

## Educational expenses rising

Raleigh—A recently released survey by the College Board has some good news and some bad news for those anticipating educational expense. The survey shows that, on average, the total annual cost of attending college will rise 5 to 8 percent in 1987-88. The good news is that there will be some \$21 billion in public and private financial aid available during the period.

The news is even better for North Carolinians, for College Foundation Inc. (CFI), the central lender for student and parent educational loans, has ample funds to meet the needs of eligible students during the 1987-88 academic year.

North Carolina full-service banks and other investors provide funds which are administered by CFI, and insured by the N.C. State Education Assistance Authority. North Carolina residents may apply, even if they attend college out of state. Out-of-state students may apply if they attend college in North Carolina.

N.C. Insured Student Loans are for dependent or independent students and are based on financial need. N.C. Supplemental Loans for Students are for independent self-supporting students and are not based on financial need. N.C. PLUS Loans are for parents of dependent students and are not based on financial need.

The survey showed that 1987-88 tuition and fees at 4-year colleges will average \$1,359 at public institutions and \$7,110 at private institutions for increases of 6 and 8 percent, respectively, over 1986-87. Tuition and fees will average \$687 at public 2-year colleges and \$4,058 at private 2-year colleges for increases of 5 and 6 percent, respectively. College Board derived the averages from the 1986-87 and 1987-88 cost and enrollment data that 69 percent of the nation's colleges provided the Board.

CFI suggests current college students having financial difficulties to talk with the financial aid officer at

their college. It encourages high school students to inquire about financial aid at the educational institution of choice, and not to be put off by higher-priced institutions. The higher costs, when measured against family income, may increase the amount of funding for which a student is eligible.

Families who anticipate educational expenses beyond their income capacity are advised to start investigating sources early. Students and their families may not have to bear the full dollar measure, thanks to loans, scholarships, grants and work programs.

Persons interested in more information on student financial assistance should contact the financial aid offices of their colleges. For more information about educational loans available through CFI, students or parents may write College Foundation, Inc., P. O. Box 12100, Raleigh, N.C. 27605 or call 919-821-4771.



Members of the county homemakers extension clubs who attended the recent council meeting are left to right: Paige Underwood, Area extension agent, Nancy Madre, Emma Burke, and Clara Scofield. Not pictured is Thelma Rogerson.

## Our weekly constitution corner

### CONSTITUTION CORNER

by Charles W. Lowry  
D.Phil. (Oxon), D.D.

July is a notable month in political history. July 4 is American Independence Day. July 14 is France's Bastille Day. Last week in this Corner we hailed July 16 as the birthday of The Great Compromise that made possible the Constitution of the United States.

Something else happened in that same July 1787 of enormous import for the fledgling Republic. There was, of course, a functioning constitutional Government. It may not have functioned very well. But it was there in place. Its name was "The United States in Congress Assembled." This Confederation Government was hobbled by the over-balancing power of the States, but it did have to its credit some real achievements.

Of these was the Northwest Ordinance, which became law on July 13, 1787. It was charter of government for the extensive Northwest Territory. It was directed to the same problem the British King and Parliament had faced prior to the American Revolution—how to deal with colonial peoples. The solution proposed was one of evolutionary stages. The first stage was rule under a Governor and a Court appointed by Congress. There was also an appointive: Secretary of the Territory.

The second stage was to be reached when there was a population of 5,000 free male inhabitants of full age. They would then elect a representative general assembly. The third stage was when a territorial district (three were envisaged, with five the limit) grew to contain 60,000 free inhabitants. It could then be admitted as a State, enjoying full equality with the original Thirteen States.

It is notable that the Ordinance guaranteed freedom of worship and religious belief, habeas corpus, trial by jury, and the rule of the common law. Slavery was banned. In providing for schools a pronouncement of vital importance was made. It read: "Religion, morality and knowledge, being necessary to good government and the happiness of mankind, schools and the means of education shall forever be encouraged." This tells us something fundamental about the mind of Americans at founding time. It undoubtedly throws light upon what the "First Amendment" meant and did not mean to its authors (two years later).

In general, the Northwest Ordinance can be seen as being both a champion of the republican principle of representation and a forerunner of the Bill of Rights. Five great States, Ohio, Indiana, Illinois, Michigan, Wisconsin came into the Union under the aegis of this Ordinance.

## Georgia brothers cook up x-mas treats

CHARLOTTE, N.C.—Little Jack Horner would love to sit in the corner of Klaude's Kitchen in Fayetteville, Ga. A quick look tells you he could stick his thumb into any one of the divine smelling jars and pull out big chunks of not just plums but lots of other good stuff.

Klaude's Kitchen is owned and operated by two brothers—Claude Leasman and Albert Pence (they have the same mother but different fathers). Claude and Albert manufacture such wonderful sounding English conserves as Orange Pineapple with English Walnut and Pecan, Peach Pecan, Plum with American Black Walnut, Cherry Peach with English Walnut and Pecan.

Klaude's Kitchen and all its fabulous jars of goodness will make its first appearance at the SOUTHERN CHRISTMAS SHOW, November 12-22 at the Charlotte Merchandise Mart.

The difference between jam and conserves, according to Claude, is that conserves are thicker. And conserves from Klaude's Kitchen would do credit to a queen's table, with huge chunks of plums and peaches, and conserves don't run off the knife or spoon.

The brothers also manufacture relishes such as Klaude's Cajun Hot Relish, Klaude's Ravishing Relish and Klaude's just-for-Martinis Relish, which is a combination of mushrooms, carrots, onions, string beans and olives.

At the show Klaude's Kitchen will be easy to spot. Just look for the bright striped red and white canopy

and two jolly gentlemen in Christmas attire who look like they've enjoyed their own good food for some years. They'll be handing out tasty samples to passers-by.

You might ask about the cost of sampling to some 100,000 visitors. "Oh, it's the best advertising we do," says Claude. "Once folks taste any of our products, it's mighty hard for them not to carry some home!"

Another give-away that you're at Klaude's Kitchen is the way the jars are wrapped. Each one looks like it came from a Currier and Ives picture or a Shakespearean kitchen. Do some people buy them just for the packaging?

"Sure!" laughs Claude. But in case you like what's inside, a recipe for their famous remoulade sauce for shrimp, crab or lobster follows.

While these two happy fellows might look like just a couple of guys who like to cook, don't let that benevolent appearance fool you. You are looking at two sharp businessmen. They now sell their product in 38 states and in Japan. What's next, you might ask?

"The SOUTHERN CHRISTMAS SHOW! This is going to be our biggest undertaking. Twelve days of sampling, smiling, making people happy and sharing our recipes. We're excited!"

While Klaude's Kitchen is sure to be a hit, there'll be lots of other tempting attractions for food lovers. Mr. Knight is back with his sinfully delicious chocolates. The smell of Helmut's Strudel will be hard to re-

sist. Stegall's smoked turkeys, Moravian sugar cookies, Warrenton plum puddings, plus nuts and cheeses, cookies and Christmas calories galore.

There'll also be cooking clinics each day and free copies of Edie Low's Charlotte Observer cookbook will be handed out.

And if cooking or eating isn't your thing, you can check out hundreds of crafts, dozens of decorated trees, tiny rooms, a doll house section, a model railroad in action, Old Towne with its holiday trim and a host of other features, including Santa Claus himself.

Hours for this 20th annual show are 10 a.m. to 9:30 p.m. weekdays and Saturdays, and 10 a.m. to 6 p.m. on Sundays. Admission is \$4.50 at the door, \$4.00 in advance, \$3.50 for groups of 30 or more. Student admission is \$2.50 and children under 6, excluding groups are free. For more information call or write: SOUTHERN CHRISTMAS SHOW, Box 36859, Charlotte, NC. 28236. Tel: 704-576-6594.

Recipe: REMOULADE SAUCE FOR SHRIMP, CRAB OR LOBSTER 2 Tbsp. of Klaude's Cajun Hot Relish 1/2 C. Ketchup

2 Tbsp. Dijon mustard  
1 Tbsp. lemon juice  
Dash of Tabasco sauce  
Ground black pepper to taste  
1/4 C. Mayonnaise

1 Tbsp. minced onions  
Combine above and refrigerate for three hours before serving.

This is one of six recipes prepared for Klaude's Kitchen by Cristy Helps for Better Homes and Gardens.

## Information on standard plants

### STANDARDS

N.C. Botanical Garden

Gardeners interested in creative flower growing may want to consider making a standard plant, say botanists at the N.C. Botanical Garden at the University of North Carolina at Chapel Hill.

Standard plants, an interesting sculpture form, are described in horticultural books as plants "trained or grafted to have a simple, erect, tree-like stem."

The most successful species recommended for this "horti-sculpture" are coleus and lantana, but crown of thorns, lemon geraniums, rosemary and other herbs, all plants that form strong woody main stems, do as well.

Standard plants need good sunlight and continuous pruning.

The key to growing standards is to stake the main stem and snip off the side branches to encourage upward growth. When the desired height is reached, pruning and pinching the leafy top is necessary to develop a full crown.

The process takes little time. For instance, lemon geraniums will grow to be 3 feet tall in three years, but coleus blumei can reach 3 1/2 feet in one year.

The sculptures are long-lasting plants. Lantana standards have been known to grow for 50 years and have even been handed down as family heirlooms. Many coleus standards have lived more than 20 years.

To start a standard plant now that will bloom in late summer, take several 5-inch cuttings of the plant and

root in moist vermiculite. When well-rooted, place in 4-inch pots containing one-third each vermiculite or sand, potting soil and peatmoss. Tie each plant's main stem to a stake and examine them often to ensure that they will not cut into the stem as it grows.

Let the side leaves grow initially, since they will convert sunlight into food needed by the plant for strength. Remove the lateral shoots that might turn into branches, however. These shoots usually grow in the axils between the leaves and stem.

## Correction

In the article Footnotes and Information on Triticale, which appeared in the November 5th issue, the first paragraph should have read:

TRITICALE is a non-program crop for the 1987-1988 crop year. This

means it can be planted on the same acreage soybeans or vegetable crops are to be grown. It can NOT be grown on CU land according to ASCS Directors.

We regret this error.

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## To The People of Hertford

I would like to thank all the people of Hertford who voted in the Nov. 3rd's election. A special thanks to those who voted for me. Your support of me was greatly appreciated. Please give the mayor and our town officials your total support in working for the Town of Hertford. If you have any suggestions or ideas, please make them known to the town council.

Sincerely,  
W.A. "Bill" White

## County extension homemakers attend annual council meeting

Four members of the Perquimans County Extension Homemakers Association attended the annual council meeting of the North Carolina Extension Homemakers Association, October 14-15 in Charlotte.

Thelma Rogerson, Clara Scofield, Nancy Madre and Emma Burke were among more than 450 club women participating in the state council conference at the Woodlawn Holiday Inn. They represented more than 23,000 members statewide.

Theme of the event was "Communicating Pride and Image". To compliment the theme, Golden Key Clubs were recognized. Two outstanding leaders from each of six Extension Districts received engraved silver trays as A & P Leadership Award Winners. Winners include: Delores S. Ferrell, 1814 Turners Avenue, Elizabeth City, 27909, Pasquotank County and Nancy D. Madre, Route 5, Box 399, Hertford, 27944, Perquimans County.

The Extension Homemakers Association is dedicated to continuing adult education through programs in citizenship and community outreach; cultural arts; family relationships and child development; family management; health; housing, energy and environment; international; public relations and safety. Emma Burke was presented a certificate for 930 hours of Volunteer Certified Units.

## Golden Corral has a big heart

The Golden Corral in Edenton has a heart! Barry Kirby is announcing that they will be conducting a Sweetheart Salad Event. During the month of November Golden Corral will do-

nate 25 cents for each salad sold to the Chowan County Heart Association. Have a delicious and heart healthy salad and help your local Heart Association. You will be join-

ing in the battle against our Nation's Number One Killer - cardiovascular disease. The Chowan County Heart Association and Golden Corral are fighting for your life!

## Aids - a fatal disease outlined

Acquired Immune Deficiency Syndrome (AIDS) is a top priority for public health officials today.

The Perquimans County Health Department encourages everyone to be informed about this deadly disease that is caused by a virus. The AIDS virus damages the body's natural immune defenses against disease. People with AIDS develop life-threatening illnesses that do not affect persons with normal immune systems. No one with AIDS has ever recovered the lost immune function.

Since June of 1981, the Center for Disease Control (CDC) has received reports of more than 13,000 cases of AIDS and more than 6,500 (50 percent) persons have died from an AIDS related illness. At least 80 percent of persons diagnosed with the AIDS virus die within two years of learning of the disease. No AIDS patient has survived more than three years after diagnosis. As of March 1987, 156 cases of AIDS have been diagnosed in North Carolina, and 65 percent of these persons have died.

The groups of people who are at increased risk for infection by the AIDS virus are: homosexual and bisexual men; people who inject illegal intravenous (IV) drugs; persons with hemophilia; sexual partners of the above risk groups; and infants of high risk or infected mothers.

The virus is spread from one person to another in the following ways: sexual contact which involves the exchange of body fluids; sharing of infected needles and syringes among IV drug users; and transmission from infected mothers to their infants. It is important for the public to realize that the AIDS virus is not spread by casual contact. You won't get AIDS from germs in the air, shaking hands with an AIDS patient, eating food prepared by persons with the virus or sharing an office with an infected person.

The symptoms of AIDS are not always clearly evident. The incubation period for AIDS may range from a few months to several years and the symptoms may not show up for a long time. Early symptoms of infection by the AIDS virus may include

extreme fatigue, fever, loss of appetite and weight, white spots or unusual blemishes in the mouth, persistent dry cough, diarrhea, skin blotches, and swollen glands in the neck, underarm or groin area. However, keep in mind that these symptoms are similar to many other health problems.

Education has been identified as primary means in helping to prevent the spread of AIDS. Also, testing of high risk individuals is recommended as a preventative measure. The Perquimans County Health Department offers anonymous blood testing for those who like to be tested for the presence of AIDS antibodies. The presence of antibodies indicates that the person is a carrier of the AIDS virus. About 20 percent of those infected will develop full blown AIDS disease. Anyone who desires testing, needs to request the service and will be identified by a code number. Testing is done Monday-Friday, 9:00 - 11:00 a.m. and 1:00 - 4:00 p.m.

For more information about AIDS education or prevention, contact An-

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