



**Tiger bowling**

Tony, who is one of the Royal Bengal Tigers of the Franzen Bros. Circus, will be performing the extremely difficult Rolling Globe here on April 1, as the circus gets underway at the old Armory on business U.S. Highway 401.

## Subpoenaed Witnesses Paid

A witness who is required to attend court under a subpoena is in a position similar to that of a juror who has been summoned for jury duty.

The witness must attend court in order to give his testimony, but he may lose compensation because he is unable to report for work.

Just as with the juror, however, North Carolina provides some compensation for a witness who has been summoned to appear under a subpoena.

North Carolina's General Statutes section 7A-314 provides that a witness under subpoena, other than a salaried state, county or municipal law enforcement officer, shall be entitled to receive \$5 per day during his attendance.

A witness being "under subpoena" means that the witness has been served with a writ issued by

### Law For Laypersons

the court and must appear or be subject to a penalty.

In addition to \$5 per day, the witness who is subpoenaed may also receive some travel expense.

If the witness lives outside the county to which he is summoned, he will be entitled to receive mileage reimbursement at the rate currently authorized for state employees.

If the witness lives outside of the county to which he is summoned and more than 75 miles from the place of appearance, he will be entitled to receive reimbursement not only for mileage but also for expenses incurred for lodging and meals not to exceed the maximum currently authorized for state employees.

Before these expenses can be collected, however, the witness must

certify them to the clerk of the Superior Court. In other words, the person must appear before the clerk of court and give oath as to the amount due for traveling to and from court, and any other expense which he is entitled to. The clerk will then certify the amount due.

If the party who summoned the witness never pays him, General Statutes section 6-53 provides that the witness may sue and recover the expenses from that party. The certificate of the clerk will constitute sufficient evidence of the debt.

If, however, the witness is summoned in a criminal action, the witness will be paid from state funds under section 7A-316.

The state will then attempt to collect the amount of the witness fees from one of the parties in the criminal action.

## On The Front Burner

Ellen S. Willis

Home Economics Extension

### A CODE OF BEHAVIOR FOR ADULTS

A Reverend C. Galea was assigned to the Guelph Correctional Center for his summer work.

During his time there he tried to help the young lawbreakers at the institution and eventually he developed an excellent rapport with them. He asked the boys to delve into their background for clues as to why they had wound up in an institution for delinquents.

Then he asked them to draw up a code for parents, using as a basis for the code, specific areas where their own parents had failed them.

Here is the code as written by these young people:

1. Keep cool. Don't lose your temper in the crunch. Keep the lid on when things go wrong. Kids need the reassurance that comes with controlled response.

2. Don't get strung out from too much booze or too many pills. When we see our parents reaching for these crutches, we get the idea that nobody goes out here alone and that it's perfectly OK to go for a bottle or a capsule when things get heavy. Remember, your children are great imitators. And we lose respect for parents who tell us to behave one way while they behave another way.

3. Bug us a little. Be strict and consistent in dishing out discipline. Show us who's boss. It gives us a feeling of security to know we've got some strong supports under us.

4. Don't blow your class. Keep the dignity of parenthood. Stay on that pedestal. Your children have put you up there because they need someone to look up to. Don't try to dress, dance or talk like your kids. You embarrass us and look ridiculous.

5. Light a candle. Show us the way. Tell us God is not dead, or sleeping, or even on vacation. We

need to believe in something bigger and stronger than ourselves.

6. Scare the dickens out of us. If you catch us lying, stealing, or being cruel, get tough. Let us know why what we did was wrong. Impress on us the importance of not repeating such behavior. When we need punishment, dish it out. But let us know you still love us, even though we have let you down. It'll make us think twice before we make the same move again.

7. Call our bluff. Make it clear that you mean what you say. Don't be wishy-washy. Don't compromise. And don't be intimidated by our threats to drop out of school or leave home. Stand firm. If you collapse, we'll know we beat you down and we will not be happy about the "victory." Kids don't want everything they ask for.

8. Be honest with us. Tell the truth, no matter what. And be straight - arrow about it. Lukewarm answers make us uneasy. If you give us kids a few compliments once in a while, we will be able to accept criticism more readily. We want you to tell it like it is.

March is National Nutrition Month. All children and adults need to remind themselves of the importance of eating the recommended serving from each of the basic four food groups: milk, meat, cereal and fruits and vegetables. What should you eat to stay healthy?

Hardly a day goes by without someone trying to answer that question. And it's true that some of that advice is confusing and some of it is untrue. Most experts stress the importance of moderation in the diet. Too much of any one food or beverage can be harmful.

Likewise, totally omitting any one food group from the diet is

usually not necessary. Researchers also agree that food alone cannot guarantee good health. Your vim, vigor and vitality is influenced by heredity, activity, and environment and your attitudes or mental health. As of yet, we don't know everything there is to know about human nutrition.

Until we find all the answers the best advice may be to remember the "do" list and the "avoid" list. These suggestions are based on what nutritionists know about the relationship between food and health. The "do" list includes: Eat a variety of foods; maintain ideal weight; and eat food with adequate amounts of starch and fiber. The "avoid" list puts a ban on too much sugar, too much sodium and too much saturated fat.

Following are one or more recipes from each of the food groups:

### MEAT

#### CHICKEN - DRESSING CASSEROLE

- 2 1/2 cups seasoned dressing mix
- 1 stick margarine (melted)
- 1 can mushroom soup
- 1/2 cup sweet milk
- 3 lb. chicken cooked and coarsely chopped
- 1 can cream of chicken soup
- 1 can chicken broth
- 2 tablespoons dried onion mix (fresh onions may be used)
- Melt butter, add soups and milk. Heat. Place 2 cups dressing mix in bottom of casserole. Place chicken on mix. Pour mixture over dressing. Pour remaining dressing on top. Bake 20 minutes in 350 degree oven or until dressing is brown on top. (Test with fork to see if dressing is moist.)

(Continued on page 5B)

# It's SPRING TIME AT FMA

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16 oz. can cut green beans 3/100¢  
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**BORDEN COTTAGE CHEESE** 12-oz. size **69¢**  
**HI-DRI**  
4 ROLLS HI-DRI **TOILET TISSUE** **89¢**

### NOTICE OF PUBLIC HEARING

The City Council of the City of Raeford, North Carolina intends to apply to the North Carolina Department of Natural Resources and Community Development for Fiscal Year 1983 Community Development Block Grant, Community Revitalization Funds.

The Community Development Block Grant Program permits a wide range of community revitalization activities to occur within eligible areas. Eligible areas must meet low and moderate income threshold requirements as specified in program regulations. Eligible activities include: housing rehabilitation through grants and/or loans; development of parks; public facilities (water, sewer, streets, curbs, gutters, planning, etc.)

The City of Raeford will conduct a Public Hearing, April 11, 1983 at 7:00 p.m. in the City Council Chambers, City Hall, located in Raeford. The purpose of this Hearing is to obtain citizen input into the identification of community development needs and desired community revitalization activities. This input will be incorporated into the program design of the Community Development Block Grant Application.

Ronald L. Matthews, City Manager

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