

Mooreville Schools Menu

These meals are planned at Mooreville schools during the week beginning Sept. 21. Some changes may be necessary because of substitutes and delays in delivery of federal food commodities. Assorted sandwiches or pizza, tossed salad, slaw, fruit, and fruit are offered as an alternative lunch each day at Senior High, Junior High and Woods. Salad bars are available in all schools. Breakfast is the same at all schools, and milk is served with all meals.

These lunches are planned for Mooreville Junior and Senior High Schools only.

Monday
Country chicken fillet sandwich; pizza; chicken fillet sandwich; country style steak with gravy and roll; pinto beans; creamed potatoes; tossed salad; peaches.

Tuesday
Hot dogs with chili; barbeque sandwich; tuna salad with lettuce and crackers; coleslaw; sweet potatoes; green beans; fruited jello.

Wednesday
Hot dogs with chili; chicken nuggets with dips and roll; fish sandwich with tartar sauce; mixed vegetables; corn; slaw; pears.

Thursday
Hot dogs with chili; jumbo taco; pepperoni wedge pizza; shredded lettuce with chopped tomato; potato tots; green peas; banana.

Friday
Hot dogs with chili; meatloaf with roll; honey glazed ham with roll; potato salad; baked beans; broccoli with cheese sauce; applesauce.

Saturday
The breakfast menu is the same for all five schools.

Monday: Choice of cereal, choice of juices.

Tuesday: Cereal; apple-cinnamon muffin; choice of juices.

Wednesday: Cereal; enriched doughnut; choice of juices.

Thursday: Cereal; ham biscuit; choice of juices.

Friday: Cereal; waffle with syrup; choice of juices.

Timely Advice For Proper Plant Management, Planning

Iredell County residents this week were reminded of some planning and management tasks for plants by Donald E. Breedlove, an agent with the Iredell County Agricultural Extension Service.

Watering is probably one of the most critical needs of plants. Digging around the plants to see if there is moisture in the top few inches of the soil is recommended. Waiting on plants to start to wither or leaves to drop can be costly in the long run. The proper way to water is a slow drip. Loosening the soil or mulch are helpful in allowing better penetration. The soil should be watered deeply and the best way to check moisture depth is probing the soil.

This time of the year is a good time to give attention to lawn management. Soil sampling is the first step. Weed control is also critical if bermudagrass is present. Fertilization and liming should also be considered this fall.

Peaches, plum, nectarine and cherry trees should be treated for borers. In addition, suckers and water sprouts should be removed. Junipers need to be checked for bagworms. These are small brown wood-like bags that eat the needles. There is no chemical control available at this stage. Hand removal and disposal from infested plants are the best solution.

Gardening can be made easier this fall and next spring by destroying diseased plants, mowing or cutting weeds to prevent formation of weed seeds and making a plan to plant a rotation pattern.

Additional information is available through a toll free network by the Agricultural Extension Service, called TELTIP, for answers to plant questions.

Following is a list of timely topics and services provided from 8 a.m. through 7 p.m., Monday through Thursday, 8 a.m. until 5 p.m. on Friday and 9 a.m. until 2 p.m. on Saturday.

- 2188—Bagworms.
- 2203—Bermudagrass Control.
- 2217—Care Of Lawns.
- 2221—Grass For Shady Areas.
- 2225—Renovating Lawns.
- 2227—Starting A New Lawn.
- 2229—Watering.
- 2233—Tree Borers.
- 2291—Taking Soil Samples.
- 2291—Fall Gardening Clean-Up.
- 2291—Fall Vegetables.

The toll free number to call is 1-800-662-7301, and information should be requested by number.

SEEDS FROM THE SOWER
By Michael A. O'Neil
Metter, Georgia

A little fellow walked into a Greeting Card Store and asked in tears, "Do you have any blank report cards?"

What will your report card show when you stand before God at the end of life's semester?

How many "days absent" from church will it show? And what about the "tardy" marks on those things God told you to do?

Have you thought of the grade you'll receive for your everyday deportment?

You have a text book—the Bible. Do you study it daily?

Be a good student, so you won't be ashamed when God fills in your grades. Remember—there are no blank report cards at the judgment.

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Week-Long Nationwide Focus On Heart Healthy Foods

In an effort to provide consumers with information on how to improve their eating habits to assure a more healthful diet, the American Heart Association will conduct the third annual American Heart's Food Festival Sept. 13-19.

The 1987 nutrition awareness event will involve cooperation of approximately 100 participating chains nationwide including Harris-Tetter, Food Lion, A&P, Be-L, Bi-Lo, Big Star, Byrd's Farm Fresh and Winn Dixie in North Carolina. More than 600 grocery stores are expected to participate statewide.

Food festival activities will focus on the theme, "It's high time to lower cholesterol," to help shoppers learn about the relationship between a low-fat, low-cholesterol diet and cardiovascular health. A high blood cholesterol level is considered to be one of the three major risk factors contributing to cardiovascular disease—the leading cause of death in the United States.

According to Dr. Mary Lee, nutrition program consultant, State Division of Health Services and chairman of the AHA, North Carolina Affiliate Food Festival Task Force, Food Festival activities will take many approaches.

In some grocery stores, AHA volunteers will hand out information on heart-healthy eating. Dietitians will also be on hand at various locations to answer health-related questions. There will be food tasting demonstrations, and cholesterol quizzes for shoppers to test their knowledge," Lee said.

Last year, more than 11,000 supermarkets, including 250 in North Carolina, participated in the second annual Food Festival. Eight thousand grocery stores took part the first year.

The American Heart Association developed the Food Festival to educate consumers about heart health and the research documented relationship between high blood cholesterol and cardiovascular diseases. An AHA survey conducted after the 1986 Food Festival showed that 60 percent of American shoppers were aware of that relationship. But a 1986 Food Marketing Institute study found only 13 percent of the shopping public greatly concerned with cholesterol content in foods.

According to AHA dietary guidelines for all healthy Americans over the age of two, cholesterol intake should be approximately 300 milligrams per 1000 calories, not to exceed 300 milligrams per day. The AHA suggests more than 1000 steady diet changes to allow healthy eating habits to become a new way of life.

Brifton Lectures

On Constitution

Max Beloff, a member of the English Parliament's House of Lords, will discuss the U.S. Constitution Sept. 29, at Davidson College.

Beloff's lecture, "Is It the Same Constitution?", will be presented at 4 p.m. in the Morrison Room of the College Union. The lecture is sponsored by the Dean Rusk Program in International Studies.

Beloff has served as a professor and fellow at Oxford University. He has written numerous books on American, English, European and Soviet history.

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MAYBE AUTUMN ISN'T COMING THIS YEAR!

My six-year old came to me and asked, "How do you know the leaves will turn color after summer? Maybe autumn won't come this year."

What a silly fear! I reassured him, "Of course autumn will come after summer; it always does. The changing of the seasons is an event that we can always count on."

God is the reason that fall and winter, spring and summer always come," I explained. "God set certain laws into effect when he created the world. God is faithful to his creation."

My son was satisfied, but I kept thinking about how no one ever doubts the changing of the seasons. Seeing the faithfulness of God in creation tells me something about his nature. It reassures me that God is faithful to his promises to me in the Bible. God will do what he has said.

To know what God has said, I turned to the Bible. Nature's picture of God's faithfulness was written out in these words:

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." (Lamentations 3:22)

Every family needs this kind of solid reality in their lives to give meaning and strength in today's difficult times.

Take your family to worship Sunday!

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." (Lamentations 3:22)

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Voluntary Recall Announced

North Carolina Department of Agriculture Food and Drug Protection officials, in conjunction with the Food and Drug Administration, are participating in a voluntary recall of certain Bon brand ice cream products.

The products are being recalled because they may contain *Listeria monocytogenes*, a bacteria which many cause flu-like symptoms in humans. Individuals most vulnerable to this bacteria are pregnant women and their fetuses, frail and elderly persons or persons with weakened immune systems.

There have been no confirmed reports of illness or adverse effects related to these products.

The products were manufactured at non-Carnation facilities and were distributed to various states, including North Carolina.

The company is requesting that consumers with any Bon Bon or Fruit Scoops return the product to the store where purchased for refund. The company stresses no other ice cream products are involved.

Consumer inquiries may be directed to the Carnation Company Office of Consumer Affairs by calling 1-800-621-4933 or by calling the NCDA Food and Drug Protection Division at 919-733-7368.

Lecture-Topic:
"War And Peace,"
Jesus' Version
Dr. Albert C. Winn, former head of the Presbyterian Church (U.S.A.), will discuss "Facing the Biblical Ambiguity About War and Peace," Sept. 28-29 in the Davidson College Union.

Winn will lecture on "Jesus' Teaching About War and Peace" at 7:30 p.m. Sept. 28. His topic for 7:30 p.m. Sept. 29, is "What About the Old Testament?" Both lectures are free and open to the public. They will be presented in the 900 Room of the College Union.

Winn has served as moderator of the Presbyterian Church (U.S.A.), president of the Southern Presbyterian Seminary, as a college and seminary professor, and as a parish minister. He is the author of numerous articles, and several books, and currently heads a Presbyterian task force titled "Christian Obedience in a Nuclear Age."

Jones Chapel Schedules Super-Saturday

Jones Chapel Baptist Church of Mooreville will provide a Super-Saturday of activities on Sept. 19, beginning at 11 a.m.

"Please come out and join us for a day of games, food, softball, fun and fellowship," stressed the church's pastor, the Rev. M.B. Walker.

Those attending may also take advantage of a health fair — blood pressure check, sickle-cell screening and free literature.

Flick Picks

by Bradley E. Dean
"Hamburger Hill" — Considering the recent spate of Vietnam War films, one wonders what new tragedies could possibly be unearthed and horrifyingly re-created. This new flick provides the answer, as I'm sure will many forthcoming films on this chilling war. In a true story, a squad of American soldiers fight a brutal battle to recapture a hill in South Vietnam. What happens in the process will seem unbelievable, but it was frighteningly real. Dylan McDermott and Courtney B. Vance star, and do a fine job. If your stomach can tolerate another gruesome war story, it's worth it in this case. (***)
"House II — The Second Story" — Believe me, dear readers, the only reason I'm bothering to tell you about this one is that it's managed to capture the interest of a great many teenagers. Don't ask me why because this film is not worth a penny's nickel. The plot centers around a young artist who shows up in his "dream house," a brand-new mansion. Somehow he runs into his 176-year-old great-great-grandfather, a giant barbarian, a prehistoric, etc. in what a haplessman calls "another universe," which exists inside the house. Argy Greco and Jonathan Stark — Save your popcorn money, folks. (**)
"Maid To Order" — Ally Sheedy, always a delightful screen presence, is perfect in this role. She's a spoiled, rotten, Beverly Hills princess to whom her fairy godmother, wonderfully portrayed by Beverly D'Angelo, decides to teach a good lesson in humility. She reduces poor Ally to a down-and-out young woman who must find employment immediately. She goes to an employment agency where the lady position she can get is to be a maid — and the fun begins. Eventually, of course, our heroine does manage to attract our sympathy as she develops into a sensitive, caring, honest, loving, highly recommended film about cleaning moppet. (***)



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