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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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### On the Cover

Dellerva Collins (left) and Virginia Tillett are leaders among the Roanoke Island citizens who kept alive the heritage of the historic Freedmen's Colony, commemorated in 2001 by the "First Light of Freedom" marker at the Fort Raleigh National Historic Site. (Photo by Drew Wilson)

Learn about the Freedmen's Colony on pages 14-15.

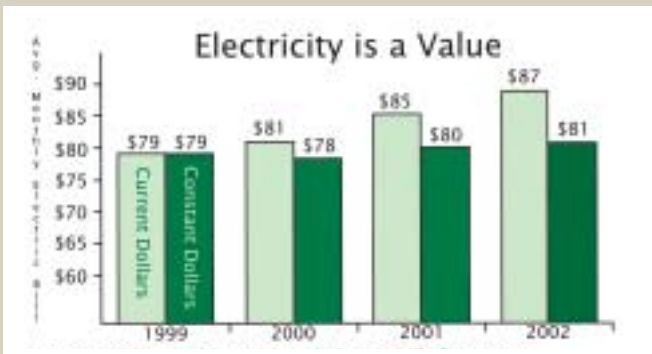


By Tony E. Herrin

## Co-op vital signs are strong

In a day when it seems that a dollar buys less and less, the men and women working at your local electric cooperative are doing what they can to make sure you get the most out of every dollar you spend with them.

Recent data collected by the Rural Utilities Service for calendar year 2002 and pulled together by the National Rural Electric Cooperative Association shows just that. For the last



Since 1999, monthly residential electric bills for co-ops customers have risen about 3% per year. However, adjusted for inflation, the increase has been less than 1%. SOURCE: NRECA; RUS

10 years, electric co-ops across the country have shown steady improvement in the ratio of customers per distribution system employee. In 1992, there was an average of 228 customers per employee; in 2002, there was an average of 263 customers per employee. This shows that even though co-ops are adding customers, we are keeping our costs down by running more efficiently.

Co-ops have also managed to keep electric co-op rates stable and competitive. The rate of inflation has been under 3 percent for most of the last 10 years, but co-op rates and costs have generally stayed under that rate during those years. For example, in 1999 the average monthly electric bill

for co-op customers was \$79 and in 2002 it was \$87, which, after being adjusted for inflation, is an increase of less than 1 percent in costs to the consumer.

And compared to other consumer goods, electricity remains a value. For example, according to the Bureau of Labor and Statistics, the cost of gas has increased nearly 4 percent every year for the past ten years. The cost of milk has increased about 3.5 percent every year for the past 10 years. However, the cost of electricity has increased just under .5 percent every year over the past 10 years. Even as consumer reliance on electricity increases, the overall cost has increased less than one percent annually.

And what of the growth of electric co-ops compared to investor-owned utilities? Co-ops are going strong. Data from 2002 showed that rural electric distribution co-ops grew 2.5 percent in 2002—which equals 800,000 additional persons served—whereas total industry consumer growth was 1.2 percent in 2002. In fact, co-ops have outpaced the consumer growth of the rest of the industry for more than 10 years. At Union Power Cooperative, our growth has been phenomenal—63 percent growth between 1992 and 2002, and 148 percent since 1982.

Your electric cooperative was created to serve the people it provides power to—not to provide profits to out-of-town power companies. The principle on which we were founded—service to our local communities—is just as strong today as the day we opened our doors. Regardless of how much electricity you use, your local electric cooperative will do everything it can to help you get the most out of your power dollar.

*Tony E. Herrin is executive vice president and general manager of Union Power Cooperative, which serves nearly 50,000 member accounts in Mecklenburg, Union, Cabarrus, Rowan and Stanly counties. He is also a member of the cooperatives' statewide Power Supply Committee.*

## Was Abraham Lincoln a native Tar Heel?

### More point and counterpoint

Last February we published an article by Charles Joyner recounting the continuing speculation over the birthplace of our nation's 16th President, Abraham Lincoln [see the story at [www.carolinacountry.com](http://www.carolinacountry.com)]. The article cited a book published by James Cathey in 1899 asserting that Lincoln's mother, the unmarried Nancy Hanks, became pregnant while living with the Abram Enloe family in Oconalufy, then of Swain County in western North Carolina. Mr. Enloe was a well-known, tall, angular



livestock dealer. The story says that the wife of Abram Enloe, who was suspected of impregnating Nancy Hanks, banished Ms. Hanks from the household, and that Ms. Hanks was taken in at

a neighbor's place in Jonathan's Creek, Haywood County. Later, the neighbor moved the still pregnant Nancy to Puzzle's Creek in Rutherford County, where she gave birth to a boy and named him Abraham. She then ended up marrying a man named Tom Lincoln and moved to Kentucky.

We also published a photo of a man named Wesley Enloe, born in western North Carolina in 1811 as the ninth son of Abram, whose features resemble Lincoln's and who was quoted in Cathey's book supporting the Enloe connection.

After publishing the piece, we received letters that both supported and refuted the story, including reference to a scholarly article by David Andrew Sturgill that dismisses the Enloe parentage.

Recently, we received three more letters, just in time for publication during the month of Lincoln's birth. Lincoln himself set the date of his birth at Feb. 12, 1809, though some have attempted to disprove that claim.

Thomas Fretty in San Francisco, seeing the story on our Web site, said in December that President Lincoln wrote a

letter to Soloman Lincoln on March 6, 1848, stating that he was born in Kentucky. Mr. Fretty quotes from the letter as published in the book "Abraham Lincoln: Speeches and Writings 1832-1858," published by Library of America in 1989. A portion of the letter says, "I was born Feb. 12th, 1809 in Hardin County, Kentucky. My father's name is Thomas; my grandfather's was Abraham, the same of my own. My grandfather went from Rockingham County in Virginia to Kentucky, about the year 1782; and, two years afterwards, was killed by Indians. We have a vague tradition, that my great-grandfather went from Pennsylvania to Virginia; and that he was a Quaker. . . Owing to my father being left an orphan at the age of six years, in poverty, and in a new country, he became a wholly uneducated man; which I suppose is the reason why I know so little of our family history."

Meanwhile, Chad Medford sent us information about his Web site ([www.blueridge.net/~chadm](http://www.blueridge.net/~chadm)) that describes Rutherford County's claim on Lincoln's birthplace and includes a story told by Tom Melton, who is related to Lincoln's nephew. The story is that the Enloe family is from Rutherford County and that Nancy Hanks was an illegitimate daughter of a local woman, Lucy Hanks, who was an itinerant spinner. Nancy, they say, was taken in as a young girl to work in the large Abram Enloe household. The family later moved to Swain County when Nancy became pregnant. When Mrs. Abram Enloe banished the pregnant Nancy Hanks, Ms. Hanks returned to Bostic in Rutherford County and gave birth to little Abe in a cabin on Puzzle Creek. The Bostic claim further asserts that Mr. Enloe arranged for a local sawmill worker, Tom Lincoln, to marry Nancy and head for Kentucky. This story alleges that Tom Lincoln was stocky and low-browed and not very smart, and that one of Mr. Enloe's legitimate sons, Wesley, looked a lot like the President.

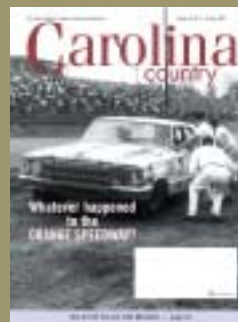
Then, Joan Howard Wallace of Murphy, state registrar for the Daughters of the American Revolution, told us that Frank Young of Cullowhee at last year's

Murphy Heritage Days sold out of his recent book entitled "Nancy Hanks, Single Mother of Abraham Lincoln," which she says supports the Enloe connection.

And finally, we learned of a 2001 essay by R. Vincent Enlow, published by Genealogy Today Publications ([www.genealogytoday.com/us/lincoln/genesis.html](http://www.genealogytoday.com/us/lincoln/genesis.html)), which not only supplies copious information supporting the North Carolina Enloe connection and birthplace, but also challenges the stories about Lincoln's birth in Kentucky.

So the debate goes on.

### CORRECTIONS



John Whitlock of Carthage and Paul Miller of western North Carolina pointed out to us that the stock car pictured at the old Orange Speedway on the cover of January's

magazine should have been identified as a 1964 Ford Galaxie 500, not a 1964 Ford Fairlane 500.

Also, we reversed the locations of the communities of Cat Square and Sun on our map accompanying Jay Barnes' story about North Carolina's atlas oddities. We knew better.

### CONTACT US

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## New transformers and substation will help Brunswick EMC serve its growing membership

Motorists on Highway 17 from Leland to Shallotte in Brunswick County were surprised not long ago by a large convoy of small trucks and police cars escorting an oversized carrier delivering one of two new 125-megavolt-ampere (mva) transformers for a new Brunswick EMC substation.

The 205-foot-long carrier held a 100-ton transformer, suspended on a "floating platform" between two sets of wheeled mechanisms that are specially designed for transporting this type of load and maneuvering around corners. The impressive rig had a total of 74 wheels and is the only one of its kind in the southeastern U.S.

The transformer was built in Wisconsin and shipped by rail to Leland, where the nine-man crew from Turner Transfer of Greensboro loaded the transformer onto their rig. The Brunswick EMC bucket trucks in the convoy were ready to move overhead wires, but it proved unnecessary, although a detour through downtown Shallotte was required as there was not enough clearance at the Rte 130/Hwy17-Shallotte underpass.

This unit is the first of two 125-mva transformers ordered for the new Brunswick EMC transmission substation under construction on Old Shallotte Road in Grissettown. These transformers will take high-voltage electricity from the delivery transmission grid and convert it into lower voltage electricity to be delivered to BEMC's distribution substations, which then convey it to individual locations.

The Grissettown substation was conceived in the mid-1990s as part of the co-op's plan for meeting the growing demand for power throughout the BEMC service area. Land acquisition, permitting, environmental studies, engineering, selection of vendors for construction and materials, and site preparation are now complete and construction is underway. The target date for completion is the fall of 2004.

This new substation, identical in size to the Prospect substation in Supply, will increase BEMC's system capacity by more than 50 percent. It is positioned to provide additional capacity to handle summer peak demand from the Calabash and southern Brunswick County areas and eventually tie into Columbus County as well. The entire BEMC system will benefit from the increased capacity for handling peak demand as well as the ability to provide alternate routing paths in the event of an outage.

Brunswick EMC, a Touchstone Energy cooperative, is the third-largest electric cooperative in North Carolina, serving nearly 65,000 locations in Brunswick and Columbus counties plus parts of Bladen and Robeson counties.



**This 74-wheel truck transported one of Brunswick EMC's new transformers to its substation in Grissettown.**

## Two appointed to state electrification authority



**Edith C. Cox**

Gov. Mike Easley has appointed James Ronnie Alderman of Clinton and Edith Cameron Cox of Cameron to the North Carolina Rural Electrification Authority.

An agency within the Department of Commerce, the Rural Electrification Authority reviews all electric and telephone cooperative applications for federal funding and investigates member service

issues. There are five members on the board, each serving a 4-year term. The governor appoints all members, as well as the administrator.

Alderman has been the director of protective services for Sampson Regional Medical Center since 1979. He is a board member for the Star Telephone Membership Corporation and a facility member for the National Fire Protection Association. Alderman received his associate's degree in academics from Wingate College in 1972, his associate's degree in criminal justice from Sampson Community College in 1981, and his bachelor's degree in political science from Fayetteville State University in 1983.

Cox is a board member at Central Electric Membership Corporation, Sanford. She worked in Harnett County public schools before retiring in 1993. She was a guidance counselor from 1986 to 1993 and was assistant principal from 1977 to 1986. Currently, Cox is involved with her church, where she serves as director of youth for the Christian Education Department of the Central North Carolina Conference of the African Methodist Episcopal Zion Church. She received her bachelor's degree and attended graduate school at N.C. Agricultural and Technological University.

## Backyard bird count is Feb. 13-16

Bird enthusiasts are invited to take part Feb. 13-16 in the Great Backyard Bird Count (GBBC), a project developed and managed by the National Audubon Society and the Cornell Lab of Ornithology with sponsorship from Wild Birds Unlimited store owners and the Natural Resources Conservation Service (NRCS), a division of the USDA. During the event, everyone who enjoys birds will be able to submit their observations through BirdSource <http://www.birdsource.org>. Participants will help conservationists, ornithologists and the rest of the world determine the status of bird populations continent-wide.

# A new national study concludes that America's electricity sector must transform itself

A new study concludes that the electric utility industry in the U.S. has reached a strategic stalemate and must transform itself soon to avoid what could become an unstable situation for a nation wholly dependent on reliable electric power.

The study was conducted by the nonprofit Electric Power Research Institute, which works on behalf of the industry worldwide, including electric cooperatives. EPRI released its report, "Electricity Sector Framework for the Future," in August after a year-long study.

Forces combining to stymie the electricity sector of the economy, EPRI says, include "political distractions" over policy, a turmoil of confusing restructuring initiatives in some states, a counterproductive government regulation debate, an aged infrastructure, an inclination toward maintaining the status quo, and an under-informed consumer sector. Symptoms include blackouts, an uncertain power supply and an energy trading enterprise that has not engendered confidence yet. Yet those involved in the business of producing and delivering electric power all agree that they are ready, willing and able to begin the transformation.

EPRI points out that for most of its history, the electricity business and its government partners have been driven by objectives intended to lower the cost of the commodity. The goal of a relatively inexpensive, efficient and safe power supply was achieved by about 1970, the report says, and efforts since then to continue the tradition—including allowing an open market for wholesale power, as well as other restructuring or deregulation experiments—have not fully succeeded. Since 1992, when the wholesale energy market opened up, EPRI says "the institutional structure for the electricity sector has been dismantled, but it has not been replaced by an alternative structure with coherent institutions and rules." Investor-owned utilities now face inconsistent regulations, and consumer-owned utilities like cooperatives suffer the ripple effects, such as a reluctance to invest in fixing the aged regional transmission grid and in new technology.

A blend of market forces and even-handed regulation can solve the problems, EPRI says, and those involved agree that the role of government should be limited, noting that "leadership accountability for most of these actions rests with the electricity industry itself." A key is for consumers, businesses and government to perceive electricity as not just a commodity, but as the lifeblood of the nation's way of life.

The main elements of the transformation that EPRI says should take place during the next decade are:

- Stabilize electricity markets
- Provide for the public good
- Protect the environment
- Educate and empower the consumer
- Unleash innovation

Advanced technology will play a major role, the study says. This should include digital control of the transmission and distribution network, blending electricity and communication services for consumers, making the meter a "two-way energy/information



Richard G. Biever

portal," introducing "distributed energy resources" (small-scale energy production systems at the user end), and a stronger power generation system that includes coal refining.

Noting that a failure to invest in the sector's infrastructure (mainly transmission and distribution facilities) actually costs consumers, EPRI says fixing the infrastructure could save consumers money now spent on maintaining what's here. Honest information programs will help consumers understand the need for "increasing the functionality and value of electricity rather than simply reducing its cost." One project would be to produce an independent evaluation that compares the benefits of transforming the industry to the costs of maintaining the status quo. The area that needs the most attention, EPRI says, is the transmission grid (the "first point of meltdown"), and that advanced technology and a nationally cohesive system are needed to fix it.

Investor-owned utilities, EPRI says, need a market that contains fewer risks and uncertainties. Regional differences can be accommodated in a comprehensive set of market rules, transmission should be operated independently, and energy trading practices should be standardized.

The report says the public should know that utilities are accountable, the fuel supply is diverse, the delivery system secure and the "obligation to serve" remains ironclad.

Also, all advances should be environmentally safe, and incentives should be in place to encourage development of environmentally-friendly technology.

The current debate between the roles of the state and federal government over deregulation or restructuring is "counterproductive," the report says. Government should allow utilities flexibility in the marketplace.

A new system is needed for designing rates, EPRI says, that permits equal allocation of risk and reward among consumers, investors and society in general.

Consumer confidence is at stake in the quest to transform the electricity sector, EPRI says. And the report concludes that virtually everyone involved in the sector, including ratepayers, is prepared to start the transformation.

The full report and background information are available at the EPRI Web site: [www.epri.com](http://www.epri.com)

— Michael E.C. Gery

# CAROLINA CABINS



Mr. and Mrs. Robert O. Adkins moved this cabin into their backyard in Stokes County in 1990. It had originally been built by Mrs. Adkins' great-grandfather in 1893.



Greg and Tina Smith built this cabin behind their Surry County home in the late 1990s.

PHOTOGRAPHY ©2004 BY GERALD YOKELY  
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# ELECTRIC CO-OPS SUPPORT DEVELOPMENT OF TAMPER-PROOF Child Guarde Receptacle Protector



*Chris Skarie (right) came up with the idea for Child Guarde after his daughter Jasmine tried to insert a key into an electrical outlet as a toddler.*

**W**hen you become a parent for the first time, the knowledge that you are completely responsible for the safety of your child is instantaneous. You must teach your child about the dangers of many things, including electricity and outlets.

Chris and Shelley Skarie were well aware of this by the time their second child, Jasmine, was a toddler. However, Jasmine inadvertently got a hold of a set of car keys and was about to insert a key into an electrical outlet when Shelley discovered it. If Shelley had been a few moments later, the outcome could have been far different.

Because of their smaller body mass, children can suffer severe burns and, in extreme cases, electrocution when they stick objects into electrical outlets. The event frightened Shelley and her husband.

Some time later, Chris Skarie told his uncle what had happened, and the two of them wondered if there was any way to make outlets safer for kids. “As we were kicking around the idea,” Chris said, “we realized everybody out there was doing it backwards. Instead of trying to keep the kids from putting things in an outlet, just make sure there isn’t any power there when they do.”

Chris set out to develop a product that would do just that. “I built the first unit using electrical components that you can buy right off the shelf,” he said. “The technology was already there, I just put it together in a new way.”

Chris, a mechanical engineer by trade, and his uncle Loren Skarie evolved and patented the technology that is able to distinguish the difference between foreign objects and a proper plug. This tamper-resistant device keeps power to the outlet off until the dual sensors detect the insertion of a proper plug.

Chris and Loren knew they had invented something of value and pursued investors to further develop the product and take it to market. “One of the first places we looked to was the electrical cooperatives,” said Chris. “We were familiar with cooperatives, we appreciated their philosophy, and we felt it was something their customers would value.”

## Refining the technology

“We were interested in this product immediately,” said Steve Lindenberg, executive director of Research and Technical Services at the National Rural Electric Cooperative Association in Arlington, Va. “It is beyond the scope of what we normally participate in through the Cooperative Research Network (CRN), the research arm of the NRECA, but we thought it had a lot of merit.”

The CRN typically offers research support for projects closely-tied to core electric co-op services and in most cases products ready to enter the market.

“This product is unique because of its promise directly to consumers,” said Lindenberg. “We were interested in funding this technology because of its safety component. It offers an additional level of safety to homeowners and families, especially with small children.”

The CRN has three objectives when funding product research: share the financial

risk, analyze the product from a technical aspect, and look at its ability to become a stable, operational business.

In exchange for CRN research support of this product, CRN took an equity ownership and hopes to receive repayment for the investment. Similar to smoke alarms or ground fault outlets, this product has the same opportunity to be used in hundreds, thousands or perhaps every home in the U.S., Lindenberg said.

## Going to market

After further developing the product, Chris’ dad, Carl Skarie and Don Lende of Pelican Rapids, Minn., owners of Northern Lakes Technology in Detroit Lakes, Minn., licensed the outlet attachment as The Child Guarde™ with Dual Sensor Technology™ under the Home Guardian™ brand.

The next important step was to submit the Child Guarde to the Underwriters Laboratories Inc. (UL) for approval. Most retailers require a UL listing before they will sell safety products. The UL is an independent, not-for-profit product safety testing and certification organization. They have tested products for public safety for more than a century.

The Child Guarde is currently in testing at UL and will be listed by them soon, according to Carl Skarie.

The cost is about \$25 each. Some cooperatives may sell Child Guarde in the future. You can now purchase it online at:

- [www.drbbabyproofer.com](http://www.drbbabyproofer.com)
- [www.safebeginnings.com](http://www.safebeginnings.com)
- [www.childguarde.com](http://www.childguarde.com)



*The Child Guarde is placed in a standard duplex outlet and will not pull out when removing electrical plugs. It keeps power to the outlet off until the dual sensors detect the insertion of a proper plug.*

**Learn More:** Northern Lakes Technology, Inc., P.O. Box 1702, Detroit Lakes, MN 56502. Phone: 218-846-9512.

### Forgot Valentine's Day (again)?

Flower.com says that if you get your order in by 2:30 p.m. on a weekday, they can deliver flowers to a North Carolina destination the same weekday. For same-day service on the weekend, you'll need to order by 1 p.m. Saturday and 11 a.m. Sunday. Flower.com is a national service that uses North Carolina florists for delivery to

North Carolina homes and businesses. Delivery items include flowers, plants, specialty balloons and gift baskets. One dozen red roses is \$67.99. Call (800) 366-3024 or visit [www.flower.com](http://www.flower.com).

### N.C. Food Bank

Hunger remains a serious problem for some North Carolinians. The Food Bank is a nonprofit organization that provides food for people in 34 counties in central and eastern North Carolina. Almost half of the people served by the Food Bank's network are children, and another 11 percent are elderly.



Others are the working poor. The Food Bank welcomes religious, corporate and youth groups, service clubs, and individuals as volunteers. Volunteers, along with

food and money donations, make it possible for the Food Bank to accomplish its mission of alleviating hunger. To help, call (919) 875-0707 or visit [www.foodbank.org](http://www.foodbank.org).

### Certificates for getaways

You can treat a loved one to a relaxing getaway through gift certificates for participating B&Bs and inns in North Carolina. The certificates, available in amounts of \$50 each through [BedandBreakfast.com](http://BedandBreakfast.com), will be delivered with a personal message from you. The recipient can choose a preferred date and location from the North Carolina list, or select among other participating properties across the U.S. There are at least 120 participating locations in North Carolina, and more than 3,000 to choose from nationwide. Call (800) 462-2632, extension 3483, or visit [www.bedandbreakfast.com](http://www.bedandbreakfast.com)



### Laurel Ridge B&B

Bed & Breakfast at Laurel Ridge borders the Rocky River and offers a country escape. For Valentine's Day, the Siler City B&B is offering a two-night minimum special that includes strawberries, chocolates and roses in the room. Sample breakfast menus include chocolate bread pudding with cream anglaise, eggs Nova



Scotia, poached eggs with smoked salmon and hollandaise sauce, fresh juice and freshly ground coffee. Room rates per night range from \$89 to \$139. Massages and other spa services can be arranged. Nearby attractions include the North Carolina Zoo and Seagrove potteries. Call (800) 742-6049 or visit [www.laurel-ridge.com](http://www.laurel-ridge.com).

### "Without You"

Singer, composer and performer Richard Simmons' "Without You" contains ballads and tunes that celebrate the Lord. Songs from the 10 titles include "Heart Collector," "Are you Washed," "Happy Wheels of Joy" and "Resting Place." The



Bertie County-born musician has made television appearances on "America's Gospel Favorites," "Carolina Calling," and "Gospel Music Television." Simmons was nominated "Pianist of the Year" by Singing News and took awards for "Male Quartet of the Year" (2002), "Voice of the Gospel Impact Award" (2000), and "New

Artist of the Year" (2000). Call (407) 622-4600 or visit [www.richardsimmons.com](http://www.richardsimmons.com).

### Outer Banks bride resource

Outer Banks Bride Magazine offers ideas and "do's and



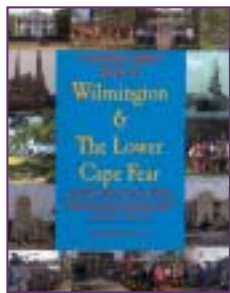
don'ts" for weddings held at the Outer Banks. The 28-page, full color magazine is free if you submit a request form online, and it provides a listing of more than 120 Outer Banks Wedding Association members. Visit [www.outerbanksweddingassoc.org/obbride.html](http://www.outerbanksweddingassoc.org/obbride.html).

### CAROLINA COUNTRY STORE IS ONLINE

Our store showcases items and services made in or for North Carolina. See more of what's in stock on our Web site at [www.carolinacountry.com](http://www.carolinacountry.com). If you've got something for the store, send information and pictures to our storekeeper through the Web site or by e-mail: [carolina.country@ncemcs.com](mailto:carolina.country@ncemcs.com)

## ON THE BOOKSHELF

### History guide to Wilmington & Cape Fear



This new 142-page book offers detailed histories of 71 attractions from Topsail Island to the South Carolina border. Complemented with more than 300 current and historic photos, "A History Lovers Guide to Wilmington & The Lower Cape Fear" includes information on a site's historical significance, contact information, admission fees, ferry schedules, maps and a listing of yearly events. Published by Dram Tree Books in

Wilmington. Softcover, \$17.95. Call (910) 251-8388 or visit [www.dramtreebooks.com](http://www.dramtreebooks.com).

### "North Carolina Slave Narratives"

The lives of former slaves Moses Roper, Lunsford Lane, Moses Grandy and Thomas H. Jones are examined in moving detail in this new collection. The four pre-1865 autobiographical narratives, set in North Carolina, were first widely read in the antebellum era and beyond. The piece by Grandy claims citizenship and the respect of full manhood. Lane's narrative discusses his experiences as a house slave to an elite Raleigh family in the wider context of economic and racial dynamics. Roper, who was owned or loaned to at least 15 masters, details his odyssey from a childhood of slavery to his adult achievements as an abolitionist. The last testimony, by Jones, delineates his experiences as a preacher to other slaves. Introductions to each narrative include historical information and explanatory notes. The editor, William L. Andrews, is an English professor at UNC-Chapel Hill, and has written or edited more than 30 books. Co-edited by David A. Davis, Tampathia Evans, Ian Frederick Finseth and Andrea N. Williams. Published by University of North Carolina Press. Hardcover, 296 pages, \$27.50. Call (800) 848-6224 or visit [www.uncpress.unc.edu](http://www.uncpress.unc.edu).



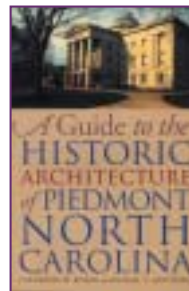
### "Fiddle Dee Death"

Old photos, an old flame, and a dead body. Who is he? Did he fall or was he pushed? And can cousin Bonnie wear green to the funeral? Southern manners mix with mystery as three cousins dig up old secrets and scandals while solving a who-dunnit. Author Caroline Cousins satirizes the social byways of the South Carolina Low Country, while her sleuths discover shady real estate deals and the culprit's true hair color. Popular author Fannie Flagg termed this book "hilarious and entertaining." Published by John F. Blair in Winston-Salem. Softcover, 240 pages. \$14.95. Call (800) 222-9796 or visit [www.blairpub.com](http://www.blairpub.com).



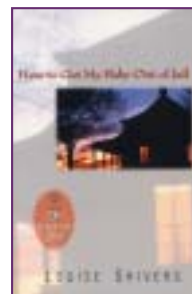
### Guide to Piedmont architecture

This comprehensive guidebook by Catherine W. Bashir and Michael T. Southern considers the region's architecture in its natural environment, along with its settlement and growth history. "A Guide to the Historic Architecture of Piedmont North Carolina" features more than 2,000 buildings and sites in central North Carolina, including log houses, mill villages, main streets, churches, Victorian neighborhoods, schools, civic buildings and skyscrapers. Highlights include such landmarks as North Carolina State Capitol, Raleigh's Memorial Auditorium, Durham's Tobacco Company complex, Winston-Salem's Reynolda House and Charlotte's Bank of America corporate headquarters. Hardcover, 624 pages, 53 maps, 536 illustrations. Softcover, \$22.50. (800) 848-6224 or visit [www.uncpress.unc.edu](http://www.uncpress.unc.edu).



### "Here To Get My Baby Out Of Jail"

Author Louise Shivers tells the story of Roxy Walston, a bored young mother and wife who lives in a small eastern North Carolina farming community. Walston's husband is preoccupied with his tobacco crop, leaving Walston restless and open to an affair with a handsome visiting stranger that leads to murder. Originally released in 1983 by Random House, Shivers' first novel was lavishly praised by the likes of acclaimed writer Eudora Welty ("honest, accurate and sensitive eye") and *The New Yorker* ("Subtly vibrant"). Shivers was raised in Wilson County and educated at Meredith College in Raleigh. Softcover, 145 pages. The 20th-anniversary edition is \$10.95. John F. Blair, Publisher, of Winston-Salem. Call (800) 222-9796 or visit [www.blairpub.com](http://www.blairpub.com).



### "The Roman Years of a South Carolina Artist"

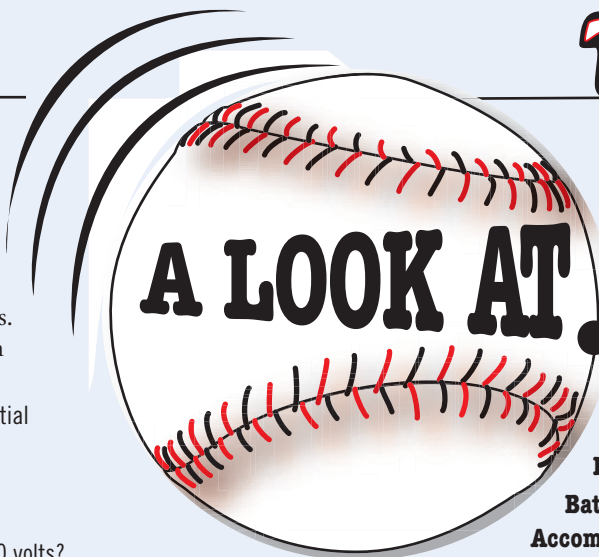
Caroline Carson (1820-1892) seemed destined for a life as a plantation mistress. Instead, Carson challenged Charleston convention, lived apart from her husband and made a life as an artist in New York and Rome. Carson's letters to her son from 1872-1892, edited by William H. Pease and Jane H. Pease, describe her intellectual and artistic pursuits, with insights into the emotional life of a mature woman. Interspersed are conversations with writers, artists and other famous visitors to her weekly salon, and observations about the scandalous lives of fellow expatriates. Letters selected in the book highlight the contrasting styles of American tourists and European aristocrats and depict Carson's scenic color paintings. Hardcover, 264 pages, 18 color illustrations, \$39.95. Published by University of South Carolina Press in Columbia. Call (803) 777-4848 or visit <http://www.sc.edu/uscpres>.





Electricity is one of nature's most powerful forces. One way we measure electricity is by volts, which indicate the strength of an electrical current.

- ⚡ Did you know that putting on a coat has the potential to generate 1,000 volts?
- ⚡ Walking on a carpet has the potential to generate 3,000 volts?
- ⚡ Using a comb has the potential to generate 10,000 volts?



**Name:**

Walter "Buck" Leonard

**Born:** Rocky Mount, N.C.

**Batted:** .391 average in 1948

**Accomplishments:** Known as the

"black Lou Gehrig," smooth-fielding first

baseman Walter "Buck" Leonard was one of the

best hitters to play in the Negro leagues. Even-tempered and sweet-singing,

Leonard was a terror at the plate and the backbone of the Homestead

Gray's dynasty of the late 1930s and 1940s. The left-handed hitter

eventually made Baseball's Hall of Fame. Leonard died in 1997

at the age of 90 and was buried in Rocky Mount.

**Quote:** "It is nice to receive praise and honor from men, but the greatest praise and honor come from our Lord and Savior Jesus Christ." - B.L.

**Little-Known fact:** Leonard earned his high school diploma when he was 52, because Rocky Mount did not have a high school for African Americans when he was growing up.

## VALENTINE'S DAY

### Message-in-a-Cookie

- 1 egg white
- ¼ cup sugar
- 1 tablespoon water
- 2 tablespoons butter, melted
- ¼ teaspoon vanilla
- ½ cup flour
- Red food coloring (optional)

Preheat oven to 350 degrees F. Grease cookie sheets. Put egg white and sugar in small bowl. Add water, butter, vanilla and mix. Add flour and stir. (For pink or red cookies, add a few drops of red food coloring at this time.) Drop by teaspoonsfuls onto cookie sheets. Flatten cookies with a spoon back until cookies are spread very thin and are almost transparent.

Bake 3-5 minutes, until lightly browned on edges. Remove quickly and work FAST. Place a fortune message on a small piece of red paper in the cookie and fold cookie in half, then in half again, to shape like a fortune cookie. Work with four to six cookies at a time. Examples of messages: "You are sweeter than this cookie," "I am sweet on you," and "Hey, cookie!

I like you." Let cool before serving.



What does North Carolina's motto, "Esse Quam Videri," mean?

It means "To Be Rather Than To Seem"

## classroom chuckle

What did the teacher say to the math students?  
You've got a lot of problems!

# SURF it!

Web site about electricity: Museum of Science's site at [www.mos.org](http://www.mos.org)

Walter "Buck" Leonard: visit the Negro League Baseball Players Association at [http://www.nlbpa.com/leonard\\_\\_buck.htm](http://www.nlbpa.com/leonard__buck.htm)

## WE'D LIKE TO HEAR FROM YOU!



If you have suggestions or comments about our bimonthly page, Tar Heel Lessons, email [carolina.country@ncemcs.com](mailto:carolina.country@ncemcs.com), write Carolina Country Tar Heel Lessons, P.O. Box 27306, Raleigh, NC 27611, or call (800) 662-8835, ext. 3036.

# Boosting the power of your word processor

In the competitive world of personal computers, software companies act like little empires, conquering related programs and gobbling up the territory they once held. Programs continually add features, causing other software that once consisted of only those features to go away.

The most commonly used office-type program, the word processor, is a case in point. Popular programs such as Microsoft Word now include a spelling and grammar checker, thesaurus, clip art, hyperlinking, page layout, envelope and label creation, mail merge, and other tools that you once needed other programs for.

But niches still exist for enterprising third-party companies to provide add-ons enabling you to do useful things that Word alone can't. Two good ones released relatively recently are Word Menu and GuruNet, both of which you can download and try out for free.

Word Menu is an idea thesaurus, similar to the older and still existing program IdeaFisher, though at \$34.95 is less expensive. The program at its essence is a database of words organized hierarchically into categories, or "menus."

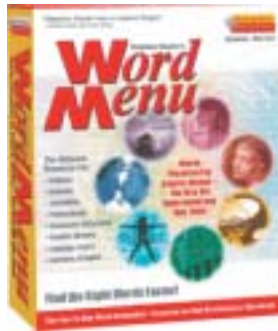
The simplest way to use the program is to browse through its 76,423 words in their 984 categories (new words are periodically added through Web updates). By browsing this way you can, for instance, learn the lingo of an unfamiliar field, from banking to world dance. Terms are accompanied by short definitions.

You can also use the search feature to turn the program into a reverse dictionary, letting you find the right word through other words in its definition, and a thesaurus, showing you related words.

If you're not satisfied with what the program itself offers, ingenuously, it lets you right-click on a word to connect to the Web sites Dictionary.com or Thesaurus.com for more definitions or synonyms. A fast Internet connection helps here.

Word Menu, at [www.wordmenu.com](http://www.wordmenu.com), is available for computers running Windows or Mac OS X. The initial download is about 12 megabytes, with the free trial period lasting two weeks.

GuruNet, formerly called Atomica, is another wordsmithing tool, though it more tightly integrates with both your word processor (or any other program) and the Web. Unlike with Word Menu, whose content resides mostly on your hard disk, most of GuruNet's content resides on its Web site. This makes a fast Internet connection even more important.



Once you install the program, to find out more about any word on your screen in any program you're in, you just click on it while holding down the Alt key. Alternately, you can change this sequence, to Shift-Alt-click, for instance.

When you call upon the program this way, you're sent to GuruNet's Web site, which first presents you with a definition of the word, more detailed than with Word Menu. If you click on the speaker icon, a man's voice pronounces the word for you through your computer's speakers.

You can access more information about the word by clicking on tabs at the top of the window. These tabs show you synonyms for the word and any special technology or military meaning it may have.

Others tabs, impressively, provide a small film clip of a woman saying the word using sign language, translations of the word in 15 foreign languages, images relating to the word available for

downloading, and news stories related to it. In all, you can access up to 150 dictionaries, glossaries, and reference works about the word you're exploring.

You can try out GuruNet, at [www.atomica.com](http://www.atomica.com), without charge for one week. After that, there's a one-time charge of \$39.99. Alternately, you can use an abridged ad-supported version for free. GuruNet currently works only with Windows and Microsoft Internet Explorer. The initial download is about 1.5 megabytes.

There's nothing stopping CD-ROM or DVD-based reference works such as Encyclopaedia Britannica, at [www.eb.com](http://www.eb.com), and Microsoft Encarta Reference Library, at [www.microsoft.com/encarta](http://www.microsoft.com/encarta).

It's quicker to access information with these programs than over the Web unless you have a cable, DSL, or other broadband Internet connection, and even if you have one, CD-ROM or DVD-based programs generally have more multimedia features than Web reference sites.

Word Menu complements CD-ROM dictionaries such as Oxford English Dictionary (Second Edition) on CD-ROM and The New Shorter Oxford English Dictionary on CD-ROM, at [dictionary.oed.com](http://dictionary.oed.com), and the American Heritage Talking Dictionary, an older but still excellent dictionary and thesaurus available through various online discounters for under \$10. The latter lets you quickly look up definitions, find synonyms and have a voice to pronounce words for you.

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*Reid Goldsborough is a syndicated columnist and author of the book "Straight Talk About the Information Superhighway." He can be reached at [reidgold@netaxs.com](mailto:reidgold@netaxs.com) or <http://www.netaxs.com/~reidgold/column>.*

# YOU may win \$50 when you find the value of ELECTRIC COOPERATIVE

We are offering a \$50 prize to some lucky reader who sends us the correct answer to this puzzle. Send your entry by Feb. 15. Correct entries will be numbered as received, and the winning entry chosen at random by computer. The winner's name and puzzle answer will be published in our April issue.

E-mail or mail your answer to:

JOYNER'S CORNER  
 carolina.country@ncemcs.com OR 901 Greenwood Drive  
 Hendersonville NC 28791

Include your mailing address, residence telephone number, and, if you are willing, your age bracket (teens, twenties, seventies, nineties). Only one entry will be accepted for your phone number. More than one entry will void all entries for this number. Your age bracket will prove our point that all ages enjoy puzzles. We've had entries from readers as young as 11.

There are 10 different letters in ELECTRIC COOPERATIVE, and we have given each different letter a different value from zero through nine. In addition we have made up a list of 10 words, using letters from ELECTRIC COOPERATIVE, and have summed up the value of the letters in each word.

For example, if T=1, O=2, A=3, and L=0, the value of TOTAL would be 7 (1+2+1+3+0). It isn't.

Your challenge is to find the value of ELECTRIC COOPERATIVE. One way is to find the value of each letter and add them up.

CLEAR=21 COVER=27 EAT=10 ELATE=12 PRACTICE=35  
 PRIOR=36 PROVE=30 REAL=18 TEAR=19 VICE=14

$$E + L + E + C + T + R + I + C + C + O + O + P + E + R + A + T + I + V + E$$

$$\_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ + \_ = \_$$

answers on page 49

## MATCH BOXES

Match the boxes above with the boxes below to create two multiplication problems. Solve the problems and write your answers in the box tops. Then match boxes again to find the name of a North Carolina county and its county seat in your answers.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| 7 | 8 | 5 | 1 | 6 | 0 | 2 | 9 | 3 | 4 |
| A | B | C | I | L | M | O | P | R | Y |

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |
| O | Y | O | L | C | R | B |

|   |  |  |  |  |  |   |
|---|--|--|--|--|--|---|
| X |  |  |  |  |  | 4 |
|   |  |  |  |  |  | Y |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|  |  |  |  |  |  |

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   |   |   |   |   |   |
| Y | R | A | Y | I | L |

|   |  |  |  |  |  |   |
|---|--|--|--|--|--|---|
| X |  |  |  |  |  | 2 |
|   |  |  |  |  |  | 0 |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|  |  |  |  |  |  |

Oh, Kay!



We've never been to Florida in the winter before.



Louise said it was 28 degrees in Orlando the other night.



—in Orlando, that's like freezing!

## haiku

\*an unrhymed verse form of Japanese origin having three lines containing usu. 5, 7, and 5 syllables respectively ...Webster's Ninth

Meter readers make a great deal more money than meter writers do.

- Cy Nical

# February *EVENTS*

## MOUNTAINS

(west of I-77)

**Mountain Music**  
Fridays, Old Fort  
(828) 652-3330

**"American Big Band"**  
Feb 7, Wilkesboro  
(336) 838-6277

**Fabulous Jazz**  
Feb 7, Waynesville  
(800) 491-6803  
[www.haywoodarts.org](http://www.haywoodarts.org)

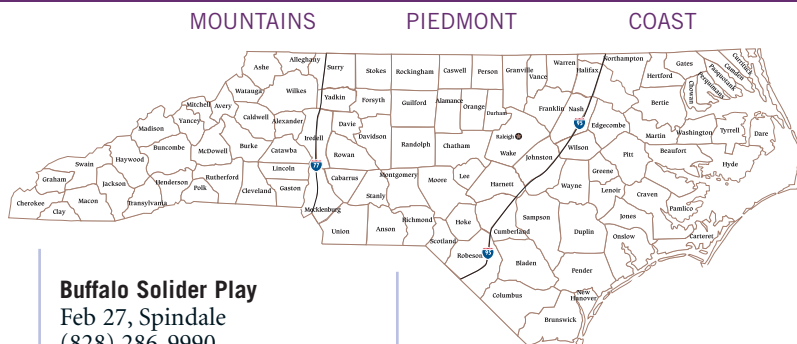
**Broadway Center Stage**  
Feb 12, Jefferson  
(336) 246-2787

**"On Golden Pond"**  
Feb 20, 21, 22, 26, 27, 28, 29  
N. Wilkesboro  
(336) 838-7259

**Kids Play About Swans**  
Feb 25, Spindale  
(828) 286-9990  
[www.FoundationShows.org](http://www.FoundationShows.org)

**Adams Duo Concert**  
Feb 27, Jefferson  
(336) 246-2787

**"A Few Good Men...Dancing"**  
Feb 27, Yanceyville  
(336) 694-4591



## Buffalo Solider Play

Feb 27, Spindale  
(828) 286-9990  
[www.FoundationShows.org](http://www.FoundationShows.org)

## PIEDMONT

(east of I-77 & west of I-95)

**"Ragtime" Musical**  
Through Feb 22, Fayetteville  
(910) 323-4234  
[www.cfrt.org](http://www.cfrt.org)

**African-American Lives**  
Saturdays, Raleigh  
(919) 715-0200  
[www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)

**"The Laramie Project"**  
Feb 1, 4, 5, 6, 7, Salisbury  
(704) 633-5471

**Frank Sinatra Tribute**  
Feb 6, Durham  
(919) 560-3030

**Bluegrass Trio**  
Feb 8, Raleigh  
(919) 715-0200  
[www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)

**"Kiss Me Kate"**  
Feb 16, Durham  
(919) 684-4444

**"A Midsummer Night's Dream"**  
Feb 20-21, Salisbury  
(704) 633-5471

**Choral Society Concert**  
Feb. 20-21, Durham  
(919) 733-2750

**Native American Pow Wow**  
Feb 21, Durham  
(919) 286-3366

**Folk Art Show**  
Feb 21-22, Pittsboro  
(919) 542-4000  
[www.fearrington.com](http://www.fearrington.com)

## Revolutionary Re-Enactment

Feb 21-22, Huntersville  
(704) 875-2312  
[www.lattaplantation.org](http://www.lattaplantation.org)

**Mountain Chamber Music**  
Feb 22, Durham  
(919) 493-5451

**Big Band Revue**  
Feb 25, Winston-Salem  
(336) 721-1945  
[www.inthemoodlive.com](http://www.inthemoodlive.com)

**Longhorn Rodeo**  
Feb 27-28, Winston-Salem  
(336) 725-5635  
[www.ljvm.com](http://www.ljvm.com)

**African Cultural Day**  
Feb 28, Winston-Salem  
(336) 767-6730

## COAST

(west of I-95)

**Ballet/Jazz Performance**  
Jan 29-Feb 3, Greenville  
(252) 328-6829

**Wildlife Decoy Festival**  
Jan 30-Feb 1, Washington  
(252) 946-2897

**"Shakespeare In Love"**  
Feb 3, New Bern  
(252) 514-4936

**Jazz Festival**  
Feb 5-7, Wilmington  
(800) 732-3643

**Boat Show**  
Feb 6-8, Williamston  
(252) 321-4287



Wartime posters can be viewed at "Powerful Persuaders: World War II Posters," an exhibit at the Charlotte Museum of History running through September 1. Call (704) 568-1774 or visit [www.charlottemuseum.org](http://www.charlottemuseum.org).

## FEBRUARY EVENTS

## MOUNTAINS

**Air & Space Images**

Through Feb 8, Asheville  
Asheville Art Museum  
(828) 253-3227  
[www.ashevilleart.org](http://www.ashevilleart.org)

**Youth Art**

Feb 25-April 17, Jefferson  
(336) 246-ARTS  
[www.ashcountyyarts.org](http://www.ashcountyyarts.org)

**Coach Shelton Exhibit**

Through March 1, Mount Airy  
Mount Airy Museum of  
Regional History  
(336) 786-4478  
[www.northcarolinamuseum.org](http://www.northcarolinamuseum.org)

**Dinosaur Eggs**

Through May 16, Gastonia  
Schiele Museum  
(704) 866-6909  
[www.schielemuseum.org](http://www.schielemuseum.org)

## PIEDMONT

**"Artful Teapot"**

Jan. 31- May 30, Charlotte  
Mint Museum of Art  
(704) 337-2009  
[www.mintmuseum.org](http://www.mintmuseum.org)

**African-American Inventors**

Feb 2-March 31, Winston-  
Salem  
SciWorks  
(336) 767-6730  
[www.sciworks.org](http://www.sciworks.org)

**"Top Speed"**

Through Feb 6, Charlotte  
Discovery Place  
(704) 372-6261  
[www.discoveryplace.org](http://www.discoveryplace.org)

**"26 Contraptions, A-Z"**

Feb 7-May 31, Durham  
Museum of Life and Science  
(919) 220-5429  
[www.ncmls.org](http://www.ncmls.org)

**Mexican Tomb Figures**

Feb 27-May 22, Winston-Salem  
Museum of Anthropology  
(336) 758-5282

Now  
SHOWING**David Davenport Art**

Through March 4, Fayetteville  
Fayetteville Museum of Art  
(910) 485-5121

**"Defying Gravity"**

Through March 7, Raleigh  
N.C. Museum of Art  
(919) 839-6262  
[www.ncartmuseum.org](http://www.ncartmuseum.org)

**Colored Pencil Art**

Through March 31, Chapel Hill  
Chapel Hill Museum  
(919) 967-1400  
[www.chapelhillmuseum.org](http://www.chapelhillmuseum.org)

**"Soaring Symbols: Eagles"**

Through April 4, Charlotte  
Charlotte Museum of History  
(704) 568-1774  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

**Titanic Artifacts**

Through April 18, Raleigh  
N.C. Museum of Natural  
Sciences  
(919) 733-7450  
[www.naturalsciences.org](http://www.naturalsciences.org)

**World War II Posters**

Through Sept 1, Charlotte  
Museum of History  
(704) 568-1774  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

## COAST

**Jim Lee Photography**

Feb 2-24, Manteo  
(252) 475-1506  
[www.roanokeisland.com](http://www.roanokeisland.com)

**Scrimshaw Exhibit**

Through April 18, Beaufort  
N.C. Maritime Museum  
(252) 728-7317  
[www.ah.dcr.state.nc.us/sections/maritime/](http://www.ah.dcr.state.nc.us/sections/maritime/)

**"Politics In Action"**

Through Nov 28, Wilmington  
Cape Fear Museum  
(910) 341-4350  
[www.capefearmuseum.com](http://www.capefearmuseum.com)

**Garden Show**

Feb 6-7, Wilmington  
(910) 763-6739

**Victorian Valentine Workshop**

Feb 7, Bath  
(252) 923-3971  
[www.ah.dcr.state.nc.us/sections/hs/bath/bath.htm](http://www.ah.dcr.state.nc.us/sections/hs/bath/bath.htm)

**Folk Music**

Feb 7, Beaufort  
(252) 728-5991  
[www.downtownfolkarts.org](http://www.downtownfolkarts.org)

**Gala With Cruise Theme**

Feb 7, New Bern  
(252) 249-1904

**Chocolate Festival**

Feb 7, Morehead City  
(252) 504-2203

**Film Festival**

Feb 7, Manteo  
Free (252) 475-1506  
[www.roanokeisland.com](http://www.roanokeisland.com)

**Valentine Party**

Feb 8, Beaufort  
(252) 728-5225  
[www.historicbeaufort.com](http://www.historicbeaufort.com)

**Frank Sinatra Tribute**

Feb 12, Manteo  
(252) 475-1500  
[www.roanokeisland.com](http://www.roanokeisland.com)

**"South African Slide Lecture"**

Feb 13, Beaufort  
(252) 728-7317  
[www.ah.dcr.state.nc.us/sections/maritime/](http://www.ah.dcr.state.nc.us/sections/maritime/)

**Civil War Festival**

Feb 14, 15, Manteo  
(252) 475-1506  
[www.roanokeisland.com](http://www.roanokeisland.com)

**Poet Glenis Redmond**

Feb 19, Manteo  
(252) 475-1506  
[www.roanokeisland.com](http://www.roanokeisland.com)

**Greensboro Sit-In Documentary**

Feb 19, New Bern  
(252) 514-4936

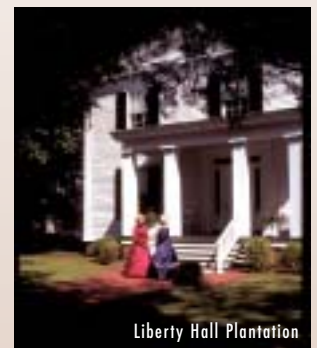
**Art Lecture**

Feb 26, Manteo  
(252) 475-1506  
[www.roanokeisland.com](http://www.roanokeisland.com)

**Agatha Christie Play**

Feb 26-29, Goldsboro  
(919) 736-3200

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[tour@duplintourism.org](mailto:tour@duplintourism.org)

[www.duplintourism.org](http://www.duplintourism.org)

## LISTING INFORMATION

Deadline for April: Feb. 23 | Deadline for May: March 25.

**It's Easy to Submit Listings on Our Web Site!**

Visit [www.carolinacountry.com](http://www.carolinacountry.com) and click on "See NC" to add your event to both the magazine and our Web site.

**Or Submit Listings by Mail, Fax or E-Mail**

Please include title, date(s), location, phone number and/or Web site url. Photos (300 dpi or hard copies) are welcome. Send to:  
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## GARDENING FOCUS

### Container gardening

From the smallest area to an expansive landscape, containers of plants add wonderful accents. Plant containers come in a wide range of sizes. Terracotta and concrete planters have been commonly used for years, but they have problems with freezing during the winter. This generally is due to moisture, which can be combated by using the newer frost-proof terracottas. A non-harmful chemical Smart Stuff, penetrates porous surfaces and keeps moisture out.

Plastic containers are more durable than ceramics and the lighter weight makes them ideal to move from place – as often helpful for sun-loving and shade-loving plants. Glazed ceramic containers are very attractive and shed water unlike other ceramic containers. When selecting a plant for a container, consider how much sun the plant will be exposed to. Plants dry out much quicker in a container. Also consider heat: will the plant be against a wall that gets heat all day? We now have potting soil which contains moisture-holding granules. The granules do not eliminate the need for watering, but help when conditions are extremely dry.

*It's only a matter of a couple of months before spring beckons gardeners to the joy of outdoors. Now is the time to plant evergreen and deciduous flowering shrubs. The sooner they are planted, the better chance for their survival and for good healthy growth.*

*February is a good time to prune trees bearing apples, peaches, plums, and other fruits. Bare-root roses do well if planted now. Potted roses may be planted at anytime.*

## On pruning

Pruning increases plant vigor because the water supply, minerals and any manufactured food go to a more select number of growing points.

Camellia japonicas may need some pruning to produce well-shaped plants. This is accomplished before they begin blooming. Camellia sasanqua is in the same family as C. japonica, but produces blooms more in clusters than single blooms. It's advisable to prune back quite a bit after it has finished flowering. They usually set flower buds in June, so one pruning of sasanquas is enough. Pruning later in the summer has the risk of cutting off flower buds. This plant makes a showy hedge; but keep in mind that late pruning will reduce the flower crop.

Azaleas require very little pruning; but light pruning gives a better shaped plant and more attractive blooms. This is particularly true of dwarf azaleas. Tall-growing types such as Formosa may require more pruning to keep them in bounds. Right after blooms have started turning brown is the best time to prune. Be sure to remove dead or injured branches when shaping or heading back plants.

Japanese Yew (Podocarpus) is among the few evergreens that attain such a delicate form. It has a tendency to send out long upright branches that need heading back to keep the plant full. Side branches also can be pruned to encourage column-type growth.

## Slugging the slugs

It soon will be time to stock up on insect and weed control products. Slugs, like snails, are Mollusks, not insects. They have soft bodies, about 1" to 2" long, covered with mucous membrane. They can live for several years, overwintering in the soil and surfacing in early



Early daylily

spring. As they slither across the garden, they leave a tell-tale slimy trail behind. During the day, they hide in dark, moist places, often under rocks and garden debris. At night they look for food – lettuce and other green vegetables with leaves near the ground are favorites. Leafy ornamental plant such as hosta can be destroyed. Natural enemies are robins, ducks, and other birds, as well as ground beetles, turtles, and snakes.

## Perennially yours

Most perennials like fertile, loose, well-drained soil that contains organic matter. These listed are among the best, easiest, and most popular perennials. For sunny spots: daylilies, black-eyed Susan, wild indigo (Baptisia australis), bloody cranesbill, and ornamental grasses. For shady spots: hostas, ferns, Lenten roses, variegata, and fragrant Solomon's seal.

## Ground covers

Low-growing, spreading plants create an overall united appearance between larger plants. Groundcovers very often can be used where grass will not survive. They are useful where no other plant is suitable because of vertical space limitations. Groundcovers add low horizontal lines to complement the severe lines of modern buildings. Their solid and stable appearance adds unity and stability to the total planting.

For more February gardening advice, go to the "Carolina Gardens" section of [www.carolinacountry.com](http://www.carolinacountry.com)

# Consider cleaning your duct system

**S**ome families can benefit tremendously from having furnace ducts cleaned and other families will notice no significant difference. If someone in your family has allergies, the first place to check is with your family physician before making a decision to have ducts cleaned. If poor indoor air quality or molds are suspected, then having the ducts professionally inspected and cleaned may help.

Your duct system may be driving up your utility bills and making your house uncomfortable even if it is perfectly clean. Many studies have shown the ducts in the typical home are leaky. When you look at a sheet metal duct system, there are many unsealed joints where one duct slips into another. If you measure around all those joints, it would total many feet.

The key to an efficient heating and cooling (HVAC) system is getting the heated and cooled air to rooms where you need it. If a percentage of the conditioned air is lost in the basement, utility room or inside the walls, you will have uneven temperatures in your home. This often causes you to set the thermostat higher during winter or lower during summer to stay comfortable.

When your furnace or heat pump is running, hold your hand near each ductwork joint to feel for leaky spots. Some spots will be visually obvious. Wrapping duct tape is a temporary fix, but it won't hold up for years. Aluminum tape is more durable and long lasting. Professional contractors use a thick gray sealer compound (Miracle Duct Sealer) that you can spread over the joints for a permanent seal.

Duct cleaning can also improve the efficiency of your furnace and air conditioner. Complete "duct cleaning" is more than just removing dust from inside the ducts. It also requires cleaning the blower, heat exchangers, cooling coils, and condensation pan. When these elements are clean, air flows with less resistance through the entire system and the heat transfer from coils and heat exchangers surfaces is more efficient.

All ducts are going to accumulate some dust over time. This generally is not a problem that requires cleaning unless your family experiences health problems. A duct cleaning company can inspect the furnace ducts to show you how dirty they are. This is often done using a video camera.

*By James Dulley*

If mold is present anywhere in the entire duct system, you should have the ducts cleaned. It is sometimes difficult

to determine if ducts contain just dust or also mold. To be certain, a lab can check it for you. This sometimes is as simple as touching a piece of tape on an inside duct surface and sending it to the lab to be analyzed. Check with your local Environmental Protection Agency (EPA) or health department office for lab locations.

There are several methods to clean ducts. One method is using an extremely powerful vacuum outdoors in a truck. A long hose is run to the furnace area and attached to the ducts. From the rooms, the dust inside the ducts is knocked loose with mechanical brushes, air jet brushes or air snakes. This eliminates any possibility of the dust leaking from the equipment into your house.

Another excellent method uses a smaller vacuum unit that is wheeled into your house near the furnace instead of being in a truck outdoors. Check with the contractor to make sure it has a high-efficiency particulate airborne (HEPA) exhaust filter so the dust from the ducts does not get into the room air. A third method uses a rotating brush attached to the end of a vacuum nozzle. The brush/nozzle, along with a video camera, is run through each of the ducts.

When it comes to duct cleaning, don't just shop for price. There are actual differences in the quality of the work performed. A poor duct cleaning job can actually be worse than none at all because it stirs up the dust in the ducts. Look for companies in which their cleaning technicians have National Air Duct Cleaners Association certification.

Before you sign a contract, ask for visual evidence that the ducts need to be cleaned. Ask the contractor how he plans to clean the other key components such as heat exchangers, coils and pans. If one component is left unclean, it may recontaminate the entire system. Ask for a full duct-length visual inspection after the job is done, preferably with a camera in the ducts.



**Cleaning methods include using a portable vacuum unit.**

Write for (instantly download-[www.dulley.com](http://www.dulley.com)) Utility Bills Update No. 733 - list of 550 certified duct cleaning companies across the country, descriptions of various cleaning methods and a checklist for selecting a duct cleaning company. Please include \$3.00 and a business-size SASE.

**Send to:**

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### Marinated Beef Tenderloin

- 1 cup soy sauce
- ¼ cup beef broth
- ½ cup olive or vegetable oil
- 2 tablespoons red wine vinegar or cider vinegar
- 4 to 5 cloves garlic, minced
- 1 teaspoon coarsely ground pepper
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon hot pepper sauce
- 1 bay leaf
- 1 whole beef tenderloin (3 ½ to 4 pounds)

In a bowl, combine the first nine ingredients; mix well. Cover and refrigerate 1 cup for basting. Pour remaining marinade into a large resealable plastic bag; add bay leaf and tenderloin. Seal bag and turn to coat; refrigerate overnight.

Drain and discard marinade and bay leaf. Place tenderloin on a rack in a shallow roasting pan. Bake, uncovered, at 425 degrees for 55-60 minutes or until meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees; medium, 160 degrees; well-done, 170 degrees), basting often with reserved marinade. Let stand for 15 minutes before slicing.

Yield: 6-8 servings.

### Sweetheart Trifle

- 1 package (18 ¼ ounces) chocolate cake mix
- 1 package (10 ounces) peanut butter chips
- 4 ¼ cups cold milk, divided
- ½ cup whipping cream
- ¼ teaspoon vanilla extract
- 2 packages (5.9 ounces each) instant chocolate pudding mix
- 1 carton (12 ounces) frozen whipped topping, thawed
- 4 Nestle Crunch candy bars (1.55 ounces each), crumbled



Prepare cake mix according to package directions. Pour the batter into a greased 13-by-9-by-2-inch baking pan. Bake at 350 degrees or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

In a heavy saucepan, combine chips, ¼ cup milk and cream. Cook and stir over low heat until chips are melted. Remove from the heat; stir in vanilla. Cool to room temperature. Place the remaining milk in a mixing bowl; beat in pudding mixes on low speed for 2 minutes.

To assemble, crumble half of the cake into a 4-quart trifle bowl or large bowl. Layer with half of the peanut butter sauce, pudding, whipped topping and candy bars; repeat layers. Cover and refrigerate for at least 3 hours before serving.

Yield: 12-15 servings.

### Loaded Mashed Potatoes

- 5 pounds potatoes, peeled and cubed
- ¼ cup sour cream
- ½ cup milk
- 3 tablespoons butter or margarine
- Salt and pepper to taste
- 3 cups (12 ounces) shredded cheddar cheese blend, divided
- ½ pound bacon, cooked and crumbled
- 3 green onions, sliced

Place potatoes in a Dutch oven and cover with water; bring to boil. Reduce heat; cover and simmer until tender. Drain and place in a mixing bowl. Add sour cream, milk, butter, salt and pepper. Beat on medium – low speed until light and fluffy. Stir in 2 cups cheese, bacon and onions.

Transfer to a greased 3-quart baking dish. Top with remaining cheese. Bake, uncovered, at 350 degrees for 30 minutes or until heated through and cheese is melted.

Yield: 14 servings.



Find more than 200 recipes and photos, and share your favorite recipes, at our Web site: [www.carolinacountry.com](http://www.carolinacountry.com)