warren students and their major area of study were as follows:

Criminal justice — John E. Meadows of Manson.

Early childhood specialist — Carolyn D. Downey, Norlina; and Winnie J. Prince and Zanet L. Williams, Warrenton.

Recreation — Loretta K. Williams, Warrenton. Secretarial science — Arlene Terry of Macon.

Automotive mechanics — Gary R. Paynter, Wise.

Cosmetology — Minnie B. Alston and Judy L. Anderson, Norlina; Patricia A. Brannock and Karen D. Clark, both of Warrenton; and Margaret D. Tharrington of Macon.

Nursing assistant — Betty P. Allen and Faye T. Holtzmann, both of Manson; Alice D. Alston, Joan T. Brown, Mary J. Powell and Carolyn Wortham, all of Warrenton; Wanda M. Boyd, Darlene D. Jones and Lue Venia M. Kear-

ney, all of Macon; Vickie H. Bullock, Bertha D. Johnson and Maxine W. Robinson, all of Norlina; Geraldine C. Davis, Ridgeway; and Bertha D. Setzer, Wise. Welding — Lawrence

R. Williams, Warrenton. College transfer — Virginia D. Perry and Wellington R. Scott, both of Norlina.

Developmental studies — Rose M. Per-son of Wise.

**Reduce Erosion, Farmers Are Urged**

By **LEONARD KILIAN**  
District Technician

**Warren Soil and Water Conservation District**  
With the soil loss in Warren County at a high rate, farmers should use every practice practical to reduce soil erosion. Conservation tillage is an effective way to control soil loss, save labor and cost, and still produce a high yield.

Conservation tillage involves the use of tillage methods that leave a protective cover of crop residue on the surface. With no-till, the crop is planted into existing sod, cover crop, or crop residue, thereby eliminating previous and subsequent tillage operations. Conservation is well adapted to the soils of Warren County.

Conservation tillage reduces erosion by increasing infiltration and reducing damage from runoff. This method also improves the organic content and the water-holding ability of the soil.

With increased water storage, a crop can survive a dry season much better with no-till than a crop planted with conventional tillage.

With conservation tillage, you can increase the crop yield, quality, and at the same time reduce production costs.

If you need additional information, please contact the Soil Conservation Service in Warrenton.

**from HISTORY'S SCRAPBOOK**  
DATES AND EVENTS FROM YESTERYEARS

- December 29, 1931—Discovery of heavy water announced.
- December 30, 1959—George Washington, first ballistic missile submarine, commissioned.
- December 31, 1862—Costly Battle of Murphreesboro or Stone River opens in Tennessee and ends in a Union victory.
- January 1, 1856—Congress authorizes use of adhesive postage stamps.
- January 2, 1933—U.S. Marines withdraw from Nicaragua after 20-year occupation.
- January 3, 1871—Oleomargarine patented by H.W. Bradley.
- January 4, 1958—Sputnik I disintegrated.

**YOU CAN DO MORE... IN '84**

**Winter Quarter Continuing Education Classes**

Vance-Granville Community College

P. O. Box 917, Henderson, N. C. 27536

Phone: Henderson 492-2061 - Oxford 693-4088

Registration: January 3-5, 1984 — 8:30 A.M. - 8:00 P.M.

Classes Start Week Of January 9

**SCHEDULE & COSTS**

**ABE AND GED CLASSES**

Adult Basic Education (ABE) classes are offered to help adults who have had little or no formal schooling to acquire skills in reading, writing and basic mathematics in obtaining at least an eighth grade level. ABE classes are free-of-charge. To pre-register, call the local community schools coordinator's office at 257-3184 or register the first night of class.

**ABE CLASSES**

LOCATION	DAYS	HOURS	BEG. DATE	END. DATE
Hawkins Elementary School	TTh	7-10 pm	01/10	03/22
Norlina Middle School	TTh	7-10 pm	01/10	03/22
South Warren Elementary Sch.	TTh	7-10 pm	01/10	03/22

General Education Development (GED) classes help adults earn the equivalent of a high school diploma. The student is guided in the areas of study needed to pass the high school equivalency tests. The GED test covers five subject areas: writing skills, social studies, science, reading skills and mathematics. When a student is ready, she or he can take the GED tests which are administered on campus (\$5.00 for all five tests). A student who passes receives a nationally-recognized High School Equivalency Diploma from the State of North Carolina. GED classes are free-of-charge. However, book fees will be approximately \$8.27. To pre-register, call the community schools coordinator's office at 257-3184 or register the first night of class.

**GED CLASSES**

LOCATION	DAYS	HOURS	BEG. DATE	END. DATE
Norlina Middle School	TTh	7-10 pm	01/10	03/22
South Warren Elementary Sch.	TTh	7-10 pm	01/10	03/22
Hawkins Elementary Sch.	TTh	7-10 pm	01/10	03/22

**GENERAL INTEREST COURSES**

Registrations Call 257-3184  
Fees \*\*\$10.00  
\*\* 26.75

COURSE NAME	CEUs	LOCATION	DAYS	HOURS	BEG. DATE	END. DATE
Calligraphy **	3.3	Warren Co. High Sch.	M	6:30-9:30 pm	02/06	04/16
EMT*	12.1	Norlina Fire Dept.	MTh	7-10 pm	01/02	04/27
Micro Computer Operations*	3.3	Warren Co. High Sch.	Th	6-9 pm	01/26	04/05
(Intro. to) Micro Computer Operation II*	3.3	Warren Co. High Sch.	M	6-9 pm	01/23	04/02
Micro Computer Operation II*	3.3	Warren Co. High Sch.	W	3:45-6:45 pm	01/25	04/04
Quilting **	3.3	John Graham Sch.	T	6:30-9:30 pm	02/07	04/17
Welding II*	3.3	Warren Co. High Sch.	M	7-10 pm	01/23	04/02

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