

Gardening

Birds liven up a garden

Nancy R. Anderson
Cooperative Extension Service

A hummingbird is such a wonderful sight that certain plants are worth growing for the sole purpose of attracting this bird.

Hummingbird's favorite food is floral nectar. The only things that flowers ask in return for the nectar is that the hummingbird pollinate the blossoms.

The ornithophilous (bird-pollinated) flowers don't have much use for insect pollinators. Hummingbirds are attracted to brilliant colors, mostly reds, because these are the colors that stand out against grass and leaves. In the shade, yellow and orange flowers stand out the most and are attractive to the birds. The typical hummingbird flower also has a long floral tube into which hummingbirds, and not much

else, can reach. Because hummingbirds can hover in midair to work flowers, such flowers do not need "landing pads."

After spending winters in Central American, many hummingbirds gradually make their way northward with the progression of nectar-yielding blossoms. Early in the growing season, these tiny birds cannot be choosy about their food, and you may find them feeding at holes made by sapsuckers.

Honeysuckle, columbine, coral bells, horse chestnut, azaleas and the early-blooming hawthorns are other flowers welcome to the hummingbird during the early part of the season. A little later, the birds feed at the blossoms of foxglove and larkspur.

Summer brings a lot of flowers that are attractive and nourishing to the hummingbird. Such flowers in-



Nancy Anderson
Agricultural Extension Agent

clude delphinium, petunia, phlox, butterfly weed, snapdragon, pinks, tiger lily, daylily, sage, loosteife, morning glory and bee balm.

Some plants not only provide us with food and beauty, but they also attract the hummingbirds. The scarlet runner bean, a twining vine which produces flavorful green beans, is one such plant. The bright-colored flowers which precede the beans never fail to bring hummingbirds.

To keep hummingbirds around as long as possible, grow some plants to attract the birds in the fall. The peren-

nial trumpet creeper vine is a good choice, and herbaceous flowers like cardinal, nicotiana and petunia should bloom until September. By then the hummingbirds will already have left cold winter areas for their winter homes.

To supplement floral nectar, many people put out hummingbird feeders. The standard syrup solution for feeding hummingbirds consists of one part white sugar to four parts water. The sugar will dissolve as the the solution is brought to a boil.

Boiling is important as it kills mold spores and bacteria and, through evaporation, reduces any chlorine or flourine that may be in the water. After the solution is cooled, it's ready to be placed in the hummingbird feeders.

Any leftover should be stored in the refrigerator.

Military News

Navy Petty Officer 2nd Class Rodney L. Shaw, a 1991 graduate of Hoke County High School, is halfway through a six-month deployment to the Mediterranean Sea aboard the aircraft carrier USS Theodore Roosevelt.

Shaw is one of more than 5,500 sailors and marines aboard the carrier who departed their home port of Norfolk, Va., in November, as the lead ship of the USS Theodore Roosevelt Battle Group, which includes eight tactical aircraft squadrons, seven surface combatants, two submarines and the three-ship USS Nassau Amphibious Ready Group.

Deployed around the world in support of U.S. interests, aircraft carriers, like Shaw's ship, have been called our nation's most flexible tool of diplomacy. They serve as a highly visible deterrent to aggressors and if deterrence fails, offer the most versatile and powerful weapons system worldwide.

Shaw's had traveled more than 13,000 miles, and has participated in various operations and exercises, including Operation Deliberate Guard in the Adriatic Sea where the ships aircraft flew missions in support of the U. N. mandated no-fly zones over Bosnia. Shaw has also participated in exercises involving Tunisian, Israeli, French and British military forces.

Sofar during the deployment, Shaw and shipmates have conducted 10 community relations projects during six port visits, ranging from yard work to painting and carpentry. In addition

to spending Christmas in France, Shaw's ship has also visited Israel, Italy, Spain and Turkey.

He joined the Navy in April, 1992.

Dedication Service for Center Grove Missionary Baptist Church was held on February 2 at 3:30 pm. The pastor, Rev. Dr. W. O. McCullough, and the church congregation celebrated the new and remodeled addition to the church. We thank the contractor, Henry Dial, owner of Dial Construction Co., because while the work was being done to the church, not any of the church services were cancelled.

For the grand occasion, many Hoke County dignitaries were present. Those present were Hoke County Commissioners: chairperson, Jean Hodges and her husband; vice chairman, James Leach; L. E. McLaughlin Jr.; Cleo Bratcher and his wife; City Councilman, Clyde Thomas Jr. and his wife and family; Hoke County Sheriff Wayne Byrd and his wife. Due to illness, Henry Dial could not be present. His wife, Joyce Dial and their son, Rev. Shelly Dial, who worked very closely with his father on the remodeling of Center Grove, was there to represent him.

Learn how to stash more of your cash

By Carol Birkhead
County Extension Director

Do you feel that you do not have any money to save? Why not start saving \$2 and then \$3, move on up to \$5 per week, then before you know it, you will be up to \$100. Your goal should be approximately 10 percent of your gross income. Here are some painless suggestions from the Cheap-skate Monthly to help you start to save some money:

- Give up expensive habits. If you spend just \$6 a day eating out, our are spending at least \$1,500 a year.

- Never spend coins. Not even pennies. At the end of the day, empty out your pockets into a change jar.

- Save all refunds. Instead of cashing rebate and refund checks, save them.

- Authorize payroll savings deduction. It is amazing how little you will miss money you never see.

- Join a credit union. They usually offer better interest rates and are usually eager to help you with checking and savings needs.

- Hang on to windfalls. If you

receive a cash gift, bonuses, inheritances, retroactive pay, etc., do not cash them. Instead, deposit it all into your savings program.

- Keep making payments. As you pay off your credit card debts, keep making the same payment to your savings account.

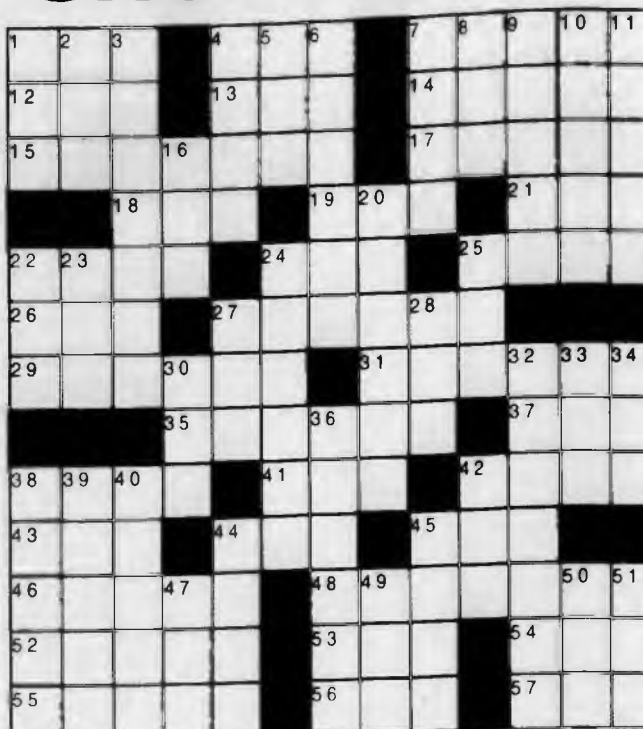
- Save reimbursements. When you are reimbursed for travel or other out-of-pocket expenses, save the money.

- Keep checking account balances low. If it is not in there, you can not keep writing checks.

- Pay off debt. All the interest you do not end up paying can be diverted straight into your savings account.

For more information on money management, please call the Cooperative Extension Service Center, 116 W. Prospect Ave. at 875-3461.

CROSSWORD



ACROSS

- Environmental Protection Agency
- Come into sudden contact with
- Mammary gland of cows and sheep
- Shaped rotating disk to convert circular into linear motion
- One of four cards in a deck having a single spot
- Round stone
- A mythical Greek hero
- A projecting ridge on a mountain or submerged under water
- The upper side of the thighs of a seated person
- To put on a garment in order to see whether it fits and looks nice
- A colloid is a more solid form than a sol
- For edging or decorating furniture
- A social gathering to carry out some communal task or to hold competitions
- Plots
- Elements
- Jean Paul _____, author
- Shake involuntarily
- A salt or ester of hydroiodic acid
- Copyright
- A periodic paperback publication (abbrev.)
- Coming after all others in chronology or sequence
- CNN's founder
- Famous medical clinic
- The top edge of a vessel
- A special loved one
- A way to sink
- Chilean seaport
- Cold-blooded animal
- Distributes
- Alias
- Neither
- Donkeys
- Comfortable and secluded
- Ovum

DOWN

- European money
- Buddy
- Plant enzyme
- A way to fix firmly
- Water in the solid state
- Experimenter
- Deficient or offensive from lack of beauty
- River in NE Scotland
- Run away
- Prevented from fraying
- Spools
- Causing sorrow
- Tied once more
- Bacon-lettuce-tomato sandwich
- Pinna
- A white or colorless mineral (BaSO4), used as a main source of barium
- A foundation of earth or rock supporting a road
- Surface layer of ground containing a mat of grass and grass roots
- Spare the _____ and spoil the child
- Adjoined
- Visualize
- Some point or period in time
- Your consciousness of your own identity
- A group or set of four
- Relative of camel
- Buenos _____
- Rods used for cooking
- A border for a picture
- Give clearance to
- Bridge
- After B
- Supplement with difficulty
- Lumberjack's product
- Unit of energy



ANSWERS

Homebound menus

Menus for the older adults nutrition program for the week of March 17 - March 21, for the congregated and home-delivered meals program are listed below:

Monday, March 17: stew beef, honey glazed carrots, cranberry juice, rice, dinner roll with margarine, chocolate chip cookie, milk

Tuesday, March 18: smoked sausage, pickled beets, steamed cabbage, mixed vegetables, hot dog bun with

mustard, milk
Wednesday, March 19: country style beef patty, coleslaw, corn, dinner roll, purple plums, milk

Thursday, March 20: sliced turkey breast with gravy, green beans, rice, dinner roll with margarine, pineapple tidbits, milk

Friday, March 21: meatballs with gravy, mixed greens, mashed potatoes, dinner roll with margarine, orange, milk

Food and Friends

106 Central Avenue • Raeford
875-4021

Food & Friends would like to thank the town of Raeford for your support.

Come join us for a
Down Home Pig Pickin'
Thursday Night 4 pm - 8 pm
All You Can Eat \$5 (inc. drink)



HOURS: Mon.-Thurs. 6:00 am - 7:00 pm
Fri. & Sat. 6:00 am - 9:00 pm
Sunday 6:00 am - 2:00 pm

TURN OF THE CENTURY CAFE

124 C. Central Ave., Raeford, NC • 875-7774
Hrs: M-T-W 9am-3pm; Th-F-S 9am-10pm

Week of March 10-15
Lunch special: Yankee Steak Sandwich \$4.75
March 14-15

Dinner Special: Honey Citrus Glazed Pork Chops, Grilled Marinated Chicken Breast, Grilled New York Strip, Grilled Veggie Kabobs, Boiled Potatoes

Week of March 17-22
Lunch Special: Grilled Chicken Salad \$4.75
March 20-22

Dinner Special: Grilled Salmon Steak, Italian Pepper Steak, Chicken Parmigan w/pasta, Baked Potato, Glazed Carrots

Week of March 24-29
Lunch Special: Beef Fajita \$4.75
March 27-29

Dinner Special: Dijon Mustard Filets, Steak Teriyaki w/grilled pineapple, Chicken ala King, Rice Pilaf, French Style Green Beans

It's Time to Fertilize Your Lawn and Garden

10-10-10 50 lb. \$5.00
34% Nitrogen 50 lb \$7.00
Slow Release 28-4-4 20 lb \$11.00
Slow Release 15-0-15 20 lb \$12.00

Get all your lawn and garden supplies here!

THE JOHNSON COMPANY
110 E. Central Ave., Raeford, NC
875-3550

Personal Touch Discount Fashions

Children's & Ladies Dresses
24 mths - 5X Ladies Hats



Hours: M,T,W, & F - 10-6
Thurs. - 10-8
Sat. - 9-5:30

944-3301
211 W. (Aberdeen Rd.) (1/4 miles past Doxey Furniture on the right)

HOKE ORTHOPEDICS

301 Birch Street, Raeford
910-904-0690

Orthopedic Surgical Staff :

Paul F. Rush, M.D. Ralph E. Carter, M.D.
Philip Holzknacht, M.D. John A. Smid, M.D.

Specializing in:

- Fracture Care • Total Joint Replacement • Athletic Injuries
- Arthroscopic Surgery • Shoulder, Elbow, & Hand Surgery
- Foot & Ankle Surgery

Insurance Accepted and Filed

Our hours of operation will be:
Monday - Friday 8:30 a.m. - 5:30 p.m.

NOTICE

City of Raeford Residents

All complaints/suggestions concerning Time Warner Cable are to be in written form and mailed to

CITY OF RAEFORD
P.O. BOX 606
RAEFORD, N.C. 28376
Attention: Betty Smith
City Clerk

or put in drop box outside City Hall on Main Street.

Deadline date: March 31, 1997.

Raeford City Council