Extension Forum

By MRS. M.B. TAYLOR. me Economics Extension Agent THE TOTAL EXTENSION

It takes more than string to fly a kite. It takes more than cood to make a meal. It takes more than bricks to build a couse. And it takes more than a home to make a comemaker. All of the following items help make the total

Citizenship

The extension homemakers, young homemakers, senior citizens, and 4-H members have become actively involved in citizenship activities. Ten clubs participated in the Flag Day observance: 17 clubs participated in the Bicentennial Celebration; five homemakers served as jurors for superior court; 2,800 leaflets including a citizenship quiz were distributed in the county by citizenship leaders; 75 homemakers are members of civic organizations; one member is on the county school advisory board; 17 clubs encourage participation in the land use programs and county water project; five clubs participated in Farm City Week activities; and ten clubs assisted in recruiting participants for the nutrition program for senior citizens. Homemaking for the nutrition program for senior citizens. Homemaking is citizenship.

Education

The main extension homemakers' objective is to make he public more aware of the varied opportunities available them through the Extension Homemakers Association and its many special interest meetings and projects. This year, 17 clubs participated in the National Extension Homemakers Week Celebration; ten clubs participated in window displays; 15 members gave demonstrations in seeping with the Bicentennial Celebration; 35 "I Can Do It" tooklets were explained and distributed to young omemakers; ten nonreaders were recruited and recommended to participate in Adult Education Classes, workships, etc.; eight clubs participated in the bookmobile project; 15 homemakers volunteered to assist with transportation problems of the senior citizens; 15 clubs participated in the Lap Reading Program; and ten educational tours were planned and carried out. In addition to these involvements, monthly newsletters were planned and published and homemaking information was publicized hrough local newspapers and radio.

Family Life and Youth

There were many outstanding accomplishments made in

family relations this year: ten clubs promoted classes in hild development; ten clubs assisted other agencies in etermining the needs of the aging; six members served on the Area Advisory Board for that group; two homemakers purchased the Parent Effectiveness Training Book; 15 clubs assumed a 4-H leadership role; five members attended a meeting of the family life council; five clubs participated in the marriage enrichment program; five clubs participated in the telephone reassurance project; ten clubs observed Senior Citizens Month; 15 window displays were arried out; three exhibits by senior citizens were included in the six-county fair; many participated in the senior eitizen show and sale project; four educational tours were field by senior citizens; four family nights and cookouts were held; one annual day of fun was sponsored for family members; 63 attended the state fair and 93 attended the senior citizen banquet. The Reach One and Help One Pro-tect was also emphasized.

Health.

Many clubs and homemakers participated in realistic action health programs for the benefit of the individuals and the community. As a result, the following accomplishments were made: four club women reported having eye examina-tions; 17 clubs participated in the Red Cross, March of Dimes, Cancer Fund, Easter Seals, Heart Drive, Cystic Fibrosis, and Blood Bank programs; many supported the Girls' Haven project; 175 women had physical examinadions; 1500 pamphlets on drug abuse were distributed throughout the county; eight clubs conducted a clean-up and rat control campaign. Other activities included the entragement of health projects through 4-H clubs and emhasis on dental health.

Home Economics Families and individuals were encouraged to develop and make use of family living resources and educational oppertunities offered through Extension Home Economics program. As a result, the following accomplishments were

(See Extension Forum, page 7)

People On The Move

Mr. and Mrs. James Wilder spent the weekend in Nashville with their son and aughter-in-law, Mr. and Mrs. Ronald Wilder.

Mr. and Mrs. S.P. Toney. fr. and sons, Jamie and Chris, of Newport News, Va. Were weekend guests of Mr. and Mrs. W.C. Dozier. Mr. and Mrs. Haywood

Divers spent several days this week with their son-inaw and daughter, Mr. and Mrs. Gary Ross, in Raleigh. Roy Vickers, Jr. of Virginia Beach, Va. was a

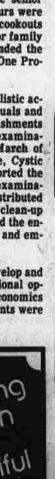
Virginia Beach, Va. was a weekend guest of his mother, Mrs. Royce Vickers, Sr.
Miss Doris Newton of Henderson spent the weekend with her parents, Mr. and Mrs. Robert Newton in Winfall.
Mrs. Edgar White and Maughter, Miss Eva White, were weekend guests of Mrs. Shelton White in Raleigh.
Mr. and Mrs. Fred Gregory and family of

Frequency and family of taleigh spent the weekend with Mrs. Royce Vickers.

Wayne Tarkenton, student it N.C. State University, taleigh, spent the Holldays with Mr. and Mrs. W.F.

Carroll Berry, Jr. of tlants, Ga. spent a few sys last week with his brents, Mr. and Mrs. Car-

Arents, Mr. and Mrs. Carall Berry, Sr.
Miss Virginia Tucker and
lian Elizabeth Tucker
laited relatives in
lymouth on Sunday,
Mr. and Mrs. Louis
achman of Chariotta





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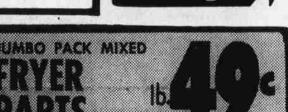
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BETTY CROCKER

ROLLS

COOL WHIP OUP

Braunschweiger 8 OZ. PKG. 59

OSCAR MAYER MEAT OR BEEF BOLOGNAPKG. 99°PKG. 69° \$149 MRS PAUL'S FROZ. LT. BATTER FISH

CHICKEN

90Z. 99¢ GAVE PILLSBURY



¢ ICE CAKE MIXES DIET

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KEEBLER COOKIES 121/2 OZ. YOUR CHOICE **FUDGE** STRIPS 1317 OZ. 89° DELUXE **GRAHAMS**





