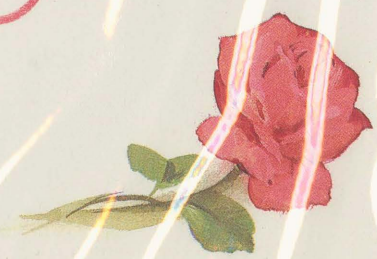


Greetings!

Welcome to a review of our activities from Oct 1, 1992 thru Sept 30, 1993





president
Gloria Puckett



vice president
Era Anderson



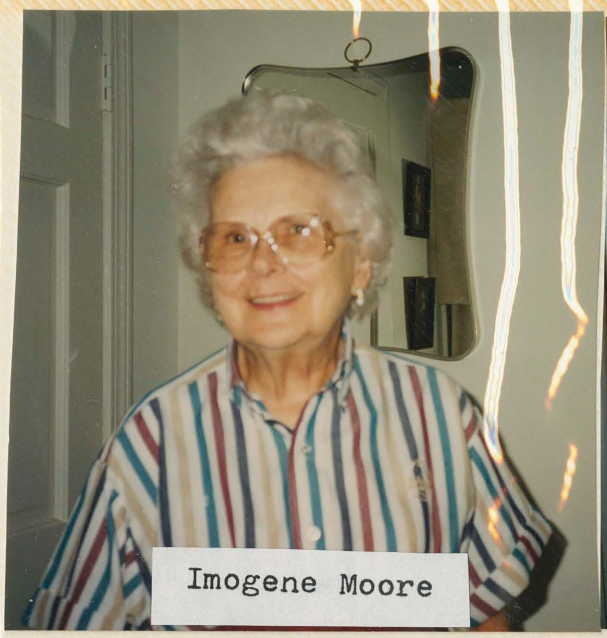
chaplain
Ella Haley



treasurer
Lillian Carpenter



secretary
Thelma McKnight



Imogene Moore



Sue Chandler



Marie Williams



Sylvia Wilson



Nell Hurst



Lois Hoover



Marjorie Brookshire

REMOVE STAINS PROMPTLY

Here's a handy guide to stain removal. Many ordinary spills and spots won't set (penetrate the fabric and chemically change into stains) if you attack them as soon as they happen.



- *Remove solid matter, such as food, by gently scraping it with a dull knife, a teaspoon edge, a nail file or a toothbrush. Allow mud to dry, then scrape it off.*







If you prick your finger while sewing and leave a tiny blood spot on your project, moisten a cloth or paper towel with cool water and press it against the spot until it is absorbed.

- *Absorb grease spills with flour, cornstarch or plain talcum powder (keep a small bottle in your purse). Sprinkle it on evenly and shake or brush it off when dry; repeat if necessary.*





- *Flush non-greasy spills from washable fabrics with cool water.*

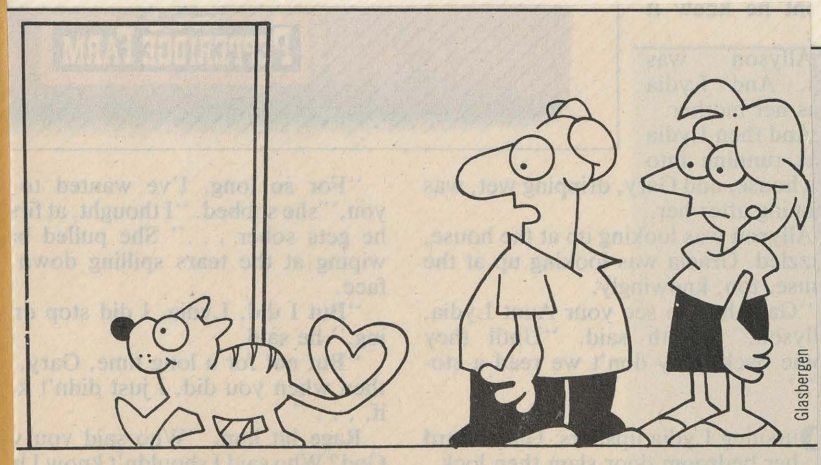


- *Blot liquid spills with a clean rag or cloth napkin. If cloth items aren't available, use a paper napkin (do not rub the fabric with a paper napkin; it will leave lint). For the best results:*
  - *Lay the affected area over a clean cloth.*
  - *Using another clean cloth to blot, lift the blotting cloth up and down to avoid spreading the liquid and blot from the center to the edges to prevent rings.*

Check the area after emergency treatment. If the spot is still there, re-treat it within the next day or two.

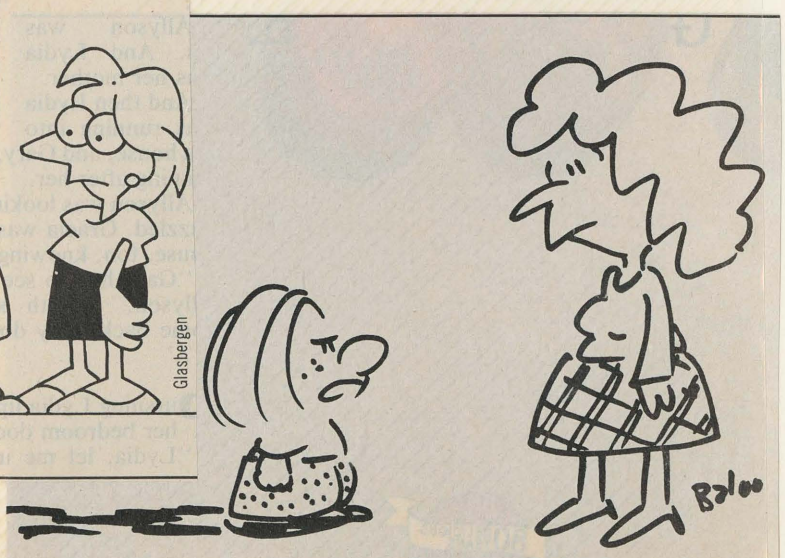
Source: Sew News/November 1992

Household hints can be of help in any home.



"I think Samantha is in heat again."

Humor is important in everyday living.



"So I tracked mud on the floor—I thought you liked ecology!"

North Carolina Extension Homemakers Association

HONOR CLUB

THIS CERTIFIES THAT THE

White Sulphur Springs Club

HAS MET THE REQUIREMENTS OF THE SURRY COUNTY COUNCIL OF EXTENSION HOMEMAKERS CLUBS

AND IS NOW ENTITLED TO THIS CERTIFICATE OF DISTINCTION.

October 26 19 92

Brenda M. Rose

Home Economics Extension Agent

North Carolina Extension Homemakers Association

This Certifies That

Members

of the White Sulphur Springs Club Surry County,

have compiled a Scrapbook for 1992.

October 26 1992

Brenda M. Rose

Home Economics Extension Agent

North Carolina Extension Homemakers Association

This Certifies That

Gloria Puckett, President

of the White Sulphur Springs Club Surry County,

is awarded recognition for excellent leadership skills.

October 26 1992

Brenda M. Rose

Home Economics Extension Agent

North Carolina Extension Homemakers Association

This Certifies That

Gloria Puckett

of the White Sulphur Springs Club Surry County,

has been awarded "1992 Feature Article", recipient.

October 26 1992

Brenda M. Rose

Home Economics Extension Agent

The Surry County Council
of
Extension Homemakers Clubs

PRESENTS THIS CERTIFICATE TO

Gloria Puckett

IN RECOGNITION OF THE OUTSTANDING LEADERSHIP

SHE HAS PROVIDED TO THE

White Sulphur Springs Club

October 26 19 92

COOPERATIVE EXTENSION HOME FAMILY COMMUNITY SERVICE E·H

PRESIDENT, E. H. COUNCIL

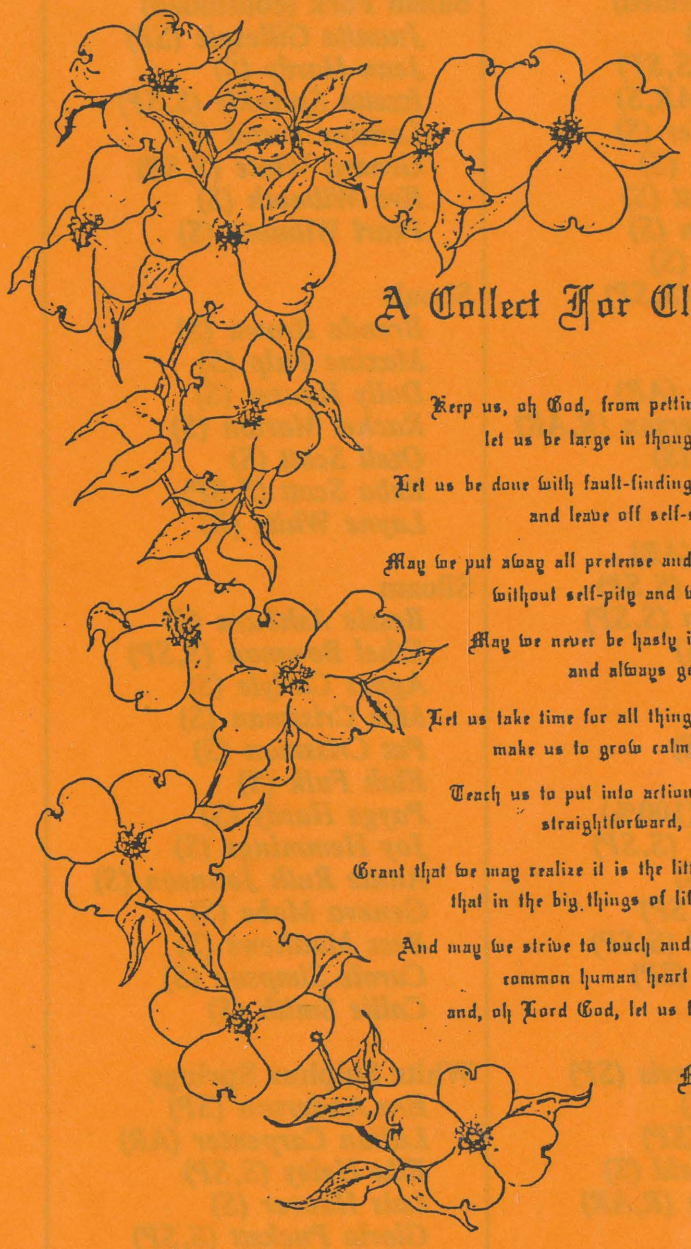
Brenda M. Rose

EXTENSION AGENT

SURRY COUNTY COOPERATIVE EXTENSION SERVICE STAFF

P. O. BOX 324
DOBSON, NC 27017
386-9274 or 366-4424(Elkin)

NAME AND TITLE	RESPONSIBILITIES
Brenda M. Rose County Extension Director	Administration and CRD
Elaine Whitaker Asst. Home Economics Extension Agent	Total Home Economics Program, Expanded Foods and Nutrition Education Program (Liaison Agent), Extension Homemaker (Liaison Agent)
Carolyn B. Johnson Extension Agent, 4-H	4-H and Youth
Terry A. Garwood Agricultural Extension Agent	Home and Commercial Horticulture, Forestry, Small Farm Program (Liaison Agent)
T. Bryan Cave Associate Agricultural Extension Agent	Livestock (including Beef, Sheep, Horse, Poultry), Forage Crops, Farm Business Management
Timothy R. Hambrick Associate Agricultural Extension Agent	Pesticide Education, Field Crops (including Tobacco, Corn, Soybeans), Small Grains
Clayton P. Tilley Agricultural Technician	Small Farm Program (A&T State University)
Karen Caparolie 4-H Program Assistant	4-H and Youth
Beth Norman, Program Assistant Coleen Dollyhigh, Program Assistant Fern Evans, Program Assistant Pauline Rawley, Program Assistant	Expanded Food and Nutrition Education Program (EFNEP) Youth Adult Adult Adult
Linda P. Kidd Administrative Secretary	Work assignment; Administration and CRD (Brenda Rose)
Denise W. Brown Extension Secretary	Work assignment; Home Economics, Agricultural and Natural Resources (Elaine Whitaker and Bryan Cave)
Faye W. Ireland Extension Secretary	Work assignment; 4-H and Youth and Agricultural, Natural Resources (Carolyn Johnson, Terry Garwood, and Tim Hambrick)
George Stancil Area Specialized Agent	Swine - Housed in Wilkes County (Works Surry) Dairy



A Collect For Club Women

Keep us, oh God, from pettiness;
let us be large in thought, in word, in deed,

Let us be done with fault-finding
and leave off self-seeking.

May we put away all pretense and meet each other face to face
without self-pity and without prejudice.

May we never be hasty in judgment
and always generous.

Let us take time for all things;
make us to grow calm, serene, gentle.

Teach us to put into action our better impulses,
straightforward, and unafraid.

Grant that we may realize it is the little things that create differences,
that in the big things of life we are at one.

And may we strive to touch and to know the great,
common human heart of us all,
and, oh Lord God, let us forget not to be kind!

Mary Stewart

FACT SHEET
EXTENSION HOMEMAKER STATE COUNCIL MEETING
OCTOBER 7 & 8, 1992
GATEWAY CONVENTION CENTER - ROCKY MOUNT

The following business was decided:

- **The budget was passed. Our state dues remain the same ($5.00 per person).**
- **A committee appointed in 1991 to consider changes and establish guidelines for scholarship recipient selection had no recommendations and needed more time. This issue will be decided in 1994.**
- **Funding to support a district "Delegate-at-Large" to our National Convention was deleted.**
- **Scholarship money of $50.00 per district per year to send a Young Homemaker to Eloise Cofer Family Living Seminar was deleted.**
- **Golden Key Awards (for membership recruitment) were eliminated due to minimal participation.**
- **Responsibility for the Cultural Arts Contest falls under Global Issues for 1993, but will be under Special Projects in 1994 and later.**
- **The name change was narrowly defeated. Although a vast majority of states have voted to follow the national example and change their name from Extension Homemaker Association to Association for Family and Community Education, North Carolina chose to remain Extension Homemakers. Of (140) possible votes, (76) were for the change and (56) against, falling short of the (98) votes required for a 2/3 majority.**

Alison

Respectfully submitted,
Alison Lewis, County Council President

db

TENTATIVE

1992 STATE COUNCIL AGENDA

Tuesday, October 6

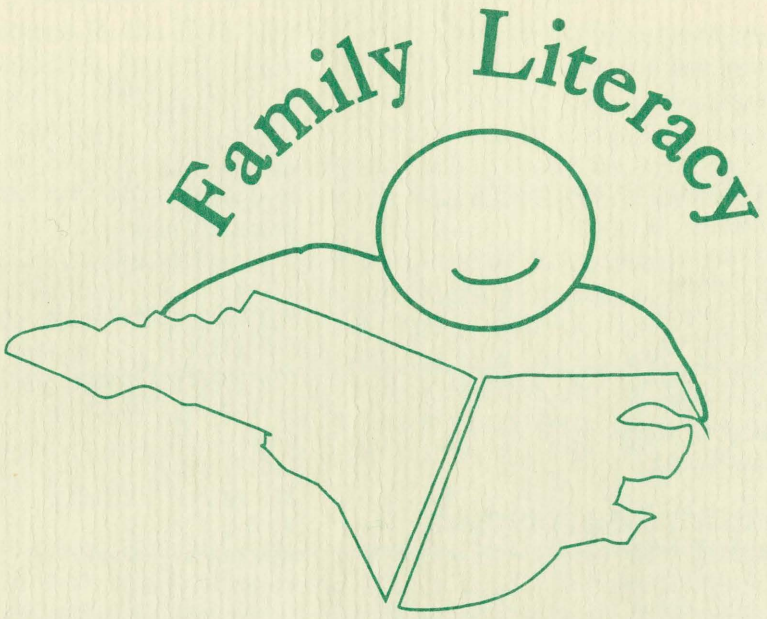
11:00 a.m.	NCEHA Executive Board
4:00 p.m.	Board of Directors Meeting
5:00 - 10:00 p.m.	Trade Show & Exhibits Set Up
6:00 - 8:00 p.m.	Registration
7:30 p.m.	Meet your Southern Region Director

Wednesday, October 7

6:00 - 8:00 a.m.	Complimentary Continental Breakfast
8:30 - 11:30 a.m.	Registration
9 a.m. - 6 p.m.	Trade Show
11:30 a.m.	Luncheon: Media Presentation, Play A & P and VEEP Awards
2:30 p.m.	Business Meeting
7:00 p.m.	Banquet: Speaker Superior Service Award

Thursday, October 8

7:30 a.m.	Breakfast: Awards, Golden Key, CVU, County Issues Reports, & 50 Year Members Membership & Marketing Entrepreneurship & Cultural Arts
9 a.m. - Noon	Meet The Authors
9:30 a.m.	Liaison Agents Meeting
9:30 - 10:15 a.m.	Showcase of Literacy Sessions
10:45 - 11:30 a.m.	Repeat Sessions
12:30 p.m.	Luncheon: Speaker, Cultural Arts Winners, Installation of Officers
2 p.m.	Adjourn



Read Out, North Carolina!

North Carolina Extension Homemakers Association
Gateway Convention Center
Rocky Mount, North Carolina
October 6-8, 1992

Opening the Book on Literacy . . .

THE NORTH CAROLINA
EXTENSION HOMEMAKERS
ASSOCIATION, INC.

STATE COUNCIL MEETING

TRADE SHOW '92

HOLIDAY INN
Rocky Mount

Ballroom
Wednesday, October 7, 1992
9:00 a.m. - 6:00 p.m.



Waiting for early morning entry. there was a lot of visiting in line.



Surry County group enjoying the luncheon at Rocky Mount, October 1992.



The speaker's table was beautiful.





New officers were inducted. Third from left is Helen Johnson of Surry County.



A portion of the cultural arts for judging.

Whenever you enter an exhibit you dream of winning but when you see all the beautifl items that others have contributed the idea of winning is dismissed. After the final meeting was concluded and it was time to pick up my entry (a Black Lab stuffed dog) I was thrilled to see he was best in his class. Happy Day.

In fact I was so pleased with him that I made a big boy doll for him . Later the couple were a part of an exhibit at the mall during Extension Homemaker Exhibit there.





Ireni Autry installed as 1993 State President

Ireni Autry of Raeford in Hoke County assumed the office of NCEHA president on Jan. 1, 1993. She represents the South Central District.

Installed with her during State Council to serve during 1993 by 1992 Advisor Gennelle Dail were Elizabeth Thompson, Northern Piedmont District, first vice president; Sue Glovier, Southwestern, second vice president; Helen Johnson, Northwestern, recording secretary; Mary Julia Parrish, Northeastern, corresponding secretary; Eleanor Kraus, Western, coordinating treasurer; and Debbie Sox, North Central, young homemaker.

The new state president joined a Home Demonstration club in Gaston County in 1954 as a young mother teaching school there. Her husband Raz was serving in that county in his first school principal position. Each time he moved to another school as principal, Ireni moved her club membership. She has been a member of Mildouson EH Club in Hoke County for the last 25 years and was the first president of the new South Central District in 1987.

Before becoming state president, she served as state first and second vice presidents. She graduated from the N.C. Family Community Leadership and FCL Scholars programs; the state Mentor-Protege program; was SC delegate to the ACWW Triennial Conference in St. Louis, Mo. in 1989; helped plan and attended the past two National Conferences; serves on the Hoke County Extension Advisory Council; and is a 4-H volunteer.

Ireni graduated from Burlington High School, received a ME degree from UNC-Greensboro and did graduate work at UNC-Chapel. She taught 33 years.

She and her husband Raz, a retired educator, author, auctioneer and peach grower, have a son George Raz III, Extension director in Cumberland County. He and his wife Pandy are parents of Ireni and Raz's grandchildren, Lindsay Katharine, 10, Jackson Raz, 6 and Samantha Paige, 5.

Ireni is a member of the Hoke County Parks and Recreation board; N.C. Soil and Conservation Auxiliary; NC Retired Governmental Employees Association; Raeford United Methodist Church and UMW; is a life member of the NC Association of School Administrators; Turkey Festival volunteer; school volunteer at McLaughlin Elementary Library; a precinct election judge; and does other volunteer community service.

In 1990, Ireni was named the Hoke County EH Club Woman of the Year and received the NCEHA A&P Award; 1991 Governors Award for Outstanding Volunteer Service; and was a nominee for 1992 Outstanding National School Volunteer.

As a matter of interest, Ireni is a first generation Greek-American, born in South Carolina. Her parents immigrated to this country from Greece. Ireni did not speak English until she started to school. Her father spoke broken English. He ran a restaurant. Her mother did not learn to speak English until Ireni was in high school.

Ireni said she owes her success in mastering the English language to her elementary school teachers. Being the oldest child, there was no one at home to help her with her reading, math and other subjects. She attended Greek school in the afternoons after her day in elementary school.

Today she reads, talks and writes in Greek as well as in English and feels she has the best of two worlds — US and Greek.

She is proud of her heritage, and her family and grandchildren enjoy Greek cooking, foods and customs. They are especially glad that their 100 percent American father and grandfather was able to convince their mother and grandmother's Greek parents that he would make a good husband for their daughter.

NORTH CAROLINA EXTENSION HOMEMAKERS ASSOCIATION INC.

ENTREPRENEUR'S SHOWCASE

GATEWAY CONVENTION CENTER
ROCKY MOUNT, N.C.

OCTOBER 8, 1992



STATE OFFICERS — Elected at State Council to serve as North Carolina Extension Homemakers officers for 1993 are, from right, Ireni Autry, president; Lib Thompson, first vice president; Sue Glovier, second vice president; Helen Johnson, recording secretary; Eleanor Kraus, coordinating treasurer; and Joyce Carlisle, advisor. Mary Julia Parrish is coordinating secretary and Debbie Sox, young homemaker representative.



EH ENTREPRENEUR — Alison Lewis, Surry County EH and entrepreneur, talks to a prospective customer at her booth at the trade show.



WHITE SULPHUR SPRINGS CLUB STUDIES PASTAS

The White Sulphur Springs Extension Homemakers met Oct. 12 at Salem United Methodist Church with 12 members answering the roll call on how they would like to dress for Halloween.

Devotions were given by Ella Haley, who read the 28th Psalm followed by a poem, "Colorful October," by Bertha H. Hendleson.

Marie Williams presented the program on "Postively Pasta" and told about the food values and complex carbohydrates. Recipes were given to each member.

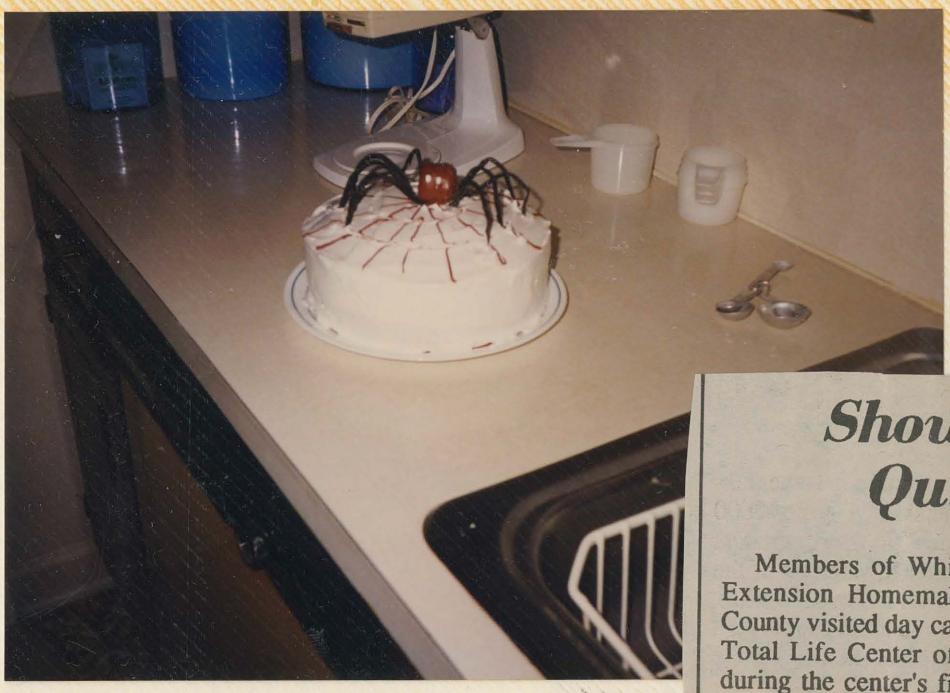
Mrs. Williams demonstrated a pasta machine by first making noodles, then by folding over the noodles and running them back through to make spaghetti.

Gloria Puckett, president, passed out 24 Teddy Bears to be dressed for the Salvation Army Christmas.

Mrs. Puckett served refreshments from a decorative table using the Halloween motif — a witch doll centerpiece, spider cake, orange punch along with black and orange candies.

Members were reminded of the craft show to be held in Dobson Nov. 6 from 7 a.m. until 8 p.m.





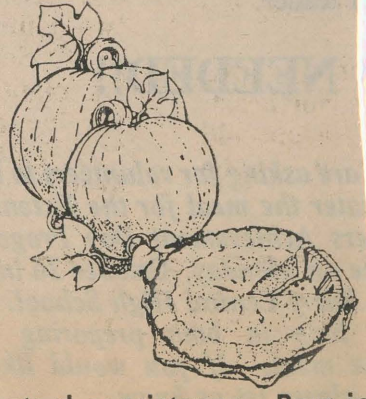
Show Off Quilts

Members of White Sulphur Springs Extension Homemakers Club in Surry County visited day care participants at the Total Life Center of Northern Hospital during the center's fifth anniversary and displayed quilts for the group to see and enjoy.

Alison Lewis, Master Food Preserver, shares the following information just in time for the pumpkin crop. "October is harvest time and pumpkins are abundant. Low in fat and sodium, high in Vitamin A and potassium, pumpkin is a healthy food. "Pie" varieties tend to have a better flavor than the popular "jack-o-lantern" type. Pumpkin is best baked, as boiled or steamed pumpkin absorbs water causing a loss of nutrients and a "watery" taste."

To bake pumpkin:

Wash in cold water, cut in half and remove seeds and strings. Place cut side down in a 2" high baking dish (liquid will accumulate) and bake at 325 degrees until it is tender and begins to fall apart. Scrape the pulp from the shell and put through a strainer or puree in a blender. Freeze or dehydrate excess in pint quantities as many recipes call for 2 cups pureed pumpkin. Here is one of my favorite pumpkin recipes:

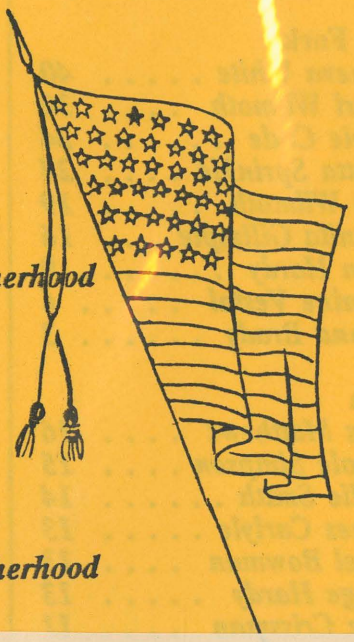


POPULAR PUMPKIN PIE

2 cups pureed pumpkin
3 eggs
1 large can evaporated skimmed milk
1 cup sugar
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon ginger

Blend or mix all ingredients to a thick custard consistency. Pour into two small unbaked pie shells. Bake at 425 degrees for 15 minutes. Reduce heat and bake at 350 degrees for another 45 minutes. Pie is done when knife inserted in center comes out clean. Cool, and serve with whipped topping.

AMERICA THE BEAUTIFUL



O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

O beautiful for patriot dream,
That sees, beyond the years,
Thine alabaster cities gleam,
Undimmed by human tears!
America! America!
God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

WHITE SULPHUR SPRINGS *14 (Active) Members*

The White Sulphur Springs Club had an interesting and busy year, with a varied amount of work and play. They have served the seniors of the area at nursing home parties at Colonial and the Total Life Center at Northern Hospital. Youth have been helped through donations to 4-H, graduation and school programs on flowers and books. Aged and youth both benefitted when the club members wrapped gifts and baked at the Salvation Army. The unfortunate were helped by contributions to the Florence Crittendon Home and Hurricane Andrew Relief. Everyone benefits from the club's tree program in national forests within the state of North Carolina and the JEB Stuart gift. The club reports it was work, but fun, helping at the Berry Festival, Golden Expo, Mount Airy News Cooking School and the Christmas Bazaar. Best of all, the members learned that White Sulphur Springs Club was established October 22, 1938 and celebrated with a lawn party at White Sulphur Springs. In our effort to help others, the club also remembered one of their own members who had an overload of doctor bills.

GOD BLESS AMERICA



God Bless America, land that I love
Stand beside her and guide her
Thru the night with a light from above.
From the mountains to the prairies
To the oceans white with foam
God Bless America, my home sweet home,
God Bless America, my home sweet home.

56th ANNUAL

ACHIEVEMENT PROGRAM



SURRY COUNTY EXTENSION HOMEMAKERS

October 26, 1992
6:00 p.m.

Surry Central High School
Dobson, NC 27017

Reading Project Certificate

This Certifies that Gloria Puckett

has read and reported on five books on a special subject approved by The Home Economics Division of the North Carolina Agricultural Extension Services and the North Carolina State Library.

Brenda M. Rose
HOME ECONOMICS EXTENSION AGENT

Margaret Tucker
NORTHWESTERN REGIONAL LIBRARIAN

Date October 26, 1992

White Sulphur Springs
Era Anderson (SP)
Lillian Carpenter (AR)
Ella Haley (S,SP)
Lois Hoover (S)
Gloria Puckett (S,SP)
Marie Williams (R,AR,S,SP)
Sylvia Wilson (SP)

R = READING CERTIFICATE **S = SEAL**
AR = ADVANCED READING **SP = SPECIAL**

North Carolina Extension Homemakers Association

Perfect Attendance Certificate

This Certifies That

Gloria Puckett

of the White Sulphur Springs Club, Surry County, has attended regular club meetings without being absent for the year and is now entitled to this certificate of distinction.

October 26 1992

Brenda M. Rose

Extension Homemaker Liaison Agent

White Sulphur Springs

Era Anderson	*23*
Marjorie Brookshire	*20*
Ella Haley	*18*
Nell Hurst	*8*
Sylvia Wilson	*7*
Lillian Carpenter	*5*
Lois Hoover	*4*
Gloria Puckett	*4*
Imogene Moore	*3*
Marie Williams	*2*
Sue Chandler	*2*

Perfect attendance 1992

1992
PERFECT ATTENDANCE



Officers of the Surry County Extension Homemakers are (left to right) Allison Lewis of Mountain Park, president; Goldie Sparger of Beulah, first vice president; Jean Hardy of Salem Fork, second vice president; Fern Evans of Franklin, corresponding secretary; Brenda Brown of Shoals, recording secretary; and Jill Getgen of Rockford, advisor. Edna Stockton of the Dobson Early Birds, treasurer, is not pictured.

Surry

Gloria Puckett
1617 N. Main St.
Mt. Airy, NC 27030

Dear Gloria:

Congratulations for being named Extension Homemaker "1992 Feature Article" award recipient. You have certainly done an outstanding job in leading the White Sulphur Springs Club. The groups of ladies in your club have many projects of merit and the one you wrote the article on was fascinating.

Again, congratulations for an award well deserved!

Sincerely,

Brenda M. Rose

Brenda M. Rose
County Extension Director

BMR:db

In recognition for this "Feature Article" I was awarded a beautiful engraved letter opener and monogramed stationery.

RESENTED TO EXTENSION HOMEMAKERS

ension Homemakers Awards program was held October 26. Clubs and members work and many accomplishments contributed to their communities during the past



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and other
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honor status were:

OR CLUBS

PRESIDENT

Goldie Sparger
Retha Quesinberry
Annie Laura McMillion
Pauline Rawley
Glenda Hunter
Jeanette Wallace
Ruth Simmons
Maxine Hamilton
Ruth Tolbert
Alison Lewis
Ruth Smith
Lois Goodwill
Jill Getgen
Maxine Fulp
Carole Simpson
gs * *Gloria Puckett*

Winners in other award categories are:

Outstanding Leader of the Year	Glenda Hunter - Good Neighbor
District Project	Madeline Boyd - Long Hill "Vial of Life" project
Second Wind	Jeanette O'Connell - Beulah
Feature Article	* Gloria Puckett - W. Sulphur Springs
Scrapbook	Beulah
Winning Leader Lesson	* Silvia Wilson - W. Sulphur Springs

Beulah club was recognized with the Gold Award in the Large Club (16+ members) category and Long Hill was awarded the Silver Award. In the Small category (15 and under members), Good Neighbor club was recognized with a Gold Award with Poplar Springs receiving the Silver.



I will do more than just belong
I will participate
I will do more than care
I will help
I will do more than believe
I'll practice
I will do more than teach
I'll inspire
I will do more than earn
I'll enrich
I will do more than live
I'll grow!

Charlotte Young

WHITE SULPHUR SPRINGS CLUB ATTENDS AREA MEETING

Twelve members of the White Sulphur Springs Extension Homemakers attended an area meeting at the Holly Springs Ruritan Building.

The meeting was hosted by the Bannertown Extension Homemakers. Ruth Simmons, president, welcomed everyone and gave the devotions.

Mrs. Simmons introduced the guest speakers, Lilo Comer and Marge Ray, who discussed "Gifts from the Kitchen." These included mixes and breads that could be prepared and packaged in recyleable containers, mixes for fruited rice, granola mix, cream of soup and many other items.

Emphasis was placed on making these gifts from low-cholesterol,

GIFTS FROM THE KITCHEN



This was an unusually busy day for our club. We attended the area meeting at Holly Springs, conducted a meeting of our own there and later that same evening attended the Duke Power program at Dobson.

Surry County
Master Food Preservers

Lilo Comer

Alison Lewis

Linda Hardison

Marge Ray

Gloria Thelma
Sylvia - Imogene

To: Club Environmental, Family, Global and Special Projects Issues Coordinators

Brenda M Rose

From: Brenda M. Rose, County Extension Director

Just a reminder of the County Issues Training to be held Thursday, November 19, 7:00 - 9:00 p.m., at the Extension Center in Dobson. This training is important because information is passed on to each Issues Coordinator concerning the upcoming year's focus. Each Issues Coordinator should plan to attend.

If you are unable to attend, please ask another club member to fill in for you.

BMR:db





RSVP would like to thank you for your assitance in the recent birthday parties for residents in the area Rest/Nursing Homes. This could not have been possible without you.

May God bless your concern for others and the manner in which you have expressed your concern. Please express to your group the appreciation of those whom you served and of those whom you provided assistance to in serving.

"THE GREATEST USE OF LIFE IS TO USE IT FOR SOMETHING WHICH WILL OUTLAST IT." William James

Sincerely,

Shirley Tackett, Director

RSVP

Lillian M. Carpenter 1819 Aims Ave. No. 257
Mount Airy, N.C. 27030 14/93 19 66-7102 2531

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB

Pay to the order of Surry County Ext. Homemakers $ 5.00

Five and no/100 - - - - - - DOLLARS

WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030

Christmas Bazaar Lillian McCoy Carpenter

⑆253171029⑆ 0013021271⑈ 0257

EXTENSION HOMEMAKERS COUNCIL

DOBSON, NORTH CAROLINA
27017

Rt. 1 Box 76
Siloam, NC 27047
919/374-2392

To: 1992 Bazaar Participants

From: Callie Smith
Callie H. Smith, Chair

Re: Annual Bazaar

Date: October 27, 1992

Our club made enough Christmas items for 2 or even 3 tables. Everyone visited the other booths and enjoyed the fellowship with other homemakers. However when it came to sales it was a slow business. We just didn't have much traffic.

Thank you for participating in our annual bazaar. You may wish to set up your table on November 5th after 4:00 p.m. The doors will open at 7:00 a.m. on November 6th and close at 8:00 p.m. Please bring one item for a door prize.

Enclosed is a diagram for the room. Tables will be furnished or you may bring your own.

If you have questions, please give me a call before Tuesday at 374-2392.

CS:db

This is the fifth year I have been on the teddy bear committee and it is a fun project. Every available minute during these short weeks before Christmas is devoted to dressing the bears. Each year we try to have a theme. Last yaar it was bedtime and this year we chose physical fitness and they all wore a type of sport sweats.





After the bears are completed we show them.



One group that always made us feel good about ourselves was in the process of being phased out. This was the TLC program at the Mount Airy Hosp-ital. They were so appreciative and congenial. We will miss them and Donna Johnson, who was leader.









We invite the neighbors to see our bears too. It is fun to make it a Christmas party with drinks and cookies. They say they enjoy this but so do we!







Christmas is drawing near and the time has come to take the teddybears to th Salvation Army. and here they get another hugging. Our hope is that these little bears will help to make some little child happy.







Perhaps you have seen our teddybears in the window of the Salvation Army Store at holiday time.



Tim Preston/The Mount Airy News

Rose Dyson (right) of Mount Airy accepts a bag of biscuits from Salvation Army Volunteer Wesley Moore the day before Thanksgiving. The biscuits, donated and baked by employees of Neighbors Stores, were distributed to families in the area along with cakes and cookies donated by Lowes Foods to compliment Thanksgiving meals.



Tim Preston/The Mount Airy News

Mrs. Gloria Puckett of the White Sulphur Springs Extension Homemakers Club recently volunteered time to wrap gift packages for residents of area nursing homes at the Mount Airy Salvation Army. The club expects to help package and distribute the packages to 830 nursing home residents at Christmas.

■ The White Sulphur Springs Extension Homemakers held their holiday luncheon meeting in the fellowship hall of Salem United Methodist Church. Twelve members were present with each bringing a covered-dish for lunch.

Each place was marked with a red and white candy cane along with the story of its origin. The story goes that the cane reminds us of Jesus. The cane is shaped like a shepherd's staff, the red and white is for the blood Jesus shed for our sins. Turn the cane upside down and it becomes a "J" that stands for Jesus.

Gifts were exchanged following the luncheon. Gloria Puckett, president, Era Anderson, vice president, and Lillian Carpenter were remembered with gifts from the club for their devoted work throughout the year.

Mrs. Puckett then showed slides of her trip to Switzerland. She recalled that upon arrival they noted much time and effort was put on flowers with each building surrounded with plats of flowers.

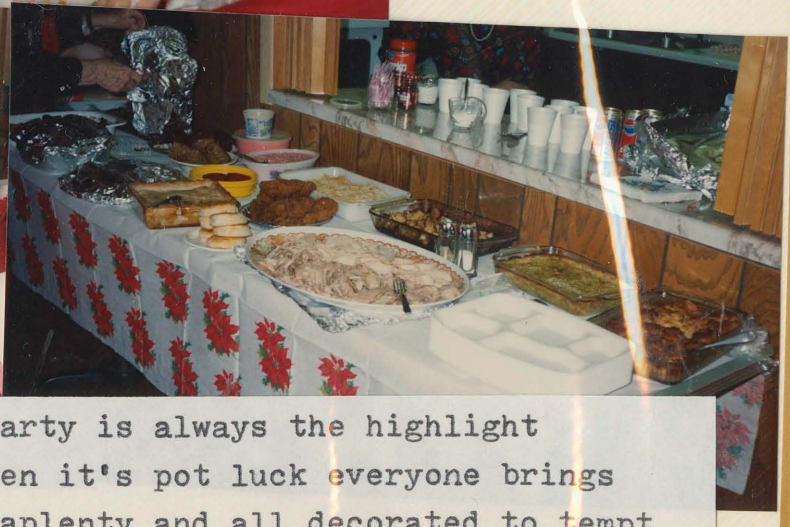
She said that much time was spent at the United Nations building, as well as the International Red Cross building. They also enjoyed the many canals and the beautiful Lake Geneva. Dec 1992











The Christmas party is always the highlight of the month. When it's pot luck everyone brings delicious foods aplenty and all decorated to tempt the appetite. It is a time of fellowship, good eating and recipe swapping. Our families are invited too and my husband loves all these ladies same as I do.

NELL HURST PRESENTS CLUB PROGRAM

Nell Hurst presented the January program, "Closet Sense in your Life," to members of the White Sulphur Springs Extension Homemakers when they met at the Mount Airy Public Library.

She told the group how to organize a closet and make it work by having clothes in easy reach and visible. She mentioned that space can be divided into compartments and arranged for convenience.

Twelve members answered the roll call by listing one self improvement to be made in 1993.

Refreshments were served by Gloria Puckett and Era Anderson.





Fifth graders at Jones School had been studying Egypt. My husband and I had made slides while in Jerusalem and Egypt and we were invited to show them The children were very attentive and we answered lots of questions as best we could. A great time for sharing our story with youth.









North Carolina
Cooperative Extension Service
NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Surry County Center - 210 N. Main St., P. O. Box 324 - Dobson, NC 27017 - 386-9274 or 366-4424

January 4, 1993

To: Surry County Extension Homemaker Presidents

From: Alison Lewis, County Council President

Attached is a survey concerning recycling in Surry County. It was developed by Mountain Park Extension Homemaker Club members for use at Earth Day on Mitchell River last May. We did not get a large enough sample at that time and need your help to complete our project.

You should have one copy per club member. Please take a little time at your next meeting to have your members complete the survey and return completed surveys to the Extension Center at your earliest convenience. Your participation will be considered as a club project. Please note question #17 refers to volunteer work.

The Mountain Park Club plans to compile the survey results and present them to our County Commissioners at a later date.

Thanks so much for your help!

AL:db

Attachment

We each took the time during meeting to complete this survey and delivered it to the office in Dobson.

Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age or handicap.
North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

EH CLUB CROWNS SWEETHEART QUEEN

Feb 19??

The White Sulphur Springs Extension Homemakers met at Salem United Methodist Church for its February meeting. Thirteen members answered the roll call to Thelma McKnight by giving their favorite snow-day activity.

Devotions were given by Ella Haley with a prayer for love among people.

Lillian Carpenter was honored for her devoted time and hard work as secretary and treasurer of the club. She was crowned Sweetheart Queen and given a magic wand and a bouquet of spring flowers by Mrs. Puckett. Cards and gifts were also bestowed on the honoree.

Valentines were exchanged by members and Lois Hoover and Marjorie Brookshire gave each member Valentine candies.

Refreshments were served by Nell Hurst, Thelma McKnight, Sylvia Watson and Sue Chandler.



A pictograph was prepared by Gloria Puckett and delivered at the February meeting. The picture story told of family life, how Extension Homemakers had helped a young mother and encouraged others to invite others to join.

Making and maintaining a good, comfortable and Christian home is the one most important thing you could ever hope to accomplish in this life.

Lillian Carpenter was very surprised when she was made Sweetheart Queen of White Sulphur Springs club. She was most gracious and accepted with dignity. We all joined in the spirit and got carried away making valentines for each other and for Queen lillian. The big valentine box like those that were once found in every classroom of grade schools was filled with colorful 'love' messages.













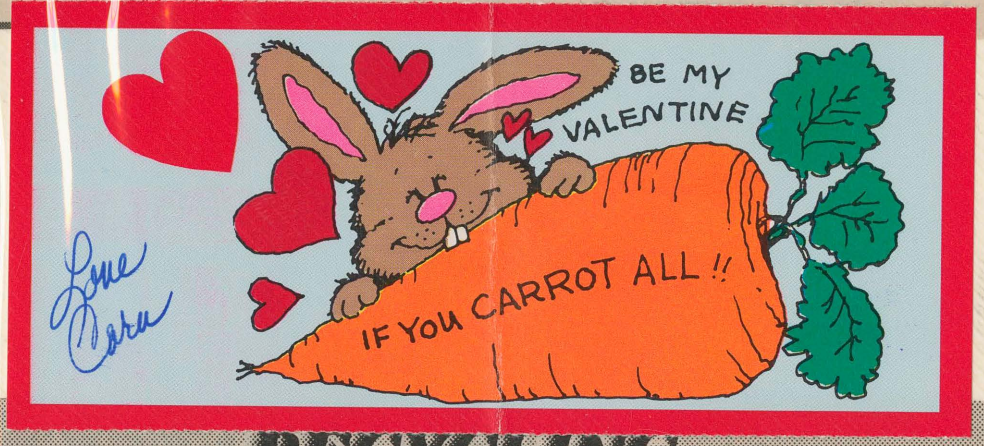


HOME ECONOMICS POSITION FILLED

Join the Surry staff of the North Carolina Cooperative Extension Service in welcoming Mrs. Elaine Whitaker to the staff. Elaine will assume the role of Home Economics Agent on February 1. Her responsibilities will encompass the total Home Economics program and include the liaison role to the Extension Homemakers Association and supervising agent to the Expanded Foods and Nutrition program assistants.

Elaine holds a B.S. and MEd degrees in Nutrition as well as being a registered dietician. She is a native of Surry County and resides in the Salem Fork community with her husband, Van, and children, Jon and Sommer. She is the daughter of Mrs. Eva Wilmoth who is an Extension Homemaker in the Salem Fork club.

We look forward to working with Elaine as we pursue programs to make a difference in the quality of life in Surry County.



RECYCLING

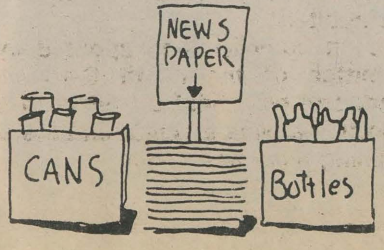
R-DAYS - 1993

MOUNT AIRY
Veterans Memorial Park
Hours: 9:00 am - 12:00 pm

February 20	April 3
May 15	June 26
August 7	September 18
October 23	December 4

NOTE: Monetary support & volunteer labor is being sought for each R-DAY.

Recycling Collection Days are scheduled to compliment the basic recycling system in the county. Plastic, magazines, tin cans and office paper are accepted in addition to items collected at the county sites. Upcoming R-DAYS are as follows:



INDUSTRIAL RECYCLING SEMINAR

A seminar to discuss industrial recycling opportunities in Surry County is scheduled **Monday,** February 15, 1:00 pm at Surry Community College.

Industry and business representatives are invited to attend. Please call the community college at 386-8121 to reserve space.

The landfill situation in Surry and Yadkin Counties will be discussed with the probability of tipping fees being imposed. Options for waste diversion will be presented as well as an opportunity to discuss innovative approaches to the solid waste dilemma.

Surry County government and the Surry County Center of the North Carolina Cooperative Extension Service are sponsoring this program with Surry Community College hosting.

1993 LEADER TRAININGS

FEBRUARY 25, 1993

UNDERSTANDING THE FOOD GUIDE PYRAMID:

Learn what the food pyramid teaches and how to incorporate the ideas into your daily diet.

COPING WITH HOUSEHOLD ALLERGIES:

What is it in your house that makes you and your family uncomfortable? Learn what you can do to minimize household allergies.

MUSIC, THE CULTURAL ASPECT:

Are you music literate? Music is used in many aspects of our daily lives. This fun program will heighten your awareness and appreciation for music.

CRAFT PRODUCTS TODAY:

Innovative products abound in the market today to aid in producing quality craft products. This program will introduce some of these new products and show you ways to use them.

HAVE YOUR CAKE AND EAT IT TOO!

Taste fat free desserts and learn how to adapt your favorite recipes.

APRIL OR MAY SESSIONS

DAY TRIPPING IN NORTH CAROLINA:

Various ideas will be explored for one day trips to better acquaint you with our state.

AVOIDING CONSUMER RIP-OFFS:

Learn about common scams in telemarketing and how to control and/or avoid being ripped-off.

SMALL APPLIANCES:

Innovative researchers have been responsible for many of the new appliances in the market today. This program will take a look at some of these and how they fit into our lifestyles and whether or not they are a help or a hinderance.

ARTWORK FOR THE HOME:

This program will help you add value to the pictures you hang on your wall. Learn the difference in prints (limited, non-limited, artists proofs, remarques, etc.). Local artists will also be explored.

"ISO 9000"...Teleconference

DATE: Thursday, January 28, 1993
PLACE: Surry Community College, Room E-113
TIME: 1:30 - 3:00 p.m.
COST: None

The International Standards Organization (ISO) has set standards to measure the quality control systems of companies wanting to participate in the European marketplace. ISO 9000 has become a requirement with an increasing number of companies in the European Community. Many are refusing to buy or receive bids for nonregulated products.

Many companies throughout the country are unfamiliar with ISO 9000 and will not be able to compete in the global marketplace unless they meet the standard.

Learn what ISO 9000 is, how it can impact businesses now and in the future, and how the registration process works.

"PLAN & FACILITATE PRODUCTIVE MEETINGS"

DATE: Thursday, February 4, 1993
PLACE: Mount Airy Public Library
TIME: 1:30 - 4:30 p.m.
COST: None



Well-planned, thoughtfully facilitated r
motivating, educational and hi
Or...meetings can be the opposite-h
waste of time! Organizations that ut
quality cannot afford for teams' (or any) be
a waste of time.

YOU WILL LEARN:
° The 10 reasons to meet;
° The best items & places to meet;
° How to"audit" your meetings' effectiveness;
° How to get rid of the 10 meeting "killers";
° How to plan a meeting agenda;
° 3 great "icebreakers" to jump start a meeting!
° How to take minutes;
° What audio-visuals work best for small to large groups;
° 11 great ways to get the most from your next meeting.

WHO SHOULD ATTEND: Anyone who must plan & conduct a meeting.

PRESENTER: **Beverly Dickson,** Dickson & Associates, Gastonia, North Carolina. Co-sponsored by the Mount Airy Chamber of Commerce.

Allison and Gloria attended this meeting but not much help to us. Were geared to big business. 2-4-93

"SBA GUARANTY LOANS: Lenders' Seminar"



DATE: Monday, February 15, 1993
PLACE: Surry Community College, E-110
TIME: 1:00 - 3:00 p.m.
COST: None

Private financial institutions play a central role in the U.S. Small Business Administration's guaranty program. Learn how the guaranty program can help you, the lender, provide an attractive, long-term financing package for expanding and start-up businesses.

By obtaining an SBA guaranty, you will...

° l xposure to as little as 10%;
° dity since the guarantee portion of the old on the secondary market;
ve the needs of new business

RS: **Bill Dowe, Steve Sharp, and a Loan from the SBA.** A co-sponsored lenders e.

HIRING, FIRING, & IN-BETWEEN"

ATE: Thursday, February 25, 1993
PLACE: Yadkinville Senior Center, Yadkinville
TIME: 9:00 - 4:00 p.m. (Lunch on your own)
COST: $5.00 hospitality fee (Payable to YCC)

The most important part of any company is its people; therefore, it is crucial that we have the best possible staff to get the job done.

WHO SHOULD ATTEND: Business Owners, General Managers, Supervisors, Division VP's, Plant Managers, Superintendents, Office and Staff management, and Entry-Level Personnel Employees.

YOU WILL LEARN: 1) Six categories that should be in your job requirements, 2) Essential rules for screening applications & resumes, 3) Five critically important interviewing steps, 4) A practical, easy-to-use action plan for selecting a winner, 5) Necessary policies to protect your organization, including the major employment laws, 6) Seven fundamental steps in a counseling session, 7) A conflict-coaching model for communicating "bad news", 8) Progressive discipline steps and their importance, & 9) The ABC's of Documentation.

PRESENTERS: **Dick & Margaret Richardson,** Dickson & Associates, Gastonia. Co-sponsored by the Yadkin County Chamber of Commerce.

HOW'S YOUR SEPTIC TANK I.Q.?

1. What type septic system do you have?

a. conventional (most) 1000 gal tank 9ft X 4 ft. Bigger tanks same size only deeper.
b. modified conventional
c. alternative

2. Approximately how large is your septic tank?

a. 16 feet by 12 feet
b. 4 feet by 9 feet
c.

3. Do

a.
b.

4. Do

a.
b.

WHITE SULPHUR SPRINGS EH CLUB MEETS

The White Sulphur Springs Extension Homemakers held a brief meeting following the area meeting March 29 at the Mount Airy Public Library.

Ten members were present. President Gloria Puckett brought to everyone's attention the upcoming events: bake sale at Salem United Methodist Church April 10, Spring District Meeting in Lenoir, April 13, a historical trip of Surry County hosted by Juanita Tucker, July 12, and the Berry Festival July 16-17.

Mrs. Puckett told members that patterns for the Teddy Bears they are making for Northern Hospital of Surry County are available at the Extension Office in Dobson.

The May meeting will feature guest speaker, Elaine Whitaker, from the Extension Office.

5. Do you know what year your septic tank was last pumped?

a. yes
b. no

6. Which of the following measures would not be helpful in extending the life of your septic tank?

OK yes no answer
a. install water savers on showers
b. avoid pouring grease or oil down drain
c. flush commode frequently
d. use food disposal less - usually need larger septic tank
e. keep soil over drain field

7. How often should your septic tank be pumped? Could depend on how many people in the household.

a. 8 to 10 years
b. 3 to 6 years
c. when sewage backs up into bathtub
d. annually

Clean with soda & vinegar
Recycling waste water

North Carolina
Cooperative Extension Service
NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Elaine W. Whitaker, Assistant Home Economics Extension Agent, Surry County Center, P. O. Box 324, Dobson, NC 27017, 919/386-9274 or 919/366-4424(Elkin)

Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age, or disability.

WHITE SULPHUR SPRINGS CLUB HOLDS MARCH MEETING

Sue Chandler presented the monthly lesson to members of the White Sulphur Springs Extension Homemakers when they met recently in the fellowship hall at Salem United Methodist Church.

She talked to the group on a "Healthy Home" and told them that along with spring come allergies, many of which are caused by molds and organisms in the homes due to poor ventilation from furnace filters and air conditioners. She went on to say the filters should be changed as often as every month in very damp weather. Leaks, humidifiers and clothes dryers also harbor bacteria and molds, as well as bed linens, upholstered furniture, carpets and stuffed toys.

Gloria Puckett, president, opened the meeting with Ella Haley leading the devotions. Roll call by Thelma McKnight was answered with the first signs of spring — crocus, robins, cardinals, budding trees and daffodils, all of which are being seen here.

Refreshments were served by Cora Shackelford and her daughter, Betty Brown, of Westfield. The St. Patrick's Day theme was carried out in the decorations and party fare. The serving table, covered with a green linen cloth, was centered with shamrocks in a basket.









U.S. CONSUMER PRODUCT SAFETY COMMISSION
POISON LOOKOUT CHECKLIST

The home areas listed below are the most common sites of accidental poisonings. Follow this checklist to learn how to correct situations that may lead to poisonings. If you answer "No" to any questions, fix the situation quickly. Your goal is to have all your answers "Yes."

THE KITCHEN

	Yes	No
1. Do all harmful products in the cabinets have child-resistant caps? Products like furniture polishes, drain cleaners and some oven cleaners should have safety packaging to keep little children from accidentally opening the packages.	☐	☐
2. Are all potentially harmful products in their original containers? There are two dangers if products aren't stored in their original containers. Labels on the original containers often give first aid information if someone should swallow the product. And if products are stored in containers like drinking glasses or pop bottles, someone may think it's food and swallow it.	☐	☐
3. Are harmful products stored away from food? If harmful products are placed next to food, someone may accidentally get a food and a poison mixed up and swallow the poison.	☐	☐
4. Have all potentially harmful products been put up high and out of reach of children? The best way to prevent poisoning is making sure that it's impossible to find and get at the poisons. Locking all cabinets that hold dangerous products is the best poison prevention.	☐	☐

THE BATHROOM

	Yes	No
1. Did you ever stop to think that medicines could poison if used improperly? Many children are poisoned each year by overdoses of aspirin. If aspirin can poison, just think of how many other poisons might be in your medicine cabinet.	☐	☐
2. Do your aspirins and other potentially harmful products have child-resistant closures? Aspirins and most prescription drugs come with child-resistant caps. Check to see yours have them.	☐	☐
3. Have you thrown out all out-of-date prescriptions? As medicines get older, the chemicals inside them can change. So what was once a good medicine may now be a dangerous poison. Flush all old drugs down the toilet. Rinse the container well, then discard it.	☐	☐
4. Are all medicines in their original containers with the original labels? Prescription medicines may or may not list ingredients. The prescription number on the label will, however, allow rapid identification by the pharmacist of the ingredients should they not be listed. Without the original label and container, you can't be sure of what you're taking. After all, aspirin looks a lot like poisonous roach tablets.	☐	☐

THE GARAGE OR STORAGE AREA

	Yes	No
1. Did you know that many things in your garage or storage area that can be swallowed are terrible poisons? Death may occur when people swallow such everyday substances as charcoal lighter, paint thinner and remover, antifreeze and turpentine.	☐	☐
2. Do all these poisons have child-resistant caps?	☐	☐
3. Are they stored in the original containers?	☐	☐
4. Are the original labels on the containers?	☐	☐
5. Have you made sure that no poisons are stored in drinking glasses or pop bottles?	☐	☐
6. Are all these harmful products locked up and out of sight and reach?	☐	☐

When all your answers are "Yes," then continue this level of poison protection by making sure that, whenever you buy potentially harmful products, they have child-resistant closures and are kept out of sight and reach.

The following are a few timely facts that are of interest to all of us.

Can you believe it?

Americans use 2.5 million plastic bottles every hour . . . one for every resident of the state of Iowa.

Every Sunday more than 500,000 trees are used to produce the 88% of newspapers that are never recycled.

Enough office and writing paper is thrown away each year to build a wall 12 feet high from New York City to Los Angeles.

We toss 2.5 million household batteries annually into landfills where they can leach toxic chemicals into our water supply.

As much energy leaks through American windows each year as flows through the Alaskan pipeline.

Every two weeks we throw away enough glass bottles and jars to fill the 1,350 foot twin towers of New York City's World Trade Center.

American consumers and industries toss out enough aluminum to rebuild our entire commercial air fleet every three months.

We throw away enough iron and steel every day to supply the nation's automakers.

Here are some ways we can make our world a safer, cleaner, and more pleasant world in which to live and also to pass on to our children and their children:

1. Sprinkle coarse sand over snow and ice on your driveway and sidewalks instead of the polluting road salt.

2. When buying new furniture chose pine, oak, cherry, or maple woods grown in the United States instead of teak or mahogany that is imported from the already threatened tropical rain forests.

3. Switch to phosphate-free detergents and chlorine-free bleaches to protect streams, rivers, and lakes.

4. At work, use a washable mug, cup, glass, fork and spoon instead of throwaways.

5. Install a 2 liter soda bottle filled with water in your toilet tank. You will use 30% less water each time you flush the toilet.

6. Install a low-flow showerhead, this reduces your water usage by 30% to 60%.

7. Have your heating system serviced at least once a year. Clean air filters each month, and dust or vacuum radiator surfaces frequently.

8. Use kitchen, bath and other ventilating fans sparingly. These fans can blow away a houseful of warmed air in just one hour.

9. Buy a large bottle of shampoo and refill a smaller bottle for your shower. This simple act can save tons of plastic going into the landfill each year.

10. Test windows and doors for leaks by moving a lighted candle around frames and sashes. If the flame dances, the frames are leaking. Close the gaps with caulking or weather stripping. The supplies might run $25.00 or so, but you will save 10% or more on your annual heating bill.

Recycling has captured the imagination and awareness of all of us. It appears to be the right thing to do. We as consumers can do our part in reducing waste and helping our planet to be a better, safer, and more pleasant place to be.

Sharon Smith

Perhaps after reading over some of these facts and figures you may be able to see more clearly just how you could possibly be able to save some energy, natural resources or assist some problem area.



The Pilot Mountain club contributed the recipe for Lemon Bars in memory of Mrs. Myrtle Nichols.

LEMON BARS

1 1/2 cups flour
1/2 cup brown sugar
1 stick margarine

Mix and press into 5 x 9-inch p;an. Bake 18 minutes at 375 degrees.

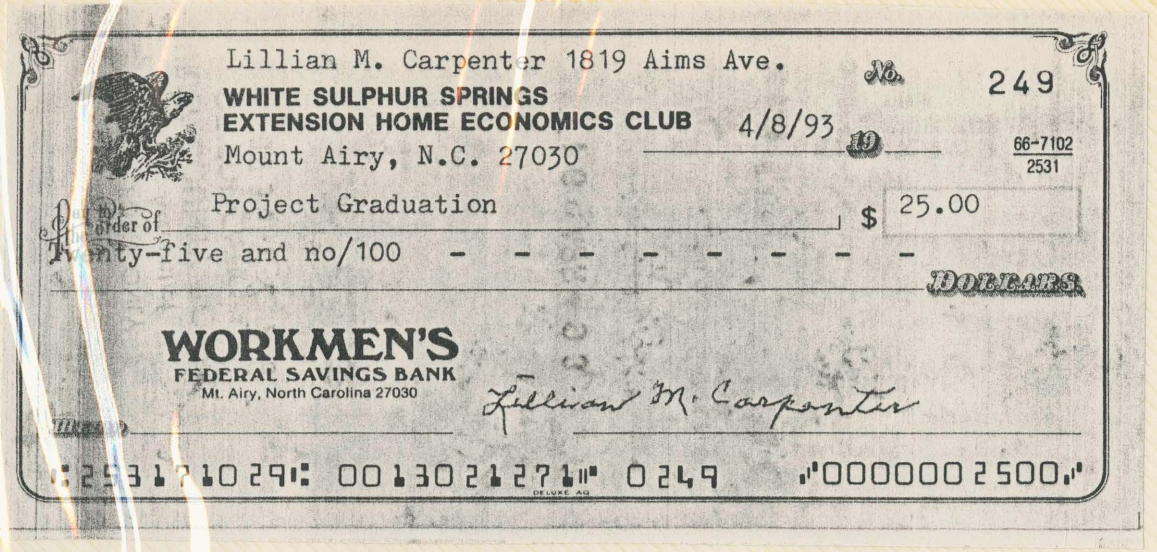
Filling:
2 beaten eggs
1 cup brown sugar
1 1/2 cups coconut
1/2 cup pecans
2 tablesoons flour
1/2 teaspoon baking powder
1 teaspoon vanilla

Taco Chicken, a recipe from Virginia Leach, would be great for an evening meal.

TACO CHICKEN

1 stick margarine
1 medium chopped onion
2 small chickens, stewed
1 (6-ounce) pkg. taco chips
1 can Ro-tel chili tomatoes
1 can cream of mushroom soup
1 can chicken broth
1 can grated cheddar cheese

Melt margarine and cook onion until tender. Remove chicken from bones and cut into bite size pieces. Crush taco chips and cover 9 x13-inch dish with 1/2 of them. Place chicken over tacos. Pour over this — tomato chilies, soup, onion, butter and chicken broth which have been mixed together. Use remaining chips on top. Cover with grated cheddar cheese. Bake at 350 degrees for 20 minutes. Yield: 12 servings.



Lillian M. Carpenter 1819 Aims Ave.

No. 249

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N.C. 27030

4/8/93 19

66-7102
2531

Pay to the order of Project Graduation $ 25.00

Twenty-five and no/100 - - - - - - - - - DOLLARS

WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030

Memo

Lillian M. Carpenter

:253172029: 00130212716 0249 "0000002500"

DELUXE AG

Class of 1993

THANK YOU

Graduation is a time
of many feelings.
Happiness,
Pride,
Accomplishment
and Appreciation.
Thank You for supporting
PROJECT GRADUATION '93
and helping make
this a memorable day
in the lives of our seniors.

The Surry County Schools
1993 Project Graduation
Steering Committee

WE PROUDLY SUPPORT

SURRY COUNTY SCHOOLS

PROJECT GRADUATION

'93

Best Wishes to our Graduates!

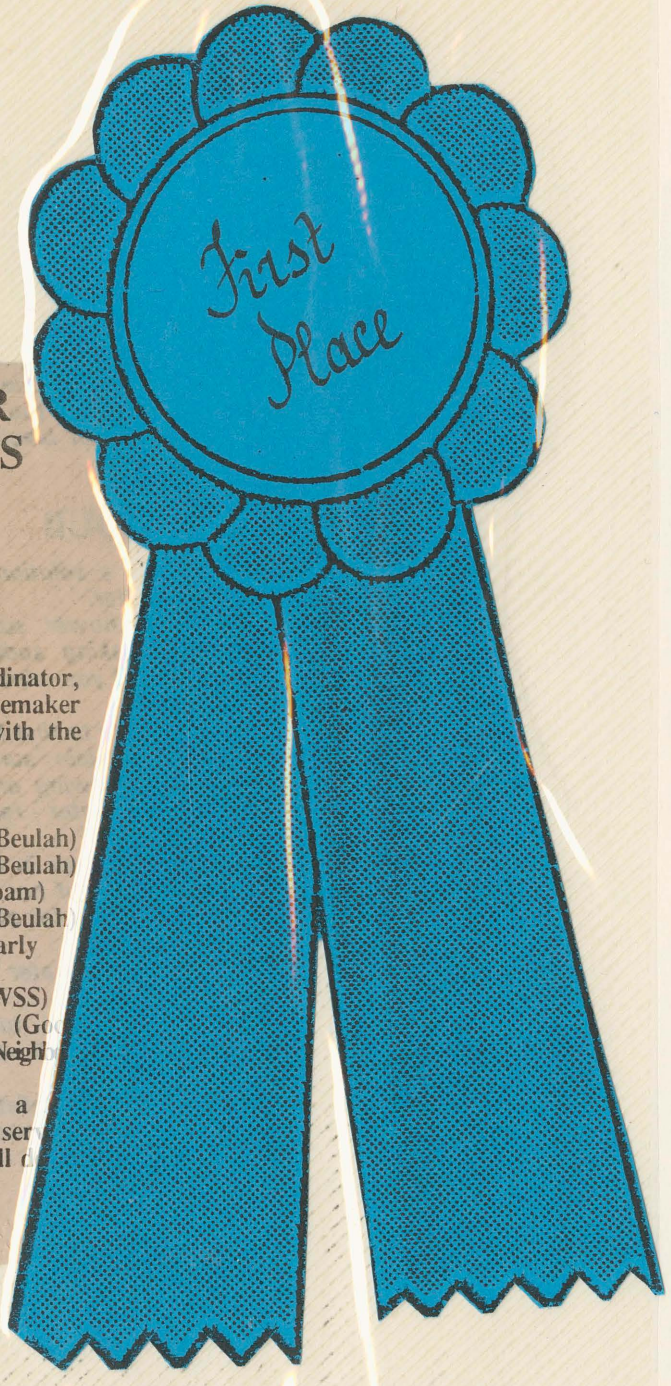


EXTENSION HOMEMAKER CULTURAL ARTS WINNERS

Barbara Hohenberger, County Global Issues Coordinator, announced the following winners at the Extension Homemaker Cultural Arts Contest which was held in conjunction with the March County Council:

Category 1	Painting	Pat Seal (Beulah)
Category 4	Fiber Arts	Goldie Sparger (Beulah)
Category 5	Hand Stitchery	Goldie Sparger (Beulah)
Category 8	Heritage Skills	Callie Smith (Siloam)
Category 9	Ceramics/Pottery	Goldie Sparger (Beulah)
Cateogry 10	Quilts	Camilla Cook (Early Birds)
Category 11	Handcrafted Toys	Gloria Puckett (WSS)
Category 12	Miscellaneous	Jean Ingram (Go Neigh

The Extension Homemakers would like to express a "THANK YOU" to Mary Lambert and Bennie Burton for ser as judges for our county contest. Thank you for a job well d



SPRING DISTRICT DAY

Spring District Day will be held April 13th in Lenoir at Caldwell Community College. Registration is scheduled for 9:30 a.m. - 10:00 a.m. Tickets are available at the Extension Office and must be purchased from Denise no later than March 25. Registration fee is $10.00, which includes lunch.

Tickets and/or monies for the raffle should be turned in at the Extension Office by March 25th also.



EXTENSION HOMEMAKERS WINNERS IN CULTURAL ARTS CONTEST

Surry County Extension Homemakers participated in the Spring District Day in Lenoir on April 13. County winning cultural arts items were entered in district competition and we have district winners.

CONGRATULATIONS to:

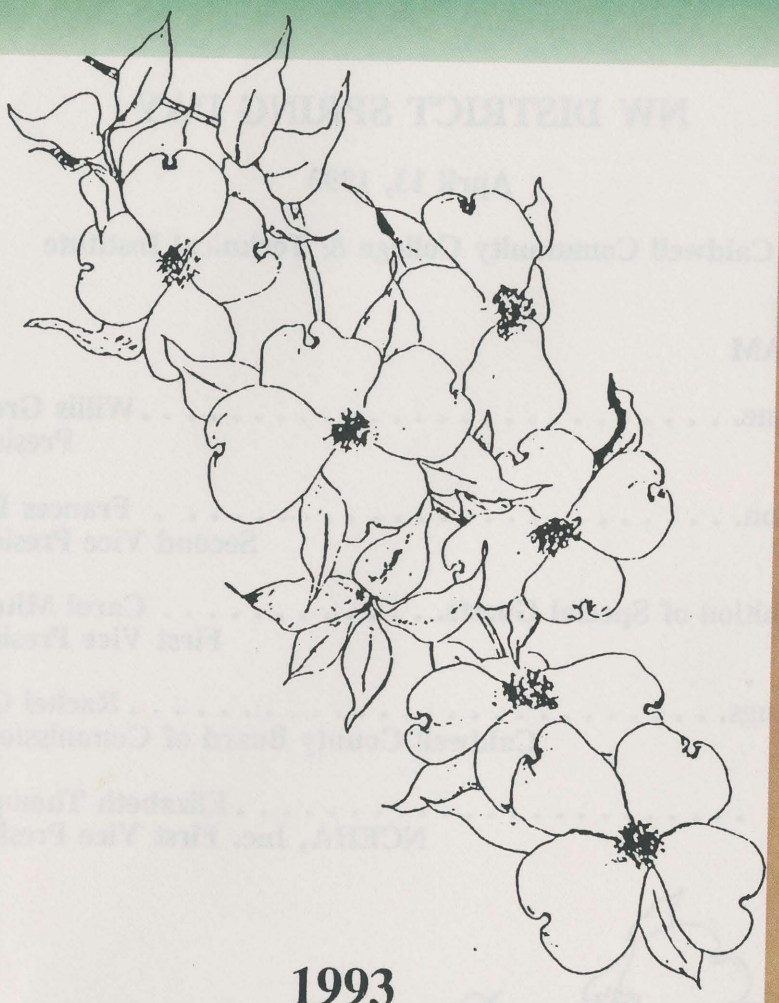
Goldie Sparger
1st Place - Ceramics

Camilla Cook
Hon. Mention/Quilting

Gloria Puckett
Hon. Mention/Handcrafted Toys







1993
NORTHWEST DISTRICT EXTENSION HOMEMAKERS' SPRING DAY

Lillian Carpenter 1819 Aims Ave No. 247
WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N. Ca 3/9 19 93 66-710 2531
Pay to the order of Surry Co Homemakers Council $ 5.00
Five and no/100 DOLLARS
WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030
For Door Prize Raffle Tickets Lillian Carpenter
⑆253171029⑆ 0013021271⑈ 0247 ⑈0000000500⑈

Roll Call and Minutes . . . . . **Rose Mathis**
Recording Secretary

Treasurer's Report. . . . . . **Nancy Eller**
Treasurer

Nominating Committee Report. . . . . . **Willis Greene**

VEEP Award. . . . . . **Frances Beck**

Introduction of Speaker . . . . . **Willis Greene**

Speaker. . . . . . **Dale Van Horn**
"The Difference You Make"

New Club Award. . . . . . **Carol Mitchell**

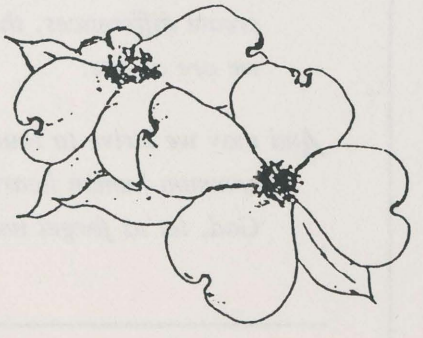
Cultural Arts Winners. . . . . . **Betty Warf**
Global Issues Coordinator

Raffle Drawing . . . . . **Thelma Greene**
President, Caldwell Co. Council

Announcements

Collect (on back)

Lunch



CERTIFICATE OF APPRECIATION

presented to

Gloria Puckett

in recognition of VOLUNTEER SERVICE

to the

SURRY COUNTY PROGRAM

of the

North Carolina Cooperative Extension Service

April 20, 1993

Brenda M. Rose

Brenda M. Rose
County Extension Director

Elaine W. Whitaker

Elaine W. Whitaker
Asst. Home Economics Extension Agent

VOLUNTEER

APPRECIATION

BANQUET



April 20, 1993

6:30 pm

Dobson Community Building

North Carolina Cooperative Extension Service

NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENCES

The NORTH CAROLINA COOPERATIVE EXTENSION SERVICE
Surry County Staff

Cordially INVITES You
to a

VOLUNTEER APPRECIATION BANQUET

April 20, 1993 - 6:30 pm
at
Dobson Community Building
Dobson, NC 27017

RSVP: *April 15, 1993*
386-9274
366-4424 (Elkin residents)



ids Get A Different Science Lesson

By DAVID ZANARDI
Staff Writer

SON — Smashing chocolate ookies is harmful to the ment.

, not all the time — only he cookies are meant to repre- e earth's crust, and the chips uable minerals needing to be

n effort to show Dobson tary School students the dam- esponsible mining can have on vironment, each child was pre- with a cookie, a toothpick, a nd time limit and instructions act the chips.

ne students carefully mined out ips, and others smashed the s to bits," said Judy Evans, a teacher from Gentry Middle who helped organize the . "A lot of kids were aston- afterwards. It really changed es toward mining and the envi-

> "It gives the student a leadership opportunity and it gives us a little more sympathy and appreciation."
>
> —Judy Evans

ronment. Now when a kid eats a chocolate chip cookie 30 or 40 years from now, they will remember mining. It is hands-on learning."

For the second annual Dobson Elementary Science Celebration, students' hands were indeed everywhere. Some were making peanut butter from scratch. Others were planting pine seedlings, building bird's nests, creating rock jewelry and constructing pine needle baskets.

"Everything we are doing is science-related," Carolyn Johnson, program coordinator, explained Friday. "The object of the activities is to reinforce what is learned in the classroom with hands-on activities. It really helps with retention. But you still have got to have the facts, so books are still important."

But books are not as much fun as making peanut butter or creating bookmarks out of flowers.

"This is a lot fresher, I like it a lot better," Sheena White, 10, said after sampling her own peanut butter. "This is a lot of fun."

The fun began at 8:30 a.m. Friday. Students were divided into 21 groups and asked to choose three activities out of 10 in which to participate.

When they weren't making jewelry or bookmarks, the kids learned about

See SCIENCE, page 2A

s to ima- all learn. were very ns," said l Dobson

1A

keeping, and gun

n Gentry rived to om recy- ing. This five out as also a udents to ilder the

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e School ut being ette. The his after- of peanut

e a lot of ked over red with nes I had is really











P. O. Box 248

Dobson, N. C. 27017

May 3, 1993

Dear Mrs. Puckett,

Thank you so very much for sharing your valuable time with our Dobson Elementary students! Our Science Celebration was especially enjoyed by fifth graders. We have looked forward to this for several days and really enjoyed learning from these hands-on experiences. This day would not have been possible if it hadn't been for wonderful people like you who were willing to share of your time & abilities.

Once again, we do appreciate you and want to be sure you know how much we value your contribution to our Science Celebration.



erely,

arolyn Gordon

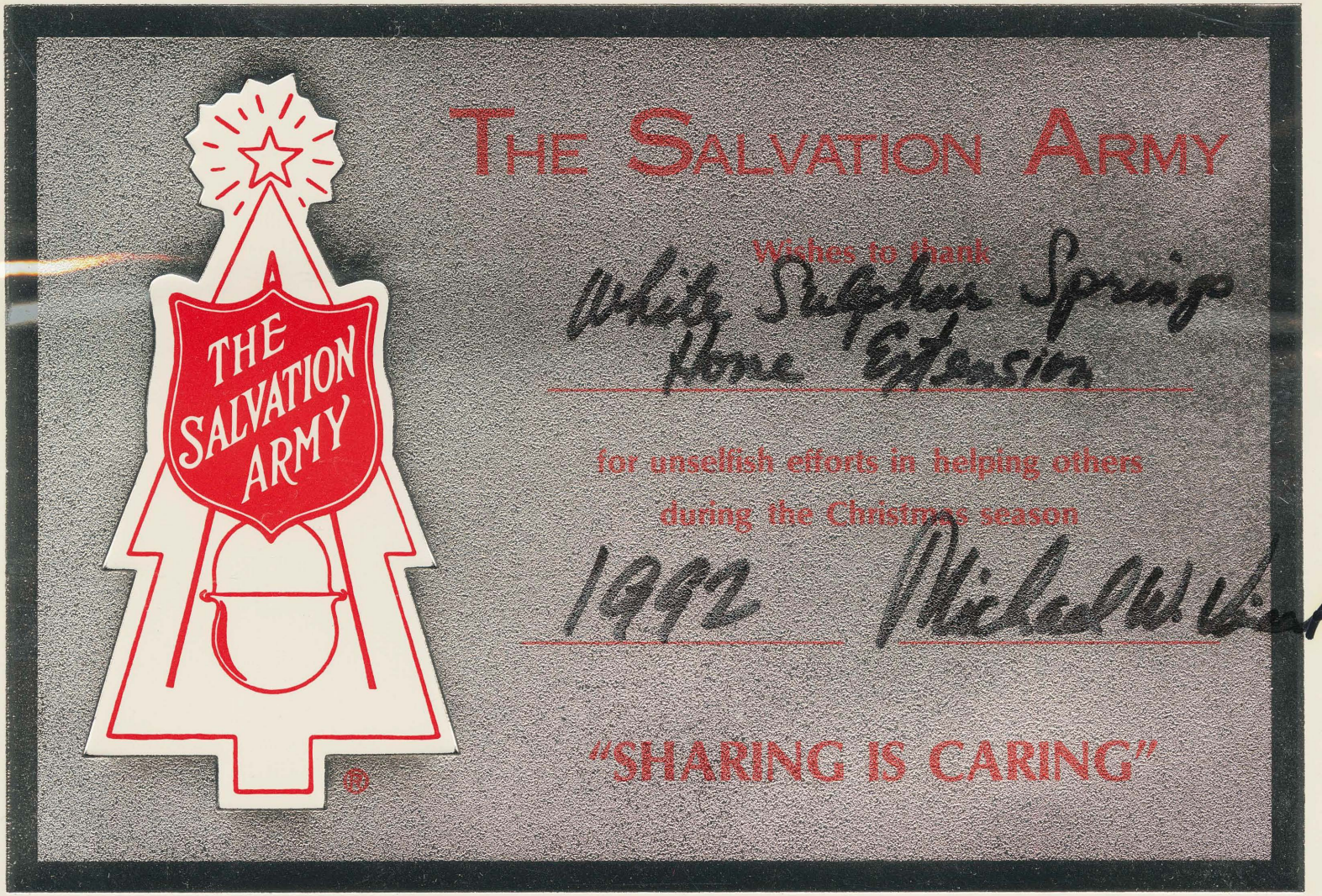
lyn Gordon

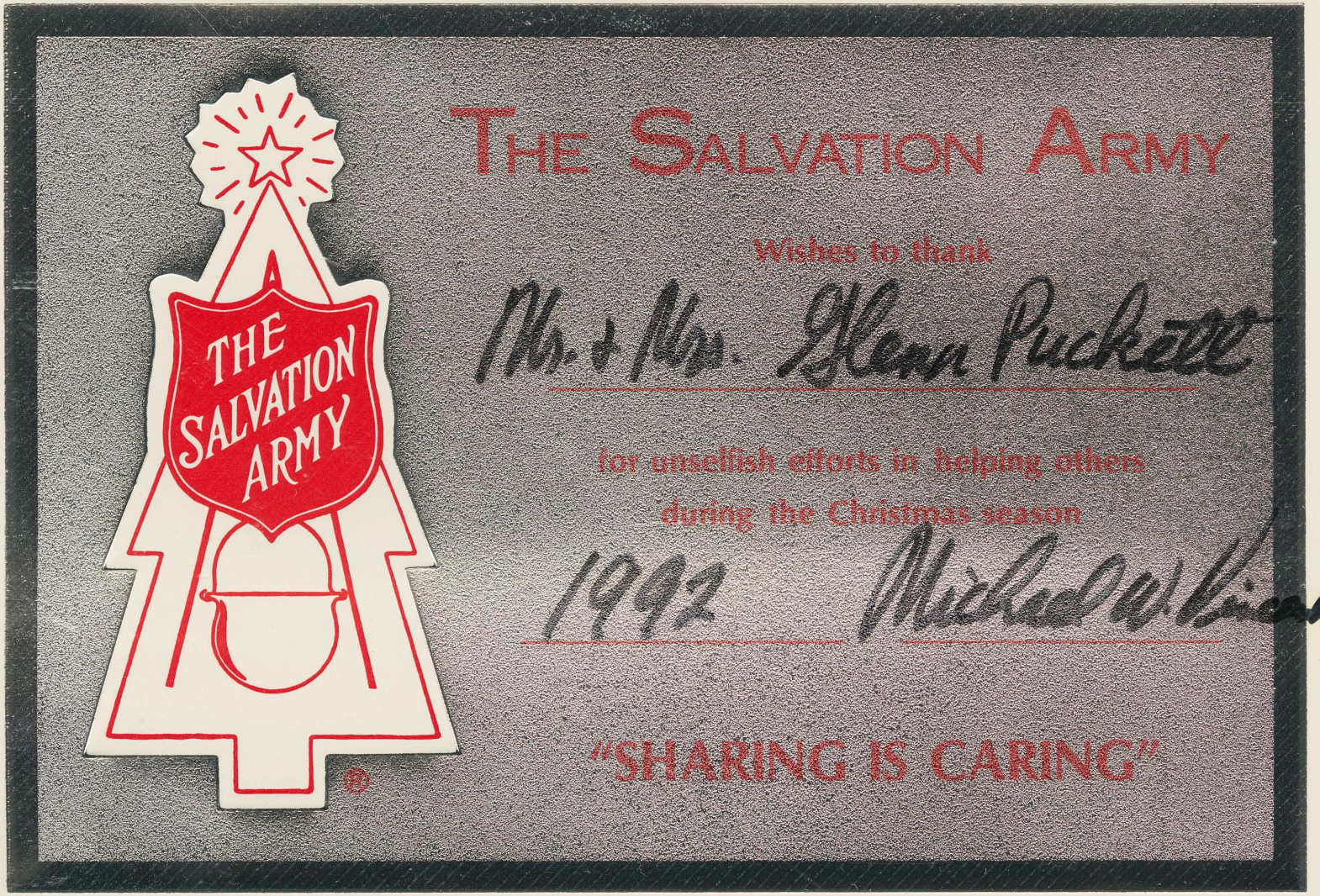
ience teacher

role Bledsoe

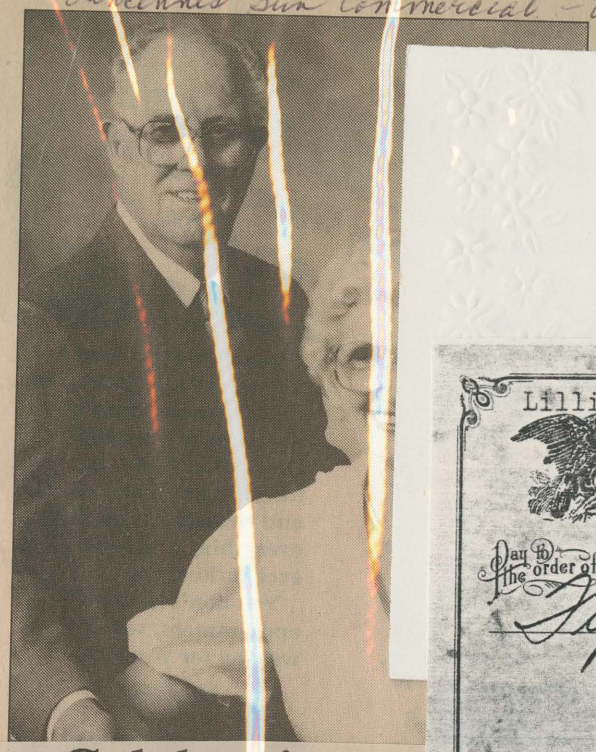
le Bledsoe

Principal


THE SALVATION ARMY
Wishes to thank
White Sulphur Springs
Home Extension
for unselfish efforts in helping others
during the Christmas season
1992
Nicholas Wick
"SHARING IS CARING"


THE SALVATION ARMY
Wishes to thank
Mr. & Mrs. Glenn Puckett
for unselfish efforts in helping others
during the Christmas season
1992
"SHARING IS CARING"

Vincennes Sun Commercial - Vincennes Indiana



Thank You

Lillian M. Carpenter 1819 Aims AAv
WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS C
Mount Airy, N.C. 27030

Pay to the order of The Trophy Shop

Fifty-three and

WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030

Memo

Lillian

⑆253170291⑆ 00130212711" 0

former

Celebration Planned

B. Glen and Gloria Puckett will celebrate their golden wedding anniversary May 16 from 2 to 4 p.m. at the Red Fez Club on West Lake Drive, Mount Airy. Their children invite friends and relatives to attend, but ask that gifts be omitted.

The couple will repeat their wedding vows at 2 p.m. with open house until 4 p.m.

Mr. and Mrs. Puckett were married on May 15, 1943, in the Christian Church parsonage in Carlisle, Ind. by the Rev. O.L. Beitler.

Mrs. Puckett is the daughter of John and Calista Gaines Squires of Carlisle. Mr. Puckett is the son of Edgar and Zula Chappell Puckett of Mount Airy. They have three daughters, Karren Puckett of Santa Rosa, Calif., Brenda McDonald of Coconut Grove, Fla. and Kay Freeland of The Colony, Texas. There are five grandchildren.

A veteran of World War II, Puckett completed 33 years of employment at Vincennes Steel Corp., and Mrs. Puckett was employed for more than 28 years at Hoover (now Johnson) Controls. She is president of the White Sulphur Springs Extension Homemakers and a volunteer worker in the community.



Glen and Gloria Puckett





Mrs. Puckett was presented with a beautiful plaque in recognition of 50 yrs. anniversary. Given by members of White Sulphur Springs Ext. Homemakers.

STUDENT SERV

P.O. BOX 0304

SURRY COMMUNITY COLLEGE

DOBSON, N.C. 27017-0304

STUDENT NAME	STUDENT NO.	MAJOR	QUARTER	DATE
PUCKETT, GLORIA J	308224377	C301	93/03	06/01/93

GRADE REPORT

DEPT.	COURSE NO.	SECT	DESCRIPTION	GRADE	HOURS ATTEMPTED	HOURS EARNED	GRADE POINTS
ART	137	C04	FLOWER ARRANGEMENT	A	1.0	1.0	4.0

A class in flower arrangement was completed by Mrs Puckett to better prepare for the assembling of all the bouquets and small arrangements for the bridal party and servers.

Two large centerpieces were prepared by their daughter, Kay Freeland of Dallas, Texas.

SUMMARY	CREDIT HOURS ATTEMPTED	CREDIT HOURS EARNED	QUALITY POINTS	AVERAGE
PREVIOUS TOTAL				
QUARTER TOTAL	1.0	1.0	4.0	4.00
CUMULATIVE TOTAL	1.0	1.0	4.0	4.00

ADV: AYERS, C

TO:
PUCKETT, GLORIA J
1617 N MAIN ST
MT AIRY, NC 27030



Rank by "Nutritional Quality" for healthy adults and children over two years of age as a component of a 2000 calorie daily diet.
(1 = BEST 3 = POOREST)

Product A 1 Product B _____ Product C _____

NUTRITION FACTS	74
Serving Size 1 cup (228 g)	
Servings per Container 1	
Amount per Serving	
Calories	260
	% Daily Value*
Total Fat	17%
Saturated Fat	14%
Cholesterol	34%
Sodium	20%
Total Carbohydrate	3%
Dietary Fiber	8%
Sugars	
Protein	

Vitamin A 18% Calcium 4% *Iron 17%

* Percents (%) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Nutrient		2000 Calories	2500 Calories
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 g	300 g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

1 g Fat = 9 calories
1 g Carbohydrate = 4 calories
1 g Protein = 4 calories

NUTRITION FACTS	13
Serving Size 1 cup (228 g)	
Servings per Container 1	

1 g Carbohydrates = 4 calories
1 g Protein = 4 calories

NUTRITION FACTS	20
Serving Size 1 cup (228 g)	
Servings per Container 1	

1 g Carbohydrates = 4 calories
1 g Protein = 4 calories

AGENT ADDRESSES WHITE SULPHUR SPRINGS CLUB

May

Elaine Whitaker, home economics agent with the Surry Cooperative Extension Service, spoke to the White Sulphur Springs Extension Homemakers on "The New Food Law."

Mrs. Whitaker said the new label information can be used now on packages but isn't mandatory until May, 1994. She also said that descriptive words used on food products must meet certain requirements. Descriptive words that may be used are free, low, reduced, less, light, lean, healthy, fresh and fresh frozen. Examples include low fat, 3 grams or less per serving, low calorie, sodium free and an insignificant amount or less than 5 mg. of sodium.

The group met at Salem United Methodist Church with 13 members present. Gloria Puckett, president, introduced the program speaker.

Refreshments were served by Era Anderson and Imogene Moore.



HIGHLIGHTS OF THE NEW FOOD LABEL

The New Food Label information and format is mandatory for **All Packaged Foods regulated by FDA.** A voluntary program is in place for **fresh fruits, vegetables and seafood.** USDA is developing a new label that will be as close to FDA's as possible for **meat and poultry.**

The New Label information and format can be used now on packages but isn't required by law to be there until May, 1994.

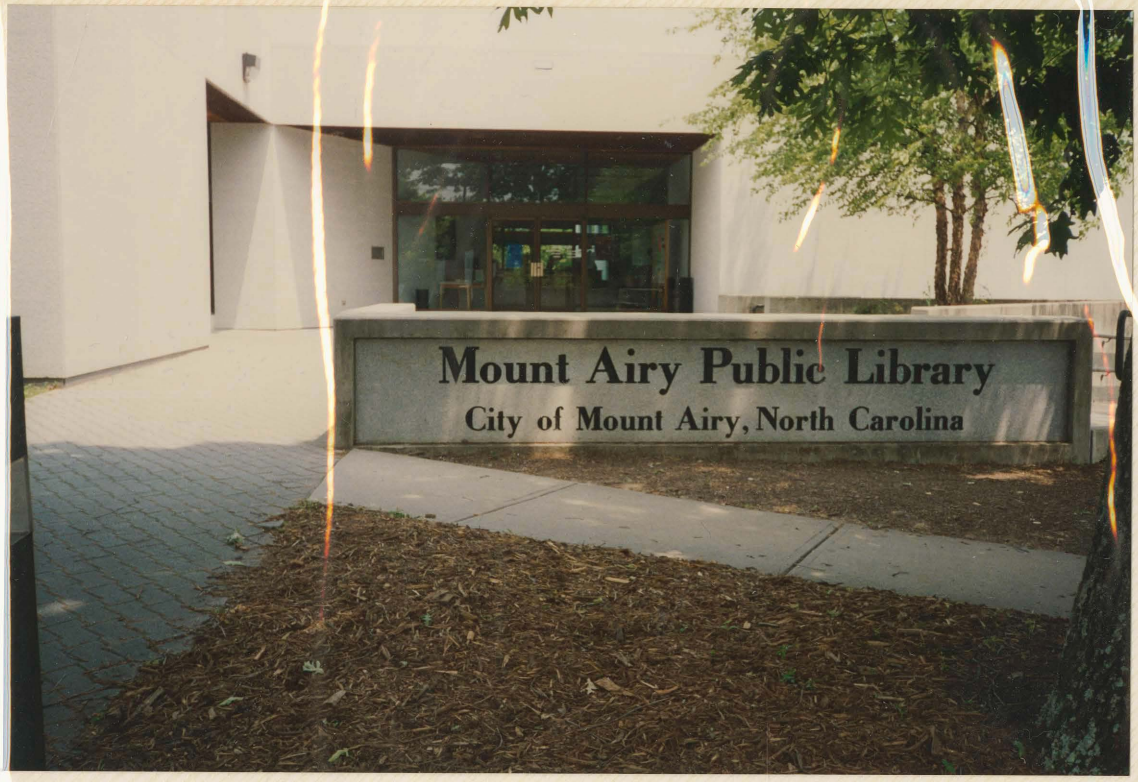
USE OF DESCRIPTIVE WORDS

Descriptive words used on food products must meet certain requirements. Descriptive words that may be used are **free, low, reduced, less, light, lean, extra lean, high, good source, more, % fat free, healthy, fresh and fresh frozen.** Below are some of the definitions for these terms.

Low fat: *3 grams or less fat per serving*
Low calorie: *40 calories or less per serving*
Sodium free: *an insignificant amount, less than 5 mg sodium*
Lean: *less than 10 g fat, less than 4 g saturated fat and less than 95 mg cholesterol per serving and 100 grams.*

HEALTH CLAIMS

Only certain claims about a nutrient and health will be allowed.



Area meeting was held at the library. Our club was well represented. We held our regular meeting this month plus an extra meeting after the Area meeting to complete plans for a special project we were working on.



Sun June 13 1993

Something's Cooking In Gloria Puckett's Kitchen

When Gloria Puckett moved down south five years ago, she brought with her a marvelous collection of recipes — some from her mother, some from friends and others that she saved from home ec classes.

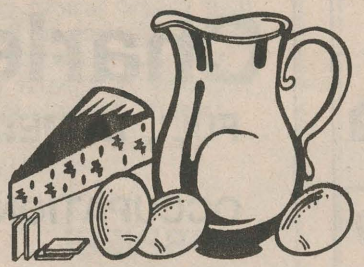
One of her favorites is a recipe for Frostop Meat Sauce that can be used to make chili, served with spaghetti or used to top hot dogs. "It's made in a crock pot and just great for freezing," she said.

And another time-saver is her pie crust recipe which makes four crusts. "They're wonderful to have on hand with fresh cherries and strawberries here," said our Sunday cook.

Gloria met her husband, Glenn Puckett from the Mount Bethel area, while he was stationed at George Field, Ill. She grew up in a farming community in Knox County, Ind., but worked near the base.

He was shipped out soon after they were married and upon his return they lived in Vincennes, the oldest city in Indiana. "After our three girls grew up, their plans took them elsewhere, my parents died, and we just decided to move down here to be near Glenn's relatives," she said.

They now reside at the Country Club Condominiums and are very active in club and civic affairs. Gloria has been president of the White Sul-





Glenn always asks Gloria to please make the Golden Puffs and leave about a dozen just plain. Sometimes she glazes them with a mixture of confectioners sugar and water, but he simply likes them plain. She says they are wonderful for finger snacking and excellent at breakfast with a cup of coffee. These were winners in a Pillsbury Bake Off years ago. Store them in plastic bags.

TWO-EGG CUP CAKES

1 2/3 cups sifted Swans Down cake flour
1 1/2 teaspoons Calument baking powder
1/3 cup butter or other shortening
1 teaspoon lemon or vanilla extract
1 cup sugar
2 eggs, unbeaten
1/2 cup milk

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring. Pour into greased cup cake pans, filling them 2/3 full. Bake in moderate oven (375) degrees 20 minutes, or until done. Frost as desired. Makes 2 dozen.

Cook vegetables until tender. Mix sour cream, soup and onion mix. Layer vegetables, water chestnuts. Pour soup mixture over top of vegetables. Top with topping mix. Bake 30 minutes at 350 degrees.

BEST CORN BREAD

1 cup flour
3 teaspoons baking powder
1/4 teapoon soda
1 teapoon salt
1 tablespoon sugar
1 cup corn meal
1 egg, beaten
1 1/2 cups sour milk or buttermilk
4 tablespoons melted shortening

Sift the first 5 ingredients together. Add the corn meal and mix thoroughly. Add beaten egg and milk to make a stiff batter. Add the melted shortening; beat until well mixed. Pour in greased shallow pan. Bake in a hot oven at 425 degrees for about 25 minutes. Break into squares; serve at once with butter. Makes 9 squares.

WHITE SULPHUR SPRINGS EH CLUB MEETS

Sue Chandler presented the lesson on "Food Guidelines" to members of the White Sulphur Springs Extension Homemakers when they met June 14.

She stressed the importance of eating the right foods, getting a balanced diet and thereby staying healthy.

Era Anderson presided in the absence of the president, Gloria Puckett. A special devotion was given by Ella Haley honoring all fathers.

Plans were made for an outing at the Hungry Farmer Restaurant on Aug. 10 at 11 a.m.



MOUNT AIRY PUBLIC LIBRARY
SUMMER READING KICK-OFF
JUNE 17, 1993

Cheer performed by:

Erica Smith
Monique Smith
Tabitha King
Ashley Morton

Cast and Crew of The Three Little Pigs Go To New York

Brack Llewellyn
Terri Marsh
Charlie Bryant
Claire Hill
Tiffany Massey

Ice Cream Sundaes provided by:

C.F. Jones Ice Cream Parlor
Friends of the Mount Airy Public Library
Heilig Meyer Furniture Company
Ice Cream Factory
McDonald's
White Sulphur Springs Extension Club

Many thanks to the Andy Griffith Playhouse Staff for the use of the facility.

See you next week for Minty Myths.

Programs at 1:30 and 3:30 at the Library.







The Trainer's Lament

We, the Willing
Led by the Unknowing
Are doing the Impossible
For the Ungrateful.
We have done so much
For so long
With so little-
We are now Qualified
to do Anything
With Nothing.

6-20-93

3

Something's Cooking In Imogene Moore's Kitchen



Imogene Moore lets no grass grow under her feet. After retiring from Pine State Knitwear about 16 years ago, she decided to attend cake decorating classes at Surry Community College. Now her days are filled with baking and decorating birthday cakes for the young and old alike, as well as beautiful anniversary and wedding cakes.

"I had always wanted to do this, so I just decided to go to the classes and I love it," she said. "I decorate the childrens' cake with anything that's popular on TV — the Care Bears, the Cabbage Patch Dolls, Barney the dinosaur, just whatever they want."

And as if cake baking didn't occupy enough of her time, she has taken up

Pineapple Filling

16-ounce can crushed pineapple with juice
Scant 1/2 cup cornstarch
3/4 cup sugar

Combine ingredients. Cook until thick, watch carefully (takes about 5 to 6 minutes.) Spread between layers. Then put Seven-Minute Frosting on cake top and sides. Put fresh frozen coconut on top and sides (1 (12-ounce) package Tropic Isle coconut).

Imogene still likes the Old-Fashioned Rice Pudding recipe that was passed along by her cousin from Stoneville.

OLD-FASHIONED RICE PUDDING

1 cup rice cooked in
3 cups water
1 1/2 cups sugar
1 stick margarine
2 cups evaporated milk

Then add:
3 eggs, beated
1 teaspoon lemon flavoring
1 teaspoon vanilla flavoring
1 cup raisins (optional)

Mix all together in baking dish and bake 25 to 30 minutes in 350 degree oven.

ing out.) Sprinkle with paprika and bake in 350 degree oven for about an hour. These are very good.

Imogene's cousin from Hillsville, Va. sent her this recipe for Sweet and Sour Meatballs. It is very good.

SWEET AND SOUR MEATBALLS

1 pound ground beef
1/2 cup bread crumbs
1 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon parsley flakes
1 egg, beaten (slightly)
1/4 cup milk

Roll beef in bite-size balls. Fry in 2 tablespoons oil until brown.

Sauce:

1 green bell pepper, sliced thin
1 medium onion, sliced thin
1/2 cup sugar
1/4 cup vinegar
1/4 cup catsup
2 tablespoons soy sauce
3 tablespoons cornstarch
1 1/2 cups water

Fry the green peppers and onion about 2 minutes. Then add the sugar, vinegar and soy sauce to the onion and pepper. Heat to boiling. Mix water and cornstarch until smooth. Slowly add to boiling mix. Stir until thick. Add meatballs. Let simmer 20 minutes. Keep warm until served.

— Eleanor Powell

Juanita Tucker was hostess for a tour around Surry County. This was a one day affair but we sure cover- a lot of territory. An enjoyable box lunch was includ- ed. Ruth Minick was historian and explained many of local facts as we toured the countryside.
Marie Williams and Gloria Puckett of White Sulphur Springs club were included on this trip.

July 12 1993







WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N.C. 27030 9/14/93

66-7102
2531

Pay to the order of Florence Crittenton Home $ 50.00

Fifty and no/100 - - - DOLLARS

FLORENCE CRITTENTON SERVICES

1903-1993

90TH ANNIVERSARY!
90TH ANNIVERSARY!
90TH ANNIVERSARY!

90TH ANNUAL REPORT 1992

1903 - 1993
90
YEARS OF EXCELLENCE
Florence Crittenton Services

IN MEMORY

OF

Mrs. Alice Davis Burge

Jan. 19, 1926 July 28, 1993

67 Years 6 Months 9 Days

SERVICES

Saturday

July 31, 1993 3:30 P.M.

Moody Funeral Chapel

CLERGYMAN

Dr. Cecil Cave

SURVIVORS

Daughters

Mrs. Bonnie Everhart

Ft. Worth, Texas

Mrs. Kathy Butner

Davenport, Fla.

Five Grandchildren

Sister

Mrs Edna Comer

Winston Salem, NC

Brother

Richard Davis

Jacksonville, Fla.



Alice Burge was a regular member of the White Sulphur Springs Extension Homemakers Club for sever- years. She had a problem with high blood pressure which in turn led to other problems healthwise.

We certainly did miss her after she left this area to be near her children. There were reports mostly through Marjorie Brookshire of her where- abouts and her health. Strokes are a terrible thing for humans to bear.

Several members attended a memorial service for Alice on Sat. July 31, 1993. It was a brief but fitt- ing ceremony for a beautiful person. Alice was so willing to help and an understanding person. Our hearts go out to her family.

Berry Festival — July 16-17

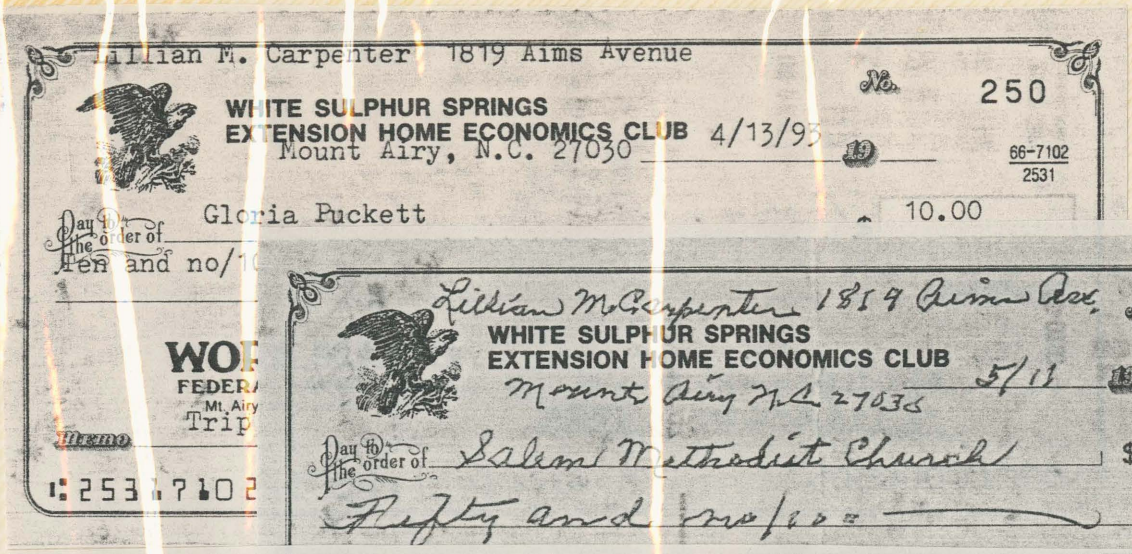
1. Bring sonkers in large pans — oven roasting pans
   — large foil " etc.
2. kinds: blackberry, blueberry, strawberry, peach, peach/blueberry, blueberry/blackberry, sweet potato, apple
3. follow recipe in folder
4. bring several large serving spoons (wrapped in foil)
5. wear a hat, sunvisor (not plastic) or hairnet — gloves optional
6. Wash hands when you arrive — anything dropped must be washed in clorox water — (it will be available) the water will go into a bucket to be discarded into a special container.
7. USE TRASH Containers!
8. Place pies on tables and chairs.

DO NOT — bake pies the night before!

Suggestion: freeze sonkers a few days ahead.

Gloria Puckett demonstrated three different types of embroidery work at the Berry Festival on Dobson. The pillowcases have been completed and shown below.





Lillian M. Carpenter 1819 Aims Avenue

No. 250

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N.C. 27030

4/13/93 19

66-7102
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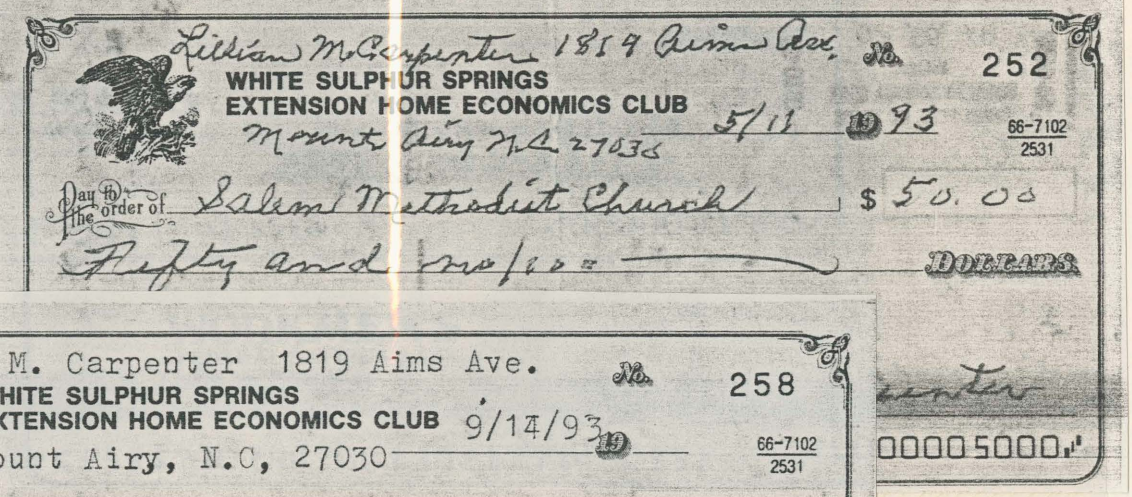
Pay to the order of Gloria Puckett $ 10.00

Ten and no/1

WO
FEDERA
Mt. Airy
Trip

Memo

⑆253171021



Lillian McCarpenter 1819 Aims Ave. No. 252

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy N.C. 27030

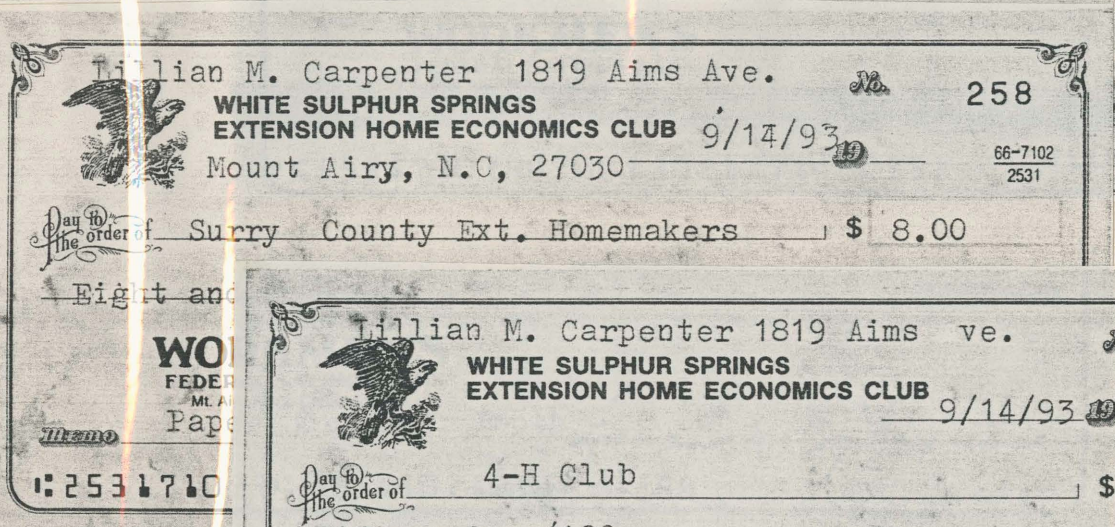
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66-7102
2531

Pay to the order of Salem Methodist Church $ 50.00

Fifty and no/100 DOLLARS

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Lillian M. Carpenter 1819 Aims Ave. No. 258

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N.C, 27030

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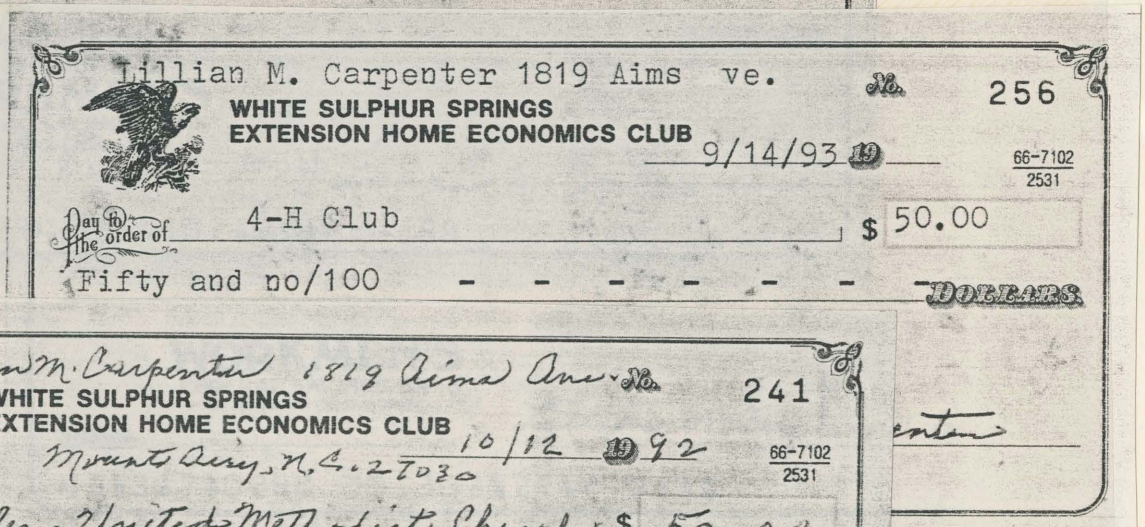
Pay to the order of Surry County Ext. Homemakers $ 8.00

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Pap

Memo

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Lillian M. Carpenter 1819 Aims ve. No. 256

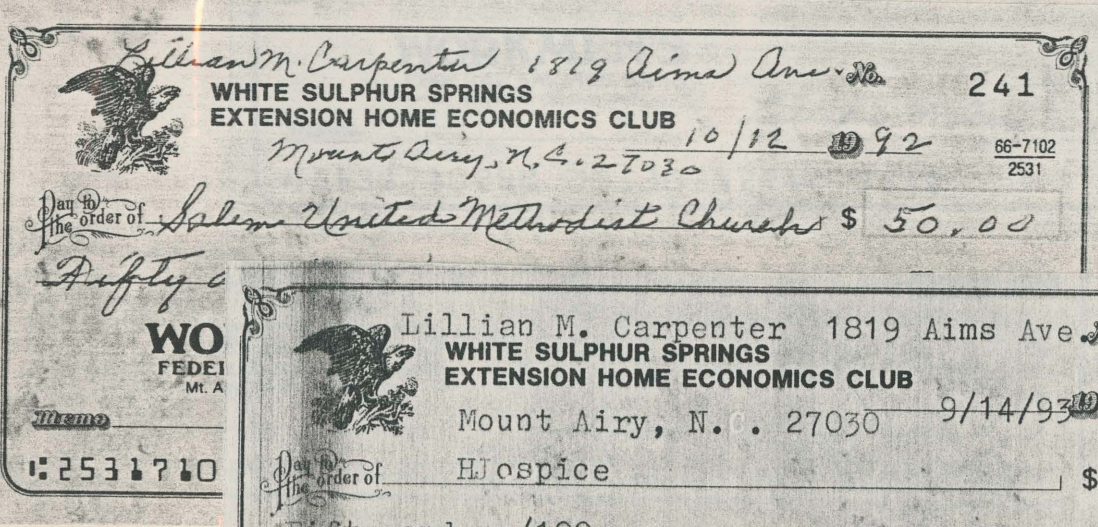
WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB

9/14/93 19

66-7102
2531

Pay to the order of 4-H Club $ 50.00

Fifty and no/100 - - - - - - - DOLLARS



Lillian M. Carpenter 1819 Aims Ave. No. 241

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N.C. 27030

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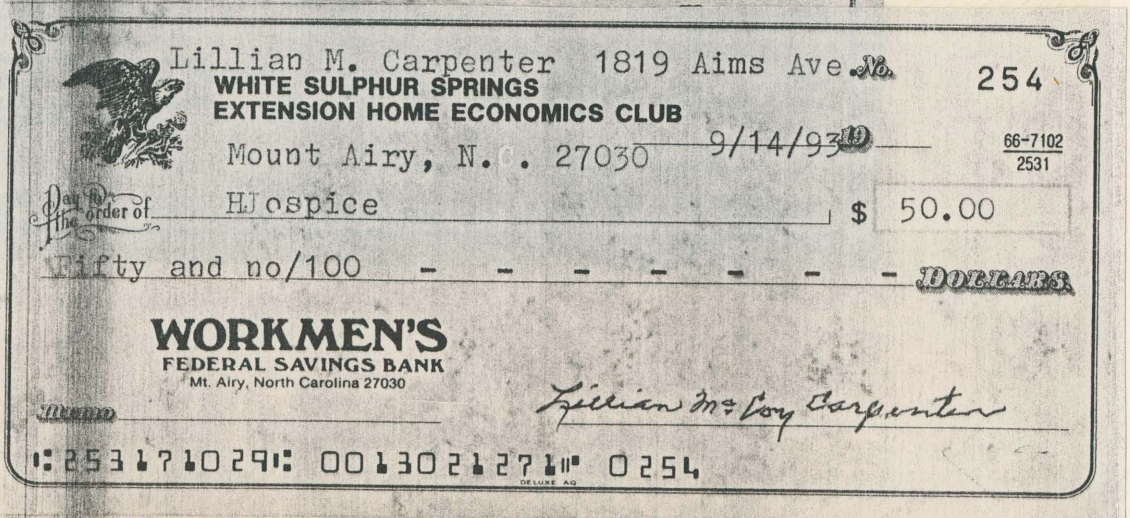
Pay to the order of Salem United Methodist Church $ 50.00

Fifty a

WO
FEDE
Mt. A

Memo

⑆25317102



Lillian M. Carpenter 1819 Aims Ave. No. 254

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N. . 27030

9/14/93 19

66-7102
2531

Pay to the order of HJospice $ 50.00

Fifty and no/100 - - - - - - - DOLLARS

WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030

Lillian McCoy Carpenter

Memo

⑆253171029⑆ 001302127⑈ 0254

DELUXE AQ

Mother

The spirit of home is Mother.
The charm of her love is there.
One knows the joy of her presence
And her ever tender care.

Friendships will sometimes vary,
The old are changed for the new.
But always the same dear Mother
Will gladden a lifetime through!

Author Unknown

A Grandmother's Prayer

Let me give my grandchild gifts,
Not just toys, but other things—
Like treasured dreams & memories
That give a child both roots & wings.

Let me help with little things,
To teach someone to tie a shoe,
To answer funny questions now
And always know just what to do.

Let me show that what is old
A child may find completely new,
And know what once delighted me
Makes my grandchild happy, too.

Let me use this special time,
Feeling blessed by circumstance;
For sometimes being a grandma is
A mother's happy second chance.

Jill Wolf



White Sulphur Springs Extension Homemakers posing at the Bluemont Presbyterian Church on the Blue Ridge Parkway are (left to right) Gloria Puckett, Imogene Moore, Lois Hoover, Thelma McKnight, Nell Hurst, Ella Haley and Sylvia Wilson.

WHITE SULPHUR SPRINGS CLUB TOURS ROCK CHURCHES

Members of the White Sulphur Extension Homemakers toured the rock churches along the Blue Ridge Parkway for their August meeting. They met for brunch at the Hungry Farmer Restaurant before going up on the parkway.

Included in the group were Ella Haley, Lois Hoover, Gloria Puckett, Lillian Carpenter, Marjorie Brookshire, Thelma McKnight, Sylvia Wilson, Nell Hurst, Era Anderson, Imogene Moore and a guest, Connie Hensley.

They stopped over at the Mayberry Presbyterian Church, Bluemont Presbyterian Church and Slate Mountain Church, and also visited at Mabry Mill, an old-time country store and the Puckett Cabin.

Mother

The spirit of home is Mother.
The charm of her love is there.
One knows the joy of her presence
And her ever tender care.

Friendships will sometimes vary,
The old are changed for the new.
But always the same dear Mother
Will gladden a lifetime through!

Author Unknown

A Grandmother's Prayer

Let me give my grandchild gifts,
Not just toys, but other things—
Like treasured dreams & memories
That give a child both roots & wings.

Let me help with little things,
To teach someone to tie a shoe,
To answer funny questions now
And always know just what to do.

Let me show that what is old
A child may find completely new,
And know what once delighted me
Makes my grandchild happy, too.

Let me use this special time,
Feeling blessed by circumstance;
For sometimes being a grandma is
A mother's happy second chance.

Jill Wolf



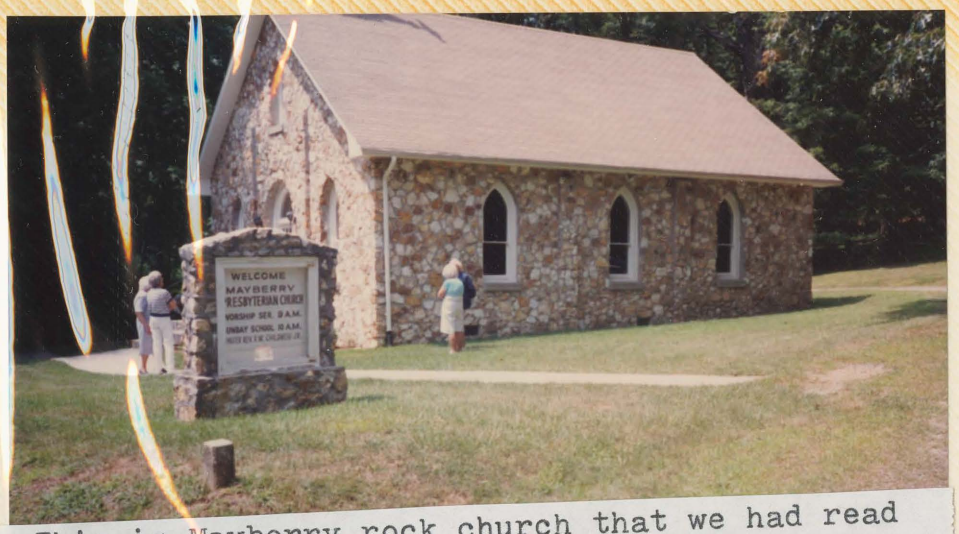
White Sulphur Springs Extension Homemakers posing at the Bluemont Presbyterian Church on the Blue Ridge Parkway are (left to right) Gloria Puckett, Imogene Moore, Lois Hoover, Thelma McKnight, Nell Hurst, Ella Haley and Sylvia Wilson.

WHITE SULPHUR SPRINGS CLUB TOURS ROCK CHURCHES

Members of the White Sulphur Extension Homemakers toured the rock churches along the Blue Ridge Parkway for their August meeting. They met for brunch at the Hungry Farmer Restaurant before going up on the parkway.

Included in the group were Ella Haley, Lois Hoover, Gloria Puckett, Lillian Carpenter, Marjorie Brookshire, Thelma McKnight, Sylvia Wilson, Nell Hurst, Era Anderson, Imogene Moore and a guest, Connie Hensley.

They stopped over at the Mayberry Presbyterian Church, Bluemont Presbyterian Church and Slate Mountain Church, and also visited at Mabry Mill, an old-time country store and the Puckett Cabin.



This is Mayberry rock church that we had read about in the book. Mr. Childress built 5 of these beautiful churches and they are in excellent condition today.



At some of the churches they had added picnic areas which we fully enjoyed.











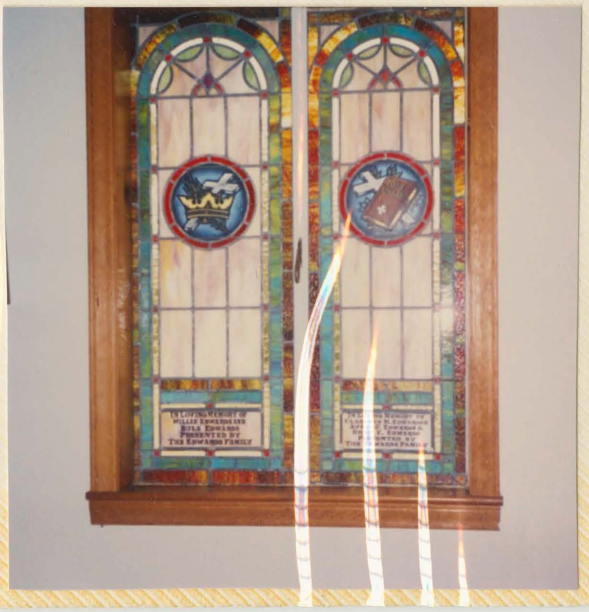
The church at Slate Mountain was different in appearance especially at the entryway. The congregation there had added lovely colored windows.







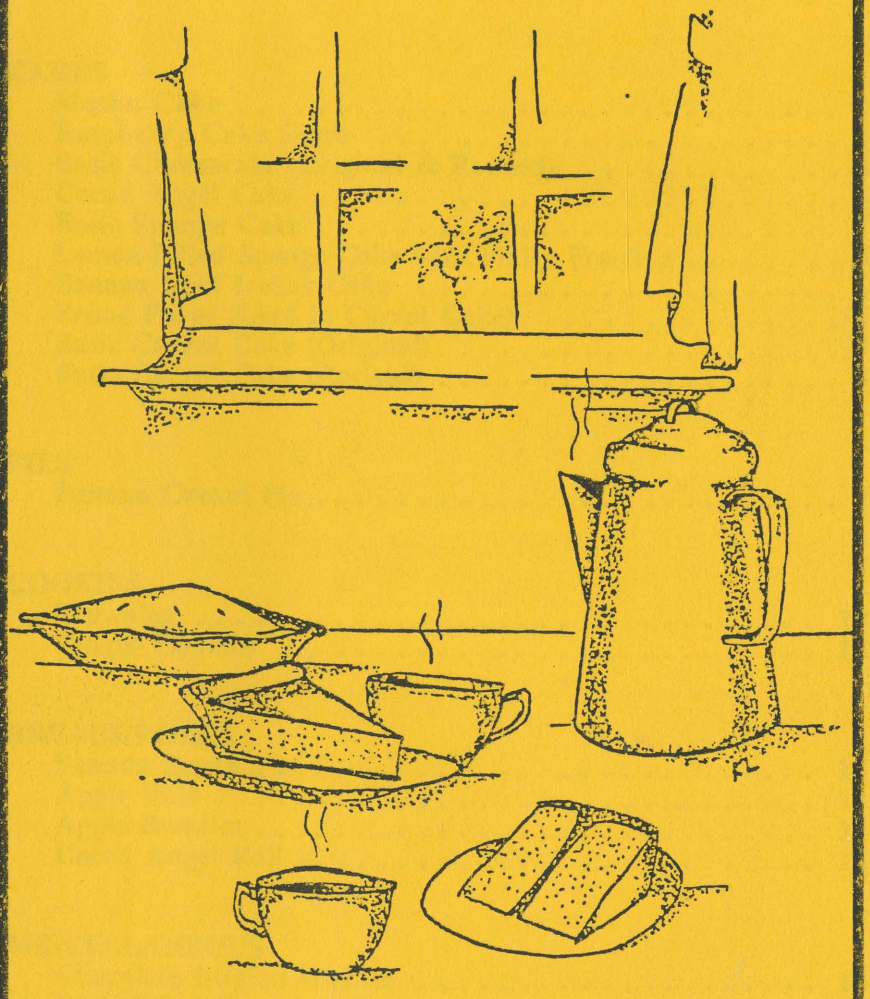






Sept 1993

HAVE YOUR CAKE



AND EAT IT TOO!

Sunday Sept 5, 1993

Something's Cooking In The Extension Office Kitchen

Members of the North Carolina Cooperative Extension Secretaries Associaion-Northwest District were in for a treat recently when they gathered at the Agricultural Building in Dobson.

Representatives from 12 counties, numbering about 35, enjoyed a delicious luncheon consisting of dishes prepared in minutes. Elaine Whitaker, Home Economics Extension Agent, presented the program on "Meals in Minutes" and presented each one present with a booklet containing recipes for that day's luncheon.

Hostesses were Linda Kidd, Faye Ireland and Denise Brown, extension secretaries in the Surry County center. Special helpers for lunch were Carolyn Johnson, Extension Agent 4-H; Karen Caparoli, 4-H program assistant; and Coleen Dollyhigh, Fern Evans, Pauline Rawley and Beth Norman, EFNEP program assistants.

AMERICAN FRIES

3 medium-size baking potatoes (about 1 1/2 pounds)
1/2 teaspoon onion powder
1/2 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
Vegetable cooking spray

Scrub potatoes; cut into 1/4-inch-thick slices. Pat slices dry with paper towels. Combine onion powder and next 4 ingredients in a large zip-top plastic bag; add potato slices, and shake well to coat.

Arrange potato slices in a single layer on a large baking sheet coated with cooking spray. Bake at 425 degrees for 12 to 15 minutes on each side or until lightly browned. Yield: 6 servings; calories, 85; total fat 0.2. g.

CALIFORNIA SKILLET

1 tablespoon oil (optional)
1 pound ground turkey
1 cup chopped onions
2 cups water
1 (10-ounce) can condensed tomato soup, undiluted
1 (12-ounce) can whole kernel corn, undrained
1 cup elbow macaroni, uncooked
1 tablespoon chili ipowder
1/2 teaspoon salt
1 teaspoon pepper
1 teaspoon Worcestershire sauce
1/4 cup sugar
1/2 cup butter, melted
2 cans (14 ounces) sweetened condensed milk
3 eggs, lightly beaten
1/2 cup fresh lime juice
4 teaspoons grated lime peel

Preheat oven to 350 degrees. Line a 13x9x2-inch pan with foil, allowing foil to hang over the short sides. Butter foil and sides of pan; set aside. In a medium bowl combine pretzels, sugar and butter. Firmly press over bottom of prepared pan. Bake until crust is firm, about 10 minutes; cool slightly. Meanwhile, in a large bowl combine condensed milk, eggs, lime juice and lime peel. Pour into cooled crust. Bake until center is firm, 25 to 30 minutes. Cool completely on a wire rack. Pull up ends of foil to remove from pan. Cut into bars. Yield: 28 bars; calories, 170; total fat, 7 g.

— Eleanor Powell



WHITE SULPHUR SPRINGS EHC MEETS

The White Sulphur Springs Extension Homemakers met Sept. 13 with 10 members present.

Members were excited about the upcoming Surry County Agricultural Fair. Each had been assigned her duties to help ready the club booth, which had as its theme, "Strengthening Families." Teddy Bears were used to represent families.

Plans were finalized to serve the Sept. 29 birthday party for the residents of Colonial Rest Home.

Plans were also made to host the October area meeting at the Mount Airy Public Library. Each member was asked to provide a favorite snack food.

An interesting program of music was presented by Era Anderson. Era played lively, marching music to do chores by and classical music for relaxing. She told the group to never play country music when they are depressed.

The clubwomen selected Marie Williams for having the "Best Program of the Year," while Lillian Carpenter was named, "Outstanding Member" for the time she has donated to the treasury.

The club collect was used to dismiss the group.

Hospice of Surry County, Inc.

Thank you for your generous contribution to Hospice. Your gift will be used to help meet the special needs of terminally ill persons and their families.

We are grateful for your continued support.

Sincerely,
Cassie Fudmont
Hospice of Surry County



All the clubs were asked if they wished to prepare an educational booth.



Our club was first to volunteer and to choose a title we could put into picture form.



We chose as a title "Family Activities Strengthen Families".

Members helped put the story in place.

We showed going to church, picnicing, reading and fishing.



Our booth was done with a green background. We earned a green ribbon.

Our booth was the first one finished and we were very proud of our work.







The first day of the fair is busy, busy, busy. In addition to getting our own exhibits ready we accept the dried and permanent flowers.

This year it seemed like there were more entries than usual. We were there from 9 AM to 7 PM.

All those colorful flowers made for a pretty booth

The last activity of our year is serving a birthday party for the nursing home residents. Five of us serve 55 people cakes, drinks and bananas for diabetics. They enjoy the goodies and we enjoy visiting with them.





Residents of Colonial Care were enjoying a visit on the front porch. When I asked if they minded if I took their picture they just smiled and said help yourself. They were very friendly and asked me to sit with them.

ship, kindness, and encouragement. I don't know the author of the following poem, but it won't detract from your enjoyment of it.

AND GOD SAID "NO"

I asked God to take away my pride and God said, "No."

He said it was not for Him to take away, but for me to give up.

I asked God to make my handicapped child whole and God said, "No."

He said, "Her spirit is whole, her body is only temporary."

I asked God to grant me patience and God said, "No."

He said that patience is a by-product of tribulation.

It isn't granted, it's earned.

I asked God to give me happiness and God said, "No."

He said that He gives blessings, happiness is up to me.

I asked God to spare me pain and God said, "No."

He said, "Suffering draws you apart from worldly cares and brings you closer to me."

I asked God to make my spirit grow and God said, "No."

He said that I must grow on my own, but He will prune me to make me fruitful.

I asked God if He loved me and God said, "Yes."

He gave His only Son who died for me and I will be in heaven someday because I believe.

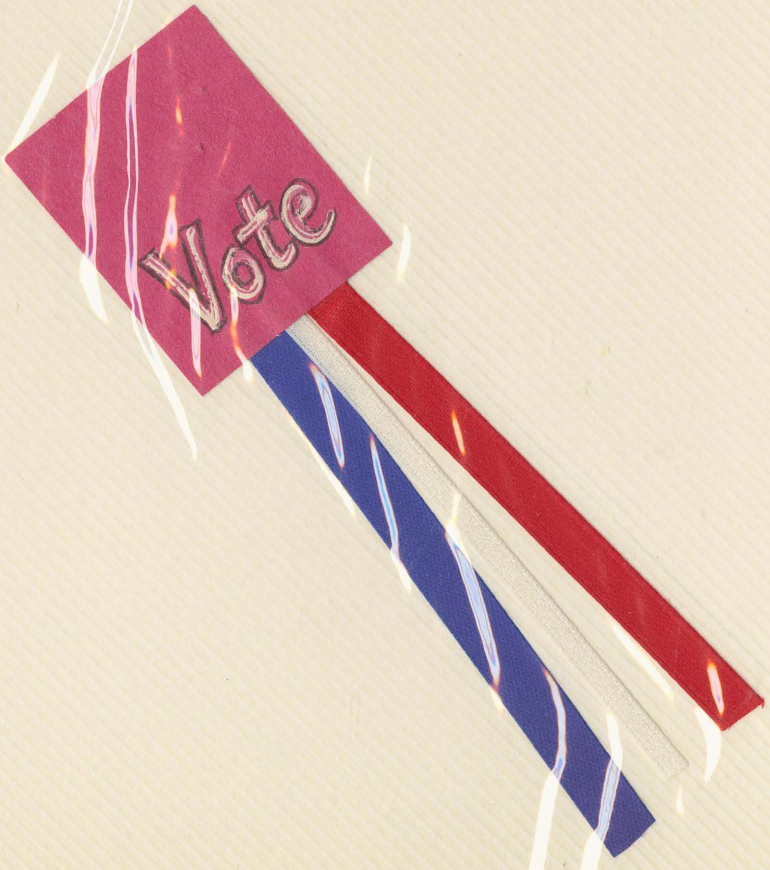
I asked God to help me love others as much as He loves me and God said,

"Ah, finally you have the idea."



It's the human touch in the world that counts; The touch of your hand and mine. Which means far more to the famished soul than shelter and food and wine.
For shelter is done, when the night is o'er, and bread lasts only a day, But the touch of the hand, the sound of the voice ring in the soul always.

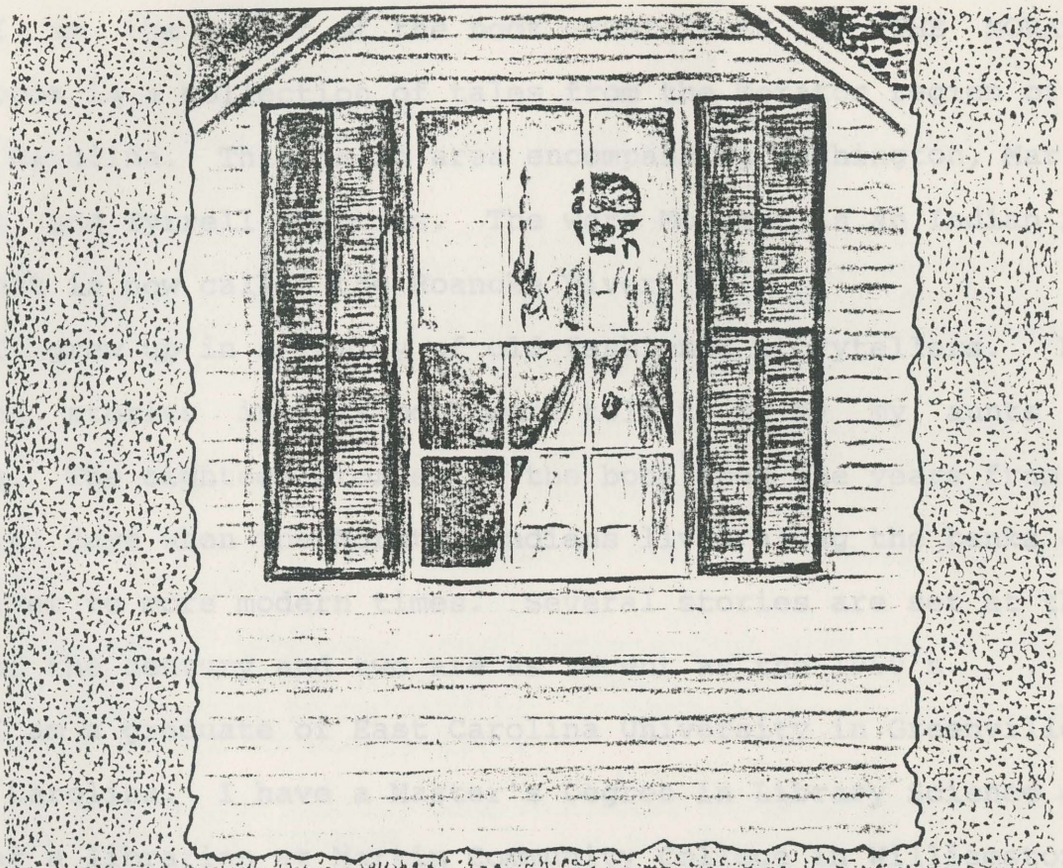
"Do unto others as though you were the others."





for sharing in our busy year. It's a pleasure to share our story in picture form.

White Sulphur Springs
Extension Homemakers



GHOST TALES OF THE MORATOC

CATHERINE T. CARTER

THE SALVATION ARMY
OF
MOUNT AIRY,
NORTH CAROLINA

1992 ANNUAL REPORT

Working
Miracles
Every Day

THE SALVATION ARMY

Monday, April 19, 1993

Dobson Elementary School
Office of the Principal
Post Office Box 248
Dobson, North Carolina 27017
Telephone: (910) 386-8913
Fax: (910) 386-4347

The pressing wildflowers is always a favorite activity with our children. Thanks so much for your help!!

May 9, 1994

Dear Friends of Education.

Our fifth grade Science Celebration was a wonderful success! The students are STILL excited over their experiences last Friday. We wish to thank you for sharing your time and expertise with the students of our school. Volunteers like you are valuable human resources to our educational programs. We cannot adequately express to you in words how grateful we are to you for your contribution to the education of our Surry County youth.

Once again, many thanks!

Sincerely,

Mrs. Carolyn Gordon

Mrs. Carolyn Gordon
Grade 5 Science Teacher

Mrs. Carole Bledsoe

Mrs. Carole Bledsoe
Principal

Thanks so very much!