

Oct. 21st is final application deadline for yearly youth grants

Youth groups and organizations that wish to implement projects for young people may be able to get the money they need.

Some \$6,500 per year is available to North Carolina organizations composed of youth, ages 13 to 18, who want to implement new programs that will benefit their peers. The mini-grants are being made available by the N.C. Youth Advisory Council (YAC) and average \$500 each.

October 21 is the application deadline.

For applications or information, in-

terested persons should contact the Youth Advocacy and Involvement Office, 121 W. Jones St., Raleigh, N.C. 27603-1334 or phone (919) 733-9296.

Applications will be screened by the State Youth Council Board of Directors when it meets Nov. 7 in Burlington and will be reviewed by the YAC before grants are made. The two councils are located within the Youth Advocacy and Involvement Office of the N.C. Department of Administration.

"I encourage young people and leaders of youth organizations to take

advantage of this opportunity to obtain funds for special youth projects," said Secretary of Administration James S. Lofton.

In addition to the mini-grant funds, a \$500 grant will be awarded this year to a rural community youth organization that wishes to implement an education welfare-oriented program for their peers. The additional money has been contributed by Imasco U.S.A. of Rocky Mount.

Applications are accepted three times during the fiscal year. The next deadline will be Jan. 8, 1988.

USDA publishes final rules for conservation provisions

The U.S. Department of Agriculture has issued final rules clarifying the requirements of the conservation provisions of the Food Security Act of 1985.

Under the conservation provisions of the act, farmers can retain eligibility for USDA program benefits by installing a conservation plan on highly erodible cropland and by not converting wetlands.

Deputy Secretary of Agriculture Peter C. Myers said the rules, which were published in the Federal Register September 16, clarified definitions of highly erodible land, wetland, and converted wetland. They also say that although plowing alfalfa, legumes, or other grasses in a crop rotation is considered sodsubstituting, the rotation may be an acceptable conservation system. However,

farmers need to have the rotation approved by the local conservation district before plowing. Also, certain crop acreage bases may now be exchanged for high residue crops if called for in an approved soil conservation plan.

The final rules amend interim rules published June 23, 1986. USDA received 8,400 comments in 2,696 letters on the interim rules, Myers said.

Still out for public comment is a rule dealing with what is considered an acceptable level of soil erosion reduction. This issue was addressed in an amendment to the interim rule on June 27, 1987, and will be resolved later this fall.

"Our goal is to implement these provisions in such a way as to balance the concerns for both agriculture and the environment," Myers

said. To remain eligible for USDA program benefits, farmers must have a conservation plan for highly erodible cropland by January 1, 1990. It must be fully implemented by January 1, 1995.

Myers said that farmers who have questions about the effect of the rule changes should contact their local Soil Conservation Service or Agricultural Stabilization and Conservation Service office as soon as possible.

"We will do our best to help farmers and ranchers develop conservation plans and systems that are realistic and practical," SCS Chief Wilson Scaling said. "The sooner they ask for help, the sooner we'll be able to assure that they will remain eligible for program benefits."

4-H programs in North Carolina

Some 100,000 Tar Heel youngsters are currently participating in the North Carolina 4-H program.

About 70 percent participate in 4-H through special interest groups and the others are enrolled in community 4-H clubs and independent study.

About 62 percent live in rural non-farm areas and in towns with less than 10,000 people, about 25 percent live in the suburbs, larger towns and cities, and 13 percent of the 4-H'ers live on farms.

In community 4-H clubs, the 4-H'ers elect their own officers and plan and conduct their monthly meetings under the supervision of volunteer leaders. Meetings are held in

community buildings and members' homes.

Special interest groups learn specific subject matter, such as bicycle safety, photography, fire safety, horses, cooking and sewing. Four meetings or a minimum of six hours of instruction are suggested.

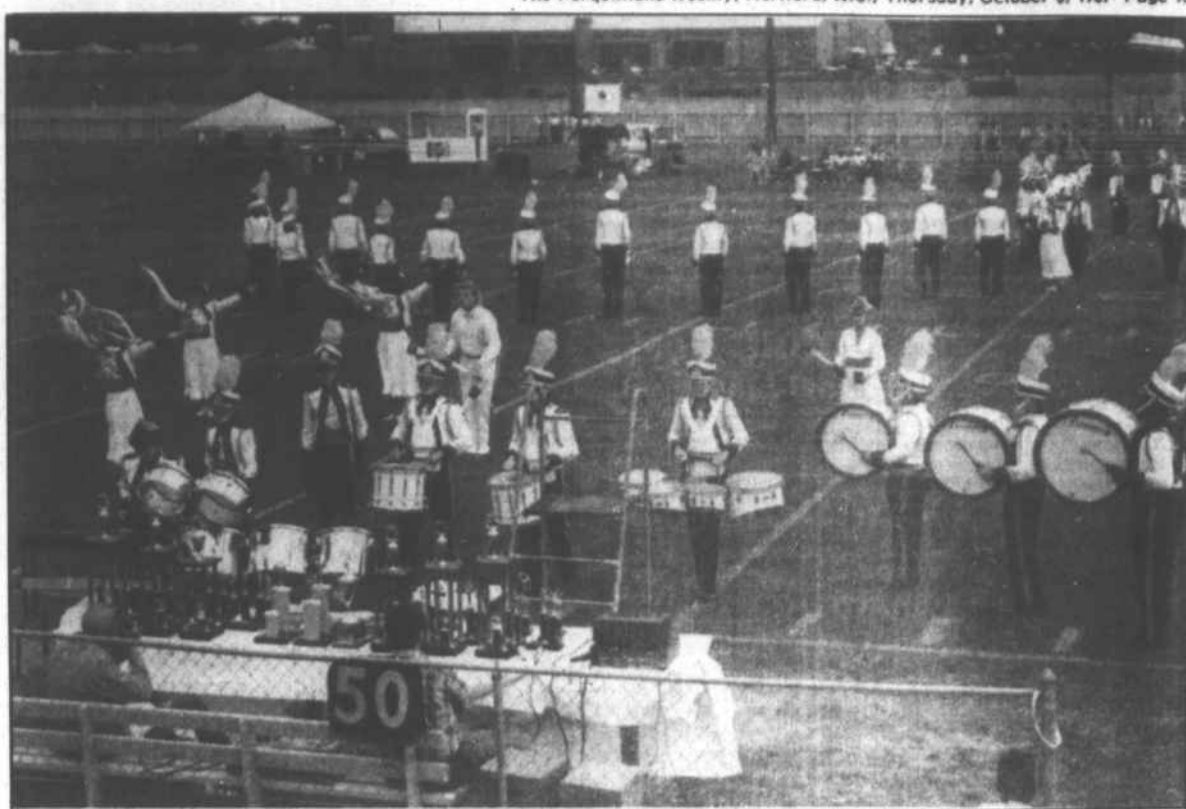
Project work is an important part of the 4-H program and opportunities are offered in more than 50 categories of subject matter. Some of the most popular projects are foods and nutrition, safety, animal science, energy, hobbies and collecting, health, and horses and ponies.

More than 25,000 volunteers—adults and older teens—serve as

community club, special interest group and project leaders in the 4-H program.

The 4-H program is conducted by the Agricultural Extension Service at North Carolina State and A. & T. State Universities with the aid of county governments and the U.S. Department of Agriculture.

In each North Carolina county, a professional Extension staff conducts educational programs pertaining to the production and marketing of agricultural and other natural resource products, home economics, 4-H and community resource development.



The Perquimans County band is seen as they performed during Saturday's "Peanut Festival" in Edenton. The band received several honors including: 1st place band, class A, 1st place percussion line, 1st place drum major, 1st place rifle, and 3rd place flags. The band will compete in their next competition on October 17th in Chesapeake, Virginia.



Local farmers improve water quality

Perquimans County farmers are aiding in the improvement of area water quality, reports John Myers, District Conservationist for the Soil Conservation Service. In the past year, 28 water control structures were installed in Perquimans County. These structures, which help control the runoff on over 4,000 acres,

were installed through the N.C. Agricultural Cost Share Program.

It is estimated that water control structures keep 10 lbs. of nitrogen per acre of cropland watershed from entering the rivers and sounds. Phosphorus is also tied up and sediments have time to settle out. Farmers may

also see some added benefits from controlling runoff in terms of increases in soil moisture and availability for crop production.

For more information contact your local Soil Conservation District office at 104 Dobbs Street, Hertford, N.C. or phone 426-5545.

Fun fall festival is scheduled

Perquimans County Central School will be having their annual Fun Fall Festival, Saturday October 10, 1987 from 10:00 a.m. til 3:00 p.m.

All kinds of activities are planned

for the day. There will be games, a toy store, train rides, face painting, a country gift store, clowns, baked goods and even a haunted house. Fire trucks will also be on display. Ham-

burgers and hotdogs will also be for sale. The festival is sponsored by the PTA. Hope to see you there!

Heart stroke club meeting set

The Heart Stroke Club will meet October 15, 1987 at Guardian Care in Elizabeth City at 2:30 p.m. Sam

Jones from Albemarle Mental Health will speak on "How to Cope After a Stroke". This group is for victims

and family members of heart attacks and strokes. Please make a point of joining us.

Smith wins turkey cook-off

The aroma of turkey being prepared and cooked on the grounds at the Hoke County Library in Raeford captured the attention of passers-by and visitors to the third annual NC Turkey Festival recently and lured a crowd of curious spectators to the Sixth Annual NC Turkey Cooking Contest. The turkey recipes prepared by the five contestants in competition were chosen from several hundred recipe entries submitted during the past year to the NC Turkey Federation, sponsor of the annual culinary event.

The turkey cook-off followed opening ceremonies of the Turkey Festival at the Hoke County Library and was preceded by an interesting seminar on "Turkey Magic," presented by Teresa J. Farney, Director of Consumer Affairs with the National Turkey Federation in Reston, Virginia. Ms. Farney's seminar gave viewers new ideas for utilizing turkey in menu-planning and offered enlightening ways for serving turkey products with ease and flair.

Working "turkey magic" is also one of the objectives of NC's turkey industry. The industry sponsors its annual cook-off to collect interesting new recipe ideas for turkey parts and deli items, as well as to acquaint the consumer with many new versatile, nutritious, economical and time-saving turkey products on the market today.

The winner of this year's competition and the \$500 first prize was Katherine P. Smith a resident of Perquimans County. Mrs. Smith's winning recipe was "Turkey Royal".

The NC Turkey Cooking contest is the only known statewide turkey cook-off in America and has become a model for other commodity groups seeking to use the "contest concept" as a means of promoting its products.

Mrs. Smith has been cooking for the enjoyment of her family and friends for many years, and has won several other cooking contests in recent years.



Katherine Smith

1 tablespoon soy sauce
1 teaspoon seasoned salt
¼ teaspoon pepper

1 can (1 lb.13 oz.) peach halves, drained; reserve syrup
1 can (10 ¼ oz.) condensed cream of chicken soup, divided
1 8 oz. carton sour cream
½ teaspoon curry powder
¼ teaspoon ginger
¼ cup flaked coconut
Sprigs of fresh mint or parsley

Combine cereal, cheese, poultry seasoning and peanuts; reserve 1 cup for topping. Combine remaining cereal mixture, turkey, onion, soy sauce, seasoned salt, pepper, 1-3 cup peach syrup and 1-3 cup undiluted soup. Mix well. Shape into 8 patties. Set aside. Combine remaining soup, sour cream, curry powder and ginger. Spread in bottom of a 13x9x2-inch baking dish. Arrange turkey patties in baking dish. Top each patty with peach half, cut side down. Add coconut to reserved cereal mixture. Sprinkle over each portion. Bake at 350 degrees F. 40 to 45 minutes. Garnish with mint or parsley. Serves 8. end

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Walker joins area funeral home recently

Larry Swindell of Swindell Funeral Home is pleased to announce the hiring of Thomas W. Walker to the staff as a licensed Funeral Director and Embalmer. Walker's job will include serving area families in all aspects of funeral service.

Tom, 39, comes from Siler City, where he worked for Smith-Buckner Funeral Home for the past 23 years. He is joined here by his wife, Jean, daughter Tracy, 14, and sons, Tommy, 18 and Todd, 13. They will make their home at 506 Pennsylvania Avenue. Walker's activities have included the Baptist Church, Lions Club and Rotary Club.



Tom Walker

Don't be a heart breaker



Stop smoking.

WE'RE FIGHTING FOR YOUR LIFE

"Just Say No" Clubs Positive Peer Pressure for a Drug-Free America



- Fact:** Most American youth have used illegal drugs by the time they are seniors in high school. Kids in rural areas are only slightly less likely than the urban ones to use drugs. In some areas, the rate of drug use among country kids actually exceeds that of city kids.
- Fact:** Children today are using drugs at a younger age than ever before. A substantial and growing number of grade-school students report being pressured by their friends to use drugs. The earlier the age at which kids begin experimenting with drugs—including alcohol and tobacco—the greater the chance they will develop serious drug problems later on.
- Fact:** One of the main reasons young people use drugs is peer pressure. Peer pressure intensifies most at the point in kids' lives when they are most susceptible to the influence of friends—around the time they enter junior high.
- Fact:** "Just Say No" Clubs are groups of children, 7-14 years old, who are united in their commitment to resist peer pressure and say No to drugs. The Clubs strengthen members' resolve through a variety of research-based educational, recreational and service activities. Kids join "Just Say No" Clubs for the support they offer, for the fun and excitement, for the chance to make a positive difference in the world. They know that together they can create a new kind of peer pressure—peer pressure to remain drug-free. But they need your help. To learn more about "Just Say No" Clubs and what you can do to help, fill out the form below and mail it to:

"Just Say No" Clubs (AG)
1777 No. California Blvd., Suite 200
Walnut Creek, CA 94596

Please send me information about "Just Say No" Clubs.

Name _____
Address _____
City _____ State _____ Zip _____

Check one: Adult Youth If a youth, your age _____
If an adult, your school, organization or agency affiliation, if any _____

Newspaper in which this ad appeared _____ Date _____

end
TURKEY ROYAL
1 cup crushed corn flakes
1 cup (4 oz.) shredded cheddar cheese
1 teaspoon poultry seasoning
½ cup peanuts, chopped
1½ pounds ground turkey, uncooked
¼ cup instant minced onion