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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.

Member, Audit Bureau of Circulations

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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 Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Climate change debate moves to the Senate



By Nelle Hotchkiss

The U. S. House of Representatives in June narrowly passed a controversial bill aimed at increasing renewable energy generation and reducing the nation's emissions of carbon dioxide and other greenhouse gases. The U.S. Senate is now considering legislation of its own.

After a carefully orchestrated debate, the legislation cleared the House 219 to 212. (It needed 218 votes to pass.) During voting, House members watched the tally board to see if the bill would survive to be considered by the Senate.

The bill's centerpiece is a government program to regulate carbon emissions through a system called "cap and trade," in which the federal government caps carbon emissions allowed from domestic sources. The government would gradually reduce the cap to force further decreases in emissions.

The major sources of carbon emissions are electricity generation and automobiles, but eventually any entity that emits greenhouse gases would pay the federal government for the right to emit carbon. The escalating expense of "carbon payments" to the government is meant to force companies to quickly decrease emissions, but the costs to do it will be passed to consumers.

The bill faced strong opposition from both conservative and liberal members. Many House members were concerned about the impact on consumers and the economy. Others felt the legislation did not go far enough to reduce carbon impacts on the environment. Supporters, including Democratic Speaker of the House Nancy Pelosi and the Obama Administration, managed to attract 8 Republican votes and withstand the defection of 44 Democrats mainly from the Midwest and Southeast.

During the process, North Carolina's electric cooperative board members, employees and hundreds of thousands of consumers communicated with members of Congress to remind them that any energy bill must allow electricity to remain affordable for future generations. Many of you participated in the "Our Energy, Our Future" and "Find a Balanced Solution" campaigns.

As a result of your strong participation and our efforts to educate opinion leaders, the House bill is better than first proposed. Direct costs for co-op

consumers were cut in half. Several North Carolina House members fought for cost containment, fair treatment of rural communities and affordable elec-

tricity for all consumers.

We still have significant concerns about the legislation. The emission reduction timelines are unrealistic compared to available technology. The industry needs time to match up mandates with the deployment of clean coal technologies, construction of nuclear and renewable energy facilities and to implement energy efficiency measures and "smart grid" technology. These improvements will lower costs to you and protect the environment for our children and grandchildren.

North Carolina, we can get this right. Please talk to your representatives in Congress and visit findabalancedsolution.com for more information. Your voice made a difference in the House of Representatives. We have more work to do in the Senate. Call the offices of our senators, Kay Hagan and Richard Burr, and voice your opinions today. 

Nelle Hotchkiss is senior vice president for corporate relations with the North Carolina Association of Electric Cooperatives.

WHERE IN CAROLINA COUNTRY IS THIS? ↘



July winner

The July picture showed a red, cast-iron English phone booth on Church Street, near the "S" Bridge in historic downtown Hertford, Perquimans County. Frank and Connie Jaklic place a tree inside at Christmas and have decorated it on other holidays. Estelle Latham of Scotland Neck told us it's the Mary Alice Elliot House, circa 1909. The \$25 winner chosen at random from more than 130 correct answers was Carole Roberts of Hertford, a member of Albemarle EMC.

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Aug. 7 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our September issue, will receive \$25.



"Tolerance Ends"

Charles Joyner in the July 2009 "Joyner's Corner" page wondered about a sign he saw along Hwy. 86 in Hillsborough that reads, "Tolerance Ends." Some of you wrote in wondering about the sign as well. A law enforcement officer in Chapel Hill then told us that the sign notifies motorists that a section of the highway, because of road work or safety reasons, cannot tolerate certain types of vehicles, such as bicycles or trucks.

Remembering Lumina

I was at a friend's house this week and saw in your June issue the Ashley Fetner picture of the Lumina Pavilion at Wrightsville Beach. I am passionate about this structure that was needlessly demolished, and I collect anything and everything I can about it. Every September, my husband and I stay at the Carolina Temple Apartments just down a few blocks from the site where Lumina stood, and I always mourn her passing. My earliest memories of the coast are of days I spent in her shadow.

Eleanor Cook, Greensboro



700 recipes for \$15 and a good cause

Our cooperative published a 60th anniversary cookbook back in 2000. The cookbook contained 525 recipes collected from members and employees. Your fine publication featured the cookbook, and we received well over 500 orders. Recently Tri-County employees published a second cookbook, "Tri-County's Best," to raise funds for scholarships for deserving seniors in our area. Carolina Country has once again helped us to sell well over 100 cookbooks since it was featured in the June 2009 issue.

"Tri-County's Best" contains 700 recipes taken from past newsletters and from employees' and members' recent contributions. It is a hardback, 3-ring binder with tabbed categories, plus additional cooking tips included in the back.

A special thanks to the editor and staff of Carolina Country for promoting our cause. But most of all, we would like to thank the fine readers of

the magazine who have purchased our second cookbook. Many have commented that they have the first one and many have ordered more than one book. It is always amazing to see the places the orders come from, such as Dahlonega, Georgia; Cheltenham, Maryland; and Elkton, Florida; just to name a few. We have also wondered about the stories behind the names of roads in North Carolina like Horseback Circle, Meat Camp Road, Chicken Neck Road, Holtz Claw Street and Turkey Highway.

*J. Michael Davis, general manager
Tri-County EMC, Dudley*

Note: Cookbooks are still available at \$15 (includes shipping). Place your order at Tri-County's Best Cookbook, P.O. Box 130, Dudley, NC 28333. Credit card and debit card orders are also accepted by mail or phone. Call (800) 548-4869 (N.C. only) or (919) 735-2611.

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We will miss Jim Bullins

We are going to miss Mr. Jim Bullins. He was a wonderful person. He told me to have faith in God no matter what the problem you have. He said I was a strong person.

He passed away January 28, 2009. I am happy that I got to know him and his family. They took care of Jim's Kids, the handicapped and old people who need wheelchairs. He helped those who need help. He gave us something to look forward to in July at the "Christmas in July." He even let me go spend a couple of weeks in Asheboro to get away from home a little while. They took me to see where the Indians used to dance and live.

When Mr. Jim Bullins was sick I helped him clean the Jim Kids bus and vans and his RV. He was always thankful for everything. When I got to knowing Mr. Jim I asked if I could call him "Daddy Jim" and his wife "Mother Mary," and his sons and girls as brothers and sisters, so could adopt the whole family.

Onie Frances Rogerson, Blounts Creek

Note: Mr. Bullins was an over-the-road truck driver for over 30 years. In the early 1980s, he founded Jim's Kids, an organization in Randolph County that helped to provide financial assistance and much needed joy to children and adults with disabilities. Jim's Kids held Christmas parties in December and July of each year. He lived in Sophia and his family belongs to Randolph EMC. He was 68 when he died. Memorials may be made to the Jim Bullins Memorial Fund, c/o Randolph Bank, 109 West Naomi Street, Randleman, NC, 27317.

Scientists acknowledge climate change

The Raleigh writer who said "not true" to Carolina Country's statement that "most scientists support the position that man made carbon dioxide emissions are significant contributors to climate change" is wrong. Such letters ["First Person," July 2009] are sent by political partisans who apparently believe the concept of global warming is somehow a conspiracy to increase government control over the people and transfer our wealth to others.

In view of the UN's Intergovernmental Panel on Climate Control's widely disseminated reports, and a letter sent to Senators and Congressmen calling for "deep and swift cuts in greenhouse gases," the majority opinion is obvious. The Union of Concerned Scientists says of the letter, "This unprecedented list of signatories includes six Nobel Prize winners in science or economics, 30 members of the National Academy of Sciences, 10 members of the National Academy of Engineering, 10 recipients of the MacArthur Fellowship, and more than 100 members of the Intergovernmental Panel on Climate Change, which shared the 2007 Nobel Peace Prize."

Propaganda by global warming deniers that adds to public confusion should be condemned and certainly doesn't belong in a power cooperative's magazine.

Brad Berthold, Chapel Hill



Reaching for the sun

I learned about straw bale gardening from your magazine. Some of my sunflowers were 12 feet tall this year!

Julie P. Goss, Hertford



To the Youth Tour delegation

It was a pleasure meeting with you here in Washington. I commend you for taking the time to come up to meet with your elected officials. I always enjoy meeting with students and appreciated our discussion on the issues you are concerned about.

Our country needs an energy policy that provides a blueprint for the next several decades, so companies can invest in domestic energy production to wean us off foreign sources. We must also make significant advances in energy efficiency and clean energy technologies. I am concerned that a "cap and trade" regime would increase the cost of energy and make American businesses less competitive in a global market.

I encourage you to be involved in your local communities and contact your elected officials with the issues you care about. We are here to serve you—the citizens of North Carolina. Thank you again for spending a part of your day with me and enjoy Washington, D.C.

Richard Burr, United States Senator

Note: The North Carolina Association of Electric Cooperatives coordinated this year's annual Youth Tour to Washington, D.C., June 13–19. A total of 34 rising high school seniors representing 18 co-ops made the trip to learn about cooperatives and the nation's capital, and to meet with legislators.

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HEALTHNEWS

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- 68% reduction of deep wrinkles in just six months
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- Enhanced production of healthy, radiant new skin
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Matrixyl™ 3000† – is clinically proven to promote collagen production in the skin.

Argireline™** – is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development.

Hyaluronic Acid – is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles.

*Botox® is a registered trademark of Allergan, Inc. – †Olay® Regenerist is a registered trademark of Procter & Gamble – **Strivectin SD® is a registered trademark of Klein-Becker IP Holdings, LLC. – ††Argireline® is a registered trademark of Lipotec S.A. – †††Matrixyl™ 3000 is a registered trademark of Sederma S.A.S. – Hydroxatone® is not endorsed by Allergan, Inc., Procter & Gamble, Klein-Becker IP Holdings, LLC., Lipotec S.A. or Sederma S.A.S.



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"Within two weeks of using Hydroxatone®, I was getting compliments on my skin from friends and co-workers. My skin not only feels great, but it looks great too! You've made me a Hydroxatone® believer!"

— Robin B., Los Angeles

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Up To 68% Reduction Of Deep Wrinkles

Unless you've actually tried Hydroxatone®, it's hard to imagine it can work the miracles users claim it does. But women and men of all ages are using Hydroxatone® and seeing real and noticeable results every day. The cumulative results that are seen within two weeks will continue with daily use.

Over six months this will increase to as much as a 68% reduction in deep wrinkles.

There Is No Comparison

Forget Botox® or any other radical treatments. Throw out other creams that simply don't work. Hydroxatone® is a proven anti-wrinkle cream that is completely safe and clinically proven. Within two weeks Hydroxatone® users will start to see results. With continued use, their skin will become softer, smoother, more radiant, and younger-looking...and that's GUARANTEED.

Having A Hard Time Finding Hydroxatone®?

For years consumers have only had expensive and ineffective alternatives to achieve younger looking skin. You may have seen other inferior anti-wrinkle products costing hundreds of dollars at some high priced salons. Unlike those pricey and unproven alternatives, the manufacturer of Hydroxatone® is so confident in their anti-aging technology that they are offering a 30-day risk free trial offer... because seeing is believing!



To get your supply of Hydroxatone® risk free, for just a small shipping & processing fee call 888-240-6009. Our operators are available to let you try one of the greatest breakthroughs in wrinkle fighting technology without spending hundreds of dollars.

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Mention Promotion Code HY100049 for a Free Upgrade!

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Gov. Perdue's energy plans



Gov. Bev Perdue in June announced her energy reform package to attract businesses, create jobs and promote a sustainable "green economy" in North Carolina.

Her energy plan refocuses state energy policymaking, making investments in North Carolina's green economy and increasing green-collar workforce development. Plans include:

- Relocate the State Energy Office and state weatherization program to the Department of Commerce.
- Reinvigorate the Energy Policy Council, reducing the number of council members and improving representation for environmental groups, alternative energy producers and energy services specialists. The council will work with the State Energy Office and the energy advisor to help create a comprehensive energy policy that encompasses renewable energy and energy efficiency and that uses existing energy assets wisely.
- Establish an Energy Investment Revolving Loan Fund with \$18 million in federal recovery dollars. The fund will provide low- and no-interest loans to finance energy-saving projects at businesses, local governments, non-profits, state agencies, community colleges, universities and public schools.
- Expand the Green Business Fund with \$10 million in federal recovery funds. The fund awards competitive grants to North Carolina businesses and organizations with innovative projects in biofuels, green construction, environmentally friendly technology and renewable energy products.
- Expand the JobsNOW initiative to provide green-collar jobs training and retraining in community colleges.

New products for energy savings

Smart thermostat

The Ecobee Smart Thermostat can be programmed to control your heating and cooling system using its touch screen or over the Internet. The thermostat connects to a standard wireless network, and its guided "Wizard" function leads you through each step of the programming process with a series of questions. Programmable thermostats, if used correctly, can save homeowners about 15 percent of their heating or cooling bills. The Ecobee unit costs about \$385. Ask your HVAC technician or go online to learn more: www.ecobee.com.



Tranquil LED light

The Sentina ZenLight employs a Japanese Shoji paper screen filter to turn an energy-saving LED light into a soothing glow. A built-in motion sensor provides light only when needed, turning on automatically when you enter the room and shutting off when you leave. The sensor can be adjusted to shut off after 1, 5 or 10 minutes. It costs about \$40 and is intended for kitchens, hallways, bedrooms and bathrooms. ZenLight consumes about 3 watts of power. At dusk, a dim light is turned on automatically for safety. For more information, go to www.datexx.com.



4-H members learn about being productive citizens

North Carolina's Touchstone Energy cooperatives and 4-H teamed up in mid-June to host the fourth annual Citizenship NC Focus Conference in Raleigh. More than 100 youth delegates from across the state attended. They heard talks by state government officials, visited the legislature and participated in workshops. Students also learned how to craft a community-based citizen action plan to implement in their hometowns.

"The cooperatives are excited to host this conference, which fosters an interest in politics and volunteerism in our state's youth," said Nelle Hotchkiss, senior vice president at the North Carolina Association of Electric

Cooperatives in Raleigh. "Citizenship NC Focus gives 4-H'ers the opportunity to learn about their state government and to voice their opinions to elected officials."

4-H adult leader Pam Hipp of Rowan County wrote later to Hotchkiss and said, "I want you to know that this program has had a major impact on youth. They have become more aware of the issues in their community and have become empowered to make a difference in the lives of the citizens of NC. This would not have happened this year without your support. Nelle, thank you especially, for the giving of your time and your enthusiasm. You are making a positive impact!"



4-H youths visited the Legislative Building in Raleigh in June.

North Carolina's Touchstone Energy cooperatives have had a long-standing relationship with 4-H. Hotchkiss pointed out that, "The cooperatives understand that today's young people are our future, and that education is key to their success."

You made improvements, but your energy bill is not as low as expected?

Have you replaced a couple of old, inefficient appliances with more energy-efficient models, yet your energy bills are about the same? Or maybe you have insulated, weather-stripped and sealed your home, but your energy bills are not as low as you expected after these energy efficiency improvements. What's the problem?

The president of the Alliance to Save Energy, Kateri Callahan, advises consumers, "Before jumping to unwarranted conclusions and assuming there's no payoff from energy efficiency improvements, ask yourself four questions to explore other possible causes first":

Could it be the Snackwell Effect?

Maybe your family has succumbed to what is becoming known as the "Snackwell Effect" or "Snackwell Syndrome?" Just as dieters gorge on low-calorie, low-fat cookies in the belief that the calories "don't count" and they won't gain weight, some people who buy energy-efficient appliances, lighting or electronics may defeat their efforts to save energy and money by using them more.

Have you added new products that use electricity and increase your overall energy use?

Perhaps you've added a few more electrical products like big screen TVs that don't carry the Energy Star certification label, the symbol of energy efficiency. Or perhaps you are simply plugging in more products than you did before.

Have your energy service providers increased rates in your area?

If so, you could be paying even more if you had not increased your home's energy efficiency.

Are you staying at home more in this turbulent economy?

Instead of being away at work a good portion of the day, are you at home more? Or, rather than going out to eat or for entertainment, are you staying closer to home, maybe using your TV more than you used to? Being at home for more hours each day can increase your energy bills.

For more information, see the *Tips to Lower Your Energy Bills on the Alliance's consumer Web site* www.ase.org/consumers.

Try This!

Q: We have been a member of Wake Electric in Granville County for almost three years. I have almost gotten all the light bulbs replaced with CFLs. I realize the CFLs contain a trace amount of mercury. Please let us know about disposal sites for these in each cooperative and how to decontaminate if a breakage occurs.

Will Hoyle, Kittrell

A: Many of the state's electric cooperatives accept spent CFLs at their offices and will properly dispose of or recycle them. Also, Home Depot stores will do the same. Some county waste disposal operations have CFL recycling or disposal programs. You also can learn more at www.lamprecycle.org.

Always screw and unscrew the bulb by its base (not the glass), and never force the CFL into a light socket.

Energy Star advises taking these steps if a bulb breaks.

- Keep others away from the breakage area.
- Open a window and leave the room for 15 minutes or more.
- Shut off the HVAC systems.
- Carefully scoop up glass fragments and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass pieces and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Place all clean-up materials outdoors in a trash container.
- Wash your hands.

For more information go to: www.energystar.gov

Can you help others save energy?

Send your conservation ideas or questions to us:

P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com



High school students make biodiesel for school buses

With help from a Bright Ideas grant given by Rutherford EMC, East Burke High School students and teacher Robert Smith produced biodiesel fuel in their chemistry lab and subsequently used it in school. The students built a biodiesel reactor and processing equipment, then obtained waste vegetable oil from a local restaurant, Granny's Country Kitchen. They produced about 90 gallons of biodiesel fuel from the waste vegetable oil, which was subsequently used in 5, 10 and 15 percent blends with standard diesel fuel. The fuel ran school buses for nearly three months with no adverse effects on the engine.

The project showed that using biodiesel blends is a way of reducing carbon dioxide emissions that contribute to global warming. Plants consume carbon dioxide from the atmosphere to make vegetable oil, and when the biodiesel is burned, the original carbon dioxide is returned to the atmosphere.

Other environmental benefits from using biodiesel fuel include lower particulate matter emissions, less odor and smoke, and reduced consumption of fossil fuels.

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Golden Pancakes



Cheesy Flatbread Pizza



Savory Lasagna



Decadent Fudge Brownie

With **our new diabetic program**, Nutrisystem D, losing weight so you can help control your diabetes is easier than you think! Choose from **over 140 menu items**—delivered straight to your door from our kitchens to yours **absolutely FREE**.[†] Nutrisystem D is a **low-Glycemic Index** program full of **good carbs and fiber** to help keep you feeling fuller longer—**all for as low as \$3 a meal**.[†]

Support at your fingertips.

- **FREE** round-the-clock phone access to weight loss coaches
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Try our food! If you don't like it, call within 7 days of receipt of your first order and return the remaining three weeks of food for a **FULL REFUND** of the purchase price, less shipping. Call or see website for details.

Clinical Study Shows^{††}— On Nutrisystem D, people with type 2 diabetes who wanted to lose weight:

- ✓ Lost **16 times more** weight
- ✓ Lowered blood sugar levels **5 times more**
- ✓ Lowered A1C by **0.9%**
- ✓ Lowered total cholesterol level by **22.5 mg**
- ✓ Lowered triglycerides level by **44.7 mg**

^{††} In a 3-month clinical study at Temple University School of Medicine, Nutrisystem program participants lost an average of 18 lbs., and lowered fasting blood sugar levels from 151.2 to 115.2, compared to those following a hospital-directed diet and education plan, who lost 1.1 lbs., and lowered fasting blood sugar levels from 151.4 to 144. Not all menu items were included in the study. Study funded through an unrestricted educational grant from Nutrisystem.

2 years in a row
Forbes.com has
found **Nutrisystem** to
be the **lowest priced**
popular weight loss
program.**

EAT FREE FOR 3 WEEKS!

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**Forbes.com, 01/02/08 and 12/23/08.

PLASTIC BOTTLES ARE NOT

TRASH

By Leslie Johnson

On Oct. 1, North Carolina will become the first state in the Southeast to ban plastic bottles from landfills.

Beginning in October, you are not supposed to discard rigid plastic containers, such as soda bottles, milk jugs and laundry detergent bottles, in regular trash bins with other non-recyclable items. The same plastic containers will also be banned from landfills. This law specifically targets plastic bottles that have necks smaller than the body of the container and a screw top, snap cap or other type of closure.

A similar law took effect last year, banning aluminum cans from landfills in North Carolina.

The legislation was introduced during the 2005 legislative session of the North Carolina General Assembly by state Rep. Joe Hackney (D-Chatham County), who is now the House speaker. The bill was designed to reduce energy consumption and lower greenhouse gas emissions, as well as to save landfill space and reduce litter. Massachusetts and Wisconsin have already both imposed similar bans.

According to the N.C. Division of Waste Management and the N.C. Division of Pollution Prevention and Environmental Assistance (DPPEA), North Carolinians throw away more than \$41.4 million in plastic each year.

Although the state does not have the capacity to monitor your trashcans to make sure you are following the new law, solid waste inspectors will enforce the law during landfill inspections. If the inspectors see mass quantities of the banned materials at landfills or transfer stations, they will put the landfill under a notice of violation and possibly fine them. The idea is to encourage landfill workers to remind people of the law and inform them of appropriate recycling procedures.

Organizations will have two options for disposing of the plastic bottles. They can contract with a service to provide and pick up recycling containers. Or, if organizations prefer

to handle the recycling themselves, they can take the items to a drop-off facility. Organizations that need help finding service providers or a local drop-off facility can contact the DPPEA at (800) 763-0136.

According to Scott Mouw, environmental supervisor for the N.C. Department of the Environment and Natural Resources, there are several benefits to the new law. Recycling reduces solid waste output and saves energy and resources. Mouw says that here in North Carolina, the law will also have positive effects on the state's economy. The demand for plastic has exploded in our state as recycling companies have formed here. Envision Plastics, located in

Reidsville, is the second largest recycler of HDPE plastics in the country. HDPE plastics, also known as #2 plastics, include items like laundry detergent bottles and milk jugs. Envision Plastics employs about 100 people in our state. PETE

plastics, or #1 plastics, are recycled by Coca Cola at a large facility in Spartanburg, S.C., where they process the plastic. The plastic is then sent back to North Carolina, where new bottles are made—and jobs are retained. PETE plastics include soda bottles, cooking oil bottles and peanut butter jars. Clear Path Recycling, another recycling giant, is in the process of bringing new jobs here by building a plant in Fayetteville where plastic will be recycled and converted into polyester. The polyester made at Clear Path Recycling will then be sold primarily to a Kernersville-based carpet company, Shaw Floors. 

Leslie Johnson is a communications intern with the North Carolina Association of Electric Cooperatives.

On Oct. 1, North Carolina will ban plastic bottles from landfills. Recycling them has become a big industry in the state.

For more information:

www.p2pays.org/BannedMaterials/PlasticBottles

A COMEBACK FOR

nuclear power

Technology advancements and cost competitiveness give nuclear a new edge

By Scott Gates

Nuclear power in the United States has experienced a roller coaster ride of booms and busts. When the first wave of commercial reactors was built in the 1950s, Lewis Strauss, then-chairman of the U.S. Atomic Energy Commission—forerunner of today’s federal Nuclear Regulatory Commission—envisioned a future where nuclear energy would be “too cheap to meter.”

The vast amounts of electricity produced by nuclear plants seemed to offer a perfect, home-grown solution to the nation’s skyrocketing power needs, especially when the federal government restricted use of natural gas for electricity generation during the energy crisis of the 1970s and early 1980s. Nuclear power plants were built by the dozens, but by the mid-1980s the worldwide plunge of energy prices, slower-than-expected growth in electricity demand, and, following the accident at Three Mile Island, expensive safety mandates imposed on new reactors had taken the competitive edge off nuclear power.

Yet today, nuclear power seems poised for what some call a renaissance. Driving the renewed interest is a growing demand for electricity coupled with federal climate change legislation that will likely boost the price for every kilowatt generated by fuels that emit carbon dioxide—notably coal and natural gas.

“As a zero-carbon energy source, nuclear power must be part of our energy mix as we work toward energy independence and meeting the challenge of global warming,” U.S. Department of Energy Secretary Stephen Chu recently noted.

Since 1993, increases in generation capacity and improved efficiencies at the nation’s 104 commercial nuclear power plants have accounted for one-third of voluntary carbon dioxide reductions from U.S. industries, according to the Washington, D.C.-based Nuclear Energy Institute. In 2007, nuclear power accounted for about 74 percent of the nation’s carbon dioxide emissions-free electric generation.

The basic principle of nuclear power is the same as with other types of power plants: use heat to boil water, create steam, and turn a turbine attached to an electric generator. With nuclear power the heat comes not from burning a combustible material such as coal, but from releasing energy stored in uranium atoms.

In 1934, it was discovered that when tiny particles called neutrons were fired at a uranium atom, the atom split into parts that didn’t equal the original atom’s mass. At the time the result provided a mystery: where did that missing mass go? Using Einstein’s famous formula— $E=mc^2$ —researchers soon realized the mass had been converted to energy. Within eight years the world’s first nuclear reactor was constructed on a squash court at the University of Chicago. On Dec. 2, 1942, a self-sustaining nuclear reaction was triggered, and the age of nuclear power began.

Today’s nuclear reactors, while utilizing the same physics, are far more sophisticated. Called “light water reactors”

Four Generations of Nuclear Power

Nuclear power has been evolving since the first atom was split in 1934. Four waves of technology mark its development:

- 1940**
Dec. 2, 1942
The world's first nuclear reactor is constructed and tested on a squash court at the University of Chicago.
Capacity: No electricity produced
- FIRST GENERATION**
1950s and '60s
The initial wave of prototype reactors is built for demonstration and research, with limited capacity.
- Capacity: Around 50 MW
- Example: Dairyland Power Cooperative's La Crosse Boiling Water Reactor (1967-1971)
- SECOND GENERATION**
Late 1960s - Early 1980s
The majority of reactors in the U.S. are built, using a wide variety of designs.
- Capacity: Limited to 1,300 MW for safety reasons
- Example: North Anna Nuclear Power Station, co-owned by Old Dominion Electric Cooperative (1978 - present)
- THIRD GENERATION**
1990s - 2010
The next wave of U.S. reactors, already operating in some countries, will utilize three primary designs.
- Capacity: Up to 1,500 MW
- Enhanced safety and plant efficiency
- FOURTH GENERATION**
2030 - ?
Advanced reactors will feature additional safety measures and compact, economical designs.
- Produce minimal radioactive waste
- Large reactors can be scaled down for use as small, local sources of power

Source: National Rural Electric Cooperative Association
Image Sources: U.S. Department of Energy; Dairyland Power Cooperative; Old Dominion Electric Cooperative; CANDU; Hyperion

(simply because they use ordinary water as a coolant), they churn out electricity with heat created by interactions with uranium fuel rods.

Although less than 3 percent of the nation's electricity was produced by nuclear power in 1971, by 1988 that share had grown to account for more than 19 percent of the nation's power supply, where it remains today (behind coal at 49 percent and natural gas at 22 percent). For electric co-ops, 15 percent of all power requirements are supplied by nuclear facilities.

All nuclear plants currently operating in the U.S. rely on second-generation technology, and were built during a 15-year spurt that spanned the late 1960s to the early 1980s. Nuclear power, though, lost its luster following the Three Mile Island accident in March 1979: safety retrofits required by regulators increased construction costs, and lagging electricity growth led to a major public pushback.

But increasing fossil fuel prices coupled with potential federal fees on carbon emissions have utilities taking a second look at nuclear power.

"The feeling is that these factors, which directly impact prices, will make nuclear competitive once more," explains John Holt, senior principal, generation & fuels at Arlington, Va.-based National Rural Electric Cooperative Association (NRECA).

Currently, utilities are seeking to break ground on 26 new reactors in 16 states, mostly in the South, with another 11 in the planning stages. These plants will draw on third-generation technology that includes more cost-effective

standardized designs, more power output, and significant safety improvements over the boiling water and pressurized water reactors used today.

"I don't expect to see all 37 plants currently in the wings to be built," Holt emphasizes "There are a lot of potential roadblocks in the permitting process. But I could easily conceive of 10 to 15 being built. That's a huge change compared with the last 30 years."

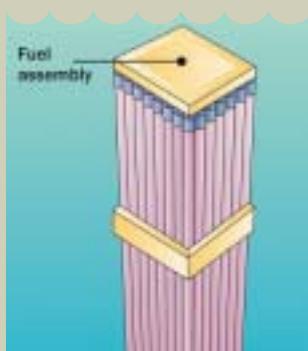
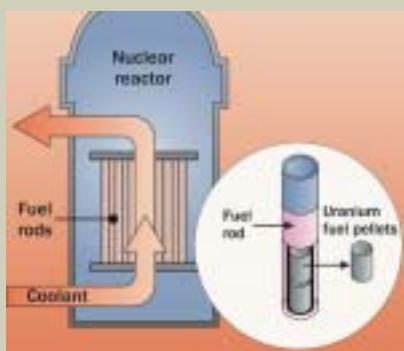
Most analysts agree that fourth-generation nuclear power plants should be an available option by 2030. Although no major breakthroughs in the basic principles of nuclear generation are expected, the new stations will boast more computer control and be able to operate at higher temperatures and higher pressures, making them more efficient overall. **1**

Scott Gates writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

North Carolina co-ops' investment in nuclear power

Approximately half of the electricity distributed by North Carolina's electric cooperatives comes from carbon-free nuclear power sources. In 1981, North Carolina's electric cooperatives became a part owner of Catawba Nuclear Station, located on a 391-acre peninsula in York County, S.C. Since then the Catawba generating station has been considered one of the nation's most efficient plants, producing electricity very economically for the state's electric cooperative consumer-members.

Spent Fuel Generation and Storage After Use



1 A nuclear reactor is powered by enriched uranium-235 fuel. Fission (splitting of atoms) generates heat, which produces steam that turns turbines to produce electricity. A reactor rated at several hundred megawatts may contain 100 or more tons of fuel in the form of bullet-sized pellets loaded into long metal rods that are bundled together into fuel assemblies. Pressurized-water reactors (PWRs) contain between 150–200 fuel assemblies. Boiling-water reactors (BWRs) contain between 370–800 fuel assemblies.

2 After about 6 years, spent fuel assemblies—typically 14 feet long and containing nearly 200 fuel rods for PWRs and 80–100 fuel rods for BWRs—are removed from the reactor and allowed to cool in storage pools for a few years. At this point, the 900 pound assemblies contain only about one-fifth the original amount of uranium-235.

3 Commercial light-water nuclear reactors store spent radioactive fuel in a steel-lined, seismically designed concrete pool under about 40 feet of water that provides shielding from radiation. Water pumps supply continuously flowing water to cool the spent fuel. Extra water for the pool is provided by other pumps that can be powered from an onsite emergency diesel generator. Support features, such as water-level monitors and radiation detectors, are also in the pool. Spent fuel is stored in the pool until it can be transferred to dry casks onsite or transported offsite to a high-level radioactive waste disposal site.

Source: U.S. Department of Energy and the Nuclear Energy Institute

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The Hamlet Passenger Depot

By Kay Fetner | Photography by Ashley Fetner

In 1870 a railroad ran from Wilmington, N.C., to the Pee Dee River and then on to Charlotte. Another railroad built in 1877 between Raleigh and Augusta, Ga., crossed it in Hamlet, N.C. The town of Hamlet was incorporated in 1897.

The Hamlet passenger station was built in 1900 for the Seaboard Airline Railroad and is the only Victorian Queen Anne passenger station in North Carolina. Because of its history and unique architecture the depot is known nationally and is listed on the National Register of Historic Places.

While growing up in Hamlet, Ashley Fetner saw this station as a very busy place with as many as 13 through freight trains, including locals and extras, plus 20 passenger trains passing through each day. The lunch counter in the newsstand served home-cooked meals and was always full of passengers, railroad workers and local people.



In order to preserve the depot, the city of Hamlet and the North Carolina Department of Transportation relocated and renovated the station. In March 2003, the station was rotated 90 degrees. In April 2003, with a “July 4th atmosphere” complete with bleachers and lawn chairs, the station was moved across the tracks to its new location.

The station today serves as an Amtrak stop for two passenger trains a day. 📍

Ashley Fetner is a fine art photographer and an instructor at Randolph Community College. He and Kay are members of Randolph EMC.

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More Bright Ideas for Our Schools

Parents offer advice for supporting local schools



Last year we published student ideas for improving their schools. This year we opened it up to parents.

How will students look back on today?

I agree with some ideas written by students in your August 2008 article: that teachers are very important to schools and should be paid more; that tutors should be available to help struggling students before failure; that minds should be challenged instead of being taught only what is on the state End-of-Year Test; that morning prayer gives a good start to the school day. Smart kids, aren't they?

I remember teachers who had total control of their classroom because they knew and we knew that our principal and our parents would back them up. Today's schools are top-heavy with administrators who, unfortunately, make more money than our teachers. I remember making good grades, because our parents expected it. Many parents today are disinterested. Haywood EMC sponsors exciting youth programs. More businesses should follow suit.

I remember school spirit, knowing our school was the best! I remember being taught self-reliance, personal responsibility, and that to bully smaller kids was cowardly.

That's a lot of "remember whens", but what will today's students remember? Will they look back on their school years with nostalgia and pride? I wonder.

Judy Blich Gartside, Highlands, Haywood EMC

Don't waste food at lunch

I wish that parents would monitor their children's school lunches better. I am absolutely appalled at the food that is thrown away daily. I substitute teach at several schools in Wake County. All schools have the same problem. I am talking about food that is bought via lunch money. Kids take

milk, juice, apples, fruit, etc. What is not eaten is thrown away – unopened milk, unopened juice, uneaten apples, unopened fruit salads.

The schools have a contamination policy which does not allow untouched, unopened food to be placed back in the food line. This is a good policy and helps with sanitary conditions. But what about food banks? Why can't they benefit from this bounty of food? Talk to your schools about doing this. And talk to your child about making good food choices and eating what is taken.

How can we afford to throw away food and drink when one out of every four North Carolina children goes to bed hungry every night??

JoAnne Klein, Wake Forest, Wake Electric

Eight ideas

1. No more than 30 minutes of homework every night or none at all. School work should be done at school, and time at home should be with family.
2. There should be stricter consequences for bullies who belittle or hurt other kids.
3. If teachers don't like kids, they should not be teachers.
4. All parents should help in teaching their kids if they can. But teachers shouldn't rely on parents to do this.
5. Prayer should be put back in school for the students who want it.
6. There should be better fundraisers or help from the county for students in low income families to go on trips and pay for things, especially in high school.
7. There should be no charge for kids parking at school.
8. Teachers should get raises every year and a bonus at Christmas time.

Sharon Hardin, Rutherfordton, Rutherford EMC



Thanks for all who submitted ideas. Next month we'll

publish your stories of stupid moments in your athletic careers. [Deadline was July 15.] For the remaining themes and rules of our "Nothing Could Be Finer" series, see page 17.

Schools need local and state support

I would love to see the enthusiasm of every teacher spill into their classrooms. Our children should be embraced with joy, love and excitement and shown that education is important. I would love for our faculties to know they have parent, community and state support. Parents actively involved in our children's school and classrooms shows enormous support and encouragement to our teachers.

I would love to know that the older school facilities are not forgotten and made to fend for themselves, while new school facilities are built and provided with state of the art technology. I would love to see public education and our schools made a priority so they can operate without continuous budget cuts.

We should be confident that our state leaders support merit in education. State leaders could stand up and take salary and spending cuts before they cut education. It is time we remember that without our teachers, we would not be able to dream of "what we want to be when we grow up"!

Joanna Williams, Youngsville, Wake Electric

Go back to basics

I am 51 years old and, while my opinions are strong on this subject, I hope I won't be stepping on too many toes in writing this.

Schools should all get back to basics and stop all the extra spending. In my day we only had one teacher per class. I can't understand why we need two teachers now. I don't believe there's so much more extra work now than when I grew up. I do appreciate and respect all the hard work a teacher does, but they handled it back then, what is the problem now? And with one teacher, the papers still got graded, the chaos was maintained and we only had one teacher's name to remember.

I'd also like to see the expensive trips cut out. Families struggle to pay for field trips just so our children won't feel less fortunate if they can't afford them.

Then, there's the end-of-grade testing and holding a child back if he or

she doesn't make the grade. Isn't that what our children work so hard for all year? The end-of-grade testing only puts another title on our children, to make them feel less than perfect.

Families are going back to basics. I look forward to seeing the schools do the same.

Patty Rich, Star, Randolph EMC

Add compassion to classrooms

I'd like to see teachers have a passion for teaching our children. Give the teachers the money and the supplies that they need so that there is no limit to what can be achieved.

I'd like to see teachers pray with their students. I'd like to see teachers permitted to put their arm around a child and tell them that they care about them and mean it. These days, teachers are not allowed to hug their students.

I'd like to see teachers teach history beginning with the Bible, teach biology and science while teaching about the Creator. But they are not allowed to.

I'd like to see our children being taught more things that will help them after they get out of school. For example, they should learn how to manage and invest their money, how to get and keep a job, how to open their own business. But they are being taught things so they can pass a test so the teacher will not lose his or her job.

I'd like to see parents stand alongside our teachers demanding high standards, morals and common sense from our

children. Parents many times are more of the problem than the solution.

Wanda Garren, Lincolnton, Rutherford EMC

Add more year-round schools

I would like to see Montgomery County schools become year-round schools. Right now North Carolina has 53 year-round schools and counting. Schools were started on a 10-month system because children were often needed to work in the fields during the summer. Obviously times have changed today, so we need to make some changes and do what's best for children. Year-round schools still operate 180 days, just more evenly spread out during the year.

Students tend to forget a lot during the summer. Shorter vacations might increase retention rates. In fact statistics show that students do retain information better in a year-round school than in a traditional school schedule. They experience less burnout and fatigue, resulting in fewer absences from school. Plus there may be less of a chance for juvenile delinquency that occurs during the long summer break.

The bottom line is that year-round schools would help students and teachers benefit from a more continuous learning pattern, and a reduced need for review. The National Association for Year-Round Education Web site (www.nayre.org) helps answer any and all questions. 

Carla Dennis, Troy, Randolph Electric

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My Favorite Photo

Send a photo of a North Carolina person or scene.

Deadline: August 15

November 2009

Family Discipline

Your ideas for teaching kids good manners and behavior.

Deadline: September 15

December 2009

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Strange traditions in your family, not necessarily just for holidays.

Deadline: October 15

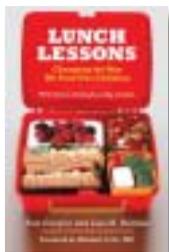
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LUNCH LESSONS

Healthy recipes that children will eat

By Ann Cooper



Parents shouldn't give in to fast-food marketing campaigns that suggest chicken nuggets and French fries are what children want to eat. If kids initially turn up their noses when vegetables appear, try getting them involved in the cooking process. Kneading dough, whisking sauce and shredding cheese can be great kitchen tasks for children with the proper supervision. Try these four recipes from my book, "Lunch Lessons: Changing the Way We Feed Our Children."

Spring Soup

From a culinary standpoint, spring can be the hardest time of the year. Tired of the dense, starchy root vegetables of winter, cooks are ready for early greens, pea shoots, asparagus and fresh, light flavors. Yet what's actually available is often a bit less inspiring. This recipe helps bring spring to the table even when a chill is still in the air.

- 1 pound small new potatoes, cut in medium pieces
- 2 cups water
- 2½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons unsalted butter
- 4 small scallions (green onions), thinly sliced
- ½ pound baby carrots, diced small
- 2 cups half-and-half
- 3 tablespoons all-purpose flour
- 3 cups shelled peas (about 3 pounds in the pod)

1. Cook the potatoes in simmering water for 5 minutes. They will not be tender. Add the salt, pepper, butter, scallions, and carrots and simmer 5 minutes more.
2. In a small mixing bowl, combine the half-and-half and flour and stir until smooth. Add to soup pot, mixing well. Cook 5 minutes.
3. Add the peas, cook for 2 minutes more, and serve.

Yield: 8 servings



Three Cheese-Vegetable Strata

Ever wonder what to do with all your stale, leftover bread or bread ends? This recipe provides a solution that can be made the night before for an easy early morning start. Feel free to experiment with other vegetables and/or leftover meats and sausage for a protein-rich alternative.

- 2½ teaspoons unsalted butter, plus extra for the pan
- 3 cups (1 pound) button mushrooms, cleaned and sliced
- 1 cup onion (1 medium), diced small
- 6 slices sourdough bread, crust removed, diced large
- ¼ cup shredded cheddar cheese
- ¼ cup crumbled goat cheese
- ¼ cup grated Parmesan cheese
- 3 large eggs
- 1¼ cups milk
- ½ teaspoon salt
- Freshly ground black pepper

1. The night before: butter a 9-by-9-inch baking dish.
2. In a heavy skillet, melt the butter and sauté the mushrooms and onion for 2 minutes. When tender, add asparagus and sauté for 1 minute.
3. Layer the bread, the mushroom mixture, and the cheeses into the prepared baking dish.
4. Combine the eggs, milk and salt in a small bowl and whisk until well blended. Season with salt and pepper to taste. Pour the egg mixture over the mushroom mixture, cover and refrigerate overnight.
5. The next morning: Preheat oven to 350 degrees.
6. Bake for about 40 minutes or until the top begins to brown and the eggs are firm.
7. Remove from the oven and let stand for a few minutes before cutting.

Yield: 8 servings

Sweet Potato Biscuits

The addition of sweet potatoes in this recipe adds flavor and nutrition—after all, sweet potatoes are a super-food, which means they have a high nutrient-to-calorie ratio. If you are out of sweet potatoes you can use any kind of sweet squash. Pumpkin (even canned if you are in a hurry) is a great substitute.

- 1½ cups all-purpose flour, plus extra for kneading
- ½ cup whole wheat flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 4 tablespoons (½ stick) unsalted butter, cold
- ¾ cup milk
- ½ cup cooked and mashed sweet potatoes (1 large)

1. Preheat oven to 450 degrees.
2. Combine the flours, baking powder and salt in a medium mixing bowl. Stir to mix well.
3. Cut the cold butter into small pieces and add to the flour mixture.
4. Using your fingertips, work the butter into the flour until it has the consistency of cornmeal.
5. In a small bowl, combine the milk and sweet potato and mix well using a fork or a whisk. Add to the flour mixture all at once and stir quickly just until it forms a ball. Turn the dough out onto a lightly-floured surface and knead 14 times. DO NOT overwork the dough, or it will become tough.
6. Pat the dough out until it is ½ inch thick. Cut into rounds with a biscuit cutter or the floured surface of a drinking glass.
7. Gather the scraps, pat out and cut again until all the dough is used.
8. Place dough rounds on a cookie sheet and bake for 8 to 10 minutes, until the bottoms of the biscuits are golden brown.

Yield: 16 servings



Chef Ann is known as “the renegade lunch lady.”
Learn more at www.chefann.com



Chicken Pot Pie

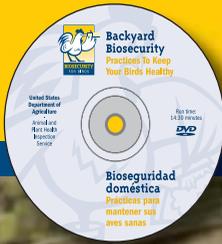
Savory pot pies are fall favorites. You can make this a day ahead—it tastes even better after a night in the refrigerator. It's simple to prepare, but if you know you're going to be short on time it's best to put it all together the night before—minus the biscuits, of course, which are tastiest hot out of the oven. If you're sending this to school, put it in a wide-mouth vacuum bottle and serve the biscuit on the side.

- 2 cups onion (2 medium), diced medium
- ½ cup celery (1 stalk), diced medium
- 3 tablespoons unsalted butter
- 1 cup carrots (2 large), diced medium
- 2 cups potatoes (2 large), diced medium
- 1½ pound boneless skinless chicken breasts, diced large
- 1 tablespoon all-purpose flour
- 2 bay leaves
- ¾ cups 1 percent milk
- ¾ cups chicken stock
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 Sweet Potato Biscuits (or regular biscuits) cut in half

1. Preheat oven to 400 degrees.
2. In a large pot, sauté the onions and celery in the butter until the onions are translucent, about 2 minutes. Add the carrots and potatoes and cook until the hard vegetables are soft, about 4 minutes.
3. Add the chicken and cook for 3 minutes.
4. Stir in the flour and cook 3 minutes.
5. Add the bay leaves, milk and chicken stock and cook until the vegetables are tender, about 5 minutes.
6. Stir in the tarragon and parsley, season with salt and pepper, and cook for 5 minutes until the flavors are blended and the chicken is fully cooked.
7. To serve, place in individual bowls and top with half a biscuit.

Yield: 8 servings

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By Chris Dorsi

Ductwork

Your manufactured or mobile home's ductwork is probably installed beneath the floor. Check to see if any of this ductwork is exposed and or if any joints are loose or disconnected. Check carefully at the area immediately under your furnace. If you live in a double-wide, inspect the "cross-over duct" that connects the heating system in each half of the home. If you find disconnected ducts or loose joints, seal them up with duct mastic.

Roof

Mobile homes tend to overheat in summer because they don't have a large attic space to provide a buffer between the hot outdoors and the living space inside. You can install a white elastomeric "cool roof" coating. Metal mobile home roofs are easy to re-coat every few years.

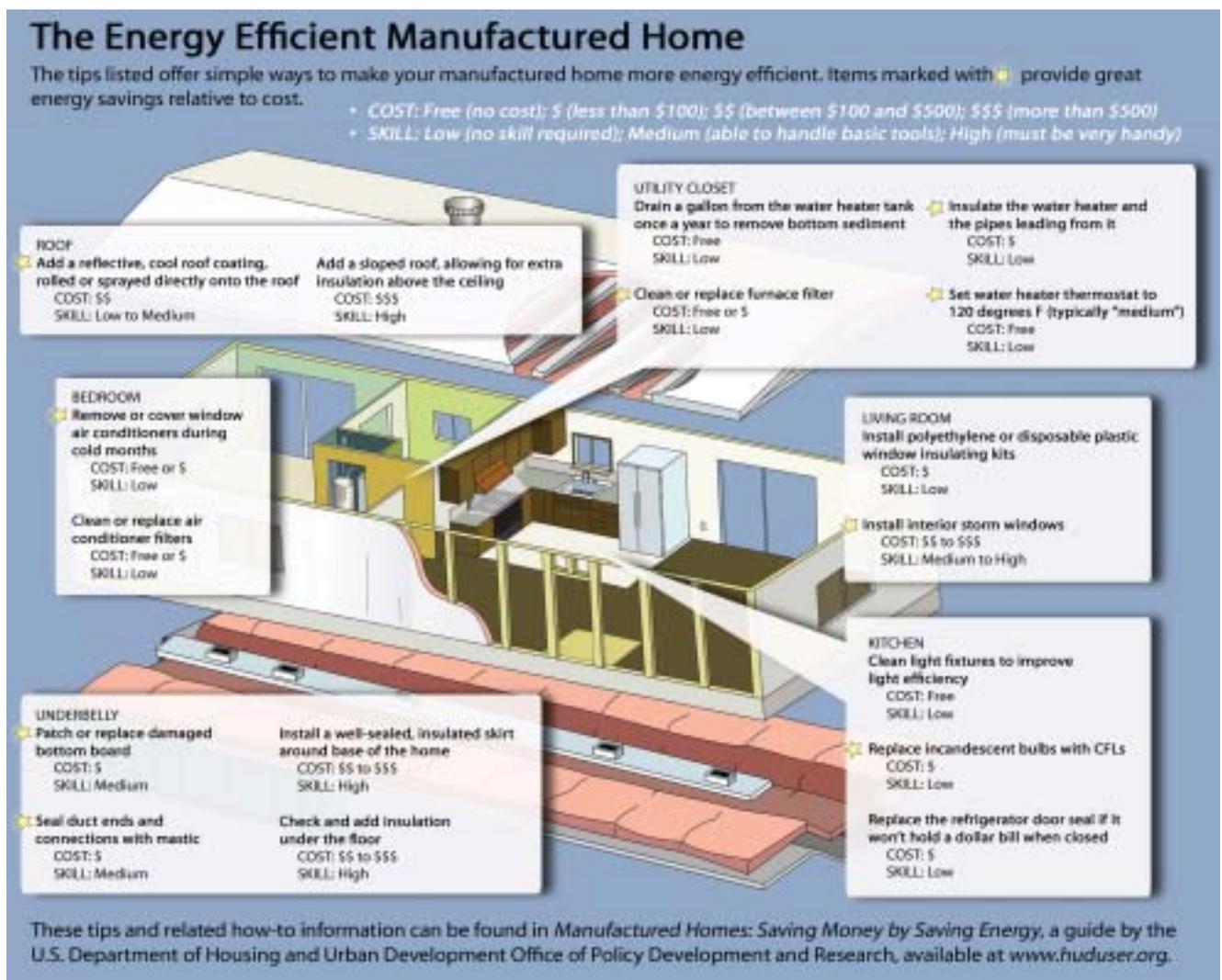
Insulation

Your home was built with insulation in the floor, and a layer of fiberboard or "belly paper" to protect this insulation and the plumbing lines above it. This protective layer often gets damaged by animals, wind or tradesmen. This leaves the home exposed to outdoor air that robs energy in both winter and summer, and allows the floor insulation to get damaged. Replace any missing insulation with fiberglass batts, bulky material made from fabric or other fibers, used for padding and stuffing, then repair any damage you find in the belly. Use plywood and screws to repair any damaged fiberboard. Use belly paper (purchased at a mobile home supply shop) and construction adhesive to repair any torn paper.

Furnace

Mobile home heating systems are designed with ductwork to carry conditioned supply air to each room in the house, but unlike most site-built homes they don't usually have a return duct system to bring that air back to the furnace. Identify the one or two removable grilles in the front of your furnace and remove them. Many mobile home furnaces have a filter installed behind one or both of these removable grilles. Clean or replace these filters. Check these filters a few times during the heating season, too. The squirrel-cage fan at the top of the furnace should be cleaned periodically so it can operate at peak efficiency. 

Chris Dorsey is a nationally recognized author of numerous energy efficiency books, including "Surviving the Seasons, and Residential Energy: Cost Savings and Comfort for Existing Buildings." For more info, visit his Web site www.srmi.biz.



The Energy Efficient Manufactured Home

The tips listed offer simple ways to make your manufactured home more energy efficient. Items marked with  provide great energy savings relative to cost.

- COST: Free (no cost); \$ (less than \$100); \$\$ (between \$100 and \$500); \$\$\$ (more than \$500)
- SKILL: Low (no skill required); Medium (able to handle basic tools); High (must be very handy)

ROOF

-  Add a reflective, cool roof coating, rolled or sprayed directly onto the roof. COST: \$\$ SKILL: Low to Medium
- Add a sloped roof, allowing for extra insulation above the ceiling. COST: \$\$\$ SKILL: High

UTILITY CLOSET

- Drain a gallon from the water heater tank once a year to remove bottom sediment. COST: Free SKILL: Low
-  Insulate the water heater and the pipes leading from it. COST: \$ SKILL: Low
- Clean or replace furnace filter. COST: Free or \$ SKILL: Low
-  Set water heater thermostat to 120 degrees F (typically "medium"). COST: Free SKILL: Low

BEDROOM

-  Remove or cover window air conditioners during cold months. COST: Free or \$ SKILL: Low
- Clean or replace air conditioner filters. COST: Free or \$ SKILL: Low

LIVING ROOM

- Install polyethylene or disposable plastic window insulating kits. COST: \$ SKILL: Low
-  Install interior storm windows. COST: \$\$ to \$\$\$ SKILL: Medium to High

KITCHEN

- Clean light fixtures to improve light efficiency. COST: Free SKILL: Low
-  Replace incandescent bulbs with CFLs. COST: \$ SKILL: Low
- Replace the refrigerator door seal if it won't hold a dollar bill when closed. COST: \$ SKILL: Low

UNDERBELLY

-  Patch or replace damaged bottom board. COST: \$ SKILL: Medium
- Install a well-sealed, insulated skirt around base of the home. COST: \$\$ to \$\$\$ SKILL: High
-  Seal duct ends and connections with mastic. COST: \$ SKILL: Medium
- Check and add insulation under the floor. COST: \$\$ to \$\$\$ SKILL: High

These tips and related how-to information can be found in *Manufactured Homes: Saving Money by Saving Energy*, a guide by the U.S. Department of Housing and Urban Development Office of Policy Development and Research, available at www.huduser.org.



Walk through your home like an energy auditor

One of the first steps to making your home more efficient involves understanding how it uses energy. Just as a doctor has to do a thorough examination of a patient before writing a prescription, your home will need a good inspection before most inefficiencies can be identified and corrected.

Contact your electric cooperative for advice about having a professional energy audit done at your house.

You also can conduct a basic home energy audit with a simple but diligent walk-through. When walking through, keep a checklist of areas you have inspected and problems you find. Full lists are available online—Touchstone Energy Cooperatives Home Energy Saver (at www.touchstoneenergysavers.com) and the Alliance to Save Energy Home Energy Checkup (search for it at www.ase.org) are both useful—and most trouble spots can be found in a few key areas.

Locating air leaks

First, make a list of obvious air leaks (drafts). The potential energy savings from reducing drafts in a home may range from 5 percent to 30 percent per year, with a much more comfortable residence the result. Check for indoor air leaks, such as gaps along a baseboard or edge of the flooring and at junctures of walls and ceiling.

Inspect windows and doors for air leaks. If you can rattle them, movement means possible air leaks. If you can see daylight around a door or window frame, then the door or window has a leak; you can usually seal these through caulking or weather stripping.

On the outside, inspect all areas where two different building materials meet, including all exterior corners, siding and chimney junctures, and areas where the foundation and the bottom of exterior brick or siding join. You should plug and caulk any holes or penetrations for faucets, pipes, electric outlets and wiring.

Also, look for cracks and holes in the mortar, foundation and siding, and seal them with the appropriate material. Check the exterior caulking around doors and windows, and see whether exterior storm doors and primary doors seal tightly.

When sealing any home, be aware of indoor air pollution and appliance “backdrafts.” Backdrafting occurs when various appliances that burn fuels and exhaust fans in the home compete for air. An exhaust fan may pull combustion gases back into the living space. This can obviously create a dangerous and unhealthy situation.

Insulation

Heat loss through the ceiling and walls in your home could be very large if insulation levels are less than the recommended minimum. When your house was built, the builder likely installed the amount of insulation recommended (if any) at that time. Given today’s energy prices, your insulation might be inadequate, especially if you have an older home. Professional energy audits will provide more details on checking insulation levels in the attic, walls, and basement.

Heating and cooling equipment

Inspect heating and cooling equipment annually, or as recommended by the manufacturer. If you have a forced-air furnace, check filters and replace them as needed. Generally, you should change them about once every month or two, especially during periods of high use. Have a professional check and clean your equipment once a year.

Lighting

On average, lighting accounts for about 10 percent of a home’s electric bill. Examine the wattage size of the light bulbs in your house. You may have 100-watt (or larger) bulbs where 60 or 75 watts would do. You should also consider compact fluorescent light bulbs for areas where lights are left on for hours at a time. 

Source:

U.S. Department of Energy Office of Energy Efficiency and Renewable Energy. More information on both do-it-yourself and professional energy audits can be found at www.energysavers.gov.

SMALL HOUSES THE NEXT BIG IDEA

If your oversized house is giving you energy anxiety, you're not alone, says a recent issue of *E/The Environmental Magazine*. A growing number of people in the U.S. are downsizing their homes in response to the collapse of the housing market, rising energy prices and concern for the environment. The trend has long moved in the opposite direction with the average American home size, about 2,500 square feet, up 140 percent from 1950s.

"Housing has always been this competitive sport and there has always been a negative connotation to being small," says Genevieve Ferraro, who runs a Web site called *The Jewel Box Home* dedicated exclusively to small-home living. "But in my opinion, the new status symbol is not how you display it but how you do it responsibly."

Now, with small-house blogs and Web sites, organizations such as the Small House Society, and books like "Little House on a Small Planet" (Lyons Press) by carpenter and designer Shay Salomon and "The Not So Big House" (Taunton) by architect Sarah Susanka, there are mainstream resources teaching people how they can live in less space and have more time to enjoy it.

How small is small?

So how small are these small houses? The company Tiny Texas Houses makes homes that measure 10-by-16 feet or even smaller. Styles vary from rustic to Queen Anne with gingerbread trim to a gambrel-roofed Dutch Colonial, and all are made using vintage, salvaged materials.

Owner Brad Kittel explains the attraction of his under-sized homes, saying, "You would be surprised at the number of houses where people are just living in one or two rooms, saving money because they aren't heating and cooling a whole house." He says his homes have particular appeal for retirees and folks on a fixed income. The structures also have great potential as backyard studios or vacation cabins and can easily be run with renewable energy systems.

Gregory Paul Johnson, one of the founders of the Small House Society, lives in a home that's just 140 square feet. Jay Shafer, another co-founder, lives in just 89 square feet and his California-based Tumbleweed Tiny House Company builds homes that are between 65 and 837 square feet.

The advantage for home buyers is not only a reduction in energy bills, and a simplified, easy-to-maintain living space, but these smaller homes are movable and in some places don't require building permits. There are others who have chosen to live life in an RV, and still others taking a more conventional route by choosing to take up residence in an eco-friendly condo such as those at the Olive8 hotel/condo development in Seattle, which includes a sustainable roof, water-saving fixtures and other energy-saving accoutrements.



A new perspective

Of course, there are challenges to living in tight quarters. "People need private space," says Johnson. "There's a phrase people refer to which is 'too many rats in a cage.' Any animals will get stressed if there isn't enough space."

But, for many, the switch to smaller living spaces has offered a new freedom. Particularly the freedom to shed all the accumulated "stuff" they don't use or want, and the ability to politely refuse gifts they'd rather not have clutter their homes.

That is something 38-year-old Laurel Reitman can appreciate. Last year when she was pregnant, family, friends and coworkers at the high school where she teaches physics wanted to give her things for the new baby. Reitman and husband Mark Frey, 31, already had hand-me-downs and, thanks to their small house, a built-in excuse not to take more stuff. "Having a small house became an acceptable reason we could give so that they wouldn't buy us things," says Frey, "but we didn't have to reject their kindness."

There are many reasons for living in a smaller space while keeping environmental preservation in mind, says Ciji Ware, the author of "Rightsizing your Life: Simplifying your Surroundings while Keeping What Matters Most" (Springboard Press). "The thrust of the book is about people who are tired of the burden of carrying a big mortgage, a lot of square footage, and maintaining earthly possessions that don't mean much to them anymore, especially if the kids have flown the coop," she says. "Their 401Ks have turned into 101Ks, and they want to reduce their carbon footprint." Ware has a formula for keeping possessions tight in order to live light. Something must be valuable, useful, beautiful or sentimental to make the cut. "Something has to have two of the four or you don't keep it," she says. 

E/The Environmental Magazine distributes 50,000 copies six times per year to subscribers and bookstores. Visit its Web site: www.emagazine.com. Subscriptions are \$29.95 per year.



Rockingham County church puts the Good Word in talking murals

Inside a simple, little church four miles outside Madison, Rockingham County, are three large murals that speak volumes to anyone who wants to listen. The life-sized murals are painted on the walls of Mount Tabor United Methodist Church, and they depict three stories from the Bible: Christ's Ascension to Heaven, The Healing of the Blind, and Jesus Knocking at the Door. The murals are accompanied by a 30-minute presentation with narration, sound effects and lighting.

The inspiring project started in late 2005, when church members decided to create an outreach ministry. Their dream included attracting travelers to see an inspiring production about the gospel of Jesus Christ. They found an artist, Peg Dufresne of Greensboro, and contracted local electricians, carpenters, sound equipment and other professionals.

"A lot of people donated their time and effort in as far as installing the stereo system, things like that. We also had sizable donations from individuals in starting it," says church member Donald Key, who has worked as murals project director with his wife, Noreen Key, from the beginning. Both are also EnergyUnited members.

Other donations came in the form of vocals and music produced at Hoppers Farm Recording Facility and Saltmine Productions, both located within two miles of the church. They created press kits and a brochure, and ordered a large

outdoor sign to catch the attention of folks motoring on busy Highway 220, where Mount Tabor sits.

Dufresne finished the colorful murals, which unlike frescoes are made with acrylic paints, and doors opened wide to the public in July 2006. The church is within 30 miles of Greensboro and Winston-Salem. More than 35 groups from nursing homes, churches, Red Hat ladies and other organizations signed the registry book during the first 90 days. According to Donald Key, nearly 20,000 visitors overall have attended the presentation. Guests have left behind comments such as "It really brings the story to life," "A remarkable ministry," "Very meaningful," and "Thanks for opening your doors."

"We had a truck driver who came," says Noreen Key. "He was talking about what a blessing it was to just park his truck and come inside to pray." Noreen says visitors have told them that they were saved after seeing the murals.

Admission is free to the public, and tour buses and church vans are welcome in addition to individual travelers. Visitors are free to take pictures if they like. There is ample parking, as well as rest rooms, drinking water and a children's playground. The church is open Monday through Saturday, 10 a.m. to 4 p.m.; closed Sunday. The Web site is www.thetalkingmurals.com. To arrange a visit, call (336) 427-5851 or (336) 548-7083. 

—Karen Olson House

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Acre Station Meat Farm's fresh sausage recipe has stayed the same for 30 years. Butcher Richard Huettmann makes it daily, using a special combination of seasonings and the bowl chopper his father brought from New Jersey. The chopper, made in the 1930s, has a brown stone bowl worn smooth from years of use.

Naturally Local Meat

Acre Station Meat Farm specializes as a butcher for hog and beef farmers who raise animals without steroids or antibiotics

By Sidney Cruze

"My dad brought it here on a hog trailer," Richard says. "He used it to make barbeque, German-style hot dogs and bologna, all with recipes he kept in his head. We've used it a long time now, and it's not going anywhere."

Richard learned the butcher trade—and the sausage recipe—from his father. He and his brother Ronnie grew up with the family business, committed to doing honest work and serving loyal customers. But even though the Huettmanns still honor these traditions, a lot has changed at Acre Station. Originally a small country butcher, Acre Station is now a custom operation that serves North Carolina's small sustainable hog and beef farmers. By working with these local farmers to create the custom meat cuts and unique value-added products that bring them business, Acre Station is helping to rebuild North Carolina's local food economy.

Old world tradition

The Acre Station story began in Europe. Ernest Huettmann grew up and learned the butcher trade in Germany. At 19 he moved to America, where he married his wife Nancy and settled in New Jersey. After visiting Nancy's family in Terra Ceia, Ernest fell in love with the Beaufort County landscape because it reminded him of his boyhood home. He moved his family

to Pinetown in 1975 and opened Acre Station Meat Farm in 1977.

Ernest's work ethic and attention to customer service made Acre Station a success. By the time he passed away in 1987, the business was thriving. At that time Acre Station operated out of one building, with the slaughterhouse and retail counter under the same roof.

"We did everything ourselves, and our prices were cheaper than the local Piggly Wiggly," Richard says.

They added a new store about 10 years ago, which increased expenses. At the same time, prices dropped at local grocery stores, and people began searching for healthier alternatives to sausage and bacon. The timing could not have been worse.

"We started looking for ways to grow the business," Richard says. "Our building didn't give us a lot of room to expand. We knew local farmers with a few cattle and small hog houses needed a processor. We also knew there was a growing demand for all-natural products, like meat raised without antibiotics and bacon made without nitrates."

The Huettmanns decided to target this niche market by becoming a custom butcher, one that provides made-to-order meat cuts and high-quality products, all from animals raised on local sustainable farms.

"People want to know animals are raised humanely, without steroids

or antibiotics, and they want products packaged without preservatives. They don't want meat that is mass-produced," Richard says. "When you get meat from us, you know where and how the animals were raised, and where and how they were processed."

Working with small sustainable hog farmers

The decision required taking a risk. To become a custom operation that could process meat for farmers to resell, Acre Station had to add a U.S. Department of Agriculture (USDA) inspector, which meant updating equipment, adding a new cooler, going through Hazard Analysis and Critical Control Points (HACCP) training, and writing six HACCP plans. The entire process took them nine months and thousands of dollars to complete.

Acre Station finished making these changes in 2001. Since then, they have built a client list that includes about 25 small sustainable hog farmers who are committed to raising their animals humanely without the use of antibiotics.

North Carolina's small pork producers—those raising 250 or fewer hogs—have special needs. Many of them now farm without the use of antibiotics and steroids to produce pasture-raised pork, so they distinguish themselves with value-added products, such as pancetta, applewood bacon and jalapeño sausage.

Rainbow Meadow Farms has been in Genell Pridgen's family since 1746. Today she sells meat to restaurants across eastern and central North Carolina. She also sells directly to customers through buying clubs and the Internet, as well as the New Bern and Raleigh Farmers' Markets. Pridgen says that as a farmer, she's working hard just to survive. But she sees a bright spot: even in today's economy, the demand for pasture-raised pork is increasing. "There's been some setback recently, but not much," she says.

Pridgen began taking her hogs to Acre Station because she was looking for a butcher who could make value-added products for her.

"Richard has really worked hard to figure out recipes that work for us. We

want applewood-smoked bacon, and we can't get that everywhere, because lots of people will only smoke with hickory," she says. "I gave him Italian recipes and said, 'play around, see what you can do.' He created new sausages for us, and he now makes our pancetta and guanciale. That's the biggest reason we work with Acre Station, this value-added capability."

Volume is also an issue for small farmers. Many large-scale meat processors won't work with small producers who bring them less business. Often these large operations can't create custom orders for these small farmers. But Richard, like his father, makes service a priority. He listens to his customers and looks for ways to meet their needs.

Mae Farms owner Mike Jones has been an Acre Station customer since 2007. Jones worked for years in the confinement hog industry before starting his own farm in 2004. After watching hogs live their entire lives confined to a three-by-two-foot space, he knew he wanted to give his animals fresh air and room to roam. Today he raises 250 hogs, as well as cattle and goats, on 73 acres in Franklin County. "I like working with Richard, because he wants to work with people like me. The biggest thing is that he gives me the option to provide my customers with what they want. I can ask him for 100 pounds of sausage—half smoked and half bratwurst—if that's what my customers are asking for. With the big guys, if I want sausage, they might tell me they have to make at least 200 pounds."

Acre Station's safety controls and production standards are also important to Jones. "I can't afford for someone to question the quality of my products. My operation is too small," he says.

This ability to create a direct link between farmer and consumer is at the heart of the local food movement. NC Choices director Jennifer Curtis is building North Carolina's local food economy by helping local pork farmers

market their products.

"A local economy is built on relationships," Curtis says. "To create one, we need to begin supporting and connecting successful independent farmers. Small-scale independent meat-processing operations like Acre Station are a vital link in this local food chain. Any farmer raising meat for sale is utterly dependent on the butcher to process the meat, and any retail outlet that wants to sell meat can't get its product without a butcher."

One of Curtis' goals is to get local pork products into North Carolina grocery stores, so she introduced Richard to Paul Griswold, the fresh foods merchandiser at Weaver Street Market, a co-op grocery with three Triangle locations. Curtis helped the two men establish a business model for working together that is viable for both operations and, most importantly, the farmer. Weaver Street pays the farmer for the entire animal—not just specific cuts—so the co-op must use every part of it to avoid losing money. Working with Acre Station helps them achieve this goal.

"Weaver Street pays me for the custom processing," Richard says. "I cut the meat into large pieces, and they slice it into retail cuts like pork chops. I also give them boneless loins, tenderloins, bacon and lots of sausage. It makes sense for me to do the sausage; I have the ingredients and the equipment."

If Acre Station's partnership with Weaver Street represents a step toward a promising future for North Carolina's independent hog farmers, the retail store in Pinetown offers a glimpse of the past. There you'll find the country ham, sausage and hickory-smoked bacon—all made from conventionally-raised pork—that has graced family tables for generations. By keeping the store open for their traditional customers while they reshape their business to serve sustainable farmers, the Huettmanns are forging a link between the two. 

Acre Station is served by Tideland Electric, a Touchstone Energy cooperative. You can buy fresh and smoked meats as well as related specialties at the Acre Station Meat Farm store in Beaufort County or at their online store. Acre Station Meat Farm, 17076 NC Hwy 32 N, Pinetown, NC. Phone (252) 927-3489. Web: www.acrestationmeatfarm.com



Jimmydog Design Group

Based in Winston-Salem, Jimmydog Design Group was founded by husband-and-wife team Todd and Stephanie Belcher. Todd, custom portrait artist, and Stephanie, creative director, named the company after their beloved, late dog Jimmy. Its name reflects its founders' love of animals through their dedicated efforts for animal welfare organizations and helps highlight Todd's specialty: pet portraits. The North Carolina native creates pencil or painted dog and cat portraits on commission, working mostly from one or more photographs. Todd also accepts commissions for people portraits and architecture illustrations. The couple's company also works with business owners and other groups to help them achieve their marketing goals through printed materials.

(336) 201-7475

www.jimmydog.com

Appalachian music

This new CD is a stimulating collection featuring traditional artists such as Jean Ritchie, Ralph Stanley and Dock Boggs, singers such as the Midnight Ramblers, Clack Mountain and String Band and Molly Slemple, and contemporary songwriters Darrell Scott, and Robin and Linda Williams. Their songs celebrate a

grand mix of life and music in the Appalachian Mountains that they call home. "Appalachia: Music From Home" is a companion piece to the PBS series "Appalachia: A History of Mountains and People." The CD's 20 tracks include "Corn Dance," "The Blackest Crow," "Let's Have a New Deal," "Midnight On The Water," and "Roll On Buddy." \$15.

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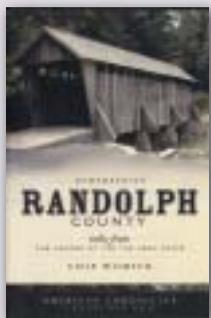
on the bookshelf

Remembering Randolph county

Some of Randolph County's most colorful characters come to life within these pages, including Rufus Hussey (the Beanshooter Man who whittled slingshots and gave Johnny Carson a run for his money) and the Petty family, whose NASCAR connection spans four generations. Author and Tar Heel native Chip Womick has spent more than two decades writing about the people, places and things that make Randolph County special, from the smallest church in the state to the largest walk-through natural habitat zoo in the world—and more in between. "Remembering Randolph County—Tales From the Center of the Tar Heel State" is softcover, 128 pages and sells for \$19.99.

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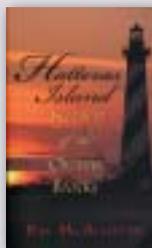


Hatteras Island

In "Hatteras Island: Keeper of the Outer Banks," coastal writer Ray McAllister returns to the site of his family's annual vacations a quarter-century ago. Long known as a world-class sport fishing and windsurfing spot, its famed lighthouse, historic lifesaving stations, beaches and six small towns are tourist magnets. But the storm-buffed Hatteras—as much as 30 miles from the mainland and largely protected by national seashore status—has kept its soul. Its extraordinary history includes early Native Americans glimpsing Italian explorer Amerigo Vespucci in the 16th century, raids by Blackbeard and other cutthroat pirates, hurricanes that ripped apart the island, numerous shipwrecks and even a coastal war with German U-boats. The book also includes stories of fishermen, tourists, surfers, Hatteras families and others who hold dear this island. McAllister lives in Richmond. Published by John F. Blair in Winston-Salem. Softcover, 297 pages, \$13.95.

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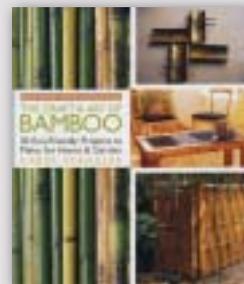


Bamboo projects

Once viewed as an unwelcome invasive plant, bamboo is now celebrated for its eco-friendly properties. This visually appealing, updated book details 30 attractive projects to make using sustainable bamboo. New color photos and chapters focus on bamboo's importance in eco-systems and the how-to's of containing bamboo in your own garden. Other highlights look at bamboo in the environment, garden and landscape and bamboo's future, including its use in products such as biofuel and bioplastic. Chapters cover making artful fences, gates, railings and screens and provide illustrative pictures and drawings. Author Carol Stangler is an environmental artist who lives in Asheville. "The Craft and Art of Bamboo" is published by Lark Books in Asheville. Softcover, 160 pages, \$17.95.

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We did find a magnificent cache of cultured pearls at the best price that I have ever seen. Our pearl dealer was stuck. A large luxury department store in

financial trouble cancelled a large order at the last minute so we grabbed all of them. He sold us an enormous cache of his roundest, whitest, most iridescent cultured 5 1/2-6mm pearls for only pennies on the dollar.

But let me get to the point: his loss is your gain. Many of you may be wondering about your next gift for someone special. In the past, Stauer has made gift giving easier with the absolute lowest prices on fine jewelry and luxury goods. This year, we've really come to the rescue.

For the next few days, I'm not offering this cultured pearl necklace at \$1,200. I'm not selling it for \$300. That's because I don't want to **SELL** you these pearls at all... I want to **GIVE** them to you. This cultured freshwater pearl necklace is yours **FREE**. You pay nothing except basic shipping and processing costs of \$25^{as}, the normal shipping fee for a \$200-\$300 necklace.

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\$125,000.00	\$663.41	30 YR. Fixed	4.90%	5.12%
\$165,000.00	\$875.70	30 YR. Fixed	4.90%	5.06%
\$235,000.00	\$1,243.64	30 YR. Fixed	4.87%	5.03%
\$325,000.00	\$1,719.93	30 YR. Fixed	4.87%	4.98%

Samples are **Fixed Rate** conforming loans, 75 LTV rate/term transactions and 720 FICO scores. All products allow principle payments at any time without penalty. All rates and terms subject to change with market conditions. Other Rates, Terms and Products available. Call about Cash Out, FHA to 95%, Debt Consolidation, JUMBO Loans, Double Wide w/Land and MORE! Ask about our 40, 20, 15 and 10 year terms and Interest only programs to get your LOWEST payment!

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Getting To Know... Adolph Lorenz Dial

Born: In the Prospect community, Robeson County, in 1922

Known for:

Advocate of the Lumbee Indians, scholar, businessman, state senator, storyteller and philanthropist

Accomplishments: "Mr. Adolph," as he was called,

learned the value of hard work early on his family's farm. He went to all-Indian public schools and Pembroke State College for Indians. Later, he served in World War II and saw firsthand the horrors of Nazi concentration camps. When he returned home, he was denied entrance to North Carolina's graduate schools because he was Indian. Dial earned a master's degree from Boston University, and joined the faculty of Pembroke State College, an institution his grandfather helped found. He spent 30 years as an American Indian Studies professor at Pembroke State University, and was also a businessman who helped establish Pembroke's first shopping center and Lumbee Guaranty Bank. Dial believed Lumbee should not become "welfare Indians," and fought for the tribe's full federal recognition. A book he co-authored, "The Only Land I Know," gave voice to Indians who had been silenced. Dial died in 1995, but his legacy remains strong at UNC-Pembroke via an endowed scholarship and faculty awards for scholarship and community service.



Hot Summer Project!

Did you know that you can make a low-cost solar oven using everyday materials? Solar ovens aren't as hot or fast as a regular oven, but are especially great for camping. Solar recipes include biscuits, chicken, even pot roast. The oven, also called a box cooker, uses a reflector to direct sunlight onto a container in an insulated box. Oven materials generally don't cost much and some are easy to make, such as the pizza box oven.



This is what a pizza box solar oven looks like.

Here are links to how-to instructions to get you started!
www.instructables.com/id/Pizza-Box-Solar-Oven/

www.wikihow.com/Make-and-Use-a-Solar-Oven

<http://monsterguide.net/how-to-build-a-solar-oven>

www.cookwiththesun.com/recipes.htm



Dial Humanities Building, Pembroke University



Historic Johnson Farm

Courtesy of Johnson Farm

Field Trip

In the 19th century, Johnson Farm was a tobacco operation that became a popular summer tourist retreat. In its heyday, visitors to the Hendersonville farm paid \$5 weekly for a room and three meals per day and enjoyed social events such as square dancing. The family eventually bequeathed it to Henderson County Public Schools. Today the farm is a heritage education center that features an 1880s boarding house built entirely by hand, a barn-loft museum and shed, 10 historic buildings, and 15 acres of fields, forests and streams. Visitors can also see donkeys, sheep, and chickens and walk two nature trails. Tours are \$5 for adults and \$3 for students (preschoolers are free). For hours, call (828) 891-6585 or visit www.historicjohnsonfarm.org.

Color Me Recycled!

Recycle Guys is looking for creative kids to send them coloring work. Kids can create their own picture promoting waste reduction or color a Recycle Guys image from its Web site.



The organization says kids who send in art will get a surprise and may have their pictures chosen for their Kids' Stuff Gallery. The site has other fun features as well, all in the name of saving our planet, such as quizzes, video games and downloadable activity and coloring books. Recycle Guys is a program within the North Carolina Division of Pollution Prevention and Environmental Assistance. (800) 763-0136 or www.recycleguys.org.

tarheel lessons

a guide to NC for teachers and students

Classroom Chuckle

Teacher: Why were you late to school?

Student: There are eight in my family, Teach, but the clock was only set for seven!

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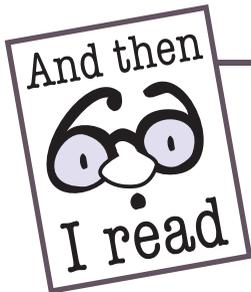
UNSCRAMBLIT

North Carolina has more

drbsmeda malmdac

than any state east of
the Mississippi.

Use the capital letters in the code clue below to fill in the blanks above.
R S M N I E D C A means
s c r a m b l e d



Here's just two examples of what's happened with potential mixed use property appraisals in Chapel Hill. In October of 2005 and February of 2006 Walgreen's purchased four contiguous parcels at the intersection of Weaver Dairy and MLK for \$3 million. The 2009 assessed tax values for these parcels was \$1,530,826—a reduction of nearly 50 percent from the recent sales price...

—from a letter in the Raleigh News and Observer

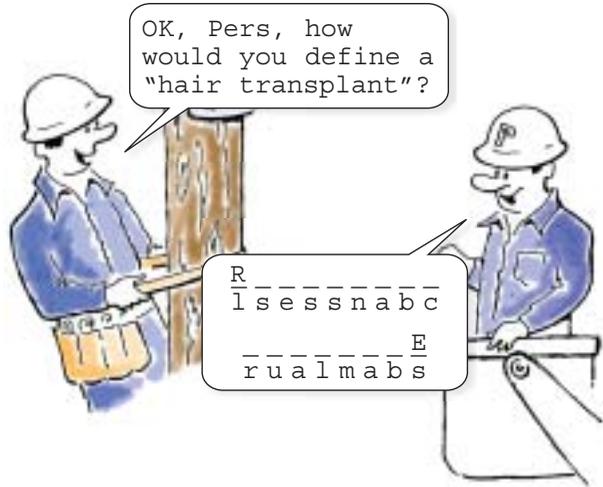
Is it spreading?

SIX by SIX

	M		C	D	
			N		E
		N	E		
		A	D		
E		M			
	D	C		E	

Complete this grid so that every column, every row, and every 2 x 3 box contains all six letters in the word CAMDEN. No repeats.

PERCY P. CASSIDY POLES APART



R
l s e s s n a b c
r u a l m a b s
E

Use the capital letters in the code clue below to fill in the blanks above.
" A D E G H I L N R S " means
u n s c r a m b l e

The value of
P O W E R and **L I G H T**
2 4 0 3 9 **5 6 1 7 8**

Of more than 385 correct answers submitted, the \$50 winner chosen at random was Johnathan Chancey, a student minister at Layton Chapel Baptist Church, Spring Lake, N.C., and a member of South River EMC.

MENTAL BLOCKS

1 2 3 2 4 5 6 2 7 5 8 9
H E R E C O M E D O T S

Match the blocks above with the blocks below to find three hidden words. This arrangement is not original with me, but it makes a dandy pastime puzzle

8 1 2 6 5 3 9 2 4 5 7 2

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60 x 75 x 12	\$19,590
50 x 100 x 12	\$21,151
100 x 100 x 12...w/column	\$43,590
100 x 150 x 14...w/column	\$62,103

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6' 1500 w	180-250 sf	\$25	\$289	
5' 1250 w	130-180 sf	\$25	\$259	
4' 1000 w	100-130 sf	\$18	\$239	
3' 750 w	75-100 sf	\$18	\$189	
2' 500 w	50-75 sf	\$18	\$169	

Thermostats — Call for options & exact heater needed.

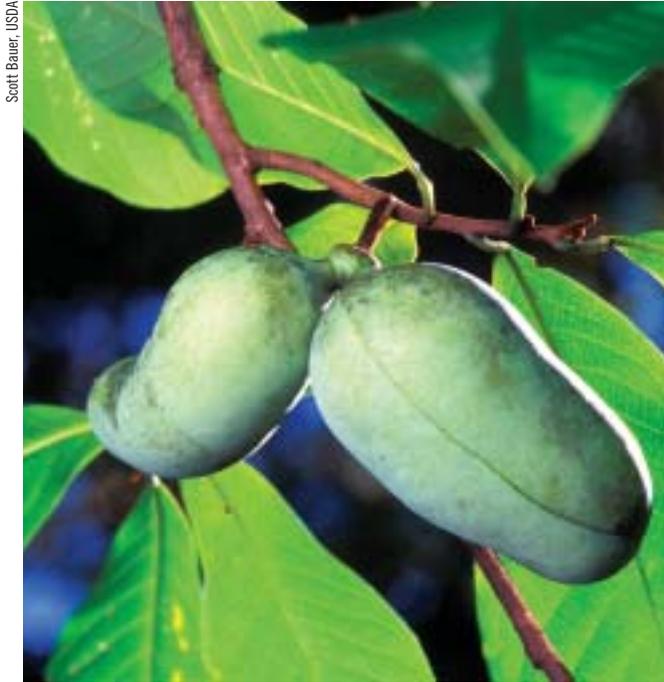
110 VOLT PORTABLES (Thermostat included.)	S&H	Discount Price	Qty.
5' Hydro-Max 750-1500 w	\$25	\$229	
3' 750 w — Silicone	\$18	\$179	
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E	A	N	M	C	A
A	C	D	E	N	M



Crave the tropical taste of bananas, mangos and papayas? Consider planting a pawpaw, a small tree native to the eastern half of the United States.

Your own pawpaw patch

Many natives of rural North Carolina have memories of picking the ripe fruit of wild pawpaws in autumn. The pawpaw (*Asimina triloba*), a small tree (12–30 feet) of tropical lineage, produces 3- to 6-inch yellow fruits with a creamy texture and a flavor that resembles bananas, mangos or papayas. The pawpaw is slowly finding its way into commercial orchards and home gardens, thanks to research efforts at Kentucky State University. The university manages a clearing-house of information on pawpaws at www.pawpaw.kysu.edu. The site lists 46 named varieties and sources of plants.

Pawpaws are native to much of the eastern half of the United States, where they're common as understory trees. In the garden they can tolerate light to moderate shade, but they produce more fruit in full sun. Moist, slightly acidic soil is best. Some protection from sun is critical in the first year or two for young transplants—this can be done with artificial shelters. To ensure cross-pollination necessary for fruiting, at least two should be planted together. Pawpaws are generally hardy in zones 5–8.

Turfgrass news

Many instances of damage to warm-season turf grasses in North Carolina this year haven't been attributable to the usual suspects—insects and disease. Rather, experts at N.C. State University believe the colder than normal winter and lingering cool spring may be the culprit in many cases of irregularly damaged turf, especially zoysiagrass in the Piedmont region. Young plantings (two years or less) seem to be more vulnerable to winter kill, as are lawns that are already stressed due

to other factors. Typical diseases of zoysiagrass include “large patch” and “spring dead spot.” For help with diagnosis and other information, visit www.turffiles.ncsu.edu, or send an e-mail to turf_webmaster@cropsci.ncsu.edu.

Hort Shorts

- ▶ Drought, salt spray, poor soils, heat and scalding rays of the coastal climate comprise a hostile environment that few plants can handle. Suitable species for these conditions include eastern red cedar, live oak, yaupon, yucca, pittosporum, bottlebrush, leatherleaf mahonia, cabbage palm, saw palmetto, prickly pear cactus, lantana, blanket flower, daylily, rosemary and rugosa rose.
- ▶ To harvest and save tomato seeds for subsequent planting, cut a ripe tomato in half and squeeze the seeds and pulp into a small plastic container with a lid. Place in a warm area for several days to ferment. Rinse the seeds well and place on a paper towel or plate to dry. Store in refrigerator. Note that seeds of hybrid tomatoes will not produce identical plants.
- ▶ Harvest the heads of edible sunflower varieties when the outer shells of the seeds have hardened and the back of the flower head is dry and brown. Cure in a paper bag for several weeks in a warm, well-ventilated place.
- ▶ Cure onions in a well-ventilated area, out of direct sunlight, until tops are dry and peels are papery. Trim stems to about an inch. Hang in mesh bags in a cold, dry, well-ventilated area.
- ▶ Harvest winter squash when the rind is hard. Most varieties, such as butternut and acorn, will keep up to 3 months if stored in a cool, dry, well-ventilated location. Spaghetti squash has a shorter shelf life.
- ▶ Positively identify pest damage or disease before reaching for a pesticide that may do nothing to solve the problem and cause more harm. A handy resource is the Plant Pest Handbook, which you can view free at the Connecticut Agricultural Experiment Station Web site www.ct.gov/caes/cwp/view.asp?a=2823&q=378182.
- ▶ To effectively and safely handle, measure and apply pesticides, read all instructions first—more is not better. Labels on pesticide and herbicide containers bear three-tiered descriptions for indicating levels of toxicity to the consumer. “Caution” indicates the lowest degree of toxicity, “Warning” the next, and “Danger” the most hazardous. These labels refer only to degree of potential harm to the user, not to the environment. ☹



Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the “Carolina Gardens” section of www.carolinacountry.com.



First black marines at Montford Point in Jacksonville had a pioneering spirit.

The Story of America's First Black Marines

By Karen Olson House

Until only a few years ago, few knew much about the first black Marines, or even that they trained in North Carolina. Today, you can read a book, peruse a Web site and explore a museum that reveals their struggles and accomplishments.

The museum is housed at today's Camp Johnson in Jacksonville, where the first recruits attended boot camp. There, you'll learn that until the 1940s, the U.S. Marine Corps refused to enlist African Americans, American Indians and other minorities. President Franklin D. Roosevelt ordered the Corps—the only branch that still excluded blacks—to begin recruiting blacks in 1942.

Thousands of eager African-American men flocked to enlist. The first black recruits, housed in prefab huts, received basic training at the segregated Camp Montford Point, run by an all-white officer corps.

The recruits faced hostility and distrust from whites, on and off the base. Railroad tracks divided white residents from the black troops, and recruits were not allowed to enter nearby Camp Lejeune unless they were with a white Marine. Bit by bit, relations improved and prejudices discarded. By 1945, all drill instructors at Montford Point were black.

More than 20,000 men trained here. In 1948, President Harry Truman signed an executive order that required military desegregation. Montford Point was deactivated shortly after. It was renamed Camp Johnson in honor of the late Sgt. Maj. Gilbert H. Johnson, known for his exceptional leadership.

At the museum, visitors see what the men's living quarters looked like and artifacts such as bayonets, uniforms, combat

boots and ribbons. There's also a section on recreation, a photograph of Annie Grimes, the first African-American woman to serve, and a star wall of generals. Visitors especially enjoy ferreting out faces in photographs accompanied by platoon numbers and dates.

Interest in the museum has been sharply enhanced by the Montford Point project, which began after a chance conversation between Dr. Melton A. McLaurin, a UNC-Wilmington professor, and Dr. Clarence Willie, a retired lieutenant colonel, 10 years ago. The grant-funded project that followed produced a book published in 2007, a PBS documentary and a Web site with transcript interviews of more than 60 veterans, their stories laced with humor, anger and pride.

"We must never forget the Montford Point Marines. We owe them all gratitude and thanks," says Finney Greggs, museum curator. Finney notes that many visitors are surprised there was a recruit training base for African Americans. "They leave excited and elated." 

The Web site is <http://library.uncw.edu/web/montford/index.html>. The documentary is currently not on home video. "The Marines of Montford Point: America's First Black Marines", by Melton A. McLaurin, published by the University of North Carolina Press in Chapel Hill, is 216 pages and sells for \$17.95 in paperback. Montford Point Marine Museum is housed in the East Wing of Building M101 at Camp Johnson. It is open Tuesdays and Thursdays, 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m.; and Saturdays from 11 a.m. to 4 p.m. Call (910) 450-1340 or visit www.montfordpointmarines.com.

August Events



The annual Bluegrass & Old Time Fiddlers Convention will be held July 31–Aug. 1 in Jefferson. To learn more, call (336) 977-1427 or visit www.ashefiddlers.com.

ONGOING

“Charlotte’s Web”

Through Aug. 13, Manteo
(252) 473-2127
www.thelostcolony.org

“Horn in the West”

Through Aug. 15, Boone
(828) 264-2120
www.horninthewest.com

“Joseph, the Dreamer”

Musical
Through Aug. 15, Washington
(252) 482-4621
www.rockyhockplayhouse.com

“Toys & Games That We Loved”

Exhibit’s emphasis is on pre-1960
Through Aug. 22, Kings Mountain
(704) 739-1019
www.kingsmountainmuseum.org

Music on Main Street

Through Aug. 28 (Fridays),
Hendersonville
(800) 828-4244
www.historichendersonville.org

“Unto These Hills”

Through Aug. 29, Cherokee
(800) 438-1601
www.cherokee-nc.com

“Wheel & Coil & Slab, Oh My ...”

Juried Pottery Show
Through Aug. 29, Rutherfordton
(828) 245-1492
www.rcvagr.com

Street Dance

Monday evenings through Aug. 31
Hendersonville
(828) 693-9708
www.historichendersonville.org

Finch Studio Potters

Exhibition
Through August, Seagrove
(336) 873-8430
www.ncpotterycenter.com

Junior Sailing Program

Through August, Beaufort
(252) 728-7317
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www.reynoldahouse.org

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(704) 482-4365
www.foothillsfarmersmarket.com

Farmers Market

Through Oct. 31, Wake Forest
(919) 556-2634
www.wakeforestmarket.org

Bob Troutman: “Business As Usual”

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(704) 337-2009
www.mintmuseum.org

“A Thousand Words”

Photographs by Vietnam Veterans
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www.museumofthecapefear.ncdcr.gov

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www.theartscouncil.org

Poplar Grove Farmers Market

Through Dec. 16, Wilmington
(910) 686-9510
www.poplargrove.com

“Inside Africa”

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

“Stars of the Pharaohs”

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

American Quilt Classics

Through Feb. 2010, Charlotte
(704) 337-2000
www.mintmuseum.org

1

Bluegrass & Old Time Fiddlers Convention

July 31–Aug. 1, Jefferson
(336) 977-1427
www.ashefiddlers.com

Eastern Music Festival

Through Aug. 1, Greensboro
(336) 333-7450
www.easternmusicfestival.org

BRAHM Arts & Antiques Event

Through August 2, Blowing Rock
(828) 295-9099
www.blowingrock.com

K-9’s in Flight Frisbee Dogs

Tweetsie Railroad
Aug. 1–9, Blowing Rock
(919) 277-1180
www.tweetsie.com

2

Free Day at Botanical Garden

Fayetteville
(910) 483-5311
www.capefearbg.org

5

US Kids Golf World Championship

Aug. 5–8, Pinehurst
(910) 295-6811
www.pinehurst.com

“Bloody Mary & The Virgin Queen”

Aug. 5, 12 & 19, Roanoke Island
(252) 475-1500
www.roanokeisland.com

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“Shepherd of the Ocean”

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Crafts Fair

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(252) 240-1200
www.beaufortpyrateinvasion.com

Tarheel Farm Toy Show

Aug. 7–8, Burlington
(252) 587-3522

BBQ & Music Festival

Aug. 7–8, Franklin
(828) 524-3161
www.mountainhighbbqfestival.com

Quilt Guild's Annual Show

Aug. 7–9, Asheville
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www.ncarboretum.org

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www.chimneyrockpark.com

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www.cherokeecountychamber.com

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www.fullmoonfarm.org

ZooCool

Aug. 8–9, Asheboro
(800) 626-2672
www.nczoo.org

Sourwood Festival

Aug. 8–9, Black Mountain
(828) 669-2300
www.exploreblackmountain.com

9**Author Robert Morgan**

Lake Lure
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10**Hot Summer Nights Street Dance**

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This scenic county's name comes from the Indian word, pasketanki, meaning "where the current of the stream divides or forks." Joining Indians in the early 1600s were brave souls who ventured into untamed terrain, including Quakers fleeing persecution, indentured servants and runaway slaves. Many remained despite strife with Lord Proprietors' agents over land. Today, its biggest city is Elizabeth City. Located on the Intracoastal Waterway, it's a popular stop for international boaters who like the fun and floral greetings from the "Rose Buddies" ambassadors at Mariner's Wharf. With six historic districts, walkers can ogle lots of old homes and stately buildings. Kids like Fun Junktion, which features a skate park, 18-hole disc golf course and ski lake. Paddlers can take North Carolina's Coastal Plain Paddle Trail from Elizabeth City up into the Dismal Swamp Park in Virginia. Good eateries include Quality Seafood Company. Speaking of tasty fare, Taste of the Albemarle is planned for Saturday, Aug. 29, in Elizabeth City.

Three top spots:

Arts of the Albemarle: This busy non-profit arts council's facility is home to area artists, AOA School of the Arts and the 300-seat Maguire Theatre. A block from Elizabeth City's waterfront, AOA's gallery sells the work of more than 200 artists and craftsmen, and features hand-carved items, metal works, pottery, quilted items, glassware, wearable art and more. (252) 338-6455 or www.artsofthealbemarle.com.

Museum of the Albemarle: Located in impressive new digs along the Pasquotank River in Elizabeth City, the museum interprets the history of 13 counties. A permanent exhibition has displays on the region's watermen, farming, the Wright brothers, the Coast Guard and the region's rich African-American and Native American history. Visitors discover such finds as a miniature replica of the James Adams Floating Theatre, a horse-drawn "steam pumper" fire engine and a 1954 Moth Boat, a sail boat developed in Elizabeth City. (252) 335-1453 or www.museumofthealbemarle.com.

Blimp hangar: Talk about a big attraction. This immense hangar in Weeksville was built in 1942 and used for military blimps at the once-thriving Weeksville Naval Air Station. The awesome structure is currently used by TCOM, an airship manufacturing company. Historian Steve Chalker gives interesting tours upon request. Visitors see huge blimps and aerostats and hear fascinating anecdotes. Call Steve at (252) 330-5555, ext 2123. www.elizcity.com/weeksnas.

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15

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18

Country Days
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www.hearttonorthcarolina.com

20

Business Expo
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Fayetteville After Five
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Virginia Dare Faire
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www.thelostcolony.org

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Music on the Meadows
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Haunted Evening Tour
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Umoja Festival
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www.averycounty.com

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How to work efficiently in your kitchen

Large electric cooking appliances in the kitchen can consume a lot of electricity. The electric range, oven, refrigerator and dishwasher are the primary electricity consumers in most kitchens. New refrigerators have become much more energy efficient over the past decade, which is important because the refrigerator is the only one of these major appliances which you have little choice but to use continuously.

By using the other kitchen energy-guzzlers efficiently and doing smaller jobs with smaller appliances, you can help keep electric bills in check.

It is fairly simple to determine how much an electric appliance costs to use, but you'll need a calculator. The nameplate on each appliance lists the wattage or amperage it consumes. If wattage is listed, multiply that number by the amount of time the appliance is used (in hours per use, per week or per month), and then divide this by 1,000. This gives you the kilowatt-hours used. Multiply this number by the electric rate listed on your bill (in dollars per kilowatt-hour) and you'll see how much the appliance costs to operate. If the nameplate lists amperage, multiply it by 120 to get watts and start your calculations.

Keep in mind that this calculation is an estimate, because many cooking appliances are thermostatically controlled—meaning on low setting, the heating elements are off most of the time. On high, they may be on all the time. Use your best judgment to estimate how long they are on for personal cooking settings.

Large quantities of food are usually most efficiently cooked on the range or in the oven. Most newer self-cleaning ovens have heavy wall insulation so they bake and roast fairly efficiently. A good rule of thumb is to use the smallest cooking appliance possible for the amount of food. If you're just cooking servings for two, a countertop oven is ideal. If you plan on preparing multiple servings, choose the large range oven.

Another consideration when selecting your cooking appliance is how many consecutive items you have to cook. If you are going to bake a cake, roast some meat and then bake some potatoes, using the large range oven is best. The mass of the oven will hold heat from cooking one food item to the next. This eliminates the preheat cycle and provides more even cooking. Using a high-quality, well-insulated slow cooker can also be an energy saver. For fast cooking, a pressure cooker dramatically reduces cooking time.

Small countertop convection ovens are efficient. Convection ovens have a small fan to circulate the heated air around food to cook it faster. Reducing cooking time reduces the total kilowatt-hours consumed and the heat generated in your kitchen. Some foods cook better without the convection air, but they will take longer. Of course, using a microwave oven saves electricity because the cooking times for small quantities are very short.



Using a pressure cooker is efficient and ideal for fast cooking of tougher meat cuts and stews.

Using smaller countertop kitchen appliances can often result in less electricity use overall, but not always. Many factors, including the time of the year and your HVAC (heating, ventilation, air-conditioning) system determine this overall electricity use. For example, if you air-condition your house and use the kitchen range during the summer, the heat from cooking makes the air conditioner run longer—the costs of cooking is effectively increased. The moisture given off from cooking also increases the air-conditioning load. If you do not air-condition, the cost of cooking is just the electricity the appliance uses. Whenever possible, use countertop cooking appliances outdoors, or use a solar cooker for rice and steaming vegetables.

Things are reversed during the winter. All of the electricity used for cooking ends up heating your house and reducing the heating load on your heat pump or furnace. Cooking is basically similar to resistance heating, so you get one BTU of heat into your house for each BTU you pay for on your monthly utility bill.

If you have a standard electric furnace or baseboard heating, the heat from cooking costs the same, making the added heat a cost-effective advantage. But if you use a heat pump for heating your house, you may be getting up to three BTUs of heat for each one you pay for. The heat you gain from cooking costs you more than from your heat pump, so it is not as advantageous.

As for other household electric appliances, especially those that produce heat (like a hairdryer), use them as little as possible. Be sure to unplug chargers for cell phones and other small gadgets when they are not charging. Power strips and surge protectors can shut off power to televisions, computers and peripheral equipment at the flick of one switch; Monster Cable offers a new outlet strip that senses when the television or computer is switched off and automatically switches off power to all the peripheral equipment. Ⓢ

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Have a question for Jim?

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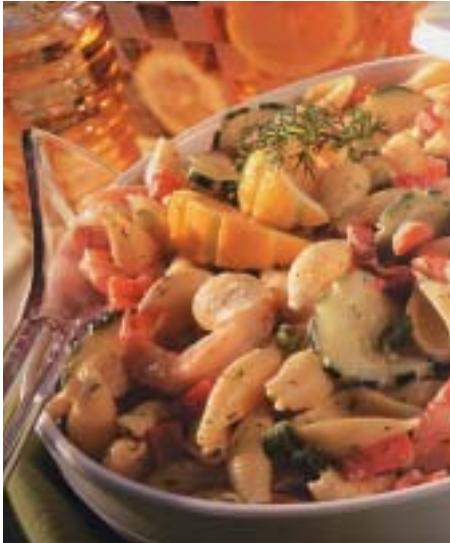
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Dilly Seafood Pasta Salad

Dressing

- 1 lemon
- ½ cup mayonnaise
- ½ cup sour cream
- 2 teaspoons dried dill weed

Salad

- 2 cups (5 ounces) uncooked medium shell pasta
- 1 cup cucumber, scored and sliced
- ½ cup red bell pepper, chopped
- ½ cup carrot, coarsely chopped
- ¼ cup green onions with tops, thinly sliced
- ½ pound (8 ounces) shelled, deveined cooked medium shrimp
- ¼ teaspoon salt

For dressing, zest whole lemon. Juice lemon to measure 1 tablespoon juice. Combine zest, juice, mayonnaise, sour cream and dill in small bowl; mix well.

For salad, cook pasta according to package directions in 4-quart casserole; drain and rinse with cold water. Using lemon zester, score down length of cucumber in evenly spaced rows around entire cucumber and then slice cucumber. Chop bell pepper and carrot and slice green onions.

Place all salad ingredients in bowl and pour dressing over salad; toss lightly. Cover; refrigerate at least 30 minutes or overnight.

Yield: 6 servings

Grilled Chicken Penne al Fresco

- 4 garlic cloves, peeled
- 2 cups grape or cherry tomatoes
- 3 cups uncooked penne pasta or rigatoni
- 3 cups chicken broth
- ¾ cup dry white wine such as Chardonnay (or may use an additional ¾ cup chicken broth)
- ½ teaspoon each salt and coarsely ground black pepper
- 1¼ cups lightly packed fresh basil leaves, divided
- 1 ounce Parmesan cheese, grated (about ¼ cup packed)
- 2 cups diced grilled chicken breasts
- Additional grated fresh Parmesan cheese
- Coarsely ground black pepper (optional)



Spray deep covered baker with olive oil. Slice garlic into baker. Add tomatoes. Cover; microwave on HIGH 4–5 minutes or until tomatoes begin to burst, stirring after 2 minutes. Crush tomatoes; add pasta, broth, wine, salt and black pepper.

Return baker to microwave; cover and microwave on HIGH 16–18 minutes or until pasta is tender, stirring after 10 minutes. Meanwhile, coarsely chop basil reserving 2 tablespoons for garnish. Grate cheese.

Carefully remove baker from microwave and remove lid, lifting away from you. Add remaining basil, cheese and chicken to baker; mix well. Garnish with reserved 2 tablespoons basil, additional Parmesan cheese and black pepper, if desired.

Yield: 8 servings

Winning reader recipe

Orange Sherbet Cake

- 1 box Duncan Hines orange cake mix
- 1 box (3-ounce) orange jello
- 1 cup cold water
- ⅓ cup oil
- 2 eggs

Mix above ingredients and bake in two greased and floured layer pans at 350 degrees for 30 minutes or until done. Cool layers completely. Split layers so you will have 4 layers.

Filling:

- 1 carton (16 ounces) sour cream
- 2 cups sugar
- 1 package (12 ounces) frozen coconut
- ⅓ cup orange juice (frozen)

Mix and spread between layers only reserving 1 cup for frosting.

Frosting:

- 1 cup filling mixture
- 1 large (16 ounces) Cool Whip

Mix well and cover cake.

Betty Perkins of

Rutherford EMC will receive

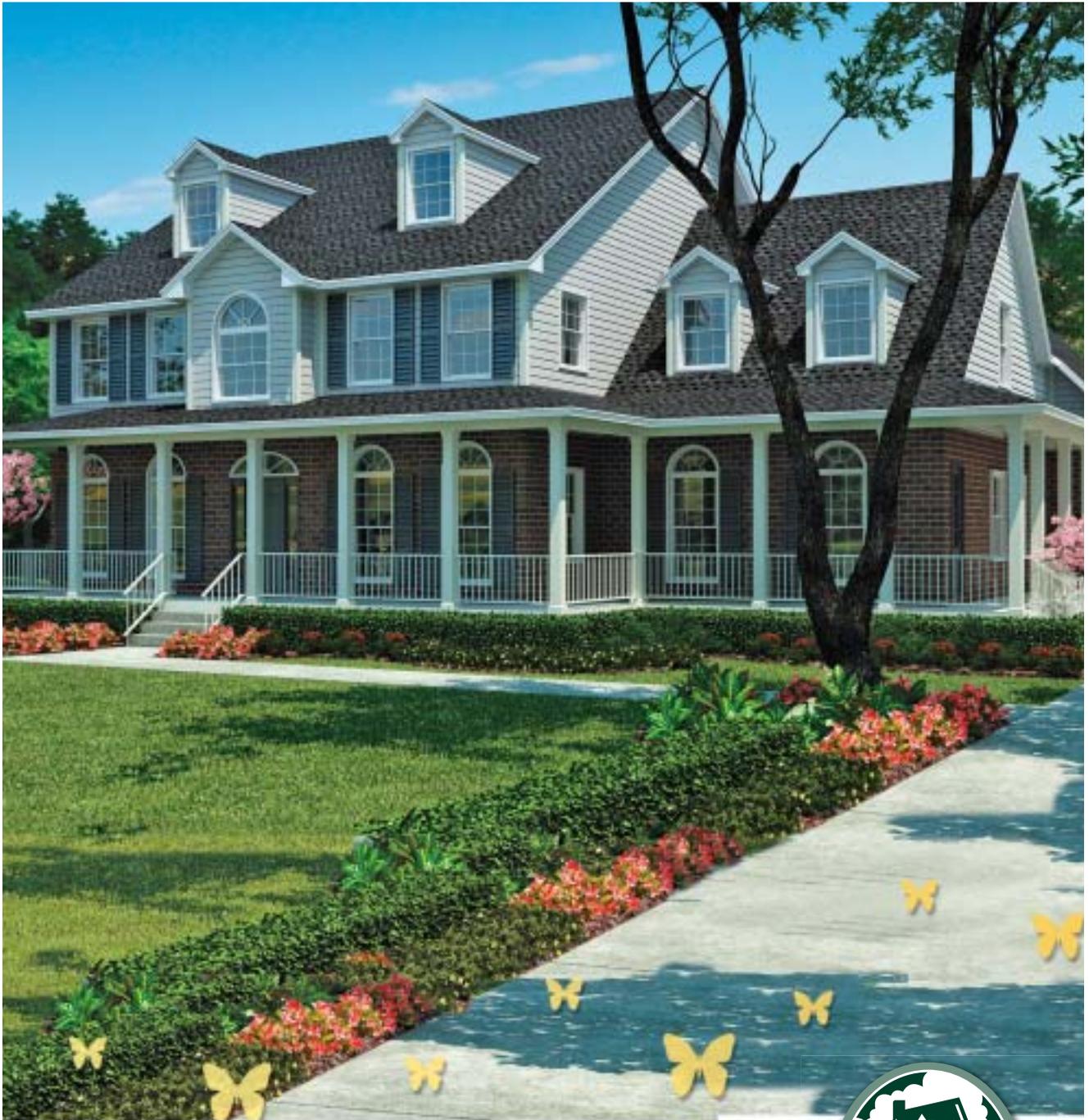
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