

Agriculturally Speaking

By RUSSELL C. KING
County Extension Chairman



The season is here to prune. As winter gives away to early spring, local residents immediately begin to consider pruning fruit trees and grapevines around their home.

Improper pruning can result in more damage than not pruning at all. If you are interested in learning how to prune your fruit trees, make plans to attend the upcoming demonstration to be held at 10 a. m. on March 2. The demonstration will take place at the Unit 4 Research Station on 4301 Beryl Road in Raleigh. Techniques on how to prune peach trees, apple trees, pear trees, pecan trees and grapevines will be demonstrated.

For more information concerning this event, contact me at the Warren County Extension Office.



Fishponds have to be properly managed to realize their full potential.

Pond Management Is Timely Subject

By MICHAEL W. HARRIETT
Soil Conservation Technician
Soil Conservation Service, USDA

Hopefully the worst of winter is behind us and spring is on its way. Spring is the time for pond owners to think about pond management.

Ponds provide water for livestock and wildlife, recreation and fishing, fire control and crop irrigation. The purpose of pond management is to maintain fish production through favorable habitat, supplementing natural food supplies and reducing unwanted plants and animals.

Fishponds should be properly managed to realize their full potential. To help pond owners, the Soil Conservation Service of Warrenton is offering a Pond Management Workshop. Topics that will be discussed include pond construction, pond stocking, aquatic weed control, fertilizing, harvesting, fish kills, and other wildlife uses (ducks and upland wildlife). This workshop is open to anyone interested in building a pond or properly managing a pond that has already been built.

The pond workshop will be held at p. m. on March 1. If you are interested in attending the pond workshop, please contact the Warrenton Soil Conservation Service at 257-3836 for further information.

Overweight Problems Can Affect Children

By KATHERINE HILLIARD
Warren County Health Department

Being overweight affects not only adults, but children as well. For children, it can lead to lifelong physical and social problems, according to Josephine Cialone, a nutritionist with the N. C. Division of Health Services.

"Some children may have medical problems which cause them to be overweight, but the vast majority simply don't eat properly," Cialone said. "They overeat, make improper choices about what to eat, or a combination of the two."

She said there are a number of reasons why children have weight problems:

- they are provided with poor food choices such as candy, cookies, and soft drinks;

- food is prepared using too much oil, butter, or fatback;

- food is used as a reward by parents and others;

- families are bombarded by advertising that makes less nutritious foods look appealing;

- social life often revolves around eating rather than other activities.

"Children who are not taught proper eating habits may face a multitude of problems both as children and as adults," Cialone said. "For example, they may be teased about their size and excluded by other children. These children are also less likely to participate in play and physical activities."

She pointed out that children with weight problems sometimes become adults with the same problems. In adults, obesity can lead to chronic illnesses such as diabetes and high blood pressure.

A 1982 study, conducted by the state Division of Health Services and the University of North Carolina School of Public Health for the Center for Disease Control (CDC) in Atlanta, showed that approximately 26 percent of North Carolina's adult population were obese (20 percent or more over a person's ideal weight).

Based on this study, North Carolina ranked fourth among the 30 states that participated in the CDC survey. Statistics on overweight children are not available.

"With children, the real key is to get them on the road to good nutrition and good eating habits at an early age," Cialone said.

She recommended the following ways parents and others can help their children develop good eating habits:

- monitor what children eat and be sure they get a variety of foods;
- monitor food portion

Use Record Want Ads

FREE

FREE, BLACK Labrador Retriever puppies, thoroughbred. Call 257-2106. Feb. 20-p.

LOST

LOST: ELECTRICAL linemen's belt lost between Ridgeway and Oine communities. \$10 Reward. Call 257-3900. Feb. 20-p.

LEGAL NOTICE

EXECUTOR'S NOTICE State of North Carolina County of Warren In The General Court of Justice Superior Court Division Having qualified as Executor of the estate of Elizabeth G. Williams, late of Warren County, North Carolina, this is to notify all persons having claims against the estate of Elizabeth G. Williams to present them to the undersigned Executor on or before August 20, 1985, which date is six (6) months from the date of the first publication of this notice, or the same will be pleaded in bar of their recovery. All persons indebted to the estate are requested to make immediate payment to the undersigned Executor. This the 20th day of February, 1985.

ARTHUR JULIAN WILLIAMS, Executor of the Estate of Elizabeth G. Williams P. O. Box 341 Warrenton, N. C. 27589 CHARLES T. JOHNSON, JR. Attorney P. O. Box 646 Warrenton, N. C. 27589 Feb. 20, 27, Mar. 6, 13-p.

OPPORTUNITIES

LANDLORDS, HAVE A house to rent? Need a good, reliable tenant. Call Franklin-Vance-Warren at 257-4341 or 1-800-682-1163. We have qualified, reliable families that are looking for rental homes. We screen according to your specifications. An Equal Opportunity Organization. Feb. 6, 13, 20-c.

GROW YOUR OWN fruit. Free copy 48-page Planting Guide-Catalog in color. One of the most complete lines of plant material offered including fruit trees, nut trees, berry plants, grape vines, landscaping plant material. Waynesboro Nurseries, Waynesboro, Va. 22980. Feb. 6, 13, 20, 27-c.

AVON - OFFERING two great opportunities, buy or sell. For information call Dianne Burnette, 456-3787. Aug. 1-4c.

MAKE MONEY WORKING at home. Be flooded with offers! Details - rush stamped addressed envelope to L. H., Dept. B., P. O. Box 603, Warrenton, N. C. 27589. Dec. 5-4c.

HELP WANTED

WANTED: WARREN County Ambulance Attendant. Must possess a valid N. C. Driver's license and must be a N.

C. certified EMT. Applications may be obtained at the ambulance office at the Warren County Jail or the county manager's office in Warrenton. Warren County is an Equal Opportunity Employer. Feb. 20, 27-c.

HELP WANTED: LP gas bulk truck driver or service man. Must be reliable, sober, at least 21 and able to pass DOT test. Call 257-3880. ParGas of Warrenton. EOE. Feb. 20-4c.

WANTED: 8TH GRADE math/science teacher, Norlina Middle School. Applicant must have or be eligible to hold N. C. Middle School certificate in at least one area. Contact Warren County Schools, P. O. Box 110, Warrenton, N. C. or call (919) 257-3184 for an application. Feb. 20-c.

SERVICES

RESUMES: IMPRESS your future employer. Present a professionally prepared resume. We write, type, edit, print and update. Also type term papers, research papers, etc. Micro Info, Rt. 1, Warrenton, 456-2809. Feb. 13, 20, 27, March 6-c.

ROBERTSON'S CONSTRUCTION, general building contractor, 542 Murphy Rd., Henderson, N. C. 438-5809. Sept. 29-4c.

FURNITURE RE-finishing and restoration. Gordon Knight, 257-1878. Sept. 7-4c.

UPHOLSTERING - free estimates, pick-up and delivery. We do furniture, autos and boats. Call Puckett's Upholstery at 438-6641, Chicken Farm Rd., Henderson, N. C. Dec. 13-4c.

LIMER'S PLUMBING Repair Service - fast and efficient. Phone 257-3504. Dec. 21-4c.

IF YOU ARE BUILDING, selling or buying??? Contact Ellis Fleming for all your real estate needs at Frasco Realty, 492-4121 or 456-2398. Feb. 13, 20, 27-c.

FOR ALL YOU CAR-pentry needs, repairs, decks, additions, construction, new homes, call 456-3456 after 6 p. m. Feb. 6-4c.

YOUNG'S SEPTIC Tank Cleaning - for fast service call day - 257-1889 or night - 257-3677. May 7-4c.

GROVES MOBILE Home Repair, fast, efficient, affordable. Phone 257-3799 or 257-1896. Aug. 8-4c.

FISHING REEL SER-vice, most makes, authorized Diawa and Zebco service center. Elm and Liberty St., Norlina. 456-3704. Sept. 19-4c.

Tax Preparation

Deborah R. Valentine - CPA

496-2396

NOTICE OF SALE

U. S. Government Property, formerly owned by Curtis Ellis and wife, Viola Ellis, located in Warren County, N. C. This property will be sold as one property.

Property consists of .7 acres lot with a two story frame house located on U. S. 158. 5 miles East of Macon, N. C. and is that same tract of land as described on tract number 3 of the Trustee's Deed filed on this the 13th day of March, 1984 in Book 393, page 288 of the Warren County, N. C. Registry.

This sale does not include tract number 1 and 2 of above mentioned deed.

Sealed bids will be received by the Farmers Home Administration, 108 S. Bragg Street, P. O. Box 338, Warrenton, N. C. 27589, until Friday, March 8, 1985 at 5:00 o'clock P.M. and will be publicly opened at Farmers Home Administration, Rm. 570, 310 New Bern Avenue, Raleigh, North Carolina 27601 on March 14, 1985 at 2:30 P.M. Five percent (5%) bid deposit in the form of cash, cashier's check, or certified check payable to the Treasurer of the United States will be required. The Government reserves the right to reject any and all bids.

Terms: Cash or 25% down and the balance payable in 5 equal annual installments of principal plus interest on the unpaid balance at a rate of 12.375% per annum or the prevailing rate at time of bid acceptance by the Government.

For the inspection of the property, information and bid forms, contact Jim T. Nobles, County Supervisor, Farmers Home Administration, Warrenton, N. C. 27589, Telephone: 257-3249.

Farmers Home Administration properties are sold without regard to race, sex, creed, color or national origin.

PLEASE NOTE THAT:

1. Bids will be accepted only in writing on Form FmFA 465-10, "Invitation Bid and acceptance." Any conditions of the bid proposed by the bidder which are not specified on Form FmHA 465-10 must be attached to Form FmFA 465-10.
2. If the bids received are for the same amount, preference will be given to the bid offering cash over the bid requiring financing by FmHA.
3. Bidders whose bids contain the condition that FHA finance the sale as terms will submit, along with Form FMHA 465-10, a current financial statement and pro forma statement indicating their repayment ability.

Farmers Home Administration properties are sold without regard to race, sex, creed, color, or national origin.

YOU NEED A SPINAL EXAMINATION

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- | | |
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| 2. Dizziness | 8. Pain Between Shoulders |
| 3. Neck Pains | 9. Lower Back Pain |
| 4. Muscle Spasms | 10. Hip Pain |
| 5. Shoulder Pain | 11. Pain Down Legs |
| 6. Pain Down Arms | 12. Muscle Weakness |

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