



MUSIC FOR STUDENTS -- Hoke County High School's Ninth Grade Band played for Scurlock School's students Friday, which was during the National Music in Our Schools Week. Here Hoke High Band Director Jimmy James is shown while he was introducing the band's musical instruments to the students. In this case the instruments were the saxophones. He also introduced the other instruments besides directing the band in playing music. [Staff photo.]

SOCIAL NEWS -- 875-2121

N.C. Medical Society Says

Insurance Budgets For Illness

Could you handle the bills for a major illness in your family? In a recent survey many Americans expressed concern over their ability to finance a major operation or a long hospital stay. The most common means of protecting against the costs of major illness in the United States today is health insurance. Why talk about health insurance in 1981? Everybody already has it, don't they? Wrong. There still is a minority of Americans who do not have protection against the costs of serious illness. There are others whose protection is probably inadequate. According to the North Carolina Medical Society, health insurance enables you to budget in advance for the unexpected and high cost of getting sick. Chances are good that you already have health insurance. Almost 200,000,000 Americans are now protected by some form of insurance, either individually or through some type of group coverage. Most people today are covered under group policies through their place of employment. You won't have much say in the provisions of this policy. But you are entitled to

know what it covers and whether you might need to purchase supplemental coverage on your own. "Here are some of the questions you should know the answers to." What hospitalization benefits are provided? How much? Are benefits provided for intensive care? What out-patient services are covered? How many days of illness are covered for each illness? Are there limitations on readmission to a hospital for the same illness? What benefits are provided in an extended care facility? Is coverage for more than room and board (does it

also cover medicines, medical supplies, etc.)? Are mental hospitals covered? Are there deductibles or co-insurance amounts? Does coverage provide for payment based on surgeon's and physicians' usual and customary fees? What provisions are made for radiation therapy, diagnostic x-rays, laboratory tests? How about maternity care? Finally, don't take your health insurance policy for granted. You may be in for a rude awakening when faced with big bills that aren't covered by your policy.

Housing Tips

by Willie Featherstone, Jr.
Associate Agricultural Extension Agent

HOW MUCH IS A GARDEN WORTH?

The actual value of the home vegetable garden will vary from gardener to gardener based on size, amounts of a given vegetable grown, and especially how intensively it is gardened. The table below shows the results from a garden that was grown at the University Research Unit 4 Farm in Raleigh from May-December, 1980. The garden had

a yield of 938 pounds of vegetables on 1250 sq. ft. of land (approximately 25 x 50 ft.) That is about three-fourths pound of food for each square foot of land area. The retail value of the vegetables were calculated to be worth \$535.51 based on retail prices from a local grocery store. Expenses totaled \$50.67; which gives the garden a net value of \$484.84. NOTE: There were no expense charges calculated for labor, water or small garden tools.

Crop	Amt. Harvested	Est. Retail \$/lb	Total Values
Tomatoes	87 lb. 11 oz.	.69	60.51
Pepper (sweet)	29 lb. 2 oz.	.59	17.18
Pepper (hot)	4 lb. 12 oz.	.89	4.23
Pole beans	9 lb. 10 oz.	.69	6.64
Okra	43 lb. 11 oz.	.89	38.89
Eggplant	137 lb. 7 oz.	.59	81.10
Bush limas	12 lb. 3 oz.	.89	10.86
Snap beans	18 lb. 2 oz.	.69	12.50
Southern peas	58 lb.	.69	40.00
Vegetable spaghetti	96 lb. 3 oz.	.59	56.76
Zucchini squash	56 lb. 2 oz.	.49	27.50
Cucumber	67 lb. 8 oz.	.39	26.33
Cantaloupe	32 lb. 11 oz.	.20	6.54
Winter squash	42 lb. 8 oz.	.49	20.83
Turnip (roots)	13 lb. 10 oz.	.49	6.67
Turnip (salad)	47 lb. 10 oz.	.49	23.33
Mustard spinach	47 lb. 7 oz.	.59	28.00
Kale	18 lb. 8 oz.	.59	10.92
Cabbage	18 lb. 8 oz.	.20	3.70
Broccoli	7 lb. 12 oz.	.49	3.80
Chinese cabbage	25 lb. 13 oz.	.49	12.64
Kohlrabi	10 lb. 2 oz.	.49	4.96
Cauliflower	7 lb. 4 oz.	.99	7.18
Collards	45 lb.	.49	22.05
Brussels sprouts	1 lb. 8 oz.	1.59	2.39
	938.5 lb.		\$535.51

Total expenses:		
Fertilizer (50 lb. 8-8-8)		3.84
Lime (50 lb.)		1.56
Vegetable plants (8 doz.)		16.22
Assorted seeds		10.70
Insecticides:		
Malathion		4.58
Sevin		4.47
Dipel		9.30
		\$50.67

FAMILY PACKS

- Pork Neckbone 10 lb. 3⁹⁰
- Chicken Legs 10 lb. 7⁹⁰
- Pig Foot 10 lb. 3⁹⁰
- Larry's Sausage Patties 10 lb. 8⁹⁰
- Fresh Spare Ribs 10 lb. 8⁹⁰
- Fatback 10 lb. 5⁹⁰
- Pork Chops 10 lb. 12⁹⁰

FMA Budget Food Bargains

FOOD MERCHANDISERS OF AMERICA INC.

SCOTLAND COUNTY COUNTRY HAM

149 lb.

WE RESERVE QUANTITY RIGHTS

BONE-IN

- Chuck Stew 1¹⁹ lb.
- Chuck Roast 1³⁹ lb.
- Chuck Steaks 1⁴⁹ lb.
- Boneless Stew 1⁶⁹ lb.

BONE-IN

- Shoulder Roast 1⁶⁹ lb.

BONE-IN

- Shoulder Steaks 1⁷⁹ lb.

WE WELCOME FOOD STAMP SHOPPERS!

FRESH LEAN Hamburger

\$1.19

5 lbs. or more

SUPER SAVINGS

Buy A 4 Pk. of Standard Light Bulbs at Regular Price

Get A 5 lb. BAG OF SUGAR FOR

99¢

FROZEN FOOD

- Meat Loaf With Tomato Sauce - Roll-In-Bag 4/99¢
- Dulany Corn On Cob 2 pk. 99¢
- Frozen Bread Triplots 2/99¢
- Mrs. Smith's Pumpkin Pie 26 oz. 2/129

SUPER SAVINGS

Buy A Bag Of Blue Ribbon Rice At Regular Price

GET ONE FOR

39¢

SHOWBOAT SPAGHETTI

4 1/4

14 OZ. CANS

HI-DRY PAPER TOWELS

2 1/2

FOR JUMBO ROLLS

HI-DRY TOILET TISSUE

4 79¢

4 ROLL Pkg.

FMA BRAND ROLLS BROWN SERVES 2 PKGS. 89¢

- Showboat Pork & Beans 15 oz. can 3/100
- Showboat Turnips or Collard Greens 16 oz. can 3/100
- Southern Biscuit Flour 5 lb. Self Rising 99¢
- Chatham Dog Food 25 lb. bag 4⁰⁹
- Toney Dog Food 4/89¢

- Pop-Ice Assorted 12 oz. Bars 69¢
- Pop-Ice Assorted 24 Bars 149¢
- Murry Assorted Cookies 3/100
- F.M.A. Peaches Sliced or Halves 3 oz. can 2/99¢
- Merita Honey Buns Pack of 3 79¢

BANANAS

3 lbs. 99¢

Cabbage Lettuce

12¢ 2.89¢

Dove Liquid 22 oz. 89¢

Chore Boss Paper Towels

- Wisk Twin Roll 99¢
- 1 gal. jug 156¢
- Kleenex Facial Tissue 200 2 ply 65¢
- Diamond Foil 25 sq. ft. 39¢

FMA JACKSON'S FMA

FOOD MERCHANDISERS OF AMERICA INC.

BESIDE SCURLOCK SCHOOL ROCKFISH ROAD RAEFORD, N. C.

DAIRY SPECIALS

FMA BRAND HOM. MILK \$1.99

1 gallon

MRS. FILBERT'S MARGARINE 59¢

16 oz. Quarters

Coca-Cola \$1.89

6 pk. can

GARDEN TASKS FOR MARCH

- Finish making garden plan to determine location of vegetables in garden site.
- Consult Garden Manual for crops to be planted.
- Plant seeds of eggplant, pepper, and tomato for later transplants in Piedmont and Coastal Plain.
- Lime garden soil according to soil test recommendations.
- Locate mulch supply for dry months ahead.
- Purchase garden seed supply.

"Things That Matter"

by Lucien Coleman

"DAD, CAN I HAVE A BOX WITHOUT BATTERIES?"

The other night a friend of mine was complaining about the big bucks he had put out for toys this past Christmas.

"We bought this expensive electronic thing our kid wanted," he lamented, "and, before the day was over, he had shoved the toy into a corner and was having a great time with the box it came in!"

A familiar story. By this time every year, thousands of American homes are littered with the carcasses of Christmas toys that won't work anymore. Broken pieces of plastic junk that never did operate like the television commercials said they would, anyway.

Why would any kid prefer a cardboard box to a shiny new "Super Special Starpower Space Shuttle"? Simple. A box gives him a chance to try out his own ingenuity, his built-in urge to create things.

Just think of all the things a big cardboard box can become, in the hands of an imaginative youngster. It can turn into a fort, dollhouse, garage, car, spaceship, kitchen stove, or a hundred other items.

That sophisticated toy, on the other hand, requires neither imagination nor creativity. All you can do with it is flip a switch and watch it run, until the batteries finally play out.

As I think back on my own childhood, the most joyful play experiences I can remember had to do with making things. Just give me and my friends a few wooden shingles, a hammer, and handful of old roofing nails, and we could turn out a whole fleet of airplanes in a single afternoon.

There were times when we would get so busy transforming an old shed into a secret clubhouse, Mom would have to hogie me to get me to the dinner table. (Dinner was our noontime meal. At night we had supper.)

When I was a little older, we would pack up some peanut butter sandwiches and head for Little River, where we would spend the whole day fashioning a thatched hut out of the long grass that grew along the banks.

Last Christmas, one frustrated mom said, "Do you know where I can find a doll that doesn't do anything"? The stores were full of crying, blinking, cooing, talking, moving, walking, diaper-wetting dolls. But a plain old-fashioned doll was nowhere to be found.

Modern toys are ingenious, to be sure. But they leave nothing to the imagination. And imagination is one of the greatest sources of joy in childhood.

SUPPORT YOUR HOKE COUNTY RESCUE SQUAD

Volunteers Trained and Equipped To Serve You.