

# Lifestyles



**Help for children**  
President of the Raeford Junior Woman's Club, Jane Britt (left), presents Anne H. Johnson with a \$250 check to be used for the Hoke children's Center. Johnson is the director of the center which is a day care facility for handicapped children. The money came from the partial proceeds of eight nights of bingo sponsored by the Raeford Junior Woman's Club.

## Fertilizer essential for good lawns

By Willie Featherstone, Jr.  
County Extension Chairman

The main secret to keeping a healthy, attractive lawn for a long time is the use of the proper amount of the right ratio (nitrogen, phosphorus and potash) of fertilizer at the correct time. And, the proper amount, ratio and time varies with the particular grass you have.

Fertilizers that contain organic and inorganic nitrogen are used in maintaining lawns. The organic nitrogen costs more per unit of actual nitrogen but has the advantage of releasing its nutrients slower than inorganic sources. Organic nitrogen gives more uniform stimulation to grass over a longer period. Also there are synthetic, slow-release nitrogen sources that act in the same manner as the organics.

In North Carolina, research on aggressive warm-season turf grasses such as common bermuda

### Extension News

and all hybrid bermuda grasses show a requirement of 4:1:2 to 4:1:3 ration of nitrogen to phosphorus to potash over a one year period. Most of these grasses need phosphorus and potash in early spring and in late summer (to build up food reserve and increase winter hardiness).

Centipede is a low fertility grass, and one application of phosphorus and potash (in spring) is usually sufficient for a growing season. Also, research has shown that phosphorus should be kept in the medium soil test range for zoysia and centipede.

On all warm season grasses except centipede, nitrogen must be applied every 4-8 weeks during the summer. The time interval between nitrogen applications depends on the type of nitrogen fertilizer (quick-release or slow-release) be-

ing used, the needs of the grass being fertilized (see Table), and the lawn quality desired by the owner. Do not apply large amounts of nitrogen late in the growing season (early fall) since this makes warm-season grasses more susceptible to

winter kill. Soil test to be sure in fertilizing warm season grasses. Apply fertilizer only when grass is dry. If no soil test is made, some suggested ways of fertilizing are shown below.

### Suggested Maintenance Fertilization for Warm Season Lawn Grasses:

April 15	Each 4-8 Weeks Between	August 15
15 lbs. 3-9-18	1 to 2 lbs. N	15 lbs. 3-9-18
	or	
4 lbs. 12-4-8	10 to 15 lbs. 12-4-8	4 lbs. 12-4-8
	or	
12 lbs. 0-10-20	1 to 2 lbs. N	12 lbs. 0-10-20
	+	
1/2 lb. N		1/2 lb. N
	or	
12 lbs. 10-10-10	1 to 2 lbs. N	12 lbs. 10-10-10

\*Note: All rates are lbs./1000 sq. ft. Multiply by 43.5 to convert to acre basis. The above rates and time are optimum values of high-quality turf areas which will be mowed often and closely and otherwise managed intensively. The homeowner who does not wish to mow more than once a week should use the lower rate of nitrogen and the longer interval between applications.

# Seminar for older adults on tap for June 7

By Ellen Willis  
Home Extension Agent  
The 9th Eloise Cofer Family Living Seminar is being held June 7 at McKimmon Center in Raleigh. This year's topic is "Life Enrichment For the Older Adult."

Pre-registration must be mailed by May 20. If you are interested in attending call 875-2162 for further details - I am planning to attend.

### MARKET MANNERS

Some of us don't show very good manners when we go to the supermarket. We pick up items in one part of the store, change our minds and just leave the merchandise elsewhere. The result: Supermarket managers must hire a larger store staff to pick up after us. Additional staff members mean higher costs to the supermarket and in turn the higher costs are passed on to the shopper.

Unfortunately some foods can spoil if they are removed from a

refrigerated area and left deserted in a non-refrigerated spot. Spoilage means higher costs for the store and the shopper. The bottom line is this. It's important to show good shopping manners. The bad shopping manners of a few can cost both the store and those who shop there money.

### STRETCHING MAY WARD OFF ACHES AND PAINS

The older you get, the more aches and pains you get. Right? Not necessarily so. What will save you from this fate? Exercise, naturally. But not necessarily the vigorous, sweaty, painful kind people dread and thus don't do.

Rather it's the stretching, flexing kind that will help you feel good all over. As people get older, they do begin to stiffen up. Normal use of muscles for bending and reaching can cause pain. But if people would start a routine of stretching exercises, their muscles and joints

would stay more flexible and they wouldn't have to feel as bad physically. A daily ten to fifteen minute routine could do it. This includes -- from the top down -- nods and circles with the head; arm circles in both directions; side to side bends; leg swings; ankle twists; toe touches, and overall stretching high to the sky. So whether you wish to do vigorous exercising, or merely wish to ward off aches and pains, you can do your body some good and feel better too - by stretching.

### ENJOYING YOUR AGE

Growing older is a continuous process -- one that involves the total person. So feeling good about yourself isn't something that comes about in later years. It, too, is a continuing process that involves the total person. Enjoying your age means taking delight in work and play, and participating with others and showing concern

### Front Burner

for others. Now showing concern for others takes many forms.

If you have had a satisfying career, share your knowledge and perspective with others. If you've always contributed to the community, continue to do so. If you have a physical limitation, show concern for others by sharing your emotional and intellectual skills. And listening, really listening, is a very important way of showing concern for others.

Things you'll want to avoid include self-centeredness, isolation, loss of interest in others, and indifference to yourself and others. Coping with problems as they arise, making decisions, asking for help and accepting assistance when it is needed -- all these things will help make you feel good about yourself as you grow older.

**SOUTHWEST CASSEROLE**  
1 large onion chopped

1 lb. ground beef  
2 teaspoons salt, divided  
3 cups drained, cooked or canned pinto, red or pink beans  
1 can (2 1/4 oz.) sliced ripe olives  
1 cup yellow cornmeal  
2 tablespoons oil  
2 tablespoons each chili powder and sugar  
1/2 teaspoon oregano, crushed  
1 can (20 oz.) tomatoes  
1 can (6 oz.) tomato paste  
4 1/2 cups water, divided  
1/2 cup shredded cheddar cheese  
Saute onion in oil until tender. Add ground beef and brown, breaking apart with fork. Add chili powder, sugar, 1 teaspoon salt, oregano, beans, tomatoes, tomato paste, olives and 1/2 cup water; simmer 1 hour. Combine cornmeal with 1/2 cup water. Bring remaining 4 cups water to boil. Add 1 teaspoon salt and cornmeal; cook 10 minutes or until thickened. Spread half of cornmeal mixture in bottom of deep 2 1/2 to 3 quart baking dish. Add bean mixture;

spread remaining cornmeal mixture over beans. Bake at 350° F. 20 to 30 minutes or until thoroughly heated. Sprinkle with cheese; bake 5 minutes longer. Makes 8 servings. Recipe can be halved using 1/2 can tomato paste and 1 can (14 to 16 oz.) tomatoes. 391 calories per serving.

**SUNSHINY CARROT BAKE**  
3 cups coarsely shredded carrots  
2 cups (8 oz.) shredded cheddar cheese  
1 teaspoon salt  
1/8 teaspoon pepper  
2 eggs, beaten  
2 cups cooked rice  
2 tablespoons chopped onion  
1/4 teaspoon caraway seed  
1 1/2 cups milk  
Combine carrots, rice, 1 1/2 cups cheese, onion, seasonings, milk and eggs; mix lightly. Spoon into remaining cheese. Bake in preheated 325° F. oven 30 to 35 minutes or until knife inserted near center comes out clean.

(Continued on page 5B)

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