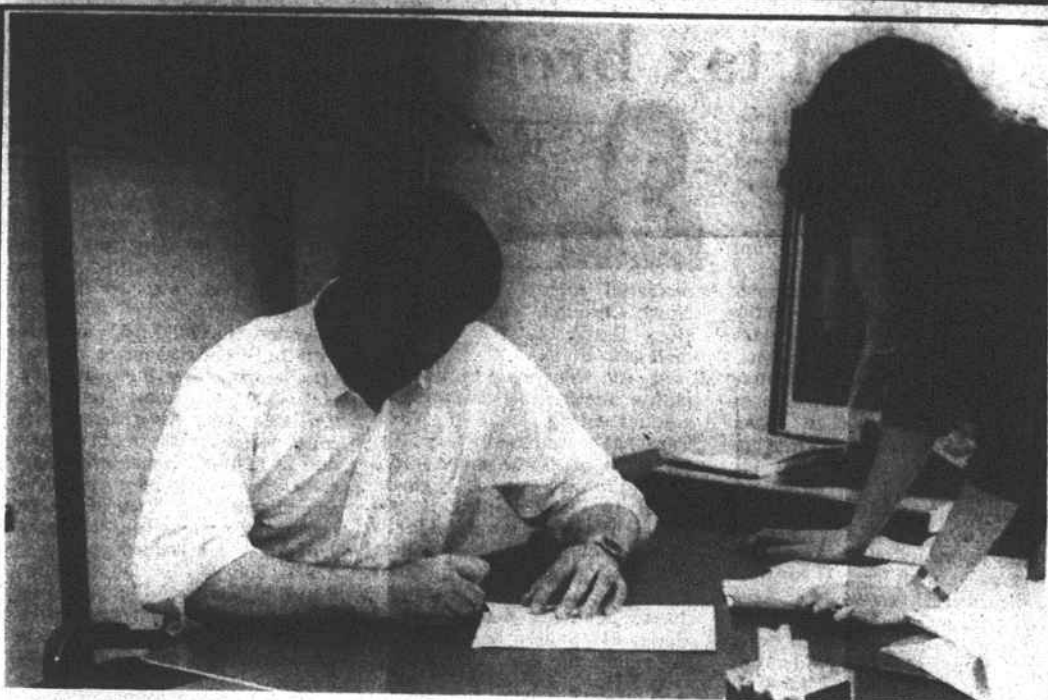


Lifestyles



New around here

Thomas C. Starling is the new Agricultural Stabilization and Conservation Service (ASCS) Director. Starling has come to Hoke County after a two-year stint as Director of the Moore County office. Having been with ASCS for almost 10 years, Starling has also worked in Cumberland County as

a Compliance Supervisor. "It's like coming home," Starling said, adding that he has been coming to Hoke County for about nine years on assignment. The 38-year-old Starling is currently living in Cumberland County but will move to Hoke soon, he said.

Root system key to good tobacco

Ripe tobacco of sound quality will be one of the keys to moving maximum returns in 1985.

Producing tobacco that has market demand is closely tied to practices that aid the development of healthy root systems.

Suggested practices outlined in this news article are designed to increase efficiency and get the crop started in the right direction.

Don't Neglect Seedbeds

(1) **Control Plant Bed Diseases** - The four most important diseases to watch for during the plant bed season are: blue mold, anthracnose, damping-off, and mosaic. The first three are favored by poor

Extension News

Willie Featherstone Jr.
County Extension
Chairman



drainage conditions around the bed area.

Therefore, their occurrence may be reduced by providing adequate drainage. Mosaic can be prevented by avoiding the use of tobacco products of all types while working in the bed area.

(2) **Plant Bed Damage Under Plastic Cover** - Check plant bed

often on clear days when the air temperature is 75° or higher. Plants up to the size of a quarter can stand a maximum temperature of 95°-100° F. Plants larger than a quarter can stand a maximum temperature of 110°-115° F. Heat injury can be avoided early in the season by irrigating over the covers for ten to fifteen minutes to lower the temperature under the cover. Late in the season the covers should be removed.

(3) **Correct Plant Bed Nutrient Deficiencies** - Nitrogen and sulfur deficiencies often occur on coarse, well-drained soils during periods of high rainfall.

March is time to remember basics of good nutrition

March is National Nutrition Month, and we should all take time to recognize the importance of good nutrition.

There are many obstacles that you have to face when you try to provide your family with a nutritional diet.

Consider the obstacles: More than 10,000 food products confront you at the supermarket, conflicting claims abound about what foods are good and bad for you, someone in your home probably either wants to lose or gain weight, etc.

USDA has published a Daily Food Guide to help make your job easier. The guide divides commonly eaten foods into four groups according to the nutritional contributions they make. The suggested number of servings in the Guide average about 1200 calories, provide adequate protein, and supply most of the vitamins and minerals you need daily.

You can personalize the Guide by fitting it to your calorie needs. All foods, except water and non-caloric drinks, have calories. There are some foods that give you little but calories, and others that give you calories plus nutrients. How many calories you need depends on how much energy you use up.

Generally, older people need fewer calories than younger people, women fewer than men, and bridge players and bookkeepers fewer than tennis players and construction workers.

If you are gaining unwanted weight, cut down first on portions of fats and sweets or foods that give you fewer nutrients but many calories. If you are still gaining weight, cut down on portion sizes from the food groups. Cut down - but don't cut out. Select the lower calorie foods within each group.

Remember the Guide gives you only the basics, but choosing foods carefully will help you meet the

On the
Front Burner
Alice Pettitt
Home Economics
Agent



minimum daily requirements of nutrients.

Vegetable Fruit group

Four basic servings daily. Include one good vitamin C source each day. Also frequently include deep-yellow or dark-green vegetables (for vitamin A) and unpeeled fruits and vegetables and those with edible seeds, such as berries (for fiber).

Includes all fruits and vegetables. Count ½ cup as a serving, or a typical portion - one orange, half a medium grapefruit or cantaloupe, juice of one lemon, a wedge of lettuce, a bowl of salad, and one medium potato.

This group is important for its contribution of vitamins A and C and fiber, although individual foods in this group vary widely in how much of these they provide.

Dark-green and deep-yellow vegetables are good sources of vitamin A. Most dark-green vegetables, if not overcooked are also reliable sources of vitamin C, as are citrus fruits (oranges, grapefruit, tangerines, lemons), melons, berries, and tomatoes.

Dark-green vegetables are valued for riboflavin, folacin, iron and magnesium, as well. Certain greens - collards, kale, mustard, turnip and dandelion - provide calcium. Nearly all vegetables and fruits are low in fat, and none contain cholesterol.

Bread Cereal Group

Four basic servings daily. Select only whole-grain and enriched or fortified products.

(But include some whole grain bread or cereals for sure!) Check labels. Includes all products made with whole grain or enriched flour or meal; bread, biscuits, muffins, waffles, pancakes, cooked or ready-to-eat cereals, cornmeal, flour, grits, macaroni and spaghetti, noodles, rice, rolled oats, barley and bulgur.

Count as a serving 1 slice of bread; ½ cup to ¾ cup cooked cereal, cornmeal, grits, macaroni, noodles, rice or spaghetti; or 1 oz. ready-to-eat cereal.

These whole-grain or enriched foods are important sources of B vitamins and iron. They also provide protein and are a major source of this nutrient in vegetarian diets. Whole-grain products contribute magnesium, folacin, and fiber, in addition.

Most breakfast cereals are fortified at nutrient levels higher than those occurring in natural whole grain.

In fact, some fortification adds vitamins not normally found in cereals (vitamins A, B¹², C, and D).

However, even these cereals, if refined and other refined products (enriched or not) may be low in some other vitamins and trace minerals, which are partially removed from the whole grain in the milling process and are not added. For this reason, it's a good idea to include some less refined or whole-grain products in your diet.

Milk Cheese Group

Basic servings daily (based on servings of fluid milk).

| | |
|------------------|-----------------|
| Children under 9 | 2 to 3 servings |
| Children 9 to 12 | 3 servings |
| Teens | 4 servings |
| Adults | 2 servings |
| Pregnant women | 3 servings |
| Nursing mothers | 4 servings |

Includes milk in any form: whole, skim, lowfat, evaporated. (See FRONT BURNER, page 5B)

HOW 'BOUT THESE PRICES

Participating Stores Only. Quantity Rights Reserved. © CFM 1985

Nabisco Premium Saltines Crackers
\$1.09
16 OZ. BOX

PEPSI
\$1.79
Plus Deposit 16 OZ. RETURNABLES

Coble Low-Fat Chocolate Milk
69¢
QUART

Coble Fruit Drink
89¢
GALLON PLASTIC JUG, Fruit Punch, Lemonade, Orange or Grape

Mama Rosa's Pepperoni Pizza
\$1.09
10 OZ. PACKAGE

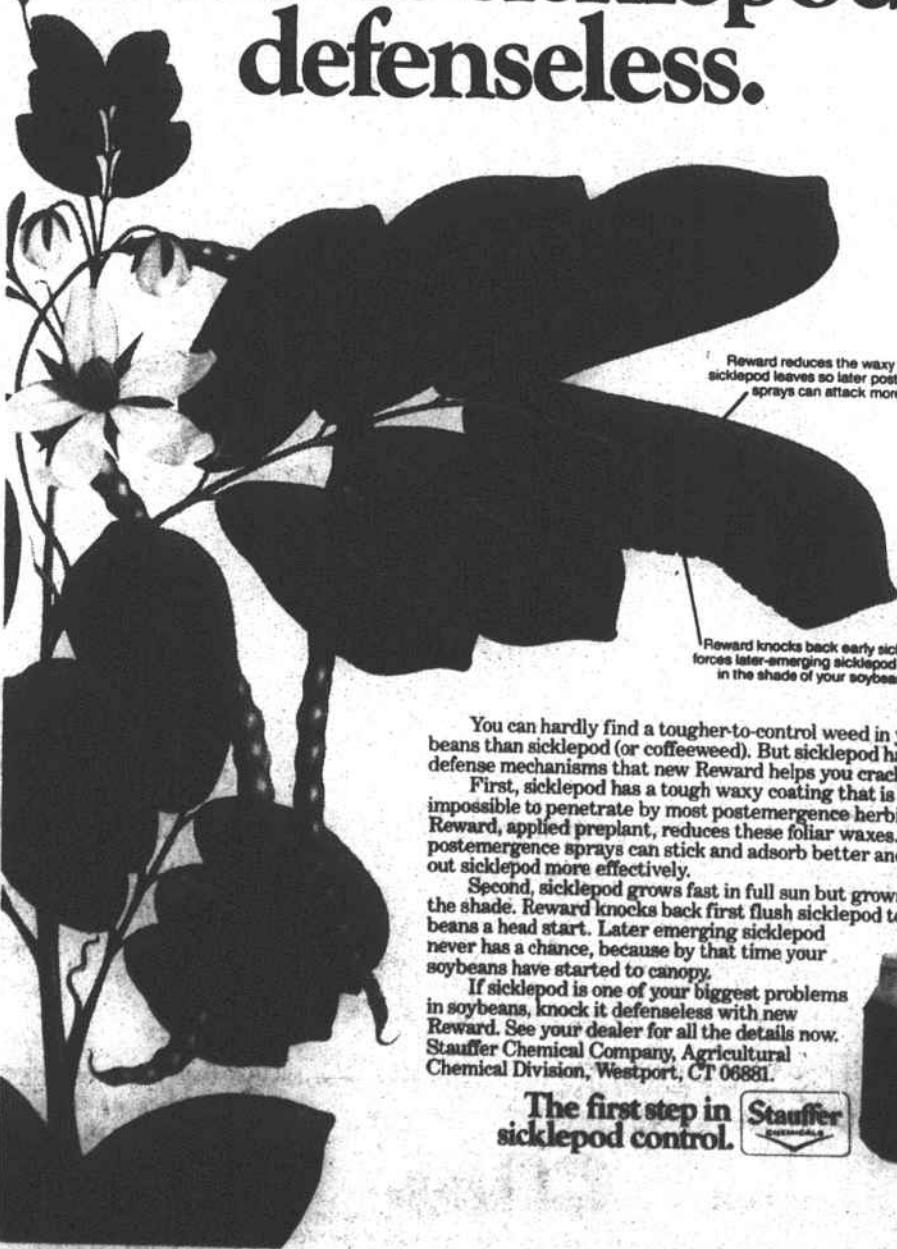
All The Way
Hot Dogs.....2/\$1.00
Sausage Dogs.....99¢
Barbecue Sandwich.....\$1.09
Soft Serve Ice Cream Cone.....39¢
Oven Gold Bread.....2/\$1.00
24 OZ. LOAF

Star's Old Oak Barbecue
\$1.89
1 LB. TUB

Coors or Coors Light Beer
\$2.69
12 OZ. CANS

Convenient Food Mart

Introducing Reward.™ It leaves sicklepod defenseless.



Reward reduces the waxy "armor" on sicklepod leaves so later postemergence sprays can attack more effectively.

Reward knocks back early sicklepod and forces later-emerging sicklepod to grow up in the shade of your soybeans' canopy.

You can hardly find a tougher-to-control weed in your soybeans than sicklepod (or coffeeweed). But sicklepod has two defense mechanisms that new Reward helps you crack.

First, sicklepod has a tough waxy coating that is almost impossible to penetrate by most postemergence herbicides. Reward, applied preplant, reduces these foliar waxes. So your postemergence sprays can stick and adsorb better and knock out sicklepod more effectively.

Second, sicklepod grows fast in full sun but grows poorly in the shade. Reward knocks back first flush sicklepod to give your beans a head start. Later emerging sicklepod never has a chance, because by that time your soybeans have started to canopy.

If sicklepod is one of your biggest problems in soybeans, knock it defenseless with new Reward. See your dealer for all the details now. Stauffer Chemical Company, Agricultural Chemical Division, Westport, CT 06881.

The first step in sicklepod control.

