

**Men's Basketball Winners**

**All Stars, 76ers, Suns, Bullets**

The Men's Basketball League sponsored by Hoke County Parks and Recreation Commission saw action February 1 with the All Stars, 76ers, Suns, and the Bullets coming out as winners.

The first game went to the 76ers over the Bullets 58-57. The 76ers scorers were: A. Adams 20 points, M. Brown 16, and M. McDougald with 6 points were high for the

76ers. The Bullets were led by F. Barnes with 31 points, W. Wilson with 9, and M. Jones with 6 points. In the second game, the All Stars defeated the Suns 68-61. R. Maynor led all scoring with 29 points, D. Huff had 15, and G. Maynor 14 points for the All Stars. J. Carthens got 25, M. Gergor 18, and L. Crawford tossed in 9 for the Suns.

As the action continued Wednesday night, the Suns defeated the House of Raeford 78-69. J. Carthens scored 26 points, L. Crawford 19, and M. McGregor 16 points for the Suns. C. Chandler with 28 points, and L. Miller with 12 points were high for the House of Raeford.

In the second game, the Bullets downed LREMC 69-62. F. Barnes was high for the Bullets with 33 points while C. Campbell tossed in 18 points for LREMC.

As the action continued Thursday night, the Bullets defeated the Mindblowers 71-55. M. Jones with 19 and F. Barnes 16 were high for the Bullets. J.J. Williams 15 points, and L. Ellerbee 14 points for the Mindblowers.

In the last game of the week, the Suns defeated LREMC 74-57. J. Carthens got 25 points and M. McGregor tossed in 17 for the Suns. LREMC was led by L. Ross with 19 points, and C. Campbell with 19 points.

**STANDINGS**

	W	L
1. All Stars	13	0
2. Hollingsworth Barbers	9	4
3. Suns	9	5
4. House of Raeford	8	5
5. 76ers	8	5
6. Bullets	4	10
7. LREMC	3	11
8. Mindblowers	0	14

**Service Personnel**



Airman Reggie L. Pearson, son of Ledford L. and Mary L. Pearson of Rt. 2, Red Springs, has been assigned to Sheppard Air Force Base, Texas, after completing Air Force basic training.

During the six weeks at Lackland Air Force Base, Texas, the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree in applied science through the Community College of the Air Force.

The airman will now receive specialized instruction in the medical services field.

He is a 1981 graduate of Red Springs High School.

Senior Airman Kathy S. Lane, daughter of Annie Stephens of Rt. 3, Raeford, has been decorated with the U.S. Air Force Commendation Medal at Kadena Air Base, Okinawa, Japan. The Air Force Commendation

Medal is awarded to those individuals who demonstrate outstanding achievement or meritorious service in the performance of their duties on behalf of the Air Force.

Lane is an administration specialist with the 376th Avionics Maintenance Squadron.

Navy Sonar Technician 2nd Class Terry L. Baker, grandson of Mattie Baker of Rt. 3, Raeford, recently returned from an extended deployment to the Mediterranean Sea.

He is a crew member aboard the frigate USS Donald B. Beary, homeported in Norfolk, Va.

During the four-month deployment, his ship participated in the NATO exercise "Display Determination," with the naval forces of Greece, Italy, France, Turkey and Spain.

Airman 1st Class Carolyn Easterling, daughter of Henry J. and Marcenia Easterling of Route 1, Shannon, has graduated from the U.S. Air Force communications course held at Sheppard Air Force Base, Texas.

Graduates of the course learned to operate teletypewriter and other equipment used in the world-wide Air Force communications system. They also earned credits through the Community College of the Air Force toward an associate degree in applied science.

Easterling will serve at Lowry Air Force Base, Colo., with the 1987th Communications Squadron. She is a 1974 graduate of Hoke County High School.

**Merchants Bowling League**

**TOP 10 BOWLERS**

Marion Hollingsworth	171
James Nixon	170
Thomas Ham	170
Mike Nieves	170
Larry McDonald	169
Larry Black	169
Lee Dixon	167
Sylvester McAllister	166
James Singletary	162
Larry Lovick	160

Fireballs vs. Michael's Florist vs. Strikers Barbers vs. Auto Parts

**HIGH SERIES, GAMES**

Thomas Ham	200-588
Lee Dixon	201
Marion Hollingsworth	209
Mike Nieves	214

**STANDINGS**

	W	L
Florist	49	31
Barbers	49	31
Michael's	43	37
Strikers	39	41
Fireballs	32	48
Auto Parts	28	52

**FEBRUARY 4 RESULTS**

H. Florist 3	Auto Parts 1
Barbers 4	Fireballs 0
Strikers 3	Michael's 1

**FEBRUARY 11 SCHEDULE**

**Liniment Basketball**

Feb. 1 - 1st Baptist 43, A.M.E. Zion 40

1st Baptist: W.K. Morgan 19, D. Nye 13, P. Johnson 5, G. Langdon 4, and S. Sampson 2.

A.M.E. Zion: R. McLaughlin 12, M. Cooper 9, O. Ham 7, F. McNeill 4, B. Knight 4, S. McAllister 2, and B. Wike 2.

Raeford Methodist 38, Presbyterian 25.

**Raeford Methodist:** J. Bryan 16, R. Calhoun 10, R. White 8, C. Hayes 2, and B. McFarland 2.

**Presbyterian:** J. McPhaul 10, J. McNeill 6, D. Wood 4, W. Mills 2, and C. Parsons 2.

**STANDINGS**

	W	L
1. A.M.E. Zion	2	1
2. Raeford Methodist	2	1
3. 1st Baptist	2	1
4. Presbyterian	0	3

**Nutrition Thoughts**

**Minnie Simmons and Delores Dial Extension Expanding Nutrition Aides**

**SIZING UP WITH STARCHES**  
The Dietary Guidelines for Americans tell us to eat foods with adequate starch and fiber. The best source of starch and fiber are vegetables, beans, peas and whole-grain breads and cereals. Fruits, nuts and seeds also provide fiber. Following are recipes that offer both starch and fiber while being fairly low in calories. Hope you enjoy them.

**ONION-POTATO BAKE**

87 calories/serving  
An excellent oven-meal vegetable. 2 medium baking potatoes, peeled and thinly sliced (2 1/2 cups)  
3 medium onions, thinly sliced salt pepper  
1/2 cup skim milk  
2 tablespoons chopped pimento  
2 tablespoons snipped parsley  
Cheese, shredded (1/2 cup)

Layer half the potatoes and half the onions in a greased, 10x6x1-1/4 inch baking dish. Sprinkle generously with salt and pepper. Combine milk, pimento and parsley; pour half the mixture over onion-potato layer. Repeat layers. Cover; bake at 350 degrees until vegetables are tender, about 60 to 65 minutes. Uncover. Sprinkle shredded cheese over top; return to oven 'til cheese melts. Makes 6 servings.

**LIMA BEAN AND SAUSAGE CASSEROLE**

(Dry pinto beans may be used)  
1 cup large dry lima beans  
2 1/2 cups water  
1 teaspoon salt  
3 medium carrots, sliced  
1/2 lb. sausage.  
1/2 lb. sausage.

2 tablespoons chopped onion. "soak water" for the 2 1/2 cups water. Add salt and boil gently for 30 minutes. Add carrots the last five minutes. Do not drain. If bulk sausage is used, blend in onion and shape into small patties, brown in fry-pan. For links, cut into 1/2 inch slices and brown with onion. Add the cooked sausage and 2 tablespoons of drippings to the beans. Bake at 350 degrees in covered casserole until beans are tender, about 1 hour. Add water during baking if necessary. Makes 4 servings.

We have tried both of these recipes and they are very good. Try them, you will like them.

**SUGGESTIONS FOR CONSIDERING A GARDEN**

1. Use the best site available—enough sun, good soil, and near a water source. As near the house as possible usually assures a better water source.

2. Make a rough plan of the garden—amount and kinds of vegetables to be planted, where to be planted, and when each should be planted.

3. Decide how the plot can be used to grow more than 1 vegetable during the growing season.

4. Plan to rotate vegetable crops, so a vegetable is not grown in the same spot two years in a row.

5. If a soil test has not been made from this site in 3 years, one should be taken. This needs to be right away, so results can be used this planting season.

6. Do not plow very damp soil before it is dry enough to work. If so, it will be hard and lumpy, resulting in poor stands.

**Young Farmers To Meet**

Young Hoke County farmers who want to exchange ideas with other young farmers from across North Carolina can do so in Greensboro on February 19-20.

These are the dates for the North Carolina Young Farmers Forum, sponsored by the N.C. Agricultural Extension Service and the N.C. Farm Bureau Federation.

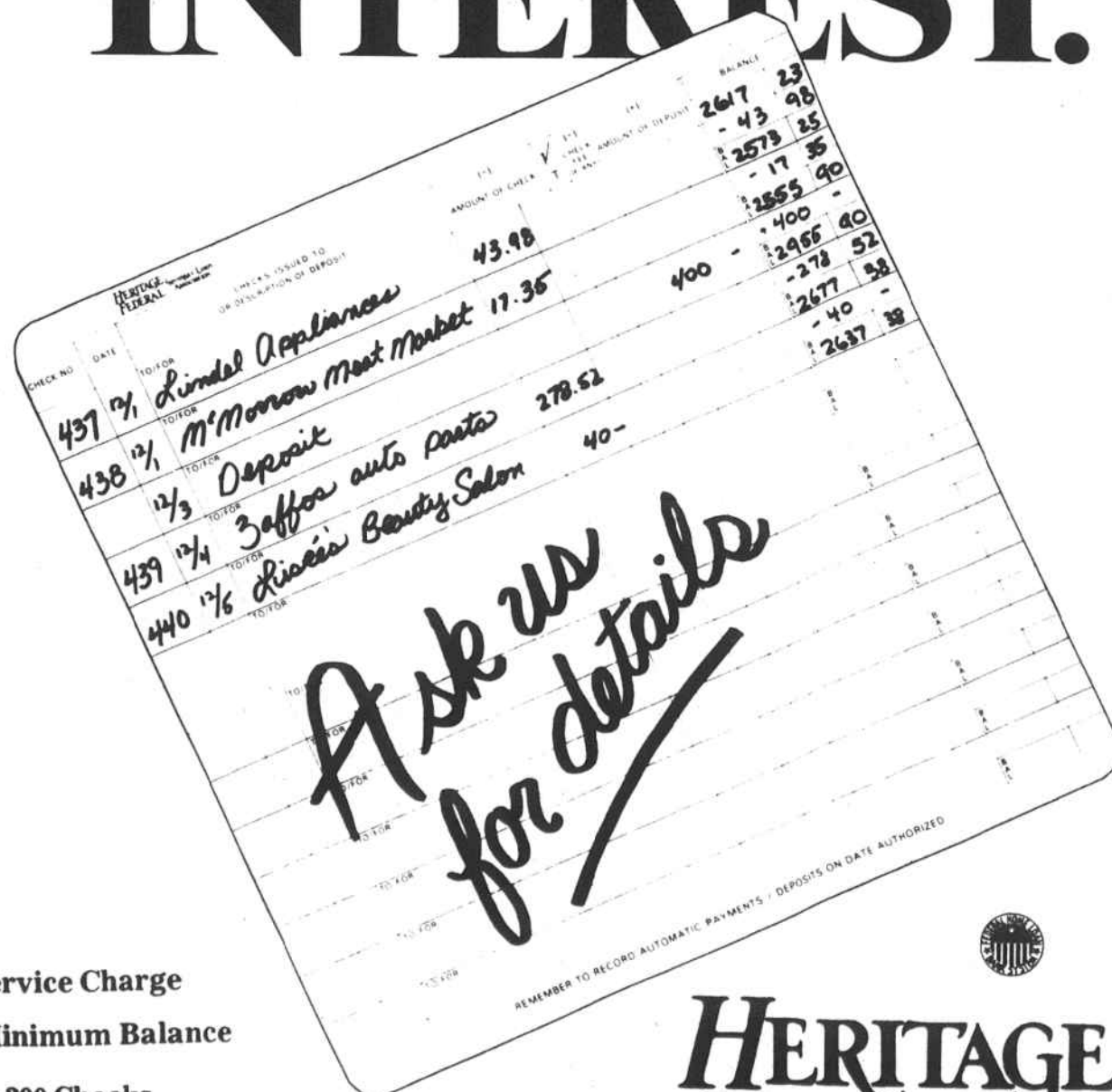
Willie Featherstone, Hoke County Agricultural Extension chairman, said the forum has been planned with the help of 10 young farmers from across the state.

in on the needs of people who have most of their farming careers ahead of them," Featherstone said.

Topics will include such things as marketing, money management, energy and computers. Speakers will include John Sledge, president of the N.C. Farm Bureau; and J.E. Legates, dean of the School of Agriculture and Life Science at N.C. State University.

Featherstone said that persons interested in attending should contact the Agricultural Extension Service at telephone number 875-3461.

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