

THE PINK HILL REVIEW

"Serving Pink Hill, Deep Run, Albertson, Beulaville, And Their Surrounding Areas"

VOL. 6 NO. 52

KENANSVILLE, NC 28349

DECEMBER 27, 1984



Receive Certificate

Kenneth and Gracie Jones (center), Route 1, Pink Hill, receive certificate completing the executive development seminar for tobacco farmers and farm women

from R.J. Reynolds Tobacco Co. Executive Vice President F. Hudnall Christopher (left) and NCSU Provost and Vice Chancellor Nash N. Winstead.



Install Junior FFA Officers

At the November social, the members of the South Lenoir chapter held a new officer ceremony to install its 1984-85 Junior FFA chapter officers. They are, right to

left, D.J. Smith, president; Greg Rouse, vice-president; Angie Tyndall, secretary; Angie Medico, treasurer; Derek Stroud, reporter; and Jerry Smith, sentinel.



Some people believed an owl in the house would protect the children.

Jones Couple Complete Seminar At NCSU

A Lenoir County couple, Kenneth and Gracie Jones of Route 1, Pink Hill, has completed a seminar for tobacco farmers and farm women designed to sharpen production and marketing skills.

The Jones husband and wife were among 32 couples from flue-cured and burley tobacco producing counties participating in the Executive Development Seminars conducted by the Agricultural Extension

Service at North Carolina State University and sponsored by the R.J. Reynolds Tobacco Co.

The couples were involved in both joint and separate sessions on three days encompassing six days in October and November. The instruction was presented on the NCSU campus in Raleigh and at Reynolds facilities in Winston-Salem.

A final session in Winston-Salem featured the presentation of framed certificates to the farmers and farm

women by F. Hudnall Christopher, Reynolds executive vice president for operations, and Dr. Nash Winstead, NCSU provost and vice chancellor.

Kenneth and Gracie Jones and the other farmers and farm women studied an extensive list of subjects during the seminars. These ranged from new tobacco technology and marketing subjects to business accounting and stress management.

Some of the most popular subjects were on tobacco grading, manufacturing and world trade on the commodity side, and tax management, estate planning and stress management on the business and personal sides.

The 1984 sessions mark the fourth time the seminars for tobacco farmers and farm women have been held. Participants are nominated by their county extension tobacco agent.

Extension Home Economics News

Eat Smart

What should you eat to stay healthy? Hardly a day goes by without someone trying to answer that question. And it is true that

some of that advice is confusing and some of it untrue.

Most experts stress the importance of moderation in the diet. Too much of any one food or beverage

can be harmful. Likewise, totally omitting any one food group from the diet is usually not necessary.

Researchers also agree that food alone cannot guarantee good health. Your vim, vigor and vitality are influenced by heredity, activity, the environment and your attitudes or mental health.

As of yet, we do not know everything there is to know about human nutrition. Until we find all the answers, the best advice may be to remember the "do" list and the "avoid" list. These suggestions are based on what nutritionists know about the relationship between food and health.

The "do" list includes: eat a variety of foods; maintain ideal weight; and eat food with adequate amounts of starch and fiber.

The "avoid" list puts a ban on too much sugar, too much sodium and too much saturated fat.

Lending Money

It's hard to say "no" when a friend or relative asks you to loan him some money, but these transactions may have their pitfalls.

The borrower may have other credit obligations with higher interest rates and the possibility of a debt collector at the door. So he'll have to pay those first.

If he can't pay the loan back, he may become so guilt-ridden that the relationship may become strained. They he's likely to not pay you at all.

Lending money is a business transaction, so treat it as such. Agree on the amount borrowed,

interest to be charged and repayment schedule and have it in writing. Then if the person defaults, you will have the documentation you need to claim a nonbusiness bad debt as an income tax deduction.

An alternative: treat the loan as a gift.



Wedding Invitations to express your very own tastes

If you have a specific style and wording in mind for your invitations, we invite you to stop in. We can show you an extensive selection and you're sure to find "your style".

Duplin Times
296-0239



A SHINING HOLIDAY

At this time, we offer our warmest regards to our good friends for a glittering season, rich with love and rejoicing.

Holmes' Jewelers
Front St. Kenansville

Double-decker good wishes for the New Year go out to you and yours. Thanks for your support. It has been a pleasure serving you.

TO ALL OF OUR FRIENDS

This, That & The Other Hwy. 11 Pink Hill



James Sprunt Technical College?

Ask A JSTC Student—

Clarence Ingram—

Business Administration/Criminal Justice



Clarence received an Associate Degree in Business Administration in 1983, and is now completing a second degree in Criminal Justice. He is a good example of what the older student returning to school can achieve.

"One dream I always had was attending college, but I never had the opportunity. In 1980, after ending a 25-year career in the Navy, I figured it was now or never."

"I was hesitant at first, not sure I could do it after being out of school so long. But my instructors were very encouraging to me. They helped me see I could succeed and gave me confidence in myself."

"I've enjoyed getting to know the other students here. JSTC is a real friendly place, and I'll miss it when I graduate."

James Sprunt Technical College

"We're Interested In Your Future"

For More Information About Our Over Twenty Career Programs Call Us At 296-1341 (From Wallace Dial Toll Free 285-2077)



Register For Winter Classes Wednesday, January 2

JSTC is an Equal Opportunity /Affirmative Action Employer