

### News and Events of Interest to Norlina Readers

Phone 456-3329 to Include Items on This Page

Mrs. J. V. Allen and Miss Gwen Allen of Norlina and Mrs. R. V. Allen of Warrenton attended the McCaskill wedding and reception at St. James United Methodist Church in Raleigh on Saturday.

Mr. and Mrs. Thomas Myrick of Petersburg, Va. and Mrs. Bonnie King of Paschal were Sunday luncheon guests of their mother, Mrs. Dolly Tucker.

Saturday visitors of Mrs. Tucker were Butch, Vicki, Mitzi Ann and Michelle Lynn of Baskerville, Va.

Joining Mrs. Tucker, the Myricks and Bonnie on Sunday were Butch, Vicki, Mitzi, Michelle, Arthur and Ann and Fred Mulchi.

Mrs. Dolly Tucker and Mrs. Ann Mulchi shopped in Henderson Saturday and enjoyed lunch at Hardee's.

Bob Pridden of Wilson spent the weekend with his parents, Mr. and Mrs. Leon Pridden.

Mr. and Mrs. John Piland spent the weekend in Oriental with their son, Reg Piland, and family.

Joe Farrow and Mr. and Mrs. William Farrow of Lexington, Va. and Mrs. Martha Willis of Crossville, Ala. spent the

weekend with Mrs. R. G. Norwood. Mrs. Willis remained for a week-long visit with her sister.

Buck Wiggins, Ben and Stacey of Raleigh visited Mrs. Cornelia Wiggins on Sunday.

Miss Sharon Perkinson of Charlotte visited her grandmother, Mrs. Gladys Perkinson, on Friday.

Mr. and Mrs. Jessie Harris of Newport News, Va. were guests of Mr. and Mrs. Thurston Ayscue Thursday.

Mr. and Mrs. R. L. Goodbar of Durham visited Mrs. R. G. Norwood Sunday afternoon.

Mr. and Mrs. John Perkinson of Raleigh were Sunday visitors of his mother, Mrs. Gladys Perkinson.

Mr. and Mrs. Kenneth Severance spent the weekend in Reidsville with Mr. and Mrs. Bill Severance and family. They also visited Mr. and Mrs. Shirley Miller in Winston-Salem.

Mrs. Lillian Morris and Mrs. Louis Liverman of Roanoke Rapids visited Mr. Lyles on Monday.

Mrs. Louise Cottrell and Mrs. Lisa Currie and daughter of Red Springs, Mrs. Hazel Ayscue of Hendersonville and Mrs. Kim

Thompson and Michael of Raleigh visited M. A. Lyles on Saturday.

### Senior Social

### Club Holds Meet

By SADIE YANCEY  
The Norlina Senior Social Club held their February meeting on Thursday, the 26th, at 2 p.m. in the Warren Plains Baptist social room. Thirty-six members and visitors were present.

Mrs. Hazel Harris, the newly elected president, had charge of the meeting. She introduced her sister, Mrs. Bessie Bartholomew, who presented the pastor of the church, the Rev. John Farriss, for the devotion.

Since there was no meeting in January, the birthdays for both January and February were acknowledged with the "Happy Birthday" song.

Mrs. Cornelia Wiggins, new secretary, was the recipient of the door prize.

After dispensing with the usual business the meeting was turned over to the entertainment committee who conducted the white elephant sale. The Rev. John Farriss, pastor of the host church, and the Rev. Bob Lowman, pastor of Norlina Baptist Church, did a good job of auctioneering. The group really enjoyed their monkey antics. The sale increased the treasury by \$36.

Rev. Lowman announced a revival scheduled in his church March 23-25, with a special senior citizens night. Rev. Farriss announced a mission program at his church on March 10.

Rev. Lowman returned thanks for delicious refreshments served by the Warren Plains group.

The March meeting will be with the Gardners group, with a covered dish lunch at noon in the Gardners Baptist Church fellowship room. All members are urged to come and bring a covered dish and friends.

### Announce Birth

Mr. and Mrs. Walter W. Babb II of Norlina announce the birth of their son, Jonathan Davis, born Feb. 12 at Duke University Medical Center in Durham. The infant weighed six pounds and three ounces.

Mrs. Babb is the former Adalynne Faulkner of Norlina.

## Annual Spelling Bee Held At Norlina Middle School

By BETH PIERCE and EVE RUSSELL

This past Monday the whole student body and teachers witnessed the annual spelling bee at Norlina Middle School. Twenty-seven seventh and eighth graders participated this year. Elimination rounds started after Mrs. Junell Blaylock gave the rules to the participants. Mrs. Blaylock called out the words and Ms. Betsy Clark served as judge for correct spelling. Winning the competition was Tonya Terry who spelled the word "halibut" correctly. Ms. Cathy McLeod presented Tonya with a cash award of ten dollars. She then honored Jermaine Seward with seven dollars for placing second. For placing third, Sean Harley received five dollars and Keith Saunders received three dollars for placing fourth. Ms. McLeod said that all the students would receive certificates for participating. The top three winners will now compete March 12 at Warren County High School at 7:30 p.m. The public is invited and refreshments will be served.

After the spelling bee, Mr. Hege announced that there would be a "tournament of laughs resembling basketball" right after school this Wednesday. Schools in the area are sponsoring faculty-student games to benefit the athletic program in Warren County. Everyone is invited to watch the "aged" versus the "ageless." Admission will be \$1. Volunteers will operate the concession stand.

We finally cornered Ms. Evans who gave us her thoughts on this year's basketball players and cheerleaders. "As far as enthusiasm and skill, these are the best cheerleaders I've sponsored in a long time. They were most impressive this year." Norlina has 12 cheerleaders, two less than last year. Only six of the girls will be leaving, so Ms. Evans will have the experience of six girls for next year's squad.

Ms. Evans also said, "The girls' team did exceptionally well. They all played together as a disciplined team. Because the seventh graders got a lot of playing time this year, they should do well next year." Ms. Evans ended her interview with us by saying that the boys' team is going to have to do some rebuilding. "We hope to get a better record next year." Ms. Evans also said that Mr. Fuller and Mr. Shulenburger did well coaching both teams.

Ms. McLeod wants us to remind you that the Girl Scout cookies have arrived. If you ordered cookies, you need to pay by March 15. Extra cookies will be available. Ms. McLeod also wanted us to thank Mr. Allen and Mr. Cheston for picking up the cookies for her.

From Norlina Middle School, that's News Waves.

## Norlina Coffee Shop

4 Choice-All You Can Eat Breakfast

2.00

French Toast, Pancakes, Biscuits & Gravy, Waffles

Super Low Prices On Reg. Breakfast Menu

2.00 Lunch Specials

Choice Of 2 Meats, Potatoes, Vegetables & 2 Dinner Rolls Check Our Low Prices On Our Reg. Lunch Items

456-2551

Don't Forget To Call For Takeout Orders

Betty & James Thank You

Hrs: Mon.-Fri.-6 A.M.-3 P.M.-Sat. 8 A.M.-1 A.M.

Is your birthday this month?

Come To Hundley's Flowers & Frames  
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Show us your birthdate on your driver's license. You will receive a beautiful longstemmed red rose.

You are eligible to register for our \$50 gift certificate.

Drawing will be held at 4:30 p.m. on the 30th.

Happy Birthday To You  
Your friends at  
Hundley's Flowers & Frames  
456-2430

### Nutrition Aired

By ANN KILIAN  
Director of Child Nutrition  
Warren County Schools

During this first week in March, which is National Nutrition Month, let us consider the purpose of a guide for food intake. A successful food selection guide is merely a basic plan or pattern for helping people to choose foods which give them the best possible diet and satisfying meals. A number of guides have been developed by nutritionists and are in use. Successful diet planning involves achievement of four objectives simultaneously: balance, adequacy, the appropriate calorie level and variety.

Five guides for food intake are presently in use. These are: Basic Four food groups, Nutrient Content, Exchange System, Nutrient Density Concept and Index of Nutritional Quality (INQ). These guides for food selection are based on the Recommended Dietary Allowances (RDA). The RDA are specific nutrient requirements for various healthy age and sex population groups. Each guide is different and some do not prescribe a particular pattern of foods to be eaten.

There is no one food pattern that must be followed to be well fed. Many combinations of different foods supply the same nutrients.

The most familiar method of food selection, often referred to as the "Basic Four," involves selecting a certain number of servings from each of four food groups. The four food groups are meat, fish, poultry and eggs; fruits and vegetables; breads and cereals; and milk. The USDA adopted the Basic Four in the 1950's. In 1979, a new USDA publication, "Food," suggested a fifth group—fats, sweets and alcohol. The fifth group is one which provides calories, but little in the way of nutrients.

With today's emphasis on weight control, nutrient density is important because it enables one to select foods of the greatest nutritional value for caloric content. One looks for foods densely

# CALENDAR

## Stew Sale Is Scheduled

The Sulphur Springs Baptist Church Youth will sponsor a stew sale on Saturday, March 7 on the court house square. Stew will be ready by 11 a.m. and will be sold for \$3.25 per quart.

## Workshop Plans Are Made

The United Shiloh Association will have a workshop at the Swift Creek Baptist Church on Saturday, March 7, from 9:30 a.m. until 1 p.m., according to the Rev. W. H. Burgess, pastor.

## Blazetts Plan Regular Meet

The Blazetts will hold their monthly meeting at the home of Betsy Gardner at 8 p.m. on March 10.

## Norlina Reunion Scheduled

The Norlina High School Class of 1977 will have a 10-year reunion planning committee meeting on March 14. Persons interested in serving on the committee are asked to contact Lynn Stone at 456-2726 or Cindy Blaylock at 893-8653.

## Bus Test Training Slated

The classroom training session for the bus test will be held March 25-26 from 8 a.m. until 3 p.m. at Warren County High School. Anyone interested should pick up an application from the office at the high school.

## Vaughan PTA Plans Gathering

The Vaughan Elementary School P.T.A. will meet Tuesday, March 10, at 7:30 p.m. at the school. Mrs. Lesak's first grade will present a program.

## Lenten Services Are Announced

Ash Wednesday services, the liturgy of the ashes and communion, will be held today (Wednesday) at 5:20 p.m. at All Saint's Episcopal Church and at 7:30 p.m. at Emmanuel Episcopal Church in the choir area. Lenten services will be held every Wednesday afternoon at 5:20 p.m. at All Saint's Episcopal Church throughout the Lenten season. The public is cordially invited to attend any or all of the services.

packed with nutrients (high nutrient density.) A person carefully watching his weight limits the intake of empty calories. The required daily allowances can be included in a low calorie diet when careful choices are made.

The U. S. Department of Agriculture and U. S. Department of Health and Human Resources published in 1980 "Nutri-

tion and Your Health," seven dietary guidelines for healthy Americans based on dietary goals. The guidelines are: (1) Eat a variety of foods; (2) Maintain ideal weight; (3) Avoid too much fat, saturated fat and cholesterol; (4) Eat foods with adequate starch and fiber; (5) Avoid too much sugar; (6) Avoid too much sodium and (7) If you drink alcohol, do so in moderation.

<h2>NORLINA CLOVER FARM</h2> <p>STOP PAYING HIGH PRICES . . . SHOP CLOVER FARM WHERE YOU GET MORE FOR YOUR MONEY!</p> <p>PRICES EFFECTIVE: MARCH 5,6,7, 1987</p>		
HEAVY WESTERN STEER BONE IN <b>CHUCK ROAST</b> End Cut <b>1.09</b> Center Cut <b>1.19</b> Lb.	HEAVY WESTERN STEER BONE IN <b>SHOULDER ROAST</b> <b>1.29</b> Lb.	
FRESH FRYER <b>LEG QUARTERS</b> 10 Lb. Bag <b>39¢</b> Lb.	FRESH <b>GROUND BEEF</b> 3 Lb. Or More <b>1.09</b> Lb.	SMITHFIELD <b>SMOKED PICNICS</b> <b>79¢</b>
EVERSWEET <b>BACON</b> 1 Lb. Pkg. <b>1.19</b>	<b>APPLES</b> 3 Lb. Bag <b>99¢</b>	YELLOW <b>SQUASH</b> 49¢ Lb.
SMITHFIELD <b>FRANKS</b> .12 Oz. <b>89¢</b>	U.S. NO. 1 <b>WHITE POTATOES</b> 10 Lb. <b>1.49</b>	DEL MONTE <b>CORN</b> 303 Can <b>2/89¢</b>
STAR KIST <b>CHUNK LIGHT TUNA</b> 6½ Oz. Can In Oil Or Water <b>59¢</b>	DEL MONTE <b>CUT GREEN BEANS</b> 303 Can <b>2/89¢</b>	CLOVER FARM <b>HAMBURGER BUNS OR HOT DOG ROLLS</b> <b>2/99¢</b>
JIF <b>PEANUT BUTTER</b> 18 Oz. Jar Creamy Or Crunchy <b>1.89</b>	GREER <b>APPLE SAUCE</b> 303 Can <b>3/1.00</b>	DUNCAN HINES <b>CAKE MIX</b> 19 Oz. Box <b>79¢</b>
SHASTA Cola, Orange, Grape 2 Lit. Bot. <b>59¢</b>	DELTA <b>TOWELS</b> <b>2/1.00</b>	FISHER SANDWICH MATE <b>CHEESE SINGLES</b> 12 Oz. Pkg. <b>89¢</b>
DAWN <b>LIQUID</b> 50% Off-32 Oz. <b>1.29</b>	DULANY <b>CUT CORN OR GREEN PEAS</b> 10 Oz. Pkg. <b>49¢</b>	OLD SOUTH-100% PURE <b>ORANGE JUICE</b> 12 Oz. can <b>99¢</b>
ORE IDA <b>SHOESTRING POTATOES</b> 20 Oz. Bag <b>1.09</b>	PET RITZ <b>APPLE PIE</b> 28 Oz. Box <b>1.59</b>	GIBB'S <b>PORK N' BEANS</b> <b>4/1.00</b>

## SENIOR CITIZENS HOME

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