Use Record Want Ads

Agriculturally Speaking

BY KUNNELL 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.

For Better Living

Colors In Vogue Can Range Widely

By MARGARET J. WOODS **Associate Economics**

Extension Agent The color palette in home textiles for 1985 is sophisticated and contemporary, but not so sophisticated that every color is muted, and not so contemporary that every color is garish. Rather, the key for 1985 is moderation. Colors like green return as "Emerald Sea" to complement the popular furniture fashions resurrected from the 19th century while colors like "Lollipop Red" satisfy the tastes of those who "like it hot." When combined and coordinated in the same house, these colors create a balance that relaxes the eye without being dull.

Most colors this year will be midtones. Neutrals are important and numerous, while bright, clear shades add spark to the spectrum. Red-tinted shades will continue this year, but they will be joined by colors with definite blue and green influences.

The sharp contrasts of '84 will soften as black becomes graphite and grey turns into taupe. Bright white continues,

Next Best Thing

Belva Lockwood was the first woman nominated for president and the first to argue before the Supreme Court, contemporary- have but for decades no one remembered that Lockwood, a 19th century equal rights advocate, had been memoralized on a ship's figurehead during the 1800s.

but the most influential neutral is ivory.

The brown family will develop yellow tones reminiscent of sandalwood and of the Sahara. The green family will become silvery, turning out colors like willow and frosted mint.

In general, deep shades will become richer and pastels will continue to lend elegance to American homes. Another pleasing touch: Lacquer brights will soften just enough to spread their influence throughout the house. Canary yellow, blue purple, and Chinese red are no longer just for bed, bath and table-top textiles, but for the living room as well. Soft, pretty colors like lilac grey balance the brights.

Interesting textures and weaves are still important, but they are flatter this year, more formal. Moire and suede effects are now trends that emphasize this formal leaning.

Prints are more stylized than before, with an emphasis on animals and garden scenes. Swirls, marbleization and pointilism are obvious trends in abstract design.

Basically, the three home furnishings trends of last yearcountry, traditional and been refined for '85. Fashions are not radically different, just modified for a more balanced effect.



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

Pond Management Is Timely Subject

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

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 af-

fects 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 makes less that nutritious foods look appealing;

-social life often revolves around eating rather than other ac-

"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 ac-

tivities." 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 avail-

"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

FREE, BLACK Labrador Retreiver pupples, thoroughbred. Call 257-2106.

FREE

LEGAL NOTICE

EXECUTOR'S NOTICE State of North Carolina County of Warren In The General Court of

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

sizes, remembering that children need children's portions of food rather than adult helpings;

Feb. 20, 27, Mar. 6, 13-p.

-be sure that children get regular physical checkups;

-offer children nutritious, lower-calorie snacks such as cereal, crackers, or fruit rather than candy, cookies, and soft drinks;

-encourage activities such as sports, yard work, and family out-

-prepare foods properly. Boil, broil, or bake foods rather than fry them. Use less oil, butter, and fatback in seasoning foods.

"One thing people often forget to do is to praise their children for making the right choices," Cialone said. A smile and praise can go a long way in helping children to develop food eating habits and become happier, healthier adults.

For more information, readers may contact the Warren County Health Department. Mrs. Margie Kiah, nutritionist, or Lou Hayes, pediatric nurse, are available Monday through Friday.

Local Facility Is Given Grant

Sound and Print Ltd., owner of WVSP public radio in Warrenton, was recently awarded a \$4,000 grant from the N.C. Arts Council.

The grant, which will be used to involve area youth in the development of a radio series on folklore, was a part of \$395,790 awarded in grants to art activities across the state.

The grants are used to support dance, folklife, music, literature, theatre, visual arts, touring and community development.

LOST

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

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-tfc.

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-tfc.

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.

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, 27-c.

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-tfc.

FURNITURE REfinishing and restoration. Gordon Knight, UPHOLSTERING free estimates, pick-up and delivery. We do rurniture, autos and boats. Call Puckett's Upholstery at 438-6641, Chicken Farm Rd., Henderson, Dec. 12-tfc. N.C.

LIMER'S PLUMBING Repair Service - fast and efficient. Phone 257-Dec. 21-tfc

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

FOR ALL YOU CARpentry needs, repairs. decks, additions, construction, new homes, call 456-3456 after 6 p. m. Feb. 6-tfc.

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

GROVES MOBILE Home Repair, fast, efficient, affordable Phone 257-3799 or 257 1896.

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

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 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.

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

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 FHA 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

If You Experience Any One Of These 12 DANGER SIGNALS Indicating PINCHED NERVES:

- Headaches
- 2. Dizziness
- 5. Shoulder Pain

6. Pain Down Arms

- 3. Neck Pains

- 4. Muscle Spasms
- 7. Numbness In Hands

8. Pain Between Shoulders

- 9. Lower Back Pain
- 10. Hip Pain
- 11.Pain Down Legs
- 12. Muscle Weakness

Henderson **Chiropractic Care Center**

301 Wyche St. Suite 1

CALL: 492-7539 **Today For A Free** Spinal Exam (\$30.00)

We Accept Most Insurances