

Landscaping Saves Energy

Landscaping around the home is important to its beauty, but it can also provide the homeowner with another way to save on his energy bills. With the fall planting season approaching, now is a good time to consider energy-efficient beautification projects.

"If planned correctly, landscaping can reduce heating and cooling costs by minimizing the effects of severe weather.

"For example, deciduous trees, which bear leaves in spring and shed them autumn, shade your home during the hottest part of the year. Evergreen trees help block the cold winter wind," said Charles Barron, system energy services engineer in Carolina Power & Light Co.'s conservation and load management department.

CP&L has produced a free booklet on energy-saving plantings which can be obtained at local CP&L offices.

In landscape planning, Barron said, the first step is to study the direction of the sun and wind, because they can substantially affect the home's temperature and energy requirements.

"Sunlight can be blocked in summer by the planting of deciduous trees along the south, southeast and southwest sides of the home.

"In winter, when these trees have shed their leaves, the sunlight is allowed in to warm the home," Barron said.

During the hottest part of a summer day, a fully shaded home can be as much as eight to 10 degrees cooler indoors than an unshaded home.

Deciduous trees provide another cooling effect in summer because they create light breezes by drawing hot air up through their branches, moisturizing the air as it rises. These "pools" of cool air surrounding the home can reduce the temperature, Barron said.

Some large deciduous trees which grow well in this region are willow oak, sugar maple, silver maple, red maple and river birch. Small deciduous trees which grow well are crape myrtle, dogwood, callery pear, Japanese maple, crab-apple and flowering cherry.

Tall evergreen trees are good windbreaks from cold northwest winter winds. Recent studies in some sections of the United States show that windbreaks can cut winter fuel consumption by 10 to 30 percent, Barron said.

"For the best windbreak, evergreen trees should be planted on the northwest side of the home," he said.

In this area, several types of tall evergreens grow well: loblolly pine, red cedar, southern magnolia and deodar cedar.

Barron said a row of tall evergreens can be strengthened as a windbreak by adding a second row of smaller evergreens in front of the first row. Some popular small evergreens are photinia (red tip), osmanthus, ligustrum and American holly.

Shrubs placed along the north-west side of the home can also provide added insulation from the cold. By planting shrubs near but not directly against the house foundation, a "dead air space" or insulation zone is created which slows the heat escape from the house.

Since denser shrubs provide more protection, Barron said the

evergreen varieties are the most protective. Japanese and Chinese hollies are two popular evergreen shrubs that grow well in this region.

Ground covers, such as ivy or grasses, can provide a cooling effect to the home in summer by reducing heat from direct sunlight and glare from paved areas. Barron said temperatures above ground covers exposed to the sun are about 10 to 14 degrees cooler than temperatures over bare soil or pavement.

A further reduction in the home's exposure to sun can be achieved with the growth of vines along the walls most exposed to sunlight. Virginia creeper, clematis and roses grow well in this region.

Barron said landscaping projects may be affected by factors such as limited space, existing trees and shrubs or the shape of the home.

He recommends the homeowner contact a landscape architect, a nursery or the local county agricultural extension service for specific landscaping recommendations.

Nutrition Thoughts

Mrs. Dolores Dial and Mrs. Minnie Simmons, Extension Expanding Food and Nutrition, wish to share this information from Extension Foods and Nutrition Specialist at North Carolina State University.

Salt substitutes are not an automatic answer to reducing the amount of sodium in the diet. Most of the substitutes replace some of the sodium with potassium so that they have about half as much sodium as table salt.

However the balance of sodium and potassium in the body is important. It may be possible to overuse salt substitutes, just as many people overuse table salt.

Most salt substitutes carry a warning label suggesting that individuals check with a doctor before using the product.

It's equally important for people to consult a physician if they plan to use the salt substitutes exclusively. The important thing is to become less dependent on that taste of salt.

Foods that are often salted can be enjoyed without salt or with other seasonings, such as onion, lemon, garlic, or herbs such as oregano.

Apple Crisp
4 cups sliced peeled apples
1 cup sugar
1 teaspoon salt
cinnamon
1/4 cup water
3/4 cup plain flour
1 stick margarine.
Place sliced apples in baking dish. Pour water over apples. Mix sugar, flour, and salt and cinnamon (use amount desired). Cut in margarine. Sprinkle mixture over apples. Cook in 350 degree oven until apples are done.



Social Events

Personals

Mr. and Mrs. Bill Cook and Mr. and Mrs. David Horne have returned from a cruise to the Virgin Islands. They sailed from Miami on the "Ms Boheme" and visited the islands of St. Thomas, San Juan, Haiti and Porta Rica.

James Stephens spent Labor Day in Morehead City visiting in the home of his son-in-law and daughter, Mr. and Mrs. Dale Baker, and son.

Mr. and Mrs. Earl Gordon had as their guests a few days last week, Mr. and Mrs. John B. Crilly of Tampa, Fla.

Mrs. Tommy Kennedy of Atlanta, Ga. is spending this week with Dr. and Mrs. Riley Jordan. They were joined for Labor Day by her husband, and also visited in the home of his parents, Mr. and Mrs. J.R. Kennedy.

John Daniels, who graduated from Campbell College where he received his Lawyer's Degree, has joined a law firm in Rockingham. He is married to the former Jean Stephens of Raeford, and they made their home in Raeford on Magnolia Street before moving to Buie's Creek.

Miss Sybil Skinner and Mrs. Shirley Edenfield of Hertford spent the weekend with their sister, Mrs. Dave Barrington and family.

Mr. and Mrs. Paul Dickson returned Monday after spending the holidays at Topsail Beach.

Mrs. J.H. McNeill and Mrs. Jean Boyles spent the weekend at Holden Beach.

Mrs. Ed Smith has returned home after a ten day trip to Mississippi and Alabama where she visited relatives. She accompanied her brother-in-law and sister, Mr. and Mrs. Clem Britt, and their son, Robert Grooms, of Rowland.

Mr. and Mrs. Henry Maxwell and Mr. and Mrs. Graham Clark spent the weekend at Wrightsville Beach. They were joined by Mr. and Mrs. Roy Oestreich of Washington, N.C.

Mitchell Smith of Gainesville, Ga. visited his grandmother, Mrs. Ed Smith, during the holiday weekend.

Mrs. Charles Holland of Tarboro spent last week in the home of her son-in-law and daughter, Mr. and Mrs. Julian Johnson.

Mr. and Mrs. Tommy Caulk of Aldie, Va. have been vacationing at Bogue Sound for the past several weeks at the Upchurch cottage. Mrs. Caulk is the former Alworthy Upchurch of Raeford.

Mrs. Kenneth Sturgeon spent the weekend visiting relatives at Drakes Branch, Va.

Mrs. Duncan G. McFadyen, who returned home from Moore Memorial Hospital last week, had as her visitor her daughter, Mrs. Paul Carson of Newtown, Pa., from Thursday of last week until Tuesday.

Mrs. Harold Brady returned Monday after spending the weekend in Lenoir visiting in the homes of her sisters, Mrs. R.D. Marshall and Mrs. Frank Brown.

Mrs. Neill A. McDonald has returned from Goldsboro where she visited in the home of her sister, Mrs. Claude Bishop.

Frank McFadyen has returned home from Moore Memorial Hospital where he underwent surgery last week.

Mr. and Mrs. Charles Woodfill of Chapel Hill were visitors in the home of Mr. and Mrs. Frank McFadyen last week and the first of this week. Mr. Woodfill recently graduated from the School of Pharmacy at UNC, Chapel Hill, and is now employed at Duke Hospital. Mrs. Woodfill is the former Sandra Hood of Raeford. She is employed at Memorial Hospital at Chapel Hill.

Tom Scarborough spent the weekend in Candor with his grandparents, Mr. and Mrs. D.T. Scarborough.

Mrs. Everette Ferrell of Saxaphaw spent several days last week in the home of her mother, Mrs. Carl Freeman.

Miss Susan McBryde of Raleigh spent the weekend with her parents, Mr. and Mrs. Wilson McBryde.

Mrs. Kenneth Sturgeon recently vacationed at North Myrtle Beach. She accompanied her brother and sister-in-law, Mr. and Mrs. W.E. Wilkerson and family, of South Boston, Va.

Mr. and Mrs. Clyde Register have had as their guest, Mrs. Register's mother, Mrs. Coy Little of Wilmington, for several weeks.

Mr. and Mrs. Harold Robert Long of Blackwood, N.J. spent the holiday weekend in the home of his mother, Mrs. Harold Long. They left Monday for a vacation in Myrtle Beach and Charleston before returning to New Jersey.

Mr. and Mrs. Michael White and Mrs. Cathy James, accompanied by relatives of Mrs. White from Troy, attended a concert at the Charlotte Memorial Auditorium Wednesday night of last week.

Home for the Labor Day holiday was Mrs. Debbie Tolar and Pete from Wanchese. Mrs. Tolar spent the weekend with her mother, Mrs. Martha Nave and also visited relatives in Rowland, Aberdeen and Southern Pines.

Mr. and Mrs. Scott Bowers of Southern Pines and Mr. and Mrs. Terry Scarborough of Raeford spent the Labor Day weekend at Sherwood Forest Campground in Myrtle Beach.

Mrs. Blue Bridge Hostess

Mrs. J.H. Blue was hostess last Wednesday afternoon to the members of her bridge club.

Ice cream, brownies and grapes were served upon arrival.

Mrs. W.T. Gibson was the recipient of the high score prize.

Welcome Planned For Moore Choral Society

Southern Pines: A three-in-one event to mark the start of the Moore County Choral Society's eighth season will occur Tuesday, September 14 at Brownson Memorial Presbyterian Church, May Street. At 7 p.m. that evening in the Atrium of the Fellowship Hall the registration of old and new members will start. Then will follow a rehearsal, featuring familiarization with the Christmas concert music. After that, about 9 p.m., the group will adjourn for a social hour with refreshments.

It was learned that the Christmas Concert will be given in the Cardinal Ballroom of the Pinehurst Hotel on Sunday, December 5. The main offering will be what is regarded by many as perhaps the musically best of the several famous settings of "Magnificat" -- Shubert's. Another highlight of the program will be a number of unusual arrangements of familiar Christmas music, such as several by Norman Luboff. All the Christmas music will be supplied the registrants on September 14 and publicized later by the Director, Robert A. Engelson.

Communications Committee Chairperson, Alison Lawrence Smith and liaison director, Carolyn Jarratt, assisted by the directors, have been calling all members of record this week. In charge of new member reception will be membership chairperson, Linda Boyette, assisted by liaison director, Kathy Pezzi. The latter, as entertainment chairperson, will also have charge of the social hour.

For the benefit of interested new members, Mrs. Boyette was quoted last week as saying "We will indeed welcome any new member next Tuesday. Just ask for me, Kathy Pezzi or Harriett Calligan. No audition is necessary. We especially need altos and basses for balance, but good support in any voice range is always appreciated. Both new and existing members should bring fifteen dollars dues for the whole year. With the music bought and retained by MCCC, that will be the only charge. If advance information is desired, just call me at 692-7160 or Kathy Pezzi, 949-3469."

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Rockfish News

by Polly Barnard

Mrs. Alton McCulloch was released from Cape Fear Valley Hospital in Fayetteville where she had been hospitalized the past two weeks having tests and under observation. She has to return in the near future for further tests.

Mrs. Daisy Bennett and Frankie Adcox of Fayetteville visited Mr. and Mrs. Lawrence Barnard the past Sunday afternoon after attending the Adcox and Wilkes family reunion.

The men of Tabernacle Baptist Church were in charge of the morning worship service the past Sunday.

The Adult Ladies Sunday School Class #3 enjoyed a covered dish luncheon at the home of Miss Deon Cale Thursday, September 3rd. Approximately 17 attended and had a very nice time.

Mr. and Mrs. A.W. Pittman entertained several of their children the past weekend. Those from out-of-town were Mr. and Mrs. James Ayers from Chesapeake, Virginia; Mrs. Lucile Hubbard and daughter, Lee Ann of Rocky Mount; Mrs. Carolyn Bright and daughter, Margaret, Mrs. Terry McInnes and daughter, Elizabeth, Mr. and Mrs. Herman Bunch, all of Fayetteville; Mr. and Mrs. Johnny Gregory and son, Michael of Stoney Point area; Mr. and Mrs. James Pittman and daughter, Melissa of Raeford; and Mrs. Hazel Tucker. They all enjoyed a nice cook-out and were entertained by Mack Sandy with guitar music and song. Everyone had a delightful time.

Mr. and Mrs. Kenny Click of Route 3, Fayetteville spent a few days in the "Smoky Mountains" recently. They reported a real nice trip.

Mr. and Mrs. Bill Windstrom and son, D.J. of Kinston visited Mrs. Edgar Pittman last weekend.

Mr. and Mrs. Dan Harmon visited Mrs. Edgar Pittman recently. They were on the way from their home at Holdens Beach to their home in Fayetteville.

Stanley Adcox of the Wayside area celebrated his birthday the past Sunday with a family reunion of the Adcox and Wilkes families. Approximately seventy five attended. Happy birthday Stanley!

Phillip Watson of Fayetteville attended church at Tabernacle Baptist Church and had lunch with his aunt, Mrs. Grady English the past Sunday.

The community extends sympathy to Rev. Mack Musselwhite, pastor of Pittman Grove Baptist Church in the death of his father, Edward Wesley Musselwhite who died Sunday. Funeral was at 4:00 p.m. Tuesday at Tolarsville Baptist Church, St. Pauls. Burial was in the church cemetery.

Henry Epps of Stoney Point Road spent several days last week in Cape Fear Valley Hospital for a nasal infection.

Mrs. Beulah Lee of Dunn visited Mrs. Dutch Clark and friends the past weekend.

Guests of Mr. and Mrs. Bruce Dees and family the past Friday evening was Rev. and Mrs. Carl Strickland and daughters, Susan and Twana and granddaughter Melissa Smith of Rockingham.

Would like to say thanks again to everyone for their cooperation in conveying the news for this column.

The following items of news were inadvertently left out of last weeks column. Apologies please!

Mr. and Mrs. "Mike" Reynolds and sons, Tony and Chris of Aberdeen visited Mr. and Mrs. Cecil Reynolds last Sunday.

Mr. and Mrs. Roscoe Smith of Red Springs visited Mrs. Smith's sister, Mrs. Cecil Reynolds and Mr. Reynolds last Sunday.

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