

Lifestyles

Wise time investment important

By Alice L. Pettitt
Home Extension Agent

You have the greatest gift of all time. The value of time lies in the way it is used. The way you and your family use the 24 hours in each day will determine whether you enjoy the fullest in accomplishment and satisfaction.

Time is most valuable when invested in successful living. This would include enough time for work, rest, and leisure activities to bring health, happiness, income, community status, and contentment to you and your family.

Time is made available; it is up to you to get the most out of it. Time is always passing; it never returns. Time can be wasted just as money, energy, and materials are wasted. Time can be measured, and therefore, apportioned to the things worthwhile for you and your family. Consider these guides for investing your time more wisely:

- Identify clear-cut aims. Wise use of time requires that a definite sense of values be developed, and that there be self-discipline to live up to them. You and your family can begin by honestly answering these questions:

- Front Burner**
- ★ What do we want to do?
 - ★ What do we want to be?
 - ★ What income will we need?
 - ★ What do we want to stand for in our community and world?
- In answering these questions, remember that an eternity of time would not permit your having and doing everything. Each day has only 24 hours. Each person has certain demands on time. Be selective. Decide on the things that are most important.
- Establish patterns for successful living. These patterns must be practical and meaningful to your family. Considerations might include:
 - ★ Maintaining a balance among work, rest, and leisure with time for personal, home, and community activities.
 - ★ Eliminating time wasters such as idleness, procrastination - putting off dreaded tasks, and wasteful practices caused by habit or custom.
 - ★ Scheduling a time for

- routine activities with flexibility for unexpected or spontaneous activities.
 - ★ Concentrating on the important and discarding the unimportant without worry.
 - ★ Encouraging the cooperation of all family members with each member carrying his responsibility according to his ability and within his time limit.
 - Make a time plan. Some type of plan is needed to make time for all things that are important. Let all family members help plan and share the responsibility for carrying out the plan. Your plan can be as simple or as detailed as you need to accomplish your aims. Be realistic and practical.
 - ★ Determine the importance of each activity - list the things which "must-be-done," "ought to be done," and "would like to do."
 - ★ Schedule your activities, putting the most important first.
 - Work effectively. Wise use of
- (See FRONT, page 5B)



Some of Hoke's young beauties
These young girls gathered Tuesday night at 7:30 p.m. to compete in the Miss Upchurch Pageant. The pageant was held in the auditorium of Upchurch Jr. High School. The participants were (L to R): 1st row: Amy Howard, Rhonda Ellis, Laura McFadyen; Kris McMillan, Tywanda Ellison; Melissa McNeill and Dorothy Barnes; 2nd row: Stephanie Lowery; Sharon Wilson; Michelle McGee; Denise Jacobs; Priscilla Carson; Alice Thompson; Wendy Locklear and Carren Mitchell; 3rd row: Lori Boahn; Tysa McNair; Shannon Stewart; Lorie Glisson; Casey Williams; Julie Morris; Karen Brewer; Sarlenna Locklear; Kim Jones; Angie Barton; Tonya Young and Karen Thompson; 4th Row: Kim Malloy; Lisa McLean; Tonya Roper; Kelli Vincent; Helen Smith; Mary Ross; Karen Watkins and Lisa Lupo.

After 27 years
Evelyn M. Bryant has recently retired from the Raeford Plant of Burlington Industries. Ms. Bryant has worked at the local facility for over 27 years in various areas of the plant. Bryant began her employment with the Company January 16, 1957, as a Twister in the Twisting Department. She was promoted to Yarn Mill Vestibule Instructor, August 11, 1972 and promoted to shift supervisor, April 11, 1976, in the Winding Department. Since September 1, 1981 she has served as shift supervisor in the Twisting Department. Bryant was honored on this special occasion by Plant Management and presented a retirement plaque and Bible.



Storm-damaged trees can be maintained

By Willie Featherstone, Jr.
County Extension Chairman

Recent high winds through Hoke County and the southeastern part of North Carolina have caused extensive damage to pecan trees and shade trees.

Fortunately the damage in Hoke County is not as severe as throughout the coastal counties. However, if you have damage there are some things that you can do to repair this damage.

Many Hoke County residents also own property on the North Carolina coast and these points will be helpful in repairing trees that are damaged there as well as here in Hoke County. The extent of the damage to each tree must first be determined.

Very large trees which were

uprooted, such as what happened in the Dundarrach Community, must be completely removed.

Smaller trees can often be set upright, straightened, and secured with the aid of guy wires. Given time and future maintenance they will recover.

Drastic pruning will be necessary on trees where tops and large branches were broken or twisted. These large limbs are an obvious threat to human life and property and should be removed as soon as possible.

Where there is severe damage the repair procedures will involve pruning which resembles "dehorning". The practice of severely pruning large limbs is known as dehorning and is generally frowned upon and not acceptable as a

Extension News

recommended pruning practice. Arborists (specialists in the care and maintenance of trees) do rely on this technique when a tree is under stress—such as from severe root damage, or severe die back and the resulting disfigurement of the tree might be the only workable solution to saving the tree.

Generally elm, poplar, sycamore, and silver maple tolerate this better than other species (hickory, oak). Those broken limbs should be pruned back to the next crotch. This is better than "stubbing" them back.

Branches and trunks which split will require the use of cables and bolts for bracing purposes. The

unbroken branches should be left unpruned to help manufacture food for the rest of the tree during the recovery period.

In summary, pruning cuts should be for broken branches only and should be taken back to the nearest crotch. The stub cut should be minimized, if not avoided altogether. Trees uprooted and suffering from damage will need to be "thinned" to adjust the canopy to the remaining roots.

Trees in stress condition should be fertilized at once. Pruning should be done within the next week and fertilizer could be applied in October. 30-40 lbs. of 10-10-10 fertilizer per 1,000 square feet of soil area under the spread of the branches would be adequate.

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