

Green Thumb, State salutes older workers

What has a low rate of absenteeism, produces at a steady rate of output, is dependable, is accurate, is versatile, is rich in experience and judgment, and has a good record of health with few injuries? America's older worker, that what.

In the Albemarle area, the N.C. Green Thumb Program employs 45 workers over the age of 55 with public, non-profit agencies. These agencies include towns and counties, health and social service departments, recreation departments, day care centers, community centers and hospitals.

These agencies have discovered the value of the older worker, and working along with the local staff of N.C. Green Thumb, have improved the image of the older worker in the Albemarle.

Gov. James B. Hunt, Jr., has proclaimed the week of March 13-19 as National Employ the Older Worker Week in N.C. In his proclamation the governor stated that "N.C. recognizes older workers bring both ability and experience into the labor market and thus contribute to increased state and national

productivity."

Ernest B. Messer, Assistant Secretary of the N.C. Dept. of Human Resources' Division of Aging, joined the governor in urging business, industry and government to make a special effort to hire the older adult. "Age should not be a criteria for jobs," Messer stated. "Older workers have high performance rates and low absenteeism. Research has proven they generally perform as well as young workers and, in some cases, noticeable better."

Messer believes that older adults face continued job discrimination despite federal regulation which prohibits employers from refusing to hire or promote workers between the ages of 40 and 70 on the basis of age.

According to the latest statistics from the N.C. Employment Security Commission, approximately 1/4 of the more than 71,000 unemployment insurance claimants in the state were age 45 or over. On a national level, 1.7 million citizens over the age of 45 were unemployed in 1982.

Messer said that there are several prevalent myths about older

workers. These include the misconceptions that older people don't really want to work, and that they take jobs away from younger people.

"The fact is that many older adults want to work and need jobs to make ends meet," he pointed out. "A recent National Council on Aging survey found that 40 percent of workers over the age of 55 wanted to continue working part-time after retirement. Studies also show that older people who stay in the labor force don't limit opportunities for younger workers; they have special skills and usually seek or qualify for positions that younger people could not fill."

Messer said these myths suggest that the older worker is more of a burden than an asset, when evidence points to the fact that older workers are more reliable, less frequently absent and more responsible in job attitudes. "In addition they also show more care and precision in carrying out work assignments," he said.

The N.C. Division of Aging ad-

ministers Title V of the Older American's Act, a federal employment program for low-income older adults. The purpose of this community service program is to employ people 55 years of age and older whose income is 25 percent below the nation's poverty level. Currently Title V provides over 1,300 older North Carolinians with 20 hours of work each week.

For more information on the N.C. Green Thumb Program, contact Billy Wooten, Area Supervisor, N.C.-Va. Green Thumb, P.O. Box 43 Hertford.



Samuel Jennings

PCA promotes local native

Samuel E. "Eddie" Jennings, Jr. of Elizabeth City has been promoted by Albemarle Production Credit Association to Edenton as Branch Office Manager and Assistant Vice President of the Association according to Thomas J. Long, Jr., President of the Association.

Jennings is a native of Perquimans County and graduated from Albemarle Academy. He attended N.C. State University in Raleigh. He received his Bachelor of Science Degree in Agricultural Engineering in 1981 and a Bachelor of Science Degree in Agricultural Economics in 1982.

Prior to working with Albemarle Production Credit Association in Elizabeth City, Jennings was employed with B&S Enterprises, Inc. of Hertford. Jennings is married to the former Cindy Denton from Chinquapin.

School menus

March 21-25

Monday-Breakfast-first day of Spring assorted muffins, cereal, fruit or juice and milk. Lunch-barbecue-bun or fish portion, cornbread, cole slaw, French fries, fruit and milk.

Tuesday-Breakfast-apple strusel coffeecake, cereal, fruit or juice and milk. Lunch-taco or foot long hot dog-roll, lettuce and tomatoe, baked beans, potatoe wedges, fruit and milk.

Wednesday-Breakfast-cinnamon toast or cereal, fruit or juice and milk. Lunch-Tony's pizza or meat ball sandwich, corn, potatoe salad, cherry chrisp and milk.

Thursday-Breakfast-toast-jelly and grits, cereal, fruit or juice and milk. Lunch-sliced turkey or beef'n baconburger-bun, whipped potatoe, congealed salad, steamed cabbage, hot rolls and milk.

Friday-Breakfast-doughnut or cereal, fruit or juice and milk. Lunch-steakum or hamburger-bun, potatoe au gratin, lettuce and tomatoe, Mgrs. choice vegetable and milk.

For Mexican food lovers

Try enchiladas

I do not profess to be a connoisseur of Mexican food, but my daughter is an avid fan of the hot and spicy Mexican fare. Consequently, I have ventured into a few Mexican recipes and have discovered a version of Enchiladas that are excellent. I find it very similar to a Tacco, except for the fact that it is baked in a thick tomato sauce. Here's the recipe, with my variations!

Brown tortillas on both sides in oil. Drain. Do not let them become crisp.

Brown beef in garlic, salt and pepper.

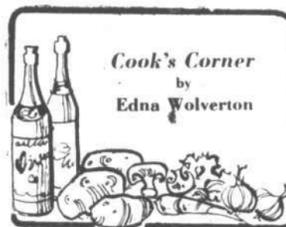
On each tortilla, place two tablespoons of beef, two teaspoons chopped onion, two teaspoons olives, and 1 1/2 tablespoon of the cheese. Roll the tortillas tightly.

Pour one cup of the sauce into a greased 15" x 10" x 1 1/2" pan. Place the rolled tortillas, folded side down, in the sauce. Spoon the remaining sauce on the tortillas and sprinkle with the remaining cheese.

Cover and bake for 20 minutes at 350 degrees.

SAUCE

- 1 med. onion, chopped
- 3 T. butter
- 1/2 green pepper, chopped
- 16 oz (2 c.) canned tomatoes (I use fresh canned, or fresh frozen tomatoes from last summer's garden)
- 1/2 c. water or stock
- 1 t. tabasco
- 1 T. chilli powder
- Saute onion and green pepper in butter until brown. Stir in the remaining ingredients. Simmer over low heat for 30 minutes.



ENCHILADAS

- 12 corn tortillas
- oil
- 1 lb. ground beef
- 1 clove garlic, minced
- 1 t. salt
- 1/4 t. pepper
- 1 lg. onion, chopped
- 1/2 c. ripe olives, chopped
- 3/4 lb. cheddar cheese, grated

Reorganize and obtain more space

By PAIGE L. UNDERWOOD Home Economics Extension Agent

Ever wonder how your measuring spoons find their way in the drawer that also contains spatulas, last week's mail, and the birthday candles? It may be disorganization, or it may be lack of space.

So find out, first if you need more space in the kitchen. Clean out closets, the pantry and other storage areas. Discard or give away those utensils and supplies that you don't use.

Stacking dinnerware and cup keepers, and single or twin turntables can also aid in cabinet cleanup. A trash bag and cleanup

caddy-or food wrap and broom and mop holder can be attached to doors. And you can use drawer dividers to organize utensils and silverware.

Senior Center calendar

The following is a list of activities at the Senior Center located on Grubb St. in Hertford.

March

- 17 Bible Study Class - 1-3.
- District 1-B Club Meeting held at Knobbs Creek Recreation Center in Elizabeth City. - 2.
- 18 Blood Pressures checked for Free - 9-12 and 2-5.

- 20 Tidewater Dinner Theatre Trip - Leave 3 P.M.; return 10:30 P.M.
- 21 Crochet Class - 1-4.
- Memory Lane Club Meeting - 2.
- 22 Place Resthome Retreat (Craft Hour) - 2.
- 23 Bingo - 2-4.
- 24 Bible Study Class - 1-3.
- 25 Blood Pressures Checked for Free - 9-12 and 2-5.

Service news

Dillard

Pvt. Janet L. Dillard, daughter of Junious D. and Hattie E. Zachary of Route 1, Hertford, has completed basic training at Fort Jackson, S.C.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

Her husband, Norris, is the son of Jimmy R. Dillard of Route, 1, Edenton.

The private is a 1980 graduate of Perquimans County High School in Hertford.

Manning

Sec. Lt. James Thomas Manning III, son of James T. and Rena L. Manning of Route 8, Greenville, has graduated from U.S. Air Force pilot training and has received silver wings at Columbus Air Force Base, Miss.

Manning is at Altus, Okla. for special training for which he will serve at Norton Air Force Base, San Bernadino, Calif.

His wife, Anne, is the daughter of Eldon and Ruth Winslow.

The lieutenant is a graduate of J.H. Rose High School and of N.C. State University.

Perry

Marine Lance Cpl. Scott G. Perry, son of Clifford P. and Becky Perry of Route 3, Hertford recently completed a Squad Leader's course, conducted by Division Schools, Camp Lejeune.

The four-week course was designed to train prospective squad leaders in the skills necessary to operate as a rifle squad leader. Students received instruction in leadership principles, fundamentals of patrolling, artillery and aircraft support and field survival.

Extension News

north carolina AGRICULTURAL EXTENSION SERVICE

By Paige Underwood

Then wash the remaining contents, if the items need a washing. And wash the shelves and interior cabinets. Replace those often-used supplies. Then, if more room is still needed, try some space-savers.

One idea is to use pegboard, which can hold anything from the measuring spoons to pots and pans, ladles, graters and salad tongs.

It's easy to hang that pegboard on walls above the work areas, or cut it to fit inside cabinets or doors. An alternative would be decorative hooks.

To further alleviate clutter, there are pot and pan, and pot cover racks and racks to hold pie, cake and muffin pans as well as platters.

Marriage announced

Mr. and Mrs. Edward S. Cahoon and Mr. and Mrs. James W. Belch announce the marriage of their children Heidi Jean Schoneboom and Noah A. Bunch.

The ceremony took place on March 5 at the home of the bride's parents. The Rev. Steve Wilson officiated.

The couple will make their home in Camden County.

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Public Announcement

Mayor Bill Cox of the Town of Hertford has announced that a public hearing concerning application for a grant from the Small Cities Community Development Block Grant Program will be held on March 21, 1983 at 7:00 p.m. in the Municipal Building.

The Community Development Block Grant Program is intended to benefit low and moderate income families or aid in the prevention or elimination of slums or blight by providing grants for public services facilities (water, wastewater, fire protection, etc.), housing rehabilitation, economic development activities, facilities for the elderly or handicapped, and a variety of other activities. This public hearing is being held in the preliminary stages of the application process in order to obtain suggestions, provide information, and respond to comments from the citizens of the Town of Hertford. All interested citizens are invited to participate in this meeting.

TRY CLASSIFIED ADS

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