



Local Star In Musical Comedy

Dan Norton of Raeford and Donna McNeill, a Fayetteville native, will star in "I Love My Wife", the Broadway Musical Comedy playing at Manny Shaw's Cheese 'N Things in Southern Pines.

The engagement is set for Fridays and Saturdays in November, opening November 5th and 6th.

Shaw has redone his charming Paddock Restaurant to accommodate patrons in increased comfort and unobstructed viewing.

Norton, well known for many major roles in area dinner theatres, has the lead comedy role in Alvin in the Cy Coleman Musical that ran three years on Broadway.

McNeill is well known in regional theatres for her outstanding vocal talents and acting plaudits. She has been featured several summers in "The Lost Colony", North Carolina's long-running outdoor epic at Manteo.

The production, produced and directed by Ed Lillard, will have a unique admission format. Patrons may attend for just the show, which has a 9 p.m. curtain, or come earlier for a seated dinner featuring varied selections from Shaw's new "theatre supper" menu. Doors open at 6:30 p.m. each evening, and reservations are recommended by calling 692-8400 Monday through Saturday, noon to 6 p.m.

Housing Loan Rates Dropped By FmHA

Interest rates for loan programs of the U.S. Department of Agriculture's Farmers Home Administration, which were lowered last month, will drop again effective November 1, State Director Larry W. Godwin announced today.

Godwin said the additional reductions, which are as much as two percentage points for some loans, are possible because of the general move toward lower interest rates across all sectors of the economy.

In the farmer programs, the interest rates for farm operating loans will go from the presents 13.25% down to 11.5%.

Farm ownership loans will be reduced from the present 13% to 11.5%.

Interest rates for limited resource farm operating loans will be lowered from 10.25% to 8.50% and limited resource farm ownership loans drop from 6.5% to 5.75%.

Some loans to help farmers recover from natural disasters will have a lower interest rate. The rates for production loans to farmers who need financing above the actual loss but who cannot get

credit elsewhere will be lowered from 15.5% to 14%. For those who can get these natural disaster loans elsewhere but choose to deal with Farmers Home, the rate will go from 16.25 to 14.25%. The rate for actual loss loans remains at 8%.

Interest rates for single family housing loans will drop from 13.125 to 11.5% except for those who can afford the rates charged by the Department of Housing and Urban Development.

Their rates will drop a full point from 13.5 to 12.5.

Loans for multi-family housing will be reduced from 13.125 to 11.5%.

Services of the North Carolina agency are delivered through a system of 88 county offices, 11 district offices, and the Raleigh State Office. (Its loan services, like all programs and services of the USDA, are available to everyone without regard to race, sex, religion, national origin, marital status, or handicapped condition.)

The location and phone number of the local office serving each county is listed in the telephone directory under U.S. Government, Department of Agriculture.

Rescue Squad Holds Demonstration Tuesday

The Hoke County Rescue Squad gave a demonstration Tuesday night, October 19, to the members of the Stonewall Fire Department and the members of the E.M.T. class, which is being taught in Raeford at this time.

They were shown how the new Hurst Tool, "The Jaws of Life", would be used to get a pinned-in victim out of a car.

This tool can be used to remove

car tops, doors and even the steering wheel off of a victim while the victim is still in the car.

These are just a few of the many things this tool can do.

The Rescue Squad has two Hurst tools at this time, so we will be more able to serve the people of Hoke County.

Please support your local Rescue Squad.

Hoke Agricultural Extension News

by Willie Featherstone, Jr., Agricultural Extension Agent

WHERE TO GO FOR FORESTRY ASSISTANCE

For the North Carolina woodland owner there is technical and financial assistance available for the management of forest lands. Much of this help is free and can be obtained at county agricultural and forestry offices. If they cannot offer the services or information requested, they can refer you to the appropriate sources.

THE AGRICULTURAL EXTENSION SERVICE

This agency serves as a central point for "out-of-school" training and informal education in forestry and related resources. In the transfer of new technology and information, it provides problem-oriented education as well as feedback to researchers concerning problems of forest landowners. Information is transferred through newsletters, publications, meetings, teletips, news media and county forestry association.

Extension also establishes and maintains observation or demonstration plots for short- and long-term forestry studies. It works closely with other forestry agencies and industry. The forest resources extension system is staffed with twelve state specialists based in Raleigh, two area forestry agents, and an agent with forestry responsibility in each county. County offices are listed under county government.

THE NORTH CAROLINA DIVISION OF FOREST RESOURCES

This state agency maintains field offices in 97 counties. Division foresters provide on-the-ground assistance with management planning and other forestry problems.

They offer marketing advice and maintain a current list of buyers of forest products as well as a list of consulting foresters. Seedlings are

offered for sale at low costs from their three nurseries.

They constantly monitor fire and weather conditions and are on call at all times preventing, detecting, and suppressing forest and wildland fires. One of their major fire prevention programs is the controlled or prescribed use of fire for hazard reduction. There is a modest fee on a per-acre basis for this service.

Another of their fee services is the marking and tallying of pulpwood and timber for selective harvesting. Mature timber and boundary sales cruises are referred to consulting foresters.

On-farm assistance to any one landowner is limited to 5 workdays per year. The NC Division of Forest Resources also certifies the need for and administers the funding for forestry practices under the N.C. Forest Development Program. Personnel are listed in the telephone directory under N.C. State, County Forest Ranger.

AGRICULTURAL STABILIZATION AND CONSERVATION SERVICE

This federal agency also has cost-share assistance programs for site preparation, tree planting or timber stand improvement.

Funds for their various programs will vary with federal appropriations, and it would be well to check with the county offices for available monies.

They can be located under U.S. Government, Agricultural Stabilization and Conservation Service.

SOIL CONSERVATION SERVICE

Technical assistance in soil and water management may be requested from the Soil Conservation Service.

They help farmers and other land users plan and apply conservation systems that protect the land and improve production.

From their soil surveys they suggest which trees are best suited to particular soil types and potential production. A listing for their county office can be found under U.S. Government, Soil Conservation Service.

Camp Donates Area

A unique colony of endangered wildflowers on the Roanoke River has been saved thanks to a cooperative effort of the Union Camp Corporation, the North Carolina Nature Conservancy, and the North Carolina Natural Heritage Program.

Botanists feel that the colony, known as Camassia Slopes is a disjunct—which is a species that is isolated a significant distance from its normal range. In fact, the site is similar to mid-western habitats in soil type as well as vegetation. The soils of the Camassia Slopes are alkaline, while soils found along the Roanoke River and throughout the East Coast are usually acidic.

This tract is one of nine areas that the Union Camp Corporation has preserved through its Corporate Land Legacy Program. Since 1975, the company has donated 77,000 acres in five states to conservation organizations or government agencies.

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COMING ATTRACTION -- This sign in front of Raeford United Methodist Church gives the essentials about the church's 1982 Happy Hobby Harvest.

Tarheel Health Watch

Exercise And The Elderly

Most people exercise more in the summer, but exercise should be a year-round practice, and older people can benefit as well as the young.

Although more research is needed, there is evidence that exercise may strengthen your heart and lungs, lower your blood pressure and protect against the start of adult-onset diabetes.

Exercise can strengthen your bones, slowing down the progress of osteoporosis, a bone-thinning disorder common in elderly women. It can strengthen and tone your muscles and help you move about more easily by keeping joints, tendons, and ligaments more flexible. When combined with good eating habits, exercise can help you control your weight.

Many older people enjoy exercise such as walking, swimming, and bicycle riding. But there are other possibilities, such as modified aerobic dancing, calisthenics, and yoga. People who have kept in good condition may be able to participate in a wider range of activities.

It is very important to tailor your program to fit your own level of ability and special needs. For example, jogging is not for everyone and may be dangerous for

those who have unsuspected heart disease.

Anyone who has been inactive for many years should never try to do too much too soon. Start by seeing your doctor, especially if you are over 60, if you have a disease or disability, or if you are taking medication.

Your doctor can evaluate your physical condition, help you decide which activity will suit you best, and check your progress after the exercise program is under way.

Always pay attention to what your body tells you. If you feel much discomfort, you are trying to do too much. Ease up a bit, or take a break and start again at another time. Although most people will have no problems if they start exercising slowly, be alert to unusual symptoms such as chest pain, breathlessness, joint discomfort, or muscle cramps. Call your doctor if any of these occurs.

Homecoming Parade

Hoke County High School's Homecoming parade through the Raeford business district will start at 5:30 p.m. instead of 4 p.m. as previously announced.

UCB Celebration Week THRU OCTOBER 29th



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