OFFICERS 1989 - 1990

PRESIDENT: LOIS HOOVER 207 W. Oakdale St. 789-3911

V-PRSIDENT: Gloria Puckett 1617 N. Main St. 786-9814
Xountry Club Apts.

Sec/Treas: Lillian Carpenter 1819 Aims Ave. 786-5086

COMMITTEES:

Citizenship &
Community Outreach: Gloria Puckett 1617 N. Main 786-9814

Cultural Arts. Sylvia Wilson 219 Wm. Penn St. 786-6020

Textile & Clothing:

Family elations
& Child Development: Ella Haley 1555 N. Main 786-7489

Family Resource Management: Sue Chandler 207 Wm. Penn 789-8816

Health, Food & Nutrition: Marjorie Brookshire 191 Noonkester Dr. 786-6894

Housing, Energy & Environment: Sue Chandler 207 Wm. Penn 789-8816

International: Hazel Brannock 146 Mt.View Dr. 789-3845

Public Relations: Nellie Hurst 3512 Wards Gap. Rd. 786-6518

Safety- Energy Alice Burge 318 Jeffries 786-2074

November 12, 1990

The White Sulphur Springs Extension Club met at Salem Methodist Church November 12 . Florence Martin was a visitor to make up a meeting she had missed due to being out of town attending the funeral of a relative.

Gloria Puckett called the meeting to order. Ella Haley had the deobotional. She remarked that as she looked out at the cemetery in front of her house she thought of how thankful we should all be for our health and freedom. Then she read an article about "knowing my father--he was a good man". Pauline Sechrest lead in a prayer of thanksgiving. Then Mrs. Puckett read a poem "We thank Thee, Lord."

Our club was adked to send representatives to the opening of the Grace Vaughn Red Cross Building, December 9. Pauline, Sue, Nell, Marjorie, Alice and Sylvia volunteered to go.

The Salvation Army Bears to be shown at the Nursing Home, and then placed in the window of the Salvation Army store.

Gloria told about going to the Achievement Day at Stuart, Va. and passed around an identification pin given to her at the meeting.

The Perfect Attendance and the Reading Certificates were given to the members.

It was announced that December 7 at 7:00 PM there will be a meeting for the Program of Work. President and Vice President supposed to attend.

Master Volunteer Program January 7, 14 and 18.

Plans were made to help Billy Smith for Thanksgiving. Gloria suggested that we help him and a family.

The meeting was closed with the Salute to the American flag.

Patterns were cut for clothing the bears.

Gloria Puckett served delicious cookies, and Pauline Sechrest served drinks.

Respectfully submitted,

Gloria Puckett, President

Lillian Carpenter, Secretary

JANUARY 8, 1990

WHITE SULPHUR SPRINGS CLUB MEETS

Despite inclement weather on Monday there was a good attendance of White Sulphur Springs Extension Homemakers at Salem United Methodist Church.

After devotions and roll call, a program of work was chosen by individual members. It was favored again this year to dress dolls for The Salvation Army. Those in charge thanked everyone who participated in the program last year.

A report was made on a county council meeting held in the Agricultural Extension Service offices in Dobson Jan. 2. Those who are attending program of work sessions were reminded of a Jan. 18 meeting.

Lois Hoover, the president of the White Sulphur Springs homemakers, appointed Alice Burge chairman of the group's Social Committee. She will be assisted by Era Anderson and Marjorie Brookshire. Nellie Hurst will chair the Scrapbook Committee.

Ella Haley displayed napkin rings she had made and gave a demonstration on how it was done.

Mrs. Hurst served refreshments to those present, including two new members, Marie Williams and Mrs. Anderson, and a guest, Wanda Fetters.

FEBRUARY 12, 1990

WHITE SULPHUR SPRINGS CLUB LEARNS ABOUT RADON

Members of the White Sulphur Springs Extension Homemakers group viewed a videotape on "Your Healthy House — What You Should Know About Radon," during their February meeting at the Mount Airy Public Library.

The tape, furnished by the N.C. Agricultural Extension Service, explains radon as a gas that can enter homes and affect one's health. Ways of testing and the importance of screening measurements were stressed through the use of charcoal cannisters. Information on radon and the cannisters can be obtained at the Agricultural Extension Service office in Dobson at a small cost. The test reveals if there is a problem and what can be done about it.

After the business session, the meeting was dismissed by Lois Hoover, the group's president.

Mrs. hoover reported that speakers are available from Community College by appointment.

Each club should donate a book to the library this year.

12 m2mbers and 2 visitors present.

Ella Haley gave devotionals. he Love Chapter, Corinthians 13th chapter, and a reading from Guidepost by Sherri Lewis followed by prayer.

Meeting closed with Club Collect.

WHITE SULPHUR SPRINGS ACCEPTS AWARD

White Sulphur Springs Extension Homemakers members attended the Appreciation Dinner Meeting of the local Salvation Army Feb. 13. They included Sylvia Wilson, Sue Chandler, Lillian Carpenter, Gloria Puckett and Nell Hurst. A framed award of appreciation was presented to the club for its support during 1989.

MARCH 12, 1990

WHITE SULPHUR SPRINGS CLUB STUDIES WEATHER

Christine Greene, Surry County extension agent, presented a program on "Severe Weather; Don't Let it Catch You Unprepared" to the White Sulphur Springs Extension Homemakers recently. Members were divided into smaller discussion groups to better analyze how to deal with human needs such as food, water and warmth in times of power failure.

Ella Haley read from the eighth chapter of Romans and after a moment's silence and meditation had prayer in respect to a deceased member, Mrs. Hettie Blackburn. In tribute the poem "A Friend is a Gift of God" was read.

Thelma McKnight was made an associate member.

In other club news, an Easter bunny project has been completed and bunnies are on sale at Hinkle's Book Store.

A bake and yard sale will be held at Salem United Methodist Church on Wards Gap Road April 14, beginning at 8 a.m.

Refreshments were furnished at the homemakers meeting by Lillian Carpenter, who was unable to attend due to a funeral in the family. Serving were Marjorie Brookshire, Alice Burge and Era Anderson. Others in attendance were President Lois Hoover, Nell Hurst, Imogene Moore, Sue Chandler, Sylvia Wilson, Gloria Puckett, Marie Williams, Hazel Brannock, Helen Simmons and guest Andrea Morrison.

12 members and two visitors present.

At Surry Community College May 31 10:00 AM to 6:00 PM blood pressire checking, glaucoma, and colesterol check $6.00.

April meeting at Mount Airy Public Library April 10 (Area Meeting).

BERRY FESTIVAL July20-21. Sonkers to be made by Sylvia, Nell, Gloria, and Sue.
Some signed to work from 9:30 till 11:30.

April 19 1:00 o'clock Nell, Sue, and Alice.

May 16 Spring District Day "Food Fashion" at Calvary Baptist. 8:45 AM. Ann Tyndall spreaker.

County Council Meeting May 1. Cultural Arts submitted by members to be judged.

Four Radon canisters sold. ~~Two~~ One needed further study, One O.K., two had not heard.

Memorial to mrs. Blackburn sent to Mt.Airy News.

$50.00 collected as memorial to Mrs Blackburn. To be donated to Youth Scholarship fund

5

■ Members of the White Sulphur Springs Extension Homemakers paid tribute to Hettie Blackburn at their last meeting. Mrs. Blackburn, who died Feb. 21, was posthumously made an honorary member.

Ella Haley commented, "We are most fortunate and thankful to have known Mrs. Hettie Callaway Blackburn and call her friend. She was a faithful member of our club and had perfect attendance for 43 years. Our hearts go out to her dear family at their great loss but we know she rests in a fairer home."

The members dedicated this poem in her memory: "Again a parting sail we see,/ Another boat has left the shore;/ A kinder soul on board has she,/ Than ever left this shore before.

"An outward course Mrs. Hettie bends,/ Leaving her dear family and friends;/ Her task on earth is finished,/ She could no longer stay;/ She's gone but she was ready,/ And beckons others over the way.

"She's gone and we all miss her, From countryside and town;/ But fear not for her going,/ She's laid down her cross and gained a crown."



Hettie Blackburn

BLACKBURN

MOUNT AIRY — Mrs. Hattie Lee Callaway Blackburn, 89, Mount View Dr., widow of James Rufus Blackburn, died Wednesday afternoon at Northern Hospital of Surry County, Mount Airy. Mrs. Blackburn was born in Carroll County, Va. on November 3, 1900, daughter of the late Thomas Daniel and Laura Faulkner Callaway, was a member of the Salem United Methodist Church, Mount Airy for 54 years, was recently awarded a life membership to the White Sulphur Springs Extension Club in recognition of 42 years of perfect attendance, where she had served as treasurer for many years. She was active in the United Methodist Women and had been a member of the American Legion Auxillary for many years. Surviving are two daughters, Mrs. Fred (Ruby) Lambert, Mount Airy and Mrs. Jay B. (Marilyn) Ledford, North Myrtle Beach, S.C.; three sons, Eugene Blackburn, Richmond, Va., Donald Blackburn, Raleigh and Dr. Gilmer Blackburn, Boiling Springs; 16 grandchildren; 16 great grandchildren; two great great grandchildren; one sister, Mrs. Robert (Ethel) Smith, Lowgap and one brother, Ernest Callaway, Mount Airy. A son, Charles Edward Blackburn, a grandson, Dwight Ledford and a great granddaughter, Eliza Lambert preceded Mrs. Blackburn in death. Funeral services will be 11 a.m. Saturday at Salem United Methodist Church by Dr. Steven K. Rainey and the Eulogy by Dr. Gilmer Blackburn with interment following in the Skyline Memory Gardens. Her body will remain at the Moody Funeral Home until time to be taken to the church to lie in state thirty minutes prior to the funeral service. The Blackburn family will receive friends from 7 to 9 p.m. Friday at the funeral home. Memorials may be made to the Salem United Methodist Church, Wards Gap Rd., Mount Airy, N.C., 27030.

WHITE SULPHUR SPRINGS CLUB HAS SUCCESSFUL PROJECT

4/2/90

Members of the White Sulphur Springs Extension Homemakers conducted a successful Easter project by making and selling novelty bunny rabbits.

Gloria Puckett, the vice president of the group, expressed appreciation to all who helped in any way, including the kitchen and dining staff of Surry Community Nursing Center, Hinkle's Book Store employees and Frances Smith.

The meeting began with members answering the roll call naming a woman they most greatly admired. Many mentioned their mother or grandmother and several named deceased club member Mrs. Hettie Blackburn.

Mrs. Puckett presided in the absence of Lois Hoover, who was unable to attend. Eleven cards were addressed to Craig Shergold, who is terminally ill and his only wish is for get-well cards.

These important events were noted:

—a County Council meeting, to be held May 1 at 7:30 p.m. at the Farm Bureau building in Dobson. Members were reminded to bring a contest exhibit.

—"Spring District Day," May 16 from 8:45 a.m. to 1 p.m. in Yadkinville. Registration must be made by April 30; the cost is $6.

—"International Day," May 22, Surry Central High School, Dobson. Dinner will be followed by a program concerning international fashions and slides. The fee is $5.

—Golden Opportunities Exposition, Thursday, May 31, Surry Central High School, Dobson. Health screenings will be available.

4/2/90

AREA HOMEMAKERS MEET

An area meeting of the Extension Homemakers was held recently at the Mount Airy Public Library.

Maxine Hamilton welcomed those attending. She introduced Glennie Walsh, who sang a solo, "Stranger of Galilee," and led the group in singing the club collect to the tune of "America the Beautiful."

Extension Chairman Brenda Rose made announcements of coming events and introduced the featured speaker, Anne Tyrrell, a textile conservator.

Ms. Tyrrell spoke on "Tips for the Preservation of Antique Textiles." From delivery of her message by speech and slides, the group learned about the displaying, cleaning, storage, packaging and total care of valued textiles. She noted the importance of controlled temperature and moisture during storage and also explained how to avoid dust and dirt and ultraviolet rays.

The speaker went on to say that rolling some articles is necessary instead of folding them. Storing in unbleached muslin or non-acid tissue is a must.

The event was hosted by the Lazy Daisies Extension Homemakers, who served refreshments.

Attending from the White Sulphur Springs Club were Era Anderson, Lillian Carpenter, Sue Chandler, Nellie Hurst, Gloria Puckett and Sylvia Wilson.

5/14/90

WHITE SULPHUR SPRINGS CLUB MEETS

Marjorie Brookshire delivered an interesting lesson on "Eating Out Without Pigging Out" to members of the White Sulphur Springs Extension Homemakers recently. Mrs. Brookshire said that this approach to common sense eating is a lesson everyone can use. The central theme is, put on the plate what you need and put the remainder out of sight for another time. "Your eating needs may be better served by ordering from a menu rather than from a buffet," she added.

There was good attendance at the homemakers meeting, although the president, Lois Hoover, is recuperating with a broken foot. The members remembered her with flowers.

They were reminded of some important dates. May 22 is "International Day," to be held at Surry Central High School at 6 p.m., and Thursday, May 31, is "Golden Expo Day" at Surry Community College, from 10 a.m. to 6 p.m. The latter event concerns health and community services geared toward older citizens. The White Sulphur Springs homemakers are to serve cold drinks there.

Ella Haley gave the devotional.
Eleven members present.
Members answered roll call by relating a fond memory of Lee mother.
Sent check for $64.00 to pay balance on Cook books.
Nell Hurst appointed to order flowers, foods, etc when needed.
Sick at home send card, hospitalized send book mark, & tray when a member dies.
Respectfully submitted Lois Hoover, pres.
L. Carpenter, Sec.

June 11, 1990

WHITE SULPHUR SPRINGS CLUB STUDIES THE FLAG

Members of the White Sulphur Springs Extension Homemakers met recently at Salem United Methodist Church and learned about the flag.

In keeping with "Flag Day" on June 14, a reading was given on "Old Glory's Mysterious Origins" by Gloria Puckett. She said that there are many variations of the flag, which are mainly due to different manufacturing methods, the most common of these involving shades of colors and sizes of the stars.

She told the club members that while Betsy Ross was commissioned by a congressional group to sew the nation's first official Stars and Stripes, most historians believe the flag was designed by a committee. Francis Hopkinson, a signer of the Declaration of Independence, had much to do with the design.

Mrs. Puckett also noted that an article from USA Weekend stated that Indiana, Colorado, Alaska and Nevada have declared the week including June 14 as "National Flag Celebration Week." She also reminded the group that hats should be doffed and hands placed over the heart when a flag passes in a parade.

Program leader Nell Hurst gave an "Appliance Update," pointing out the many improvements in home appliances. Due to this updating by manufacturers, many of today's appliances are not only more attractive but also more energy efficient, she pointed out. Operating expenses are cut by as much as 50 percent on some of the new appliances, Mrs. Hurst noted.

Refreshments were served and door prizes went to Lillian Carpenter and Marjorie Brookshire.

Lois Hoover, a club member, is still recuperating at her home.

Due to the upcoming Piedmont Summer Berry Festival July 20-21, White Sulphur Springs Extension Homemakers are asked to bring their sonker recipes to the group's next meeting July 9.

The meeting was closed with a pledge to the flag.

Respectively submitted
Lois Hoover Pres.
L. C. Sec.

Gloria Puckett read a letter she wrote to a man in her former home town, Vincinnes, Indiana re. ~~conservation of environment.~~ flag week.

Nell Hurst to be responsible for ordering flowers (a bud vase for members in hospital a card for members sick at home, or sending tray when necessary.



Cultural Arts Winners

Surry County Extension Homemakers' Cultural Arts Committee recently sponsored a Cultural Arts contest within the county. Items were entered in 17 categories with the first place winners (shown above) holding their entries. They are (front left to right) Myrtle Waugh, quilting; Era Snow, dolls; Frances Lawrence, cloth dolls; Lucy Gray, machine quilting; Ann Smith, cross stitch. Back row: Eugenia Pash, fabric painting; Geri Pruett, knitting; Adelaide Miller, crocheting, Margaret Honbarrier, heritage skills; Melinda Cornett, handstitching; Gloria Puckett, handcrafted toys; Janice Newman, painting; Olive Riggs, miscellaneous creations; and Callie H. Smith, baskets.

July 9, 1990.

HAZARDOUS HOUSEHOLD WASTE IS CLUB TOPIC

"Hazardous Household Waste" was the program topic for the July meeting of the White Sulphur Springs Extension Homemakers.

Sue Chandler and Sylvia Wilson gave the lesson to members who were amazed at some of the compounds and substances used as cleansers and household aids that can be hazardous. They explained that cleansers for the oven, drain pipes, silver and paints must receive careful attention as to use, storage and disposal. Other items that need proper use are bleaches, repellants and discarded batteries.

The group met at Salem United Methodist Church with Lois Hoover conducting the meeting. The group greeted Mrs. Hoover and welcomed her back. She is still wearing a soft cast but is able to be up and out again.

Mrs. Hoover encouraged suggestions for the club picnic to be held Aug. 13 and noted that guests are always welcome. Persons interested in joining the organization may contact any of the members.

The group discussed the Berry Festival which was held at Dobson during the weekend. They made and served sonkers in individual servings during that time.

Mrs. Chandler and Mrs. Wilson served refreshments to those present: Marjorie Brookshire, Gloria Puckett, Pauline Sechrist, Lillian Carpenter, Era Anderson, Ella Haley, Mrs. Hoover, Marie Williams and Nellie Hurst.

Meeting closed with club col.
Respextfully submitted,
Lois Hoover, Pres.
Lillian Carpenter, Sec.

TAR HEEL

HOME MAKERS

July-September 1990

Hettie Blackburn

Mrs. Hettie Blackburn, oldest member of White Sulpher Springs EHC of Mount Airy in Surry County died Feb. 21. Wanting to celebrate her life rather than memorialize her death, her son gave a history of her dedicated service to others as a part of the funeral service. Her club paid tribute to her memory by postumously making her an honorary member. She had 43 years of perfect attendance.

August 7, 1990

The White Sulphur SPRINGS Homemakers Club met August 7 at Salem United Methodist Church with 8 members present.

Lois Hover presided over the meeting.

The Scrap Book was brought up to date.

$71.15 was turned in to the treasurer as the proceeds of the Sonker sale at Dobson. Those making sonkers indluded Gloria Puckett, Marjorie Brookshire, Sylvia Wilson, Lois Hoover, Sue Chandler, Imogene Moore, and Era Anerson.

The meeting was closed with the members repeating the Club Collect.

Respectfully submitted,

Lois Hoover, President

Lillian Carpenter, Sec.-Treas.

Five members of the Club toured the Mount Airy News WednesdayAugust 22. This was a very interesting tour, and was enjoyed by all who participated. The tour guide presented us a complimentary copy of the paper "hot off the press." Those participating included Gloria Puckett, Lillian Carpenter, Nellie Hurst, Pauline Sechrest, and Marie Williams.

WHITE SULPHUR SPRINGS HOMEMAKERS MEET

Members of the White Sulphur Springs Extension Homemakers met recently at Salem United Methodist Church. Yearly reports were prepared and work was continued on the club scrapbook.

Plans were finalized for the annual picnic to be in the form of a birthday party honoring Ella Haley on her 82nd birthday. Mrs. Haley recently returned home from Winston-Salem where she underwent surgery.

The group also planned to tour the Mount Airy News facilities. Members were reminded of the county fair beginning Sept. 17. All fair entries must be finished at that time.



Staff photo by Eleanor Powell

Ella Haley (second from left) was surprised when members of the White Sulphur Springs Extension Homemakers group dropped by to celebrate her birthday. They are (front, left to right) Lillian Carpenter, Lois Hoover, Nell Hurst, (behind) Alice Burge, Sylvia Wilson, Marjorie Brookshire, Imogene Moore, Gloria Puckett, Marie Williams and Pauline Sechrist.

■ Ella Haley was surprised Tuesday when members of the White Sulphur Springs Extension Homemakers group came to her home on North Main Street laden with gifts and a birthday cake. Her family had been in on the secret, but Ella was completely surprised. She was delighted with the cake and gifts, but expressed the most pleasure at being able to share the day with her family and friends.

Ella, who was celebrating her 82nd birthday, recently returned home from Winston-Salem, where she underwent surgery, and is recuperating satisfactorily under the protective care of her family.

The birthday cake was baked and decorated by Imogene Moore and served by Marjorie Brookshire and Alice Burge. Others who joined in singing the birthday song were Pauline Sechrist, Sylvia Wilson, Lois Hoover, Nellie Hurst, Marie Williams, Gloria Puckett and Lillian Carpenter.

Ella's family members who also joined in the celebration were her son, John Haley, and his friend, Juanita Bray, of Long Beach, and Ella's daughter, Pearl Poole, and her husband Norwood of Charlotte.

Era Anderson, another club member, sent regrets on not being able to attend since her husband, Carl Anderson, had returned home from the hospital and is recovering from surgery.

The group joined in wishing Ella many more happy birthdays.

Surry Scene, Tuesday, September 4, 1990



Happy Birthday

Ella Haley recently celebrated her 82nd birthday with a party hosted by members of the White Sulphur Springs Extension Homemakers. Mrs. Haley recently underwent surgery and is recuperating at her home. Cards, flowers and a birthday cake highlighted her day.

Staff photo by Eleanor Powell

WHITE SULPHUR SPRINGS CLUB HOSTS COUNCIL MEETING

The White Sulphur Springs Extension Homemakers hosted a quarterly county council meeting in Dobson recently.

Attending were Lois Hoover, Marie Williams, Gloria Puckett, Nell Hurst, Sue Chandler and Sylvia Wilson.

Members were reminded that end-of-the-year reports are due Sept. 28 and the county fair dates are Sept. 17-22, with most exhibits due on the opening date.

Members of the host club also visited residents of Surry Community Nursing Home last Thursday to show handmade quilts and to hear comments on the various patterns.

CANCER TOPIC FOR WHITE SULPHUR SPRINGS CLUB

Sept 1990

Jean Key, RN, a representative of the American Cancer Society, was guest speaker for a recent meeting of the White Sulphur Springs Extension Homemakers. She was introduced by Program Chairperson Sue Chandler.

Mrs. Key elaborated on the importance of regular cancer checkups, especially those relating to the female body. She strongly stressed the need for digital inspection and mammography and emphasized that early detection can save lives. If cancer is suspected, the matter should never be put off to some distant date for verification or treatment, the speaker noted.

Hostesses Alice Burge, Marjorie Brookshire and Era Anderson prepared the luncheon tables in honor of those having birthdays in September with cards and carnations. These included Gloria Puckett, Lois Hoover, Nell Hurst and Mrs. Anderson. Others present were Sylvia Wilson, Mrs. Chandler, Marie Williams, Ella Haley, Pauline Sechrist and Lillian Carpenter.

Mrs. Hoover, who has served as the group's president, resigned that post and new officers were voted in; Mrs. Puckett will be the new president and Mrs. Anderson, vice president. Mrs. Carpenter will remain secretary/ treasurer.

In other activities, members will be serving residents of Colonial Care Rest Home Sept. 26, and the final work date for a group scrapbook is Sept. 19.

WHITE SULPHUR SPRINGS CLUB SHOWS QUILTS

Members of the White Sulphur Springs Extension Homemakers recently took quilts to show and share with residents at the Surry Community Nursing Center.

Many of the residents at the center were enthusiastic about the quilts and told about quilts they had pieced in their working years.

One man said he loved the show and told the homemakers that he had pieced a quilt himself several years ago. He agreed there were lots of stitches involved and one quilt was all he ever took the time to make.

Donna Johnson had a drawing for an afghan which was won by Jessie McBride. Then she thanked Imogene Moore, Nell Hurst, Lois Hoover, Marie Williams, Alice Burge and Gloria Puckett for sharing their quilts.

WHITE SULPHUR SPRINGS CLUB TREATS PATIENTS

Members of the White Sulphur Springs Extension Homemakers recently served birthday party refreshments to residents of Colonial Care Rest Home. The occasion was to honor those celebrating birthdays in September.

The women served decorated cake along with fruit punch and bananas. Assisting in serving were Marjorie Brookshire, Sue Chandler, Alice Burge, Sylvia Wilson, Gloria Puckett and Nell Hurst.

The rest home staff provided a program of music and hymn singing.

Mrs. Puckett said that while visiting with one of the patients, Ressie Collins, she was quite impressed with her painting. Mrs. Collins, 85, presented Mrs. Puckett with one of her hand-painted pictures of the Lord's Prayer. The homemaker went on to say that her group went to the nursing home to cheer the patients, but that she was the one who was inspired. "I just couldn't believe this lady had such talent to share," Mrs. Puckett added.

CIVIC/CLUB NOTES

FASHION TRENDS TOPIC FOR WHITE SULPHUR SPRINGS CLUB

The White Sulphur Springs Extension Homemakers enjoyed an update on "Fall and Winter Fashion Trends" presented by Sylvia Wilson.

Pictures of 1916 ladies' hats gave everyone a good laugh, according to Lois Hoover. Also shown were hats of the '40s, skirts and blouses of the '50s which are being worn again this season and are very good styles.

Ms. Wilson emphasized suits with fur trim, pant suits with wide legs, cuffed or without cuffs, also belts and accessories. She went on to say that the waist will be everywhere but in its place with indentation at the waistline for jackets. Colorful sweater knits are also good.

Gloria Puckett, president, announced Achievement Day on Oct. 30 and that tickets will be available until Oct. 15.

The area meeting will be at Holly Springs Ruritan Building on Nov. 6 at 10 a.m. and the program of work for local clubs is Nov. 27. Recyclying Day is scheduled Oct. 20 at Veterans Park.

Members voted to have a table at the Christmas Bazaar which will be Nov. 2.

Mrs. Hoover won the door prize.

ACHIEVEMENT DAY IS SCHEDULED OCTOBER 30

The Surry County Extension Homemakers will hold their annual awards program on Tuesday, Oct. 30 at Surry Central High School in Dobson. The program will begin at 6 p.m. with dinner.

Following dinner, Dale Van Horn will speak to the group on "The Difference You Make." He is a noted writer/speaker and has written songs for such performers as Ronnie Milsap, Larry Gatlin, Lee Greenwood and many more. In addition, he sings.

Reservations must be made by Oct. 20.

PRUETT

CHARLOTTE — Mrs. Vera Virginia Dickerson Pruett, formerly of Mount Airy, died Tuesday, Sept. 25, at Presbyterian Hospital, Charlotte, after a long illness. She had suffered a series of debilitating strokes beginning in 1979 and resided at a nursing home in Charlotte at the time of her death. Born Nov. 8, 1913 in Carroll County, Va., she was the daughter of Birden M. and Mary Etta Hill Dickerson. Most of her life was spent in Mount Airy. Mrs. Pruett was well known for coaching and judging of W.C.T.U. speech contests. She was a member of Mount Airy Friends Church on South Main Street. Years ago she served as a pink lady at Northern Hospital of Surry County and, during World War II, took Red Cross Home Nursing classes and assisted local doctors in home delivery of babies. Just prior to her 1979 illness she worked helping senior citizens in Mount Airy. She was a member of the White Sulphur Springs Home Demonstration Club and was known for presenting serious and humorous monologues on many occasions. Mrs. Pruett is survived by her daughter, Joan Pruett Toole (Mrs. Walter Toole, 1240 Ester St., Groveland, Fla. 24736) and a son, Ronnie A. Pruett (3410 Covered Bridge Cove, Charlotte, N.C. 28210); 12 grandchildren; six great-grandchildren; two sisters and one brother of Virginia. In accordance with her wishes, the remains were sent to Bowman Gray School of Medicine, Winston-Salem. Her memorial service will be held at Mount Airy Friends Church at 2:30 p.m. Sunday, Oct. 21. It is hoped that, in addition to friends and relatives, many of the former speech contestants whom she coached will be able to attend. The family requests that, in lieu of flowers, memorials be made to Mount Airy Friends Church.

McKNIGHT

Mr. Robert James McKnight, 76, of 733 Depot St., Mount Airy, a veteran of World War II and retired truck driver, died Saturday morning in Northern Hospital of Surry County. Born Dec. 11, 1913 in Surry County, he was the son of Steve Anderson and Ellen Rosetta Stevens McKnight and a member of Fellowship Baptist Church. Funeral services will be held at 2 p.m. Monday in Fellowship Baptist Church, conducted by the Rev. Claude White and the Rev. J.C. McQueen. Burial will be in Skyline Memory Gardens. Surviving are his wife, Mrs. Thelma Hurst McKnight of the home; one sister, Mrs. Elmer (Ida) Watts of Mount Airy; and one brother, Sam McKnight of Mount Airy. The body will remain at Moody Funeral Home until taken to the church to lie in state 30 minutes prior to the services. The family will receive friends at Moody Funeral Home tonight from 7 until 9 o'clock.

Oct 8 - 1990

Gloria Puckett presiding:

Mrs Haley led devotional Period reading from Psalms 37. also "Words to Grow on Meditation from Guideposts & poem "Too Busy" and Closed with prayer.

A letter of thanks was read from R S V Bfor the Birthday party at Colonial Rest Home.

Announcements by president: Achievement Day Oct. 30. tickets available until Oct. 15th Area Meting at Valley Springs Puritan Bldg. Nov. 6 at 10 Am. program of work training session for local clubs Nov. 27 Demonstration at Wal Mart Nov. 27. making ribbon rosettes. Recycling Day at Veterans Park Oct. 20. Rain date Nov. 3 -

Motion was made and carried to have a table at the Christmas Bazaar, paid for by the Club. This will be Nov. 2-3 added to treasury for exhibit at the Fair.

Sylvia Wilson brought the Club members up to date on "Fall and Winter Fashion Trends". ~~1990~~ pictures of 1916 ladies hats gave everyone a good laugh - also hats worn in the 40's. Sylvia said that suits with fur trim are good - pants suits with wide bottom legs cuffed or without cuffs. Colorful sweater knits and jersey also are very good. Belts were emphasized also accessories. The waist will be everywhere but in its' place with indentation at Waistline for jackets.

Fabrics: surface interest is important -- plisses, doupioni and sculptured wool -- from crepe to gauge.
Plaids - big news for day wear
Velvet shows up as collar, pocket and cuff trim Also for evening wear.

Sylvia closed by saying it is a wearable season.

Iris Hoover won the door prize -

Meeting closed with Club Collect.



Staff photo by Eleanor Powell

Jill Getgen (left) receives the "Outstanding Leader of the Year" award from the Surry County Extension Homemakers. Making the presentation is Melinda Cornett, last year's recipient.

Homemaker From Rockford Honored

By ELEANOR POWELL
News Woman's Editor

A full-time student at Surry Community College and a mother of four has been named "Outstanding Leader of the Year" by members of the Surry County Extension Homemakers.

The honor came to Jill Getgen Tuesday night as about 150 Extension Homemakers members gathered at Surry Central High School for the organization's annual Achievement Program.

Getgen competed with 11 other nominees from clubs throughout the county. "I was totally shocked when they announced my name," said the vibrant homemaker, who has served three terms as president of her own club, the Rockford Extension Homemakers. She also was installed as the president of the Surry County Extension Homemakers before the evening ended.

"When they called me to receive the silver award, it was just like Christmas," Getgen commented with a bright smile that matched the red velvet dress she was wearing for the event.

Getgen and her husband Donald live at Rockford with their four children who range in ages from 18 to 5. In addition to keeping a family going and attending college, she serves on the Senior Health Insurance Information Program sponsored by the N.C. State Insurance Commission. During a state meeting of the Extension Homemakers in Asheville she was honored by the Certifield Volunteer Unit and the Golden Key for recruiting new members.

The young homemaker has been a member of the Rockford club for five years, with perfect attendance this year, and has served as county first vice president.

Born in Virginia, the outstanding homemaker later moved with her family to Clemmons and now calls Rockford "home."

To receive recognition as an outstanding leader, each club has the opportunity to nominate one person from its membership. It is an honor that fellow club members elect an outstanding leader. This is an indication also of the work and activities that the leader has been involved in during the year and a way their peers recognize their worth to the club and community.

Others nominated for this honor and their clubs were Jeanette O'Connell, Beulah; Renee Francis, Franklin; Glenda Hunter, Good Neighbor; Ann M. Smith, Lazy Daisies; Madelene Boyd, Long Hill; Helen Nelson, Pilot Mountain; Betty Getgen, Rockford Villagers; Jean Hardy, Salem Fork; Rachel Marion, Shoals; Pat Crissman, Siloam; and Eugenia Pash, White Plains.

An engraved silver tray was presented to the honoree by Melinda Cornett, last year's recipient.

Helen Johnson, the president of the Surry County council of the Extension Homemakers and a member of the Beulah Extension Homemakers, presided during the dinner meeting. Others on the program were Christine Greene, county home economics extension agent, Callie Smith, Alison Lewis, Frances Lawrence, Pauline Sechrist, Annie Laura McMillion, John Hedrick, Fern Evans, Goldie Sparger, Ruth Smith and Carole Simpson.

See HOMEMAKER, page 5A

Homemaker

Continued from page 1A

Eugenia Pash of the White Plains club was recognized for having presented the best program. The Siloam group won in scrapbook competition and Jeanette O'Connell of the Beulah club was recognized for the Distinguished Project award. Madelene Boyd of the Long Hill club received an award for a feature article she had written.

The Second Wind Award went to Ann M. Smith of the Lazy Daisies. This coveted award is given to a retired person for outstanding community service. The presentation was made by Ruth Smith of Pilot Mountain.

The evening was highlighted by an inspirational program presented by Dale Van Horn of Raleigh. Using as his message, "The Difference You Make," he won praises and admiration from the audience as he related his trials and tribulations of being blind.

CLUBWOMEN ATTEND AREA MEETING

Members of the White Sulphur Springs Extension Homemakers Club met recently with other area clubs at the Holly Springs Ruritan Building to hear Jacquelyn McClelland explain triglycerides and how they affect the body.

The White Sulphur Springs club held a work session to dress teddy bears for the Salvation Army. These will be given to the children at their Christmas party. Members answered roll call by naming their favorite Thanksgiving dish.

The president announced that the club received first prize for the best decorated table at the annual bazaar. A change in the program of work for next year was announced, and she asked for four people to help serve at the Red Cross open house.

Plans were made for the December meeting and the Thanksgiving baskets that will be given in the Salem community on Wednesday before Thanksgiving.

Each member of the White Sulphur Springs Club made a reindeer from a candy cane and pipe cleaner. Refreshments of pineapple cookies and cold drinks were served.

HOLLY SPRINGS CLUB HOSTS AREA MEETING

"Triglycerides — What Are They?"

That was the topic under discussion when the November area meeting of extension homemakers was held Tuesday, Nov. 6, at the Holly Springs Ruritan Building.

Dr. Jacquelyn McClelland, extension food and nutrition specialist, was the speaker. She said that triglyceride is simply fat in the blood stream. She reported that some foods high in triglyceride are butter, margarine, mayonnaise, oils and shortenings, bacon, hot dogs, sour cream, nuts and chocolate.

The best way to lower triclyceride levels is through combined changes in diet and lifestyle, the speaker stressed.

About 60 club members from several different clubs attended the meeting.

WHITE SULPHUR SPRINGS CLUB HAS CHRISTMAS DINNER

The White Sulphur Springs Extension Homemakers held their Christmas dinner recently at Salem United Methodist Church.

Enjoying the food and fellowship were Gloria Puckett, the group's president; Era Anderson, vice president; and Lillian Carpenter, secretary/treasurer. Also present were Sue Chandler, Sylvia Wilson, Pauline Sechrist, Thelma McKnight, Imogene Moore, Ella Haley, Nelle Hurst, Lois Hoover, Alice Burge and Marjorie Brookshire. Invited guests included Cora Shackelford, Mary Etta Cregger, Jessie McBride and Glen Puckett.

After dinner, gifts were exchanged; Mr. Puckett played Santa Claus and passed out gifts.

Mrs. Puckett, the Extension Homemakers' president for the new year, was remembered with a book, "Leaves of Gold," and the outgoing president, Lois Hoover, an engraved pen.

Mrs. Haley gave a meditation titled "A Place for Me," and Lillian Carpenter delivered readings on "Would You Like to Hold the Baby?" and "Keeping Christmas." Pauline Sechrist read "Christmas Reminders" and requested special prayer for a friend, Ruby Sprinkle, who was to have open-heart surgery.

Special announcements were made. The White Sulphur Springs Extension Homemakers will host an area meeting in April. The club's program of work group will now be called issues coordinators. There will be two leaders for each group and they are asked to keep records of all their work.

In other activities, club members have dressed teddy bears and returned them to The Salvation Army. They will be on display in the window of The Salvation Army store until Christmas. There are 24 of the bears, including a wedding party, bridegroom and bridesmaids.



Staff photo by Eleanor Powell

Christmas Bears

Members of the White Sulphur Springs Extension Homemakers dressed 24 bears to be distributed to children by the Salvation Army. Sue Chandler, Lois Hoover and Gloria Puckett were among those helping with the project.

WHITE SULPHUR EXTENSION HOMEMAKERS MEET

The White Sulphur Extension Homemakers held their January meeting Monday, Jan. 14, at Salem United Methodist Church. Gloria Puckett, club president, officiated. Each member answered the roll by telling something they plan to accomplish in 1991.

Devotions were given by Ella Haley. She used scripture, a reading from "Home Life," read a poem and closed with a prayer for peace.

The club voted to donate five trees at $10 per tree to Plant a Tree — U.S. Forest Service, Asheville, and also made a donation to the J.E.B. Stuart Birthplace Preservation Trust, Stuart, Va.

Members received 1991 yearbooks and plans were discussed for new projects, such as a bakeless bake sale and Hostess Club for the area meeting in April.

Gloria Puckett showed slides of her Caribbean cruise and trip to Epcot Center in Florida. She was accompanied by her husband, Glen, on the trip. She described the scenery as "beautiful" and food on the trip as "unbelievable."

The meeting closed with the members repeating the Pledge of Allegiance to the U.S. Flag.

WHITE SULPHUR SPRINGS CLUB PLANS PROGRAMS

Members of the White Sulphur Springs Extension Homemakers met recently at Salem United Methodist Church. Sue Chandler, environmental issues coordinator, discussed plans for the year's program.

Sylvia Wilson announced a cultural art contest to be held in conjunction with the county council meeting on March 5 at the Agicultural Extension Building in Dobson. Winners will go on to the district meeting. Marie Williams explained that the prize of $100 will be donated to the Central Middle School.

Era Anderson reported on the "Heart Healthy Meal," which several members attended.

President Gloria Puckett announced that the club will have use of the display case at the Agricultural Building during October and November. She also reminded the group of the International Smorgasbord on April 30 at the Dobson Community Building. Tickets will be $2.

It was agreed to have a birthday party for residents at Colonial Rest Home in September.

A note of thanks was read for helping serve refreshments at the Red Cross open house.

Each member brought something out of their home that came from another country. Items from 14 countries were represented. According to the group, it was fun to see how many imported things they use every day.

Members answered the roll call by naming a favorite love song. After the club collect, refreshments were served from a table decorated in the valentine motif.

Crystal Decanters May Taint Wine

Wine and spirits can leach lead from crystal in amounts that increase with time, raising questions about possible health hazards from long-term storage in decanters.

Scientists from Columbia University reported recently that tiny amounts of lead began to migrate within a few minutes after wine was poured into many lead-crystal decanters and wine glasses.

Large amounts of lead were found in wine that had been stored for a long time in a crystal decanter, but the amounts varied widely among the decanters tested.

The Federal Food and Drug Administration and organizations representing the lead industry have begun independent studies to confirm the preliminary findings.

NOTES

WHITE SULPHUR SPRINGS CLUB STUDIES SPRING PLANTING

The White Sulphur Springs Extension Homemakers learned about spring planting, gardening and composting during their April meeting held at Salem United Methodist Church.

Sue Chandler, an environmental issues coordinator, gave helpful directions for making one's own compost. Using an ordinary trash bag, she showed how to combine grass clippings, peelings, potash from ashes in the fireplace and other items to make a good compost.

Mrs. Chandler also distributed leaflets from the Surry County Agricultural Extension Service showing pictures of beautiful houseplants with tips on growing them.

Gloria Puckett, the president of the Homemakers, led the group in the pledge to the flag, with Ella Haley leading the devotional. A bakeless bake sale netted the club $83 for its treasury. The group also planned a display at the library.

A "Spring District Day" was held April 10 and an area meeting on Monday, with "Golden Expo Days" scheduled May 9-10 and a sonker sale at the Piedmont Summer Berry Festival in July. A sonker workshop will be held Tuesday, May 21.

An outing was planned for May 16 to see fabric printing in Pilot Mountain.

LAZY DAISIES ATTEND AREA MEETING

Lazy Daisies Extension Homemakers attended the recent area meeting at the Mount Airy Public Library with Christine Greene presenting a demonstration on microwave cooking. She mentioned the advantages of microwaving — speed, energy saving, nutrition, safety and carefree cooking — and then prepared and served chicken and vegetables, oat and blueberry muffins, fish with mustard and dill and cole slaw (non-mayonnaise).

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The host club, White Sulphur Extension Homemakers, served lemonade and punch.

During the business meeting members were reminded of the international dinner April 30 at Surry Central High School at 6 p.m.; May 7, the county council meeting at the Agricultural Building at 7 p.m.; May 10, Golden Opportunity Expo at Surry Community College from 9 a.m. to 2 p.m.; May 21, a meeting at the Agricultural Building at 6 p.m. to learn how to make sonkers for the Berry Festival scheduled in July.

Hostesses for the evening were Betty Patterson and Grace Laughridge.

WHITE SULPHUR SPRINGS CLUB MEETS

Gloria Puckett presented a program on "The Ideal Silhouette" to members of the White Sulphur Springs Extension Homemakers when they met recently at the Mount Airy Public Library.

Mrs. Puckett initially showed a video of various styles and features for different figures and said that any clothing that had not been worn in two years should be discarded. Also, clothes should be bought to fit, not in anticipation of adjusting the figure to fit the clothes by either losing or gaining weight.

The program chairman also demonstrated the correct way to measure a person for a perfect fit and used Nellie Hurst as her model. She insisted that two people work together. Mrs. Hurst's measurements will be put through a computer to determine the styles she should wear.

Mrs. Puckett, the Homemakers' president, led the business portion of the meeting, with Ella Haley presenting a devotional, a tribute to "Mother." It was noted that 10 club members attended an International Smorgasbord event for the Extension Homemakers in Dobson.

Announcements included a sonker workshop scheduled in Dobson on May 21 at 6 p.m.

The club also will visit a textile plant in Pilot Mountain on May 16 for a demonstration on cloth printing. The members planned to have two tables for a Golden Expo event at Surry Community College to show some of the work they are doing.

Resp. submitted
Gloria Puckett Pres.
Lillian Carpenter, Sec.

The White Sulphur Springs Extension Homemakers met at the Mount Airy Public Library Monday May 6 with nine members present. The President, Gloria Puckett, presided over the meeting.

Mrs. Ella Haley lead the devitional period, using Proverbs 31.

All members answered the roll call by relating some fond memory of their mothers.

All members listed their accomplishments for the month.

It was reported that ten members attended the International Smorgasbord in Dobson April 29.

The Sonker Workshop will be held in Dobson May 21 at 6:00 P.M.

One of the Textile plants in Pilot Mountain has invited members of the club to visit their plant May 16 from 1:30 to 2:00 for a demonstration on cloth printing. Several members plan to attend.

Gloria Puckett presented a very interesting program on "The Ideal Silhouette." She first showed a video showing different styles and features for different figures. She stated that any clothing that had not been worn in two years should be discarded. Also, clothes should be bought to fit, and not in anticipation of adjusting the figure to fit the clothes by either losing or gaining weight.

Mrs. Puckett demonstrated the correct way to measure a person for a perfect fit by measuring Nellie Hurst. She insisted that two people work together. Nellie's measurements will bepput through the computer to determine the styleds she should wear.

The meeting was closed with the members repeating the Club Collect.

Respectfully submitted,

Gloria Pucke tt, Pres.

Lillian M. Carpenter, Sec.-Treas. and
Publicity Chairman

Extension Homemakers Are Entertained With International Dinner



Eleanor Powell/The Mount Airy News

Greeting guests at the international smorgasbord held for Surry County Extension Homemakers are Rachel Wolfe (left) of Mountain Park, and Denise Brown, secretary for the Cooperative Extension Service.



Betty Getgen, member of the Rockford Villagers, wore Indian attire.



Viola Alberty, member of the Dobson Early Birds, admires the buffet table.



Members from the White Sulphur Springs Club included (left to right) Imogene Moore, Cora Shackelford and Marjorie Brookshire.



Era Snow of Dobson and Juanita Tucker of Mount Airy were among those enjoying the event. Club members provided international dishes for the dinner which was held at the Surry Central cafeteria.



Guest speakers were Wilber Hernandez of Costa Rica (left) and Guy Lefort of France. Lynn Booth of Nova Scotia, visiting artist at Surry Community College, performed musical selection on the saxaphone.



Nicole Hatch/The Mount Airy News

The Mount Airy Public Library employs three Green Thumb enrollees. Pictured from left to right are Helen Taylor, Verda Rayburn and Sylvia Wilson.

June 10, 1991

The White Sulphur Springs Extension Homemakers met Monday afternoon June 10 at Salem United Methodist Church with 13 members and 8 visitors present.

Mrs. Gloria Puckett, the president, called the meeting to order with a reading "God said No".

The program leader, Mrs. Marjorie Brookshire introduced Debby Cochran of Radio Station W.S.Y.D. who gave a short resume of her life, and then sang "Forever on my knees."

The speaker of the day was Mrs. Carl Talley who recently retired from the Salvation Army after working with them for fifty years. She told many interesting things about both her life and her work with the Salvation Army. She especially emphasized the spirit of giving and doing for others. She gave a reading on Love which had been given to her years ago by Mrs. Alice Horton. In connection with the Salvation Army she stated that a person could go in with many needs and come out with self confidence. She read "The mind is the devil's workshop" but said the word of God cannot fail. She compared a person who has been saved to a kaleidoscope made up of many pieces of broken glass. And she also stated that the Salvation Army was started by a Methodist.

Mrs. Puckett stated that there were two days we should not worry about--yesterday and tomorrow, and said to think only of Today.

Plans were made for the club's participation in the Berry Festival in Dobson July 19 and 20.

Following the pledgetto the foag, refreshments consisting of sandwiches, cookies and lime sherbet were xx served.

International Dinner Held

The Surry County Extension Homemakers held an International Smorgasbord dinner in the cafeteria of Surry Central High School April 30 at 6 p.m. with 143 people attending.

Each table was decorated with beautiful home-grown spring flowers. The dresses worn by the ladies added a vast array of rainbow colors and there were some striking red dresses that were a joy to behold. Some members wore costumes of various countries.

There was a bountful supply of food prepared by club members using international recipes. The menu represented several countries. There was American apple cider, shrimp/cheese hors d'oeuvres and assorted crackers, Chinese sweet and sour meat balls with rice pilaf, beef stroganoff with noodles, Swiss quiche lorraine, gowumopkie (Polish stuffed cabbage), German potato salad, steamed vegetables, Pommes de Terre Au Gruyere (Swiss cheese potato), Mexican corn bread, fruit salad, broccoli salad, vegetable tray/dip, French bread, coconut macaroons, Vienese vanilla crescents and apricot rings.

The printed programs listed the menu and recipes.

Lilo Comer, a native of Germany and Surry County global issues coordinator, was master of ceremonies. She welcomed the group. Bernice Cave led the Pledge of Allegiance and Annie L. McMillon led in prayer. The program was given by two men from the visiting international faculty who are presently working with the Surry County Schools.

Lilo first introduced Wilbur Hernandez of Costa Rica, who gave a delightful talk on his native land. He said that men do not cook in Costa Rica and children there go to school only half a day. He decribed the lifestyle of the Costa Ricans in an interesting manner. He comes across as a sincere and dedicated person.

Lilo then introduced Guy Lefort of France, who told of the lifestyles of the French people. The men do cook there. He is a gourmet cook himself and he explained that the French take two hours for lunch to savor the food. Dr. Lefort is very French and delightful.

Lilo introduced Lynn Booth of Nova Scotia, who told something of the lifestyle of her country. She also played the saxophone in a thrilling performance. She is the visiting artist at Surry Community College.

Several door prizes were given and Lilo thanked all the committee, composed of representatives from each club in the county, for carrying this program to completion.

Special guest was Dr. Russell King, the

new district extension director.

Homemakers Hear Retired Worker With Salvation Army

Mrs. Carl Talley was featured speaker when the White Sulphur Springs Extension Homemakers met June 10 at Salem United Methodist Church. Thirteen members and 8 visitors were present.

Mrs. Talley recently retired from the Salvation Army after 50 years of service. She told many interesting facts about both her life and work with the Salvation Army, especially emphasizing the spirit of giving and doing for others.

She gave a reading on "Love" which had been given to her years ago by Mrs. Alice Horton.

The speaker commented that the Salvation Army was begun by a Methodist. In connection with the Salvation Army, she said that one could go in with many needs and come out with self-confidence.

Gloria Puckett, president of the extension homemakers, told the group that two days they should not worry about are yesterday and tomorrow; to think only of today.

Mrs. Puckett called the meeting to order with a reading, "God said No." Marjorie Brookshire, program leader, introduced Debby Cochan of Radio Station WSYD who spoke briefly and then sang a selection.

Plans were made for the club to participate in the Dobson Berry Festival July 19 and 20.

The theme of the month concerned "Stress." Mrs. Brookshire displayed a number of pamphlets on the topic and how to best manage it.

Following the pledge to the flag, refreshments of sandwiches, cookies and lime sherbet were served.

Surry Extension Homemakers recently enjoyed a most interesting visit to the home of Jill Getgen in Rockford, where they toured her famous home herb garden.

The group met at 9 a.m. at the Surry County Agricultural Building in Dobson prior to embarking for historic Rockford and the tour of Jill's herb garden.

Jill has just completed two years of study in the horticultural program at Surry Community College. She has had an interest in herbs for a number of years and, several months ago, was featured as a Sunday cook in *The Mount Airy News*. She is county president of the Surry County Extension Homemakers Council.

The group had lunch at Rockford United Methodist Church — herbs were featured, of course — and books and other resources on herbs were on display. A short video tape on growing and cooking with herbs added to the participants' general knowledge of the subject.

After lunch, the group traveled to Wall's Greenhouse and Nursery in the Salem Fork community, where they enjoyed seeing numerous other herbs growing.

White Sulphur Springs Club Hears Helpful Household Hints

July 8, 1991

Homemakers in the need of helpful household hints — and who doesn't fit that category? — should have attended a recent meeting of the White Sulphur Springs Extension Homemakers. They would have enjoyed a multitude of suggestions.

Era Anderson was the leader for the July program of the extension homemakers. Earlier, she had asked each member to come to the meeting prepared to give a household hint, recipe, craft or something else learned in extension work throughout the years.

The suggestions were wide-ranging. Foe example:

—There is a spot remover that has been a household item for years, It's called "Clear Magic;"

—Use hair spray to remove ink stains;

—There is a pie crust mix to be used for sonkers at the Dobson Berry Festival that has been in use by one clubwoman for 45 years;

—Did you know that to preserve cut flowers and make them last longer add 1 tablespoon of sugar and 1/4 cup Clorox to the water?

—To whiten and restore the bathtub surface, usde a paste of cream of tartar and peroxide. Spread it on and leave for 45 minutes; then rinse thoroughly;

—Sprinkle Borax to stop ants from potted plants;

—Sugar will remove the odor of onions from the hands;

—Pour carbonated drinks into a glass and then add ice to prevent the contents from foaming over the rim;

—Paraffin wax will make doors and windows glide smoothly.

—White vinegar will remove creases in hems.

Gloria Puckett, president, welcomed the homemakers and Ella Haley gave the devotional. The pledge to the flag was given and roll call was answered with a reply to "What are you most thanklful for as an Ameriocan citizen?" The emphasis was, of course, on freedom.

Sympathy was expressed to Sue Chandler on the death of her mother. A memorial was made to the Lottie Moon Circle.

The White Sulphur Springs Extension Homemakers will sell sonkers at the Dobson Berry Festival Friday morning.

Era served home-made strawberry shortcake and the meeting was adjourned with the group repeating the club collect.

Respectfully submitted,
Gloria Puckett, Pres.
Lillian Carpenter, Sec.

Annual Dobson Berry

It won't just be food and frolic at the annual Piedmont Summer Berry Festival coming up later this month in Dobson, although rest assured they will be well represented.

According to Carolyn B. Johnson, assistant Surry County extension agent, 4-H, "Youth of all ages will have something to look forward to."

During the two-day event July 19 and 20 at courthouse square in the county seat, youngsters will have the opportunity to enter a coloring contest and participate in a "Show and Tell" demonstration activity.

The coloring contest is designed for youth ages 3 through 8, Carolyn said. Each and every child who enters will win a prize. Youngsters who plan to enter the contest should pick up a special festival coloring sheet at local businesses, libraries or at the 4-H office in Dobson. After the sheet is colored, the young artist can then turn it in at the festival information booth for a prize.

"Show and Tell" is for the older youth — ages 6 through 19. Those participating in this contest, according to Carolyn, will prepare and present a short demonstration related to some aspect of the berry industry.

Demonstrations may show how to use berries in recipes, how to care for berry plants, show a comparison of berry plants, how to prepare jams and jellies or any other information concerning berries.

"Everyone wins money in this contest!" the agent exclaimed. There will be three age categories, with the first-place winner in each winning $30. The second-place winner will win $20 and all others, $5. The three age categories will be ages 6 through 8, 9 through 13, and 14 through 19.

All demonstrations will be given July 20.

Additional details are available by calling the 4-H office at 386-9274 or 366-4424.

SULPHUR SPRINGS HOMEMAKERS MEET FOR LUNCH

Members of the White Sulphur Springs Extension Homemakers met at Quincy's for lunch on the restaurant's opening day. A table was prepared for the group in an area of the dining room.

Attending were Marjorie Brookshire, Lillian Carpenter, Era Anderson, Sue Chandler, Ella Haley, Imogene Moore, Hazel Brannock, Lois Hoover, Cora Shackelford, Gloria Puckett, Thelma McKnight, Sylvia Wilson, Alice Burge and Marie Williams.

Short devotions and prayer were led by Ella Haley. The group was reminded that rating reports and scrapbooks are due Sept. 30.

A title for the fair booth was decided on and several members agreed to work on the booth after lunch Sept. 13. Those helping with the flowers on the opening day of the fair should attend the workshop at 10 a.m. Sept. 13 at the fairgrounds.

The next meeting of the County Council was announced for Sept. 3 at 9:30 a.m. in the Surry County Agricultural Building in Dobson. The next regular meeting of the club will be Sept. 9 at Salem United Methodist Church.

WHITE SULPHUR SPRINGS CLUB STUDIES RECYCYCLING

Sept.

The White Sulphur Springs Extension Homemakers heard John Hammer and his wife Dottie tell about recycling during the club's September meeting. The 13 members met at the N. Main Street Church of Christ.

The Hammers used items which are usually thrown away in the garbage to show how much is re-cycleable. He explained that knowing how to separate things is very important. If not separated correctly they wind up in landfills anyway. The paper, for instance, must be newsprint. Glossy magazine type and cardboard-flattened boxes do not mix.

There are codes for recyling the different types of plastic. Even the lids are recycled. Cans of different kinds too can be recycled. Aluminum is the most valuable recycleable.

A question and answer period was helpful.

During the business meeting announcements were made as follows: members will serve residents of Colonial Rest Home for their birthday party on Sept. 25; work on the scrapbook will be held at Salem United Methodist Church Sept. 11 (bring all reports); and National Forest Week Oct. 6-12.

Club members will have a display case at the Agricultural Building in Dobson beginning Oct. 1. The area meeting is Nov. 11.

Members voted to send $25 for 4-H Club work. The club women will dress 24 Teddy Bears for the Salvation Army's childrens' party. Achievement Day will be Oct. 22 with a dinner meeting at 6 p.m.

Era Anderson, Gloria Puckett and Marjorie Brookshire served refreshments.

WHITE SULPHUR SPRINGS CLUB REMEMBERS DAYS OF OLD

Oct.

The White Sulphur Springs Extension Homemakers Club took a trip down memory lane for its October meeting.

Hazel Brannock and Glen Puckett told about growing up in Surry County.

Miss Brannock came back with her family from Ohio when she was 6 months old. Their home was a three-room house located where *The Mount Airy News* is now. She told many interesting things about her life as a student who loved to play school after her regular school session was over and how she took a 7-year-old to the movies while his father visited outside with friends.

She mentioned that there were no paved roads in those days and when it rained one could imagine the mud. Miss Brannock also recalled various plays that were presented at the old Mount Airy Opera House, and related how her grandfather was a drummer boy in the Civil War.

Mr. Puckett told about living on Mitchell Street and how boys in the neighborhood gathered at Round Rock, a huge rock in Lovills Creek located somewhere near the present site of Proctor-Silex Inc. He remembered farmers bringing produce into town in their covered wagons and added that some of the boys were able to snatch some before being caught. Mr. Puckett said that one driver carried a blacksnake whip and was quite accurate in flexing it on hands that were not too quick.

The speaker went on to say that young people worked for spending money and he used a crosscut saw for 25 cents a day. He worked a full week for $4, which bought him a shirt, pair of shoes and overalls, with 35 cents left.

A question-and-answer period followed.

Club President Gloria Puckett introduced program leaders by reminding the members that all the programs emphasize the family.

Marie Williams distributed an ancestor chart and a family record sheet. She urged each club member to keep records for future relatives and as an example she showed some pictures of beautiful babies without any names or dates to identify them.

In other business at the recent Extension Homemakers meeting, it was announced that a club fair booth added $50 to the treasury. Also, a birthday party at Colonial Rest Home was well-received and the president thanked all who helped.

WHITE SULPHUR SPRINGS EXTENSION HOMEMAKERS MEET

"Choosing Our Cookware" was the topic for discussion at the March meeting of the White Sulphur Springs Extension Homemakers. Ella Haley led the program with several members taking part.

Many of the group mentioned that health problems can result by using aluminum cookware. Stainless steel is used more than any other product. Also, cast iron has been used for more than 3,000 years and is still a favorite of many cooks.

The best cookware depends on who you ask, according to the program leader. Directions were given for cleaning different cookware and members were advised not to try to dry foods in the microwave oven.

Era Anderson presided in the absence of President Gloria Puckett who is on a tour of the Holy Land. Roll call was answered with a household hint.

Club members made a donation to the high school graduation party. The quilt which members had quilted was displayed and pictures were made.

WHITE SULPHUR SPRINGS EXTENSION HOMEMAKERS MEET

The White Sulphur Springs Extension Homemakers met at Salem United Methodist Church for the April meeting.

Gloria Puckett, president, opened the meeting with the pledge to the flag. She held the business session, announced coming events and mentioned the bake sale which was held Saturday before Easter.

Mrs. Puckett presented each member a beautiful book mark with flowers from the Holy Land.

Sue Chandler brought the group up to date on recycling. She showed different types of plastic and told about grouping types together.

Sylvia Wilson displayed another quilt members of the club had quilted for her. Plans were also made to show quilts to the adult day care patients at Northern Hospital of Surry County.

Ella Haley gave the devotional reading the Easter story from the Bible.

WHITE SULPHUR SPRINGS EXTENSION CLUB MEETS MAY

Lois Hoover presented a program on "Mold and Mildew" to members of the White Sulphur Springs Extension Homemakers when they met recently at Salem United Methodist Church.

Mrs. Hoover stressed covering pots and pans when cooking to cut down on moisture and installing vent fans, vented to the outside, in the kitchen and bathrooms. She also suggested covering basement floors with polyethelyne and burning lights in closets to cut down on moisture. Shoes should be cleaned and clothing should be thoroughly dry before putting away. Use of humidifiers was recommended, also.

Gloria Puckett presided over the meeting and reported on the Cultural Arts meeting she had attended. Mrs. Puckett won the prize in this district for a dog she had entered in the hand-crafted toys display.

Members answered the roll call with an interesting experience in gardening.

Mrs. Puckett said the club is proud of Sylvia Wilson and her winning painting, "The Potters House."

Members voted to hold the name of the club and not change it.

June 1992

CLUB/CIVIC

WHITE SULPHUR SPRINGS CLUB STUDIES NUTRITION

Gloria Puckett, president of the White Sulphur Springs Extension Homemakers Club, was program chairman for the June meeting which was held at Salem United Methodist Church. Mrs. Puckett, using "Label Fables" as her topic, explained about reading labels for food nutrients. She said, "We really don't know what we are eating unless we know the content of salt, sugar and fats that we read on the labels.

"Most Americans tend to be heavy-handed with the salt shaker," she added. "Those on a heart diet need less than 300 milligrams of salt daily and those who need low-fat should strive for less than 30 percent of total calories from fats.

"Sugars and fiber should also be clearly listed on packaged foods that we may know how to plan our daily menus," she noted.

Mrs. Puckett said that new laws go into effect in 1993 that require all food processors to use uniform measures such as 1/2 cup instead of ounces and also list plainly and clearly in easy to read print the package content.

The group voted to make contributions to youth groups, the Forest Service and JEB Stuart Trust.



Members of the White Sulphur Springs Extension Homemakers met recently for lunch at the home of Gloria Puckett, club president. They presented a monetary gift to Sue Chandler, who has undergone extensive knee surgery. The group raised money from a recent bake sale and tickets on a handmade doll. Shown on the lawn are (left to right) Marie Williams, Mrs. Puckett, Era Anderson, Lillian Carpenter, Mrs. Chandler, Sylvia Wilson, Imogene Moore and Lois Hoover.

Lawn Party Highlights Happenings In Mount Airy

■ Members of the White Sulphur Springs Extension Homemakers gathered at the picturesque setting of the old White Sulphur Springs Hotel recently for a lawn party. They women wore long skirts and wide-brimmed hats.

Gloria Puckett noted that planning a lawn party during this treacherous weather was not for the faint of heart. "We were well into summer, so we were ready for a picnic."

She mentioned that someone in the club had put their club's charter away for safe keeping but could not find it. "We searched back issues of *The Mount Airy News* and cherished old clippings in scrapbooks and discovered that the club came into being on Oct. 22, 1938.

"So, what better way to celebrate than with a picnic at the springs?" she asked. Dr. Ivan and Marion Richard, who own the property, most graciously allowed the club members to use their grounds. "It was freshly mowed, but muddy at the spring so we were designated a choice spot at what was once the hotel entrance," Gloria said. "The view was fantastic."

Tables and chairs were unfolded and covered with bright tablecloths and in minutes lunch was spread uner a huge tree. Two baskets of flowers added to the festive air.

Prizes went to Era Anderson, Imogene Moore and Carl Anderson. Others present were Lillian Carpenter, Sue Chandler, Sylvia Wilson, Nell Hurst, Tonya Genell, Thelma McKnight, Cora Shackelford, Marie Williams, Glen Puckett and Dr. and Mrs. Richard. A very special guest was Addie Poore, a charter member of the club.

One basket of flowers was presented to Mrs. Richard and the other was later taken to Lois Hoover, who had just been released from the hospital and was unable to attend.

Gloria added they were blessed with a beautiful day. "Everyone was surprised when six helicopters flew over. We claimed this as a salute to the White Sulphur Springs."



Imogene Moore (left) presents Gloria Puckett, president, with a cake from the club members.



Addie Poore, a charter member of the White Sulphur Springs Extension Homemakers, was a special guest.

June 1992

CLUB/CIVIC

WHITE SULPHUR SPRINGS CLUB STUDIES NUTRITION

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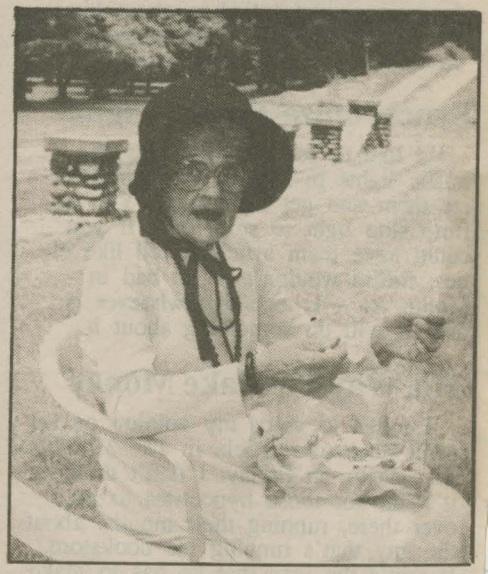
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Sylvia Wilson (left) and Sue Chandler enjoy the lawn party on the grounds of the old White Sulphur Springs Hotel.



Era and Carl Anderson were among those present.



Thelma McKnight wore an old-fashioned bonnet.



Beautiful weather and delicious food made a perfect picnic for Tonya Genell, Nell Hurst, Lillian Carpenter and Marion Richard.

July 1992

WHITE SULPHUR SPRINGS CLUB MEETS

The White Sulphur Springs Extension Homemakers held their regular meeting at Salem United Methodist Church with 10 members and one visitor present.

Era Anderson, vice president, presided with Ella Haley giving the devotions.

Sylvia Wilson presented the program on "Barley" and its many uses in the diet such as cereal and fiber. Barley is often used in lowering cholesterol.

The speaker then served a dish which she had prepared called "Heavenly Barley Salad."

Gloria Puckett appointed Mrs. Wilson, Marjorie Brookshire and Mrs. Haley to serve on a committee to appoint officers for the upcoming year.

Plans were made to meet at Quincy's for their August picnic.

Members sent get-well wishes to Lois Hoover.

Aug. 1992

WHITE SULPHUR SPRINGS CLUB FETED AT LUNCHEON

The White Sulphur Springs Extension Homemakers decided that instead of having a picnic luncheon in the sweltering heat, they would go to Quincy's Restaurant for their August picnic.

Gloria Puckett, president, was back from a vacation in Texas and Indiana. The group also welcomed Gloria's daughters, Karren and Brenda, and granddaughters, Allison and Courtney, who were visitors.

Others present were Sylvia Wilson, Marie Williams, Thelma McKnight, Era Anderson, Imogene Moore, Lillian Carpenter, Sue Chandler, Lois Hoover, Hazel Brannock and Cora Shackelford.

Sue brought door prizes which were won by Hazel, Thelma and Allison.

Ella Haley, who was unable to attend, was remembered with a get-well greeting card signed by each member.

Sept. 1992

WHITE SULPHUR SPRINGS CLUB HAS BUSY MONTH

September has been a busy month for the White Sulphur Springs Extension Homemakers. They collected 44 cans of food and a cash offering for victims of Hurricane Hugo, held a bake sale and market and prepared end of the year reports.

The group is also busy making preparations for the Christmas bazaar at the Agricultural Building in Dobson on Nov. 6. Many gift items, crafts, accessories and homemade goodies are in the making.

Most items for the county fair Sept. 21-26 have already been completed, but baked items and produce will be prepared later. Seniors Day is Sept. 24 from 4 to 6 p.m. Those working at the fair on Monday are encouraged to attend the breakfast at 8:30 a.m. and receive instructions.

Several members will be helping serve a birthday party Sept. 23 for residents of Colonial Care Home on Snowhill Drive. Those assisting are reminded to be there at 2 p.m.

An election of officers for the coming two years was held. Elected were: Gloria Puckett, president; Era Anderson, vice president; Lillian Carpenter, treasurer; Thelma McKnight, secretary; and Sue Chandler, reporter.

The club chose to honor Lois Hoover because of her faithful years in the activities of the club and encouragement to fellow members. Since this was her birth month, she was showered with many cards. Each member presented the honoree with a long-stemmed pink carnation surrounded with babies'-breath. Then they were deposited in a large silver container with a pink satin bow for the table centerpiece.

Refreshments, prepared by Sylvia Wilson and Marie Williams, were then served.

Singing "Happy Birthday" to Mrs. Hoover were Marjorie Brookshire, Mrs. Carpenter, Imogene Moore, Mrs. Anderson, Ella Haley, Sylvia Wilson, Nell Hurst, Marie Williams, Mrs. McKnight and Mrs. Puckett.

Oct. 1992

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.

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, salt-free and sugar-free recipes. Samples were served and recipe books presented to the group.

Nov 1992



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 880 nursing home residents at Christmas.



Gloria Puckett

...covered dish expert...

HOT CHICKEN SALAD

3 cups cooked chicken, cubed
4 hard-boiled eggs, chopped
1 small can water chestnuts, sliced
1/2 cup chopped celery
1 can cream of chicken, or mushroom soup
1 small can mushrooms, chopped
1/2 cup mayonnaise
1/2 cup milk
Salt and pper to taste

Combine all ingredients in shallow baking dish. Cover with bread crumbs. Bake 30 to 40 minutes at 350 degrees.

CHOCOLATE TURTLES

28 caramels
2 tablespoons cream
1 1/2 cups pecans
1 pkg. chocolate chips

Melt caramels in double boiler. Add cream and pecans. Drop by spoon onto waxed paper. Melt chocolate chips and spoon over caramel mixture. (You may substitute Pet milk for cream.)



Sue Chandler

...reads cookbooks...

CHICKEN DELIGHT

3 to 3 1/2 pound fryer, cut up
2 cloves garlic, minced
1/2 cup Fresca

Place chicken in a shallow casserole. Pour over the Fresca and garlic. Cover tightly and bake at 350 degrees for 1 hour. Remove cover and sprinkle with paprika and parsley. Serves 6. Finely chopped fresh parsley adds extra flavor and color.

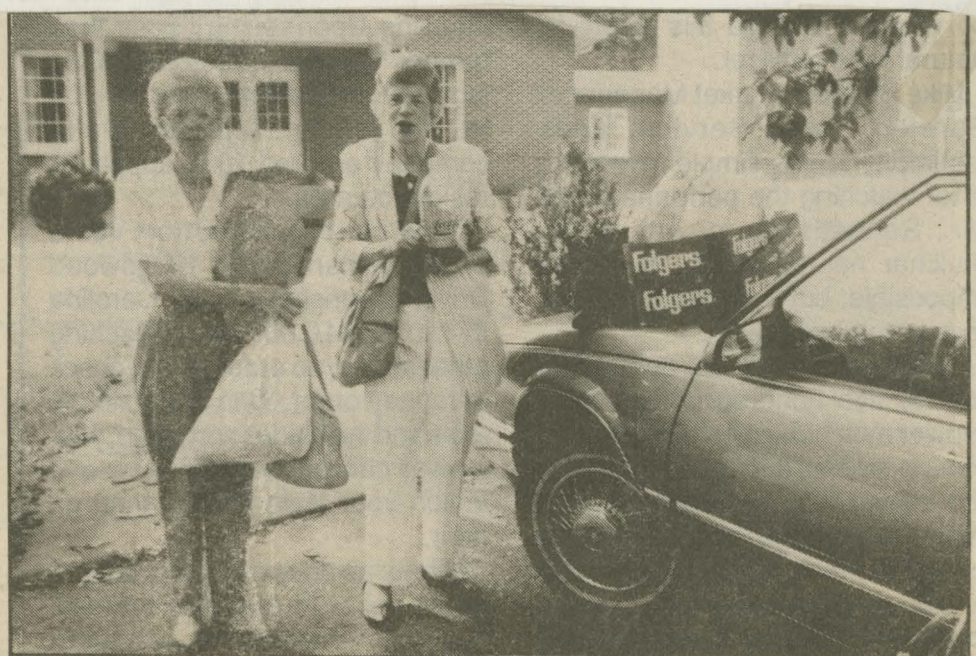
DELICIOUS CHICKEN DIVAN

2 pkgs. chopped broccoli, cooked and drained
1 can cream of chicken, undiluted
1/4 teaspoon nutmeg
1 teaspoon Worcestershire sauce
1 cup grated parmesan cheese
2 1/2 pound chicken breasts, cooked and sliced
1/2 cup whipped cream or Cool Whip
3/4 cup mayonnaise

Place broccoli in 9x13-inch baking dish. Pour 1/2 soup over broccoli. Sprinkle with 1/3 cheese. Top with slices of chicken breast, remaining soup and 1/3 cheese. Bake 25 minutes at 400 degrees. Mix Cool Whip and mayonnaise. Spread on top, sprinkle with last 1/3 cheese. Broil until brown.



The White Sulpur Springs Extension Club honored Lois Hoover (seated) with a birthday celebration. Among the club members present were (standing, left to right) Ella Haley, Marie Williams, Imogene Moore and Gloria Puckett.



Nell Hurst and Sylvia Wilson joined other members of the White Sulphur Springs Extension Club in gathering food for the victims of Hurricane Andrew.

CLUB/CIVIC NOTES



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.

Eat Right for Life

AGRICULTURAL EXTENSION SERVICE
N. C. State University

Foods and Nutrition Department
Box 7605, Raleigh, N. C. 27695-7605

TRIGLYCERIDES---WHAT ARE THEY?

The doctor has just determined that your blood triglyceride level is too high. Questions that come to mind include: "What does that mean?" and "Will this condition cause a heart attack?" If the subject of triglycerides is a new experience, you may have many concerns and questions. To help you understand this topic better, the most commonly asked questions about triglycerides are discussed below.

WHAT ARE TRIGLYCERIDES? . . . WHERE ARE THEY FOUND?

Triglyceride is the technical name for food fat
are absorbed in the small intestine following a meal
released in the blood stream. Since fat doesn't mix
component of blood) they must first be wrapped in a
and other substances before they can be moved throug
soluble packages are called lipoproteins. The trigl
lipoproteins are taken to all cells of the body wher
energy if needed immediately or stored in fat cells

Ella
Lillian
Gloria
Nell
Sylvia
Sue
Lois
Pauline

Nov. 6, 1990

Holly Springs
Ruritan Club

Selected Foods High in Triglyceride	Percent Ca From
FOOD	
Butter/Margarine/Mayonnaise	10
Oils/Lard/Shortening	10
Bacon/Hot Dog/Sausage	70-
Sour Cream/Salad Dressings	80-
Sweet Chocolate/Nuts	60-

Your body can also make triglycerides. If you
need the body changes these extra calories to triglycerides and stores them as body fat.

HOW ARE TRIGLYCERIDES MEASURED?

A blood sample is drawn from a person and the amount of fat in the blood is measured. Blood triglycerides are generally high for some time after a meal. So the person must not eat for 12 hours before this test to allow the blood to reflect its normal condition.

Cooperative Extension Work in Agriculture and Home Economics,
A&T and N.C. State Universities,
100 Counties, and U.S. Department of Agriculture, Cooperating.

CLASSIFICATION OF BLOOD TRIGLYCERIDES:

Classification	Triglyceride Level milligrams per deciliter (mg/dl)
Normal	Up to 250
Borderline High	251-500
Definite High	Above 500

TRIGLYCERIDES AND HEART DISEASE

Although the importance of triglyceride levels to heart disease is not well understood, there appears to be a link between the two. Triglyceride levels below 250 mg/dl do not seem to increase a person's risk of developing heart disease as long as cholesterol levels are normal.

However, some research indicates that triglyceride levels over 250 mg/dl may be a warning sign for heart disease. This does not mean that a person who has a level above 250 will develop heart disease. But it does indicate that the chance of developing heart disease is greater if the person also has one of the other risk factors for heart disease such as a high cholesterol level, hypertension, cigarette smoking, obesity, or a close relative that developed heart disease before age 55.

CAUSES OF HIGH TRIGLYCERIDE LEVELS

Blood triglyceride levels may be high for several reasons. These include: obesity, eating to much dietary fat and sugar (sweets), alcohol abuse, and overeating (excess calories) in general. Other causes include use of certain drugs, stress following burns or other trauma, certain metabolic and endocrine diseases, pregnancy, and heart attacks.

HOW CAN YOU LOWER YOUR TRIGLYCERIDES?

The best way to lower triglyceride levels is through combined changes in diet and lifestyle:

- Lose Weight if Overweight
- Restrict Alcohol
- Exercise Regularly
- Avoid Overeating
- Eat Less Sugar (Sweets)
- Eat Less Fat (30% or less calories from fat)

Following the above recommendations will not only help lower blood triglycerides but should also be helpful in controlling blood cholesterol levels.

Prepared by: Jacquelyn W. McClelland, Ph.D.
Extension Foods & Nutrition
October 1989

F&N 01689

NEWS RELEASE - FOR NOVEMBER 8

RE: VOLUNTEER INFORMATION PROVIDER PROGRAM

People helping people. Neighbors helping neighbors. At their bi-monthly meeting this week, the Surry Coalition on Aging announced a new program for Surry County and surrounding communities called Volunteer Information Provider (VIP). Volunteers will be trained to answer questions and provide information to families caring for elderly persons. By the end of February, volunteers will have attended 3-day long training sessions dealing with such topics as: how to distinguish between normal and abnormal aging; how to reduce stress; how to communicate with an older person; personal care- how to give a bed bath, tub bath or shower, hair grooming, self-dressing skills, mouth care, how to deal with an incontinent older person, etc.; how to lift and transfer a frail older person; wise use of medication; safety within the home; good nutrition for an older person; and a host of other topics.

Upon completion of 18 hours training, volunteers will go to the homes of interested families and provide information, without charge, in those areas where the family needs help. Families will also be provided with information on who to contact within the professional community for the more difficult problems they may be experiencing with their older person.

Training will be conducted by Christine Greene, Surry County Office, North Carolina Agricultural Extension Service, Verona Coe, RN with Surry Friends of Seniors, Gail Jacobs, Director of Social Security Administration, and other members of COA.

All interested persons (prospective volunteers) are invited to attend an orientation session on Tuesday, January 29 from 9-12 at the Agricultural Building auditorium in Dobson. The 3 days (18 hours) of training are scheduled for February 5, 12, 19 also to be held in Dobson at the Agricultural Building.

For further information, contact Christine Greene, coordinator of the project at 386-9274 or 366-4424(Elkin).

Surry County

11/90 CG

10/15/90

Surry Co. E. H. Council
Dobson

Enclosed is check for $5.00 for a
Table at the Christmas Show.

My Personal check for ~~$6.00~~ 12.00 is enclosed
for two tickets for Achievement Day.
I have sickness in the family and have
been in Winston-Salem at Baptist
Hospital during banking hours, and
have not had a chance to make a
deposit.

Will collect balance for tickets and get
it to you as quickly as possible.

Lillian M. Carpenter, Sec-Treas.
WHITE SULPHUR SPRINGS M. E. CLUB
1819 Aims Avenue
Mount Airy, N.C. 27030

1819 Aims Avenue
Mount Airy, N.C. 27030
October 11, 1990

Surry County E. H. Council
P. O. Box 324
Dobson, N.C. 27017

AttT Denise

Dear Denise,

Enclosed is an obituary off a lady who in the 1980's when I was a former member of the White Sulphur Springs club, was an actibe member. So we have an early obituary for the current year.

I am looking forward to Achievement Day. I attended several at Reeve's Community Center in the 1960's, and always enjoyedtthem.

Sincerely,

Lilliam M. Carpenter
Secretary-Treasurer

CLUB NAME: White Sulphur Springs Members 15

NAME: (Given & Spouse's)	Address	Phone	New Member
Anderson, Era (Carl K.)	2826 Riverside Drive Mt. Airy, N.C. 27030	786-7634	X
Brannock, Hazel	146 Mt. View Dr.	789-3845	
Brookshire, Marjorie (jack)	P. O. Box 601 Mount Airy, N.C. 27030	786-6894	
Burge, Alice	318 Jeffries Mount Airy, N.C. 27030	786-2074	
Carpenter, Lillian (Rastus G.)	1819 Aims Ave. Mount Airy, N.C. 27030	786-5086	
Chandler, Sue (Wade)	209 Wm. Penn St.	789-8816	
Haley, Ella	1555 N. MAIN St.	786-7489	
Hoover, Lois (C.M.)	207 W. Oakdale St. Mount Airy, N.C. 27030	789-3911	
Hurst, Nellie (M. P.)	3512 Wards Gap Rd.	786-6518	
McKnight, Thelma ((Robert J.)	733 Depot St. Mount Airy, N.C. 27030	786-2973	(Associate)
Moore, Imogene	Route 2 Box 759 Ararat, Va. 24053	1-703-251-5269	
Puckett, Gloria (Glen)	1617 N. Main St.	786-9814	
Williams, Marie (Walter E.)	467 Pineview Dr. Mount Airy, N.C. 27030	789-2282	X
Wilson, Sylvia (Charlie R.)	219 William PennSt. Mount Airy, N.C. 27030	786-6020	
Sechrest, Pauline (Sanford)	1247 W. Lebanon St.	786-4850	

NEW OFFICERS 1989-1990

PRESIDENT:	Lois Hoover 207 W. Oakdale St.	789-3911
VICE-PRESIDENT	Gloria Puckett 1617 N. Main St. Country Club Apts.	786-9814
SEC.-TREAS:	Lillian Carpenter 1819 Aims Avenue	786-5086

COMMITTEES

Citizenship and Community Outreach:	Gloria Puckett 1617 N. Main St. Country Club Apts.	786-9814
Cultural Arts, Textile & Clothing:	Sylvia Wilson 219 Wm. Penn St.	786-6020
Family Relations: & Child Development:	Ella HALEY 1555 N. MAIN St.	786-7489
Family Resource Management:	Sue Chandler 207 Wm. Pwnn St.	789-8816
Health, Food, and Nutrition:	Marjorie Brookshire 191 Noonkester Dr.	786-6894
Housing, Energy and Environment:	Sue Chandler 207 Wm. Penn St.	789-8816
International:	Hazel Brannock 146 Mt. View Dr.	789-3845
Public Relations:	Nellie Hurst 3512 Wards Gap Rd.	786-6518
Safety, Energy:	Alice Burge 318 Jeffries St.	786-12074

NEW OFFICERS 1989-1990

PRESIDENT:	LOIS HOOVER 207 WEST OAKDALE ST.	789-3911
VICE-PRESIDENT:	GLORIA PUCKETT, 1617 N. MAIN ST. COUNTRY CLUB APTS.	786-9814
SEC. - TREAS.:	LILLIAN CARPENTER 1819 AIMS AVENUE	786-5086

COMMITTEES

CITIZENSHIP AND COMMUNITY OUTREACH:	GLORIA PUCKETT, 1617 N. MAIN ST. COUNTRY CLUB APTS.	786-9814
CULTURAL ARTS, TEXTILE & CLOTHING:	SYLVIA WILSON 219 WM. PENN ST.	786-6020
FAMILY RELATIONS & CHILD DEVELOPMENT:	ELLA HALEY 1555 N. MAIN ST.	786-7489
FAMILY RESOURCE MANAGEMENT:	SUE CHANDLER 207 WM. PENN ST.	789-8816
HEALTH, FOOD, AND NUTRITION:	MARJORIE BROOKSHIRE 191 NOONKESTER DR.	786-6894
HOUSING, ENERGY AND ENVIRONMENT:	SUE CHANDLER 207 WM. PENN ST.	789-8816
INTERNATIONAL:	HAZEL BRANNOCK 146 MT. VIEW DR.	789-3845
PUBLIC RELATIONS:	NELLIE HURST 3512 WARDS GAP ROAD	786-6518
SAFETY, ENERGY:	ALICE BURGE 318 JEFFRIES ST.	786-2074

READING CERTIFICATE APPLICATIONS:

L. Carpenter, Lois Hoover,, Sylvia Wilson, Nellie Hurst, Ella Haley

Winning Leader Lesson Radon Contamination Gloria Puckett

Program suggestiond: Chair bottoms using two crochet needles and Macrime cord
More Craft lessong.

Club Activities: Crochet napkin rings, Easter bunny projects, sonkers for Berry festival and sales, Bake and yard sale, Birthday party at nursinghome, Get well cards for Greg Shergold, Took part in International Celebration, Helping Surry Co. fair, Sold drinks for Golden Expo, donated canned food for salvation army and bagged groceries, donated donated canned food for hurricane relief, Dressed dolls for Salvation Army.

Gloria Puckett taught decorating T-shirts.

SPECIAL INFORMATION FORM: Death of Mrs. Blackburn.

Associate Membership list: Thelma McKnight

Projects: $50.00 donation in memory of Mrs. Blackburn to Salem Church's Youth scholarship fund.
Easter Bunnies, Bake and yard sale, dressed dolls, canned food for Hugo relief, 5 members attended salvation army appreciation dinner. Received plaque of appreciation. Get well cards for Craig Shergold. Gloria's teddy bear took first prize at Cultural Arts.
Made and sold sonkers at Berry festival. 3 members sold cold drinks for two hours at Golden Expo. Showed quilts to Residents of Surry Comm. Nursing Center, and presented afghan to one of the residents.

2. Radon,education, fall & winter fashion trends, Are you stress resistant?, Eating out without pigging out, Appliance update, Be cancer literate, and Disposal of household easte.

#4 3/12/90 Christine Greene "Inclement weather, don't let it catch you unprepared
9/10/90 J ean Key, RN Cancer awareness.

Associate Membership application (Thelma McKnight)

5. April 8 Area meeting at Public Library

6. Gloria Puckett - Radon, Pauline Sechrest Sweaters, Sylvia Wilson and Sue Chandler cultural arts. also 1 plant

10: Fair exhibits: Sue Chandler 12 cans fruits and vegetables (1st. prize)
Gloria Puckett: dressed bear. hand=painted belt, flower arrangement, baby blanket, jelly and chow=chow.
Sylvia Wilson: crocheted sweater and crocheted overblouse.
Pauline Secjrost 3 potted flowers.

11: Gloria Puckett, Sylvia Wilson, Sue CHANDLER

13: Gloria Puckett taught North Main St. Church of Christ, Mt. Airy and Senior Citizens Club, Marian, Ind. to make bunnies.

#16 Marjorie Brookshire: Eating out without pigging out.
Gloria Puckett: Flag Appreciation.
Sue Chandler: Hazardous waste.
Gloria Puckett: Demonstrated decorating sweat shirts.
Sue Chandler: Be Cancer literate.
Nellie Hurst: Appliance Update.
Sue Chandler & Sylvia Wilson: Disposing of hazardous waste.

CONTINUED

21. Pauline Sechrist (returned after extended absence)
Marie Williams
Era Anderson: (Returned after extended absence)

PERFECT ATTENDANCE:

Marjorie Brookshire	18 yrs.
Nellie Hurst	16
Ella Haley	15
Sylvia Wilson	5
Lillian Carpenter	2
Gloria Puckett	1
Imogene Moore	1
Sue Chandler	1
Alice Burge	1

CLUB NAME White Sulphur Springs DATE _____ NUMBER OF MEMBERS 14

Members age 60 & over 15 Members age 35 & under _____

NAME (Include given & spouse's)	ADDRESS (Street, Route, Box, P. O.) (City)	PHONE (Give work & home)	NEW MEMBERS (x) if yes
Lois Hoover (C.M.)	207 W. Oakdale St, Mt Airy, N.C.	789-3911	
Gloria Puckett (Glen)	1617 N. Main St " "	786-9814	
Lillian Carpenter (R.J.)	1819 Aimes Ave. " "	786-5086	
Sue Chandler (Wade)	207 Wm. Penn St " "	789-8816	
Hazel Brannock	146 Mt. View Dr " "	789-3845	
Ella Haley	1555 N. Main St. " "	786-7489	
Marjorie Brookshire (Jack)	P.O. Box 601 " "	786-6894	
Nellie Hurst (M.P.)	3512 Wards Gap Rd. " "	786-6518	
Sylvia Wilson (Charlie R.)	219 Wm Penn St " "	786-6020	
Imogene Moore	~~Grarat~~ Va.	(703) 251-5269	
Alice Burge (Harold E.)	318 Jefferies Mt. Airy	786-2074	
Marie Williams (Walter E)	467 Pine View Dr. " "	789-2282	
Era Anderson (Carl K.)	2826 Riverside Dr. " "	786-7634	X
Thelma McKnight (Robert J.)	733 Depot St " "	786-2973	associate
Pauline Sechrist	1247 W. Lebanon St. Mt. Airy	786½4850	X

GOLDEN KEY CLUB

The objective is to honor members who work to increase membership within the Association.

The Membership Promotion Awards Program follows these guidelines:

1. Time period: State Council to the following year's State Council meeting.

2. A point system will be used to receive awards. Members earning required points will belong to the NCEHA "Golden Key Club."

3. New members-at-large and life memberships will receive points as new club members.

4. County council presidents and liaison agents will sign and send a copy of names and addresses of members with points earned to state president on or before a date in September, as set by the state president. A certification sheet will be required for recognition. Certification received after set date will be counted for following year.

5. Members will be recognized and awards presented at the State Council meeting.

Point System for Individuals and County

Individual Point System

A. 100 points: each new member
B. 500 points: life membership ($100)
C. 500 points: each new club organized (minimum of five members) plus 100 points per member in a new club
D. 150 points: presenting a program on Extension Homemakers to a service or civic group
E. 250 points: presenting a program and showing the slide set to a service or civic group
F. 50 points: bringing a prospective (new member) to an organized Extension Homemaker function

Individual Awards

Extension Homemaker Pin - 500 points
Bronze Pin and Key - 1000 points
Silver Pin and Key - 1500 points
Gold Pin and Key - 2000 points

Individual winners will be invited to attend the State Council meeting (at own expense) to receive award.

CLUB CATEGORY _____
SMALL OR LARGE
DETERMINED BY ACTIVE MEMBERSHIP

RATING SHEET
Surry County Extension Homemaker Clubs

Club Name White Sulphur Springs Total Points _____

Club President Lois Hoover Phone Number 789-3911

President's Address 207 W. Oakdale St. Mount Airy, N. . 27030

Total Number of Members at present: (Includes Active and Associate) ~~14~~ 15

Please breakdown membership as follows:

Active Members 14
Associate Members 1 (Total of these (2) should equal above)

Total Number of Members at beginning of October, last year: 13
(Includes Active and Associate)

Active Members 14
Associate Members 1 (Total of these (2) should equal above)

Number of New Members gained this year: (Active and Associate) 3

Numbers of Members lost this year: (Active and Associate) 1

Clubs will be rated on a yearly basis from October 1 to September 30. Clubs will be judged in (2) categories. Clubs with Active Membership of **15 and under** will be judged in a **Small Club** category and clubs having **16+** Active Members will be judged in a **Large Club** category. Please put all points earned in the space following accomplishments. A report should be attached to this sheet showing meetings attended, list of projects done, etc. **All rating sheets** must be **sent to the Home Economics Office** by **September 20**. Rating sheets **received after this date will not be considered.** Honor Club status may be obtained by earning **4,000 points for small clubs** or **10,000 points for large clubs.**

(*) means to attach lists as evidence

I. ORGANIZATION

a. List of new officers and leaders and/or any yearly changes made in club officers, addresses, and phone numbers (10 points) 10

b. Club dues and new club roll with addresses (10 points) 10

c. Reading reports returned to Home Economics Office by September 30 (20 points) Every effort should be made to turn in reading reports with other end of year reports 100

d. Compiled records of year's work (all reports as indicated by agents) in Home Economics Office (20 points) 20

II. CLUB ACTIVITIES

1. Carry out club projects. List on an attached sheet the projects.

a. Sponsor a bloodmobile (100 points each time) _____

CLUB CATEGORY _____
SMALL OR LARGE
DETERMINED BY ACTIVE MEMBERSHIP

1

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Surry County Extension Homemaker Clubs

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Club President Lois Hoover Phone Number 789-3911

President's Address 207 W. Oakdale St. Mount Airy, N.C. 27030

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1990

	Jan	Feb	Mch	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Area meeting
Era Anderson	/	/	/	/	/		/				1	1	
Hettie Blackburn	/												
~Hazel Brannock			/										
18 Marjorie Brookshire	/	/	/	/	/	/	/	/	/		1	1	
1 Alice Burge	/	/	/	/	/			/	/			1	
2 Lillian Carpenter	/	/		/	/	/	/	/	/		/	1	
13 Ella Haley	/	/	/	/	/		/		/	/	/	1	
Lois Hoover	/	/	/				/	/	/	/	/	1	
16 Nellie Hurst	/	/	/	/	/	/	/	/	/	/	/	1	
~Thelma McKnight													
1 Gloria Puckett	/	/	/	/	/	/	/	/	/		/	1	
Sylvia Wilson	/	/	/	/	/	/	/	/	/	/	/	1	
Marie Williams	/	/	/	/	/	/	/	/	/	/			
Imogene Moore	/	/	/	/	/			/	/		/	1	
Sue Chandler	/	/	/	/	/	/	/		/		/	1	
SECHRIST PAULINE							/	/	/			1	
GERA SHACKLEFORD													