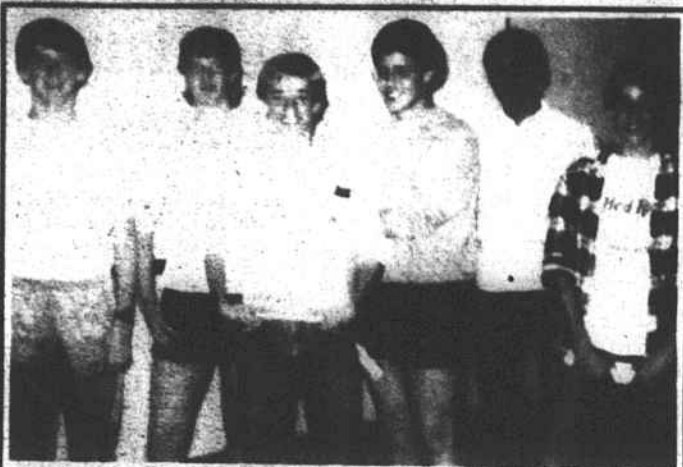


# Lifestyles



## Quiz team selected

The 1985 Hoke County High School Quiz Bowl Team has been selected. The members of the team are Tripp Simpson, Josh Pate, Bruce Roberts, and Darryl Snapp. The two alternates are Jay Pate and William Carter. The team will travel to Durham Saturday, March 16, for the district competition. The competition will begin at 10 a.m. and will end around 1 p.m. Sue Davis, Hoke County High School advisor, and Elizabeth Burgess, Hoke County Quiz Bowl Coordinator, will travel with the team to Durham. The competition will take place at the Durham County Public Library. On March 3, four instructors from Hoke County High School teamed up to compete against the students for a practice session. The teachers who participated were Ben Johnson, Lois Garrison, Harriet McDonald, and Sarah McCollum.

## Parnell receives sought positions

Senator David R. Parnell (D-Robeson), who represents Hoke County, has been appointed to the committees that he requested from Lt. Governor Bob Jordan.

Parnell requested his committee assignments so that he could be in a position to best serve his constituents.

Parnell has been appointed to the Appropriations Committee on Justice and Public Safety which he chairs.

This session he will also serve on the Agriculture Committee, the Commerce Committee, the Election Laws Committee, the Judiciary IV Committee, the State Government Committee and the Ways and Means Committee.

He serves as vice chairman of the Manufacturing and Labor Committee and the Insurance Committee.

"I am particularly delighted with my appointment to the Agriculture Committee. There are many farmers in my district.

"Farmers are facing really difficult times. With today's high cost of producing crops, the price of commodities staying flat or decreasing and with high interest rates, farmers are hurting all over North Carolina. They are vulnerable. I am hoping that the Senate Agriculture Committee can offer some assistance to the farmers or our state," Parnell said.

"Another major need in my district is for an improved educational system. Many of the education bills will have to come before the Appropriations Committee because they will require funding. I am particularly interested in the proposal to assure equal education in every school in this state. This proposal would require that every student graduating from high school would have access to an equal number of courses as each student in other parts of our state.

"This would benefit the schools of my district some of which have been unable to offer a full cur-

riculum to all of the students," Parnell said.

Parnell said he is also pleased about his appointment to the Commerce Committee. "There is a need for more industry in my district. We have one of the higher unemployment rates in the state. What we need more than anything else is jobs for our people. Hopefully my committee appointments to the Commerce Committee and the Manufacturing and Labor Committees will help me to direct some new industry to our area."

Parnell said that he also plans to use his appointment to the chairmanship of the Appropriations Subcommittee on Justice and Public Safety to fund programs to help curb the growing drug problem in North Carolina.

Parnell's Appropriations Subcommittee is responsible for any expansion money for the State Bureau of Investigation, the Highway Patrol, the courts system, the Department of Correc-

tion and the Department of Crime Control and Public Safety.

Parnell said making sure that his constituents concerns were answered is his primary interest. To help assure better contact with his constituents, he has installed a toll-free telephone number which will allow his constituents to call him without making a long distance call. The number is 1-800-722-9639.

## Locklear completes Army basic training

Army Pvt. Felicia K. Locklear, daughter of Othella Locklear of Rural Route 1, Shannon, has completed basic training at Fort Dix, New Jersey.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

## Gutters need care to maintain house's drainage system

In last week's article we discussed keeping a check on your home's condition. Here are some other important things to check:

### Gutters and Downspouts

Gutters and downspouts are your home's drainage system. They channel water away from side walls and masonry where it can do damage. Here are a few guidelines for keeping your gutters in shape:

-Clean gutters twice a year - in autumn after the leaves have fallen, and in spring after seed pods and leaf buds have dropped.

-Use wire leaf strainers and guards to keep leaves out of downspouts and gutters.

Look for leaks. Hose down the roof and watch the runoff. Pay

close attention to joints and seams.

-Check alignments - gutters should slope 1/8 inch for each foot of their length.

-When replacing gutters and downspouts, choose materials with proven durability records.

Aluminum and plastic gutters, for example, are corrosion resistant and because of their light weight, are easy to install.

### Caulking - A Chink In Time

Caulking is a little noticed, but important part of your home's exterior defense system.

It helps keep your home air- and water-tight and energy efficient.

In conducting your exterior home audit, first check that every point that needs caulking has it; second, that old joints or cracked

caulking is replaced. Here's where to look:

-Around all roof flashing, especially where the chimney meets the roof and sidewalls and where dormers meet roof shingles.

-Underneath eaves.

-Where masonry steps, porches or patios meet the body of the house.

-At all corners formed by siding.

-Where window or door frames meet the siding.

-Where pipes or electrical conduits enter the house.

-Where the siding meets the foundation.

-Around vents set in siding.

### Savory Stuffed Chicken Breasts

1 8-oz. pkg. cream cheese, softened

**On the Front Burner**  
Alice Pettitt  
Home Economics Agent

1/4 teaspoon dried oregano leaves  
1 garlic clove minced  
2 eggs, beaten  
margarine

1 teaspoon grated onion  
1/8 teaspoon pepper  
4 chicken breasts, split, boned, skinned  
1 cup bread crumbs

Combine cream cheese, onion and seasonings, mixing until well blended. Pound chicken to 1/4 inch thickness. Spread each piece with 2 tablespoons cream cheese mixture; roll-up. Secure with wooden picks. Dip in eggs; coat with crumbs. Repeat. Brown chicken on all sides in margarine. Place in baking pan; bake at 375°F, 25 minutes or until tender. Makes 8 servings.

**Chocolate Mint Bars**  
1 6-oz. pkg. semi-sweet chocolate pieces  
1 cup flaked coconut  
2 8-oz. pkgs. cream cheese, softened

Few drops green food coloring (optional)

1 cup margarine  
1 1/4 cups graham cracker crumbs  
1/2 cup chopped nuts  
1 cup sifted powdered sugar  
1/2 teaspoon mint extract

Melt 1/2 cup chocolate pieces with 1/4 cup margarine over low heat, stirring until smooth. Add combined crumbs, coconut and nuts; mix well. Press onto bottom of ungreased 13 x 9-inch baking pan; chill. Combine cream cheese, sugar, extract and food coloring, mixing until well blended. Spread over crust; chill. Melt remaining

(Continued on page 5B)

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