

SPRAY CLINIC -- Officers of the North Carolina Aerial Applicators Association were among the large group that attended a spray clinic at the Roanoke Rapids airport recently. Pictured left to right are Dave Apperle of Kinston, Woodrow Vinson of Winton, Ronnie Beale of Ahoskie and Mark Baxley of Raeford, secretary-treasurer of the Association.



MERCHANDISING -- Dan Powers, manager of the Raeford B.C Moore and Sons store, took part in a recent planning conference for managers of stores in North and South Carolina at the company headquarters in Cheraw, S.C. The 45 Carolina managers planned advertising and promotion for the annual "Fiesta" promotion.

Health Department Plans Special Clinics Against 'Silent Killer'

The Hoke County Health Department will be looking for the "silent killer" during the month of May.

Department workers will be checking blood pressure readings May 2 from 1 to 4:30 p.m., May 6 from 1 to 5 p.m., and May 7 from 10 to 4 p.m. There will be no charge for the readings to be done in the Edenborough Shopping Center. In observance of National High Blood Pressure Month, the health employees will also be answering questions about the condition which affects one in every seven adults.

Called the "silent killer," high blood pressure usually has no symptoms, at least initially. In severe cases there will sometimes be dizziness and headaches. If not detected, the first symptom may be a heart attack or stroke. High blood pressure is also the leading contributor to kidney disease, and may be linked to 100 deaths each day in this country alone.

Health officials stress that high blood pressure, or hypertension as it is also called, is not nervous tension. A relaxed, easygoing manner is no guarantee against high blood pressure.

It is a condition in which the heart and blood vessels are under a constant strain. There is no cure, only control. A doctor may suggest some diet restrictions like less salt and less fatty food. Medicine may be prescribed, but it must be taken regularly to lower and maintain blood pressure at normal levels.

Since there are no symptoms, the best insurance policy is to have your blood pressure checked regularly by a professional.

Arts Council Elects Offices, 9-Member Board

Officers and a nine-member board of directors of the newly created Hoke County Arts Council were elected last Thursday night during a meeting in the Hoke County Library.

President of the Council is Mrs. Charles (Anne) Hostetler. Vice-Presidents is Mrs. Younger (Yvonne) Snead, Jr. Secretary is Mrs. Philip (Jo Ann) Gregory and treasurer is Mrs. Thomas (Gladys) Gilchrist.

The directors elected were Mrs. Gilbert (Donna) Bernhardt, Mrs. Jack (Elizabeth) Burgess, Mrs. Jeffrey (Jane) Davis, Mrs. Charles

(Anne) Wright, Ashwell Harward, Jimmy James, Clyde Jacobs, Tom Howell and Phil Diehl.

The group agreed to support the Grassroots Arts Bill and to write the local legislative delegation, urging them to vote for it. The bill would distribute state funds for the improvement of cultural life.

The group also discussed the possibility of acquiring the Sinclair House on W. Edinborough Ave. for use as a community arts center, and the sponsoring of special art events at Hardee's restaurant and South Hoke School.

4-H Corner

By Freddie O'Neal
Asst. Agri. Agent

Many long, rough and hard hours go into raising and preparing an animal for a fatstock show. This year Hoke County was well represented by Tammy Hendrix, Tracy Pratt, Gary Hendrix and Patsy Pratt at the Fat Stock Show in Fayetteville.

On September of last year the 4-H'ers went to Dr. Knox Lewis in Red Springs and picked out the calves they wanted to work with for some six months. This project consisted of daily feeding and brushing, halter breaking (or breaking to lead) for showing purposes. The project also requires some physical parent support in aiding with the early stages of halter breaking and backing the 4-H'ers all the way through the project, but these steers are the 4-H'ers main responsibility for the six months.

When the steers finally reach their home for the six months the first step is to quiet the 600-plus pound animals down and get them started on a growing ration as soon as possible. A little quiet talking and fresh hay and water is a good way to aid in doing this. After several days of this the steers seem to quite down and become familiar with the surroundings and the voice of the new owner. Then the first rope is placed on the steer with a halter placed on shortly afterwards to insure that the steer does not get loose. After the steer realizes that the ropes are there to stay, the work begins on brushing and talking to the steer while it was secured to a tight pole so as not to get hurt or hurt the steer. At six hundred plus pounds of muscle and bones these steers can be very dangerous. Besides being careful not to hurt the steer, you have to look after and be careful of yourself. When you have the confidence in yourself and your steer then you make that first short and slow walk around the pen, talking to your calf and moving from one step to the next to be careful not to move too quickly causing the steer to become too excited and start throwing himself around and kicking. From time to time the steer may be excited or frisky during the six month period but with good care and the 4-H'er and steer becoming well acquainted, this can be handled with a little care. During the 6 months the steer will usually average about two pounds of gain per day. At show time the steer should weigh around 1100 pounds. This is why it is important to start breaking the steer as soon as he arrives at his new home.

SHOW DAY

In preparing for show day the 4-H'er washes, brushes and has their steer fit for a kings ball (show) and competes in a ring, first showing the animal, then themselves in showmanship and finally records. On show date there is only one first place winner of the steers, but every individual that works

with their animal and does the best job that they can do is a winner. Their prize is the development of responsibility, the understanding of how the particular animal may react to different situations. There can be no losers in a case like this, only winners, and that is what Hoke County 4-H'ers are.

Earl Hendrix made it possible for one 4-H'er to have a steer that otherwise would not have been able to participate in this project without his help. Also special thanks to Farm Chemicals, Hoke Auto, McLaughlin Co., Inc., The Bank Of Raeford, Raeford Hardware, Niven's Appliance & Furniture Co., Ken McNeill, DeVane's, Heilig-Meyers Furniture Company, Inc., Home Food Market, Howell Rexall Drug Co. and Southeastern Production Credit Association. Without the financial help of these individuals the show could not have been the success it was.

Club News
By Judy Crissman
And Angela Strother

On April 12 at 7:30 p.m., the Raeford United Methodist Church loaned the 4-H'ers of Hoke County the use of their basement for their annual Talent Show and Dress Revue.

C.D. Bounds was the master of ceremonies for the evening.

Fashions were sewn, judged and modeled. Red Ribbon winners were: Connie Hollingsworth, Yolanda Hatcher, Sharon McNeill, Patti Smith, Brenda Southern, Donnal Holland, Cindy Smith and Shelia Brown.

Seven persons won certificates for material from Moore's: Sharon Connell, Tammie Hendrix, Jamie Miller, Lynn Branch, Laura Welborn, Dana Connell and Carla Myers. Deena Pratt was the county winner, she also received a certificate and will attend clothing camp.

Red ribbon winners participating in the talent were: Brenda Southern, Sharon Gay, Bella Gay, Katreen Gay, Yolanda Hatcher, Betsy Blanton, Tammie Hendrix, Susan Lagrande, Lisa Singletary, Josie Singletary, and Donna Holland.

Blue ribbon winners were: Sharon McNeill, Shelia McNeill, Michelle Riggins, Judy Crissman, Richard Cole, Jimmy Turner, Linda Strother and Charelene Hall.

The judges for the dress revue were: Mrs. J.W. Walker and Mrs. Ruby McLean. Judges for the talent show were Misses Beth Jordan and Ethelyde Ballace.

On April 9 the senior members of the Quewhiffle 4-H Club sponsored an Easter Egg Hunt for the junior members of their club and smaller children of the community, a total of 20 members, parents and leaders attended.

Prizes were given for the one finding the most eggs and the lucky eggs. Egg and spoon races were held. Roger Seaford was declared the club's champion.

Refreshments were provided by Angela Strother. Members, parents and leaders enjoyed a very good time. A special thanks goes to Jimmy Turner for having the egg hunt at his home.

Church News

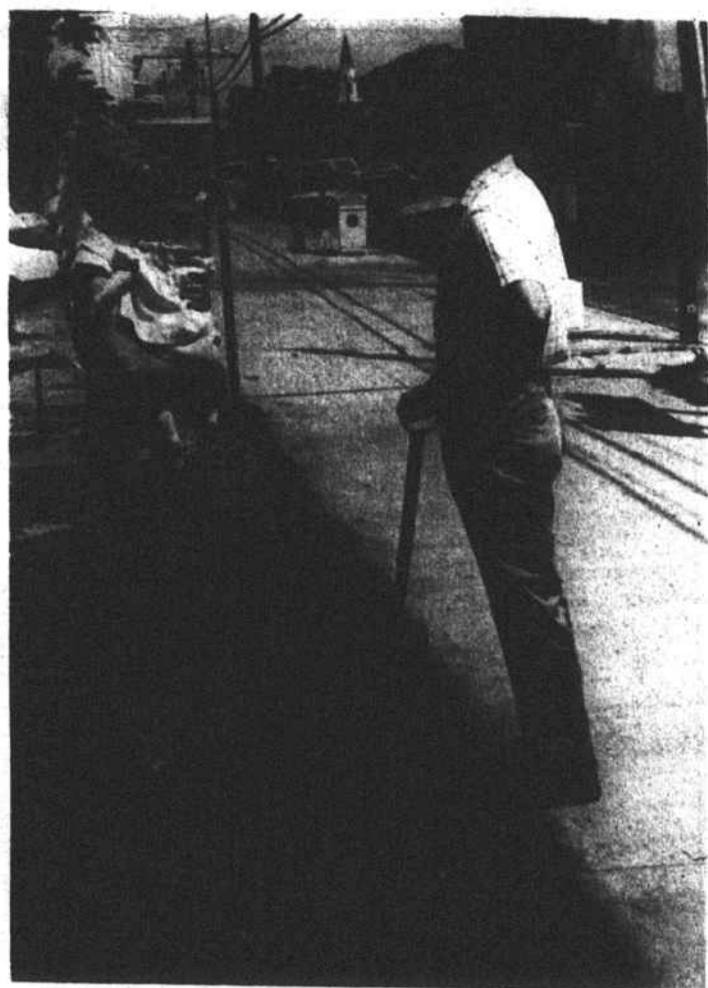
A women's "Olympics" competition with several fun events will be held Sunday, May 1 to raise money for Community Methodist Church in Five Points.

The Olympic games will be at 3 p.m. at the home of Mr. and Mrs. Archie Walters on Rt. 3. Any ages of girls and women are invited. Entry fee is \$5. Trophies will be awarded for first, second and third place finishers.

The proceeds will go to the church building fund. For more information, call Mrs. Walters at 875-2683.

One thousand seven hundred and twenty persons attended the semi-annual convention of the Jehovah's Witnesses this month in Fayetteville.

Twenty two new adherents were baptized during the assembly.



DOWNTOWN -- Wendell Young [with shovel] surveys the progress of the work put out at the "Fix-up Festival". The festival organizers extended special thanks to the county extension service, the school system, the Chamber of Commerce, the Raeford Jaycees, the Girl Scouts, Cub Scouts, Raeford Junior Woman's Club, the Senior Citizens Friendship Club, WSHB Radio, The News-Journal, the Open Door and all of the merchants and arts and crafts exhibitors who took part. [Photo by Sutton]

Farm Items

By W. S. Young, Agri. Extension Chairman
& Freddie O'Neal, Asst. Agri. Extension Agent

Each year the Extension Service tries to put out several method and result demonstrations that will benefit our producers of crops. In 1977 the following two demonstrations should be observed by growers.

The first is a cotton nematocide demonstration on the John Balfour farm near Dundarrach. This will consist of two fumigant treatments, Telon II and DBCP. Also three granular treatments including NEMACUR, TEMIK and UC-21865 will be used. Various rates of these chemicals will be put in the demonstrations.

The second test is one in different tillage methods for field crops. This one is on the Earl Hendrix farm and will be just off the West Hoke School road. This is designed to come up with the tillage method that is economical and gives increased yields of crops. This will involve several acres and will probably be carried out for several years. This is being carried out in cooperation with the Soil Conservation Service.

Extension's six year program will be stressing some important points for crop production. The first is that producers need to adopt the

proven research practices in production. These include use of certified seeds, nematode control, weed control and disease and insect control. Farmers should pay closer attention to the adjustment of harvesting equipment to save the total amount produced. Growers should develop a complete marketing plan before they plant crops. Better farm management and better record keeping practices is a must for efficient farming. Rental agreements must be studied carefully. Young people should be encouraged to enter the agricultural production field and should be given aid where possible.

Forest plantings and forest management practices should be done as a source of additional income. This could help to pay taxes on farmland.

Make sure that your crops are planted at the recommended rates this year. This often determines the yields of your crop for the year. Many of our soybean growers plant the crop too thick for maximum production. Growers should know the germination percentage of the seed lot and plant right to assure a stand.

SCS Activities

By Oval Richie
District Conservationist

"With warm weather coming to North Carolina, we need to be safety conscious about the many farm ponds in Hoke County," Chairman D.R. Huff Jr. of the Hoke Soil and Water Conservation District said.

"We are already seeing an increase in fishing, and soon the youngsters will be using these ponds for swimming. Landowners should require that the 'buddy system' with more than one person be used for both fishing and swimming. A person alone can disappear mighty quick."

The chairman pointed out that most farmers do not want to deny ponds on their land to their neighbors. "Very few ponds have fencing or similar barriers," he continued, "but we should make sure that everybody using the ponds is safety conscious."

Chairman Huff said that Hoke County has 152 ponds, and over the entire State of North Carolina more than 67,000 ponds have been installed with technical assistance from the Soil Conservation Service.

"This large number makes the safety message that much more urgent," he said.



CRAFTS -- Warren Pate relaxes at one of the arts and crafts exhibits set up Saturday at the street festival. [Photo by Sutton]

NOTICE

Hoke County Taxpayers

**UNPAID 1976 COUNTY TAXES
WILL BE ADVERTISED
IN TWO WEEKS**

**Deadline to keep tax from being advertised
is noon, Friday, May 6**

Elizabeth D. Livingston
Hoke County Tax Collector

J. H. AUSTIN

INSURANCE



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AUTO-FIRE-LIFE
CASUALTY

114 W. Edinborough Avenue

Phone 875-3667