Giving Blood Her Heart's Desire

Angie Neill's heart pumps blood for others. Since turning the blood-giving age of 17, Neill, an 18-year-old Mooresville High School senior, has rolled up her sleeve, so to speak, and responded to practically every bloodmobile need. With her contribution earlier this week at the school, Neill reached the five-pint mark, quite an achievement for a donor her age. She received the desire honestly. Her father, Dwight Neill, is a regular bloodmobile contributor. Members of the school's advanced Health Occupations Education program, who assisted the South Iredell Chapter of the American Red Cross with Tuesday's fill-up, with Neill are, at her right, Joanne Stewart, and, from left, Tamela Messick, Mandy Threatt, and Suzanne Keller. Tuesday's bloodmobile hoped to reach its goal of collecting 125 units.

'Read. Succeed' The Theme For National Library Week

Reading is essential to leading a successful and productive life.

It is the single most effective skill people can use to learn, gather information, keep up with new developments in this rapidly changing world and communicate on a daily basis.

This year's National Library Week theme "Read. Succeed." puts the focus on libraries and literacy. Libraries across the country will be celebrating April 14-20.

"We want to impress upon people of all ages and backgrounds that reading leads to personal success—success in school, in business and in life," said Flint Norwood, director of the Iredell County Library.

National Library Week is the focal point of a year long campaign with the message "Read. Succeed."

"It's also a reminder to take advantage of the valuable resources and services available at the library," explained Norwood. "The United States has the most extensive system of libraries—public, school, college and special—in the world. No American need be without books."

"We especially want to encourage parents to make regular visits to the Library with their children and to set aside a special time each day for the family to read together," he said.

Norwood noted that research has proven that children who have been read to from an early age are more successful in school.

"A love of reading is the most beneficial and lasting gift a parent can give a child. Kids who read succeed," Norwood added.

Be part of the "Read. Succeed." celebration. Go to the library, check out a book and participate in the following event:

You're invited to bring the whole family to the Library and share the joy of reading aloud during "Night of A Thousand Stars." Local celebrities will share from their favorite read-alouds. Don't miss this special night of reading...the "stars" will shine!

For more information, ask a Librarian. Stop by or call the Iredell County Library at 135 E. Water Street, Statesville, 878-3090.

Girl Scouts Pay Tribute To Others

Catawba Valley Area Girl Scouts will be at local stores, malls and shopping area on April 20 recognizing past and present Girl Scouts.

"This gives us an opportunity to say 'thank you' to current and former leaders and girls in our seven county area." comments Donna Hayes, Girl Scout staff member who coordinated the event," as well as tto draw them back into our program."

Girl Scouts will be at the following locations throughout the day, distributing "Once a Girl Scout, Always a Girl Scout" stickers as well as council information:

Hickory: Valley Hills Mall; Mountain View: Lowe's Foods; Conover: K-Mart; Granite Falls: Winn Dixie; Lenior: Fort Defiance & Wal-Mart; Mooresville: Wal-Mart; Boone: Rose's; Morganton: Wal-Mart; Rutherford College: Stamey's Video; Statesville: Signal Hill Mall; Taylorsville: Wal-Mart; Valdese: Food Lion.

Adult leaders and representatives will beon hand to questions about the Girl Scouting program and register any girl or adult.

The Catawba Valley Area Girl Scout Council is a United Way agency serving girls in seven counties.

Directors Honored

Three directors of Crescent Electric Membership Corporation have been cited for their years of service to North Carolina's rural electrification program.

Receiving meritorious service awards at the 1991 Annual Meeting of the statewide organization of EMCs in Raleigh were Henry C. Gabriel of Sherrills Ford, who was recognized for 25 years of service; Shirley L. Johnson of Statesville, 35 years; and R.L. Seaford of Mocksville, 50 years of service.

The awards were presented by Wayne Wilkins, president of the North Carolina Association of Electric Cooperatives.

Seaford, who was honored for 50 years of service, is one of the first three North Carolina electric cooperative directors to celebrate half a century of service to the rural electrification program. He was appointed to the Davie EMC board in January 1941. He was 30 years old at the time and owned a dairy and poultry farm southeast of Mocksville.

Seaford served on the board of Davie EMC from 1941 and until 1970, when that co-op merged with Cornelius EMC to form Crescent, and he continues to represent Davie County on the Crescent EMC board. He served as secretary of the Davie board and held the same post with the Crescent board until 1988.

R. B. Sloan, executive vice president of Crescent EMC, said Seaford is "a classic extimple of the type of people who made the rural electrification program an American success story."

Sloan added, "Mr. Seaford remains an active and involved board member. I have been most appreciative of his comments and experience."

NC Stamp Features Raccoons

North Carolina's 1991 sportsman's stamp print features a pair of raccoons.

This print will accompany last year's sportsman's license stamp. Wildlife artist Robert Leslie of New Jersey painted the raccoons for the sportsman's license stamp and print program. Leslie is a nationally-renowned wildlife artist and was also the artist for the 1990 North Carolina waterfowl stamp and print.

Buyers of the state's annual sportsman's license receive the sportsman's stamp each year. The prints and stamps are available from art dealers through Dec. 31, 1991. After that time, remaining sportsman's stamps and prints will be destroyed. A Wildlife Commission policy requires that all unsold art prints and stamps be destroyed six months after the stamps expire as legal licenses. This helps to increase the value of both the prints and stamps.

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Tidbits on Food
Eating Habits

ROBERT CASHION
Are you eating the same foods that your grandparents ate? A look at dietary trends in the United States shows that eating habits have definitely changed since the early 1900's.
Italian foods are the favorite dishes of American teen-agers. Pizza, lasagna, spaghetti and other forms of pasta hold a lead over the always popular hamburger and fries.
For people of all ages the consumption of poultry and fish, fruits and vegetables, dairy products and eggs has gradually increased over the last six decades and the use of cereal products and sweet potatoes are status quo.
While average Americans have changed what they eat, they haven't really changed the amount that they eat for caloric intake has remained about the same.
Compared to 1910, the average American's diet these days consists of more dietary fat and more refined sugar. In view of this and the increasing number of obese in this country, it could be concluded that energy requirements have gone down due to life styles.
The trend today seems to be a more balanced diet with some form of exercise. Cashion's, will help you balance your grocery budget as well as your diet, and at the same time provide the latest in four-wheel carts for the exercise.

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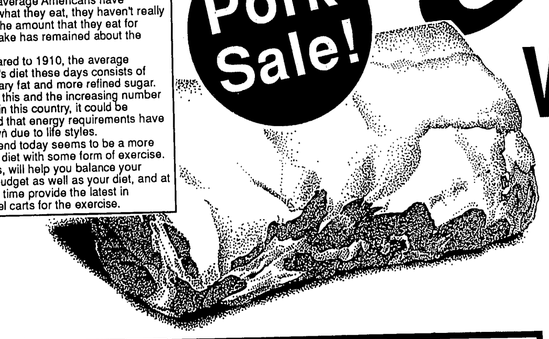
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