2-The Pamlico County News-Thursday, June 16, 1977

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Food Fads...

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(Continued from page 1)

Welcome and introductions will be by Tom Reed 9-9:10 a.m. This will be followed by the discussion of a number of topics, including The Value of Good Nutrition by Wade H. Read; Health Problems in Pamlico County by Lamont Nottingham of the Eastern Area Health Education Center; Fad Diets: How to Separate the Fads from the Facts by Marjorie Chused of East Carolina University; Food Additives-Who Needs Them by Emily Rusk of the Wayne County Health Department; Cardiovascular Disease and Diet by Lynne Gardner; Your Kitchen-Friend or Foe? by Susan Noble, local county extension agent and Linda Crawford Crawford of the Craven County Health Department. A panel discussion will be held from 11:45 until 12:30 p.m.

Other sponsors of the program are the Eastern Area Health Education Center, East Carolina University, Eastern Regional Office, DHS; Neuse River Council of Governments; Pamlico County Agricultural Extension Service, Pamlico County and Craven County Health Departments and Pamlico County Schools.

Health Watch

Hypertension, high blood pressure, is responsible for 100 deaths a day in this country, afflicting nearly one out of every ten adults. The most susceptable to it are those with a family history of hypertension and blacks, whose risks are twice that of whites.

High blood pressure has been compared to a time bomb, silent intil it explodes into fatal or crippling stroke, heart disease or kidney failure. Many who have this disease are unaware of it and some that are aware of it do not adequately comply with the treatment. Hypertension causes no pain or other symptoms until the individual is suffering from the long term consequences of the disease.

Blood pressure is the force in n nai

Caswell

were heard.

cost

cost

render license 1 year.

Charles Edward Brite,

speeding 60 in 35 zone, guilty, 30

days suspended, \$15 fine and

Charles Edward Brite, driving

under influence, guilty, \$100 fine

and cost, surrender license l

year; no operator's license,

posted speed, 10 fine and cost.

John Evin Cayton, exceeding

Alphonsa Cox, Jr., driving

under influence, speeding 50 in

35 zone; guilty, 60 days suspend-

ed 1 year, \$125 fine and cost, sur-

speeding 80 in 55 zone, guilty, \$25

Graydon Louis Lupton, driv-

ing under influence, guilty, 30

days suspended, careless and

Graydon Louis Lupton, Jr.,

possession marijuana, voluntary

John Rayford Matthews, im-

John Rayford Matthews, driv-

ing under influence, carrying

concealed weapon, guilty to

driving under influence, 60 days

suspended 1 year, \$100 fine and

cost, surrender license, volun-

tary dismissal to carrying con-

James Madison McKeithon,

Jr., driving under influence,

speeding 71 in 55 zone; guilty,

\$100 fine and cost, surrender

license; limited privilege, guilty

Recipe Of

The Week

Prepared By The Pamlico

County Agricultural

Extension Service

Sweet And Sour Pork Chops

6 chops, loin or shoulder

1 teaspoon ginger

1 teaspoon salt

tender.

proper equipment, voluntary

reckless, \$50 fine and cost.

voluntary dismissal.

render license l year.

fine and cost.

dismissal.

dismissal.

dismissal.

cealed weapon.

fine and cost.

News By Jean I. C. Tabory "Somebody is waiting." That

was the title of the film. It doesn't tell much does it? It could be about anything for everybody is waiting for something or somebody.

This film was about profoundly retarded children in a state institution in California. It was shown this week at Caswell to nine teachers who are taking part in a week-long workshop on 'Teaching the Severely and Profoundly Retarded" taught by Mrs. Ann Isley from the Department of Public Instruction, Division of Exceptional Children. They were so impressed that all the teachers and trainers were invited to view the film.

It was a story of growth, not miraculous growth but steady growth. This was very rewarding to the workers because in the past there had been no

growth. They came to work, fed their profoundly handicapped charges, changed their diapers and watched them lying in bed for years. They found little satisfaction in their work. They then decided that if a

change was to come they must bring it so they watched the physical therapist who came to the building. They learned from them how to exercise bent limbs

and they did this regularly. There were not enough physical therapists to help the children every day. They pushed their residents in their wheel chairs out into the sunshine. They brought in rabbits so that children could reach out and and

stroke their soft fur. These were children who in the past had not been able to reach out.

No miracles. Nobody got up and walked or suddenly talked in sentences. But children who had been tube-fed were able to eat from the spoon. And the workers began to find that their jobs were exciting.

It is only in the past few years that we have begun to discover that profoundly retarded children can learn. We have much more to find out. That is why we are having this work shop at Caswell. The profoundly retarded are waiting for people to learn how to teach them.

1/2 teaspoon pepper systolic pressure, measures the force of the heart pushing blood 1 teaspoon paprika 1/4 cup flour from the heart into the blood which the blood pushes against vessels. The bottom number, the 1 cup pineapple juice the walls of the blood vessels. A diastolic pressure, measures the 2 tablespoons vineger are when the heart is at rest between beats. A pressure of between 100/70 and 140/90 is paprika, flour together. Coat usually considered normal for mixture. Brown chops. Then an adult. pour in pineapple juice and A higher blood pressure vinegar. Sprinkle with sugar. means there is too much strain Cook over a low heat for 40

Court Held In Bayboro

Judge Norris C. Reed, Jr. to G. S. 20-138(b) and speeding 70 resided over district court held in 55 zone, 60 days suspended Friday, June 3 at the courthouse year. in Bayboro. The following cases

212月1日本

Lorraine Mozelle, assault deadly weapon, guilty to simple Billy Harold Armstrong, drivassault, 30 days suspended, \$25 ing under influence, guilty G. S. fine and cost, not violate any 20-138(b), \$100 fine and cost, 60 assault laws 1 year.

days suspended 1 year, sur-John Durwood Provost, driving under influence, voluntary Steven Craig Banks, careless dismissal. and reckless, guilty; \$5 fine and

Johnny Mott Simmons, larceny, guilty to misdeamor larceny, 1 year, court recommends physciatric treatment.

Mary Hunning, Simpson, driving under influence, guilty, 60 days suspended 1 year. \$100 fine and cost, surrender license.

Sue Thomas, assault deadly weapon, guilty to misdeameanor assault, confined 60 days, 6 days to be active, suspended 1 year probation, restitution paid at direction of probation officer within 60 days of this date. Wanda Gail Thomas, assault deadly weapon, guilty to simple assault, 30 days suspended, \$25

Charles R. Demint, Jr., drivfine and cost, not violate or ing while license revoked, guilty, harm. Cody Ushry, G. S. 14-6 months suspended 2 years, \$200 288.4(a)(2), 6 months suspended

Judith Horton Dillon, speeding 2 years probation, \$100 fine and 66 in 55 zone, voluntary cost Tony Curtis Voliva, possession John Graham Disney,

marijuana, guilty, G.S.-90-96, probation 1 year, \$50 fine and cost.

这个说: Ta Mars 中工作 Accent On Agriculture year, the cost of producing a bushel of wheat will soar from

the grant of

A. Martine

The farmer's cost of producing

pound of beef or a half gallon of

cents to produce a pound of grain

2000. If it costs a dairyman 9.5

milk this year, it will cost him

Six percent annual inflation

Consumers would have to pay

\$3.30 for a half gallon of milk and

reat cause for concern.

hether you look at the figure

By John Sledge N. C. Farm Burel

approximately \$3.25 today to \$12.58 by 2000. And the same applies for other crops and livestock. What will it cost to farm, and what will it cost consumers to. eat in the year 2,000?

An economist at Kansas State University has come up with figures, based on an inflation milk also will increase. Simply stated, if a farmer spends 50 te of 6 percent, that include \$78,000 for a tractor and \$3.10 for today, it will cost him \$1.95 by a dozen eggs!

Dr. T.Roy Bogle says farmers can expect a drastic increase in percent to produce a pound of all farming expenses although 37.5 cents in 23 years. some will rise faster than others. For example, a '77 model tractor, selling for \$20,000 today, would also take its toll on consumers. If there is 3 cents worth of wheat in every loaf of will cost at least \$78,000 in 2000 if inflation continues at 6 percent, bread today, there would have to but it could sell for more than be approximately 12 cents in that because machinery prices every loaf in 2000. are tied closely to labor costs which could exceed the 6 percent \$2.75 for a pound of hamburger;

figure. Fertilizer and fuel costs are expected to increase faster than \$3.10 for a dozen eggs in the year 2000. Although there are many the inflation rate in the next 23 years because of shortages. If it variables in connection with this costs \$8 an acre to fertilize wheat type of projection, it does give ground today, Bogle says it will cost more than \$31 an acre in 2000 and fuel costs for wheat from a producer's viewpoint or a consumer's viewpoint, inflation would jump from \$4.50 an acre to approximately \$17.50.

is a real problem and one that What this means is that if all must be brought under better expenses increase at 6 percent a control.

Hints For Canning Vegetables

With Garden Fresh Taste

Prepared by Pamlico County Agricultural Extension Service

The food that comes out of your canning jar can be no better than the quality of raw food you put into that jar. So, when jars. you get ready for home canning, use vegetables that are young, tender and freshly gathered.

That old rule, two hours from garden to container, is still a good one. Any delay in canning gives the bacteria in the food a chance to grow. But, even if it is convenient, don't prepare the food, or even just part of it, the evening before. This holds true even if you plan to store the vegetables in the refrigerator overnight. Several hours in storage, even cool storage, gives the sugar in vegetables a chance to turn to starch with the result of some loss of flavor Here are some other sugges

tions to help you can vegetables with garden-fresh goodness: Handle vegetables in small batches, prepare only enough for one pressure canner load at a time.

Wash, rinse and drain vegetables thoroughly. Any soil left clinging to the vegetables may carry bacteria that will not cover them with fresh boiling vegetables (all but tomatoes) are to be steam processed under

> 10 pounds pressure to obtain 240° D temperature necessary to kill harmful bacteria. If you do not have a canning book to consult for the correct processing times

for the various vegetables, consult your local Agricultural Extension Service.

Obituaries

Winston-Salem and Edison C. Rolison of Alburguerque, N. M.; four brothers, Wilbur Rolison of

Beaufort, Herburt of New Bern and Joseph of Bergenfield, N. J.; one sister, Mrs. Olive Muse of Grantsboro; 7 grandchildren and 2 great-grandchildren.

Bayboro Gives Up The Ghost Rodney Dudley was tabbed for

by C. Ray Dudley Hobucken, a team that has had

and the second second

The Grantsboro's Rattlers ups and downs all year came on Saturday to take advantage of Bayboro's six pitchers and blew them away by a score of 34-9 as Bayboro gave up the ghost. Hobucken started off with one run as Mark Jones stole in home off a passed ball. Chester Scott came back with a double for Bayboro but no runs. In the top of the second three walks, four errors and a double by Garett iones massed seven runs for Hobucken and a 8-0 lead. In the bottom of the second Paul Whorton and Rodney Dudley singled but no runs were scored. The top of the third proved to be one of the highest scoring innings thi season as Hobucken massed 22 runs. In this inning Hobucken and Timmy Buck doubled for took advantage of 11 walks, six

errors, singles by Ivan Ireland, Mickey Sadler, Foster Watts and Mark Jones, and a double by Ivan Ireland for a 30-0 lead. In the bottom of the third Bayboro finally got on the scoring track as Mike Cook started things off with a single followed by a double by Sam Tutt. Four more walks was enough for a total of five runs but not enough to put a dent in Hobucken's 30-5 lead. In the top of the fourth

Hobucken continued to dominate with a single by Tracy Caroon and a double by Mary Banks. Hobucken's lead at this point was 34-5. In the bottom of the fourth, Chester Scott and Sam Tutt singled for Bayboro and Jacque Kirkman doubled for the final 34-9 margin as Hobucken demanded that Bayboro give up the ghost. Tracy Caroon was the winning pitcher for Hobucken, Smith.

FFA News

By Kerri Nolan

At the Annual FFA Awards program held recently at Pamlico County High School, a number of awards were presented to members. These included an award for public speaking to Teresa Lupton, Creed to Howard Autry; Talent, Teresa Lupton; Production, Carl Dixon; Sales and Service, Robbie Sadler; Mechanics, Ronnie Buck; Forestry, David Spruill; **Outdoor Recreation**, Billy Sanders; Ornamental Horticulture, Annette Harper; Green Hand Award to Howard Autry and Chapter Star FFA'er to Teresa Lupton.

FFA contests on an individual and team basis offer competition on local, federation, district,

some," Monk said when asked if he would trim it back or

get rid of it during the warmer summer months. (Photo by Jerry

wasted little time in going to the woods against Reelsboro's Red Sox. In the top of the first, singles by Dudley Paul and

the loss for Bayboro.

Jesse Cunio and a double by John Boyd was enough for one run. In the bottom of the first error hits by Timmy Buck and Marty Shaw were enough for two runs for Reelsboro. In the bottom of the second, a single by Terry Smith brought in two runs for a 4-1 lead. In the top of the third, Grantsboro took advantage of nine errors, two walks and singles by Dudley Paul and Ken Stembridge which was good enough for seven runs and a 8-4 lead. In the bottom of the third, Ronnie Davis singled

one run and a 5-8 deficit. The fourth was the magic inning for both teams. In the top of the fourth, singles by Jimmy Singleton, Dudley Paul, Paul Brooks and Joe Small was enough for five runs and a 13-5 lead. In the bottom of the fourth, six walks, a single by Billy Gooding and a double by Rickey Bennett brought eight runs to tie the score at 13-13. It took the top of the sixth inning for the Rattlers to prevail when singles by Jimmy Singleton, Ken Stembridge, and Timmy Day and a triple by Keith Paul gave the Rattlers a 19-13 lead over the Red Sox. Reelsboro failed to score in the bottom of the sixth and the Rattlers breezed by the Red Sox with a 19-13 margin. The

The winning pitcher was John Boyd. Losing pitcher was Terry

> state and national levels. Leadership development and skill training through vocational agricultural courses prepare high school students for careers

> as well as citizenship. In other district and federation contests the Mechanics Team comprised of David Linton, Jeff **Riggs and Jeff Potter won third** place in district and first place in federation. The Forestry Team made up of Kenny Holton, Timmy Prescott, Charles Smith and Bobby Harris won first place in federation and the Livestock judging won first place in federation by Robbie Sadler,

> Bruce Smith and Larry Stembridge. The Pamlico County FFA Chapter placed first in the district BOAC (Building Our American Communities) competition. Forty-five members received the Green Hand degree and seven received the chapter degree. One honorary chapter

water or with the cooking liquid in which they were heated for packing, Remember to leave "headspace" for one inch. Knife out air bubbles and seal your Then process food, following the recommendations in your favorite canning book. Do remember that low acid

Davis

sons, Harry W. Rolison of Funeral services for George Cayton Davis, 77, of New Bern were held June 4 at 3 p. m. at **Calvary Pentecostal Holiness** Church with Rev. Lester C.

Jarrett officiating. Burial was in Greenleaf Memorial Park. He is survived by two daughters, Mrs. Nell Thompson and Miss Marie Davis of New Bern; five sons, George L.Davis of Washington, Garland W.Davis of Arapahoe, Larry Lee and Herbert Davis of New Bern and W. D. Davis of Arapahoe; two

ly with a cuff that fits around the upperarm and a gauge which gives the reading. A reading of your blood pressure is usually taken each time you visit your doctor's office.

This reading is given as a frac- on the heart and you should contion. The top number, the sult your doctor.

JUNE'S

BEST RILY

be destroyed in the canning pro-Mix ginger, salt, pepper, cess and that could add up to food spoilage. Slice vegetables both sides of the chops in this dry and cook if using hot pack method. Pack vegetables into jars loosely enough for liquid to circulate between the pieces, but tightly enough to prevent waste minutes or until chops are of jar space. After you've packed the vegetables into the jar,

grandchildren and 4 greatgrandchildren. Sumrell

lim Davie

sisters, Mrs. Mary Towns end of

Lenoir and Mrs. Rena Bryant of

Petersburg, Va; one brother,

Funeral services for Alonzo Wilson Sumrell, Sr., 64 of Grantsboro, were held June 2 at 2 p. m. at Pollock-Lineberry-Wells Funeral Chapel in New Bern with Rev. William R. Heath officiating. Burial was in New Bern National Cemetery.

He is survived by his widow, Mrs. Estelle Squires Sumrell; one daughter, Miss Rose Sumrell of Grantsboro; five sons, Alonzo W. Summrell, Jr. of Macon, Ga., Jack Sumrell of Oklahoma, Robert and Mitchell Sumrell, both of Alexdria, Va. and Jeff Sumrell of the home; his mother, Mrs. Alice Sumrell of Grantsboro; three sisters, Miss Jenny Sumrell of the home, Mrs. Nellie Roberts of Arapahoe and Mrs. Nancy Caraway of Florence; one brother, Bonner Sumrell of Grantsboro; six grandchildren. Rolison

Funeral services for Charlie Herman Rolison, 73 of Florence, were held June 4 at 2 p.m. at Will Keep Beard-Ralph Monk of near Bayboro, has opted to keep his full beard for the summer. "I don't find it too hot and Concord Christian Church with Rev. Mike Scott . Burial was in the church cemetery. He is survived by one daughter, Mrs. Thomas F. Harrington of Buie's Creek; two

Notice Of Sale Of Tax Liens **On Real Estate For 1976 Taxes** Oriental, N.C. Pamlico County

the Tax List in my hand for collection of 1976 The Town Board of Oriental, North Carolina J sale at public auction to the highest bidder for on to the highest button on to the highest button as leven a sale at public and a sale at public and a sale at public at the Town Hall in Oriental, is a sale at the Town Hall in Oriental at the Town Hall in Oriental, a sale at the Town Hall in Oriental, at the Town Hall he hour of ns of said ock A.M. or yy on real property 105-3 for said year, G.S. 105-3 for sa erty in said Town of each payer owing 1.8. 105-369 (d). The name of each tax-or said year which are a lien on rea-bion of the land listed in the name

Eula Mae Basnight Tax Collector for Town of Oriental.

Raynor)

harles E. Bray, Jr. Heirs 89.28	Louis Houston
nice Berline	William Smith) 64.52
corge Henry Green 28.02	Temple Mozell
ondrous Green 25.52	John B. Perry 15.71 George Mac Thomas 20.37

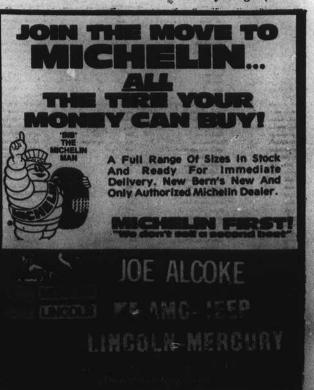
membership was presented to Mrs. Annie Williams. The awards program and cookout concluded the local chapter's 1976-77 activities

New Booklet Pictures Conserva tion Practices

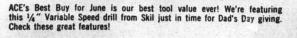
The Soil Conservation Service has prepared a new full-color booklet, "Conservation in North Carolina," which illustrates proven conservation practices that have wide applicability in the state, it was announced today by by State Conservationist, Jesse L. Hicks of Raleigh.

The 16-page booklet, prepared by the Resource Conservationist staff in North Carolina, uses words and photos to illustrate a dozen techniques for controlling erosion and sedimentation, protection of soil resources, and good agriculture practices. It is available without charge from any Soil Conservation Service office or through local soil and water conservation districts.

The federal conservation agency, part of the U.S. Department of Agriculture, has offices in every North Carolina County. Technical assistance on rural or urban conservation measures is avilable from SCS offices, as well as objectives of programs carried out by the agency.



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Vandimere, Oriental **Rebound For Strong Victories**

by C. Ray Dudley doubles by Lester Squires, Vandemere has had trouble Anthony Jones, and Frankie Cox against Arapahoe and now faced along with seven walks was a strong hitting, weak pitching enough for nine runs and a 16-5 Stonewall team. In the top of the lead. Stonewall couldn't keep up first a double by Anthony Jones in their 16-5 loss to Vandemere. brought in Earl Sawyer for a 1-0 Lamont Fisher was the winning lead. Stonewall failed to score in pitcher for Vandemere while the bottom of the first despite Steve Carey was tabbed with the Diane Jones's hard hit single. In loss for Stonewall. the top of the second, Frankie The last time Oriental and Cox and Jackie Sawyer doubled

Grantsboro met Oriental gave followed by a phenomel the Rattlers a big surprise. This homerun, in fact a grand slam time it was the same thing as homerun by Lamont Fisher. **Oriental surprised Grantsboro** After all of the action had by a score of 9-2. In the top of the

cleared, Vandemere had six second, John Jones singled along runs and a 7-0 lead. In the bottom with two errors which brought in of the third, Steven Carey four runs. In the top of the third, started things off for Stonewall John Paul singled for one run with a double, followed by and a 5-0 lead. In the top of the singles by David Gaskins, Diane fourth, John Jones Jones and Tom Squires which

tripled.Grantsboro failed to was good for five runs and a 5-7 deficit. In the top of the third Vandemere had all but sealed heap the runs but got two runs for the final 9-2 margin. The winning pitcher was Mandwell the victory for Stonewall would come no closer. Singles by Lester Squires and Nat Brown, Taylor. Joe Small was credited with the loss

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