

Durham Social
Notes Of Interest
By Mrs. Syminer Days 477-3370

Congratulations and best wishes to newlyweds, Mr. and Mrs. James Edward Huggins, Jr. Mrs. Huggins is the former Miss W. Verbal; and Mr. and Mrs. Christopher Collins.

Happy birthday anniversary to Ms. Susan Pervis and Mrs. Annie Jones.

The Russell Extension Home Makers Club gave its annual Senior Citizen's Dinner Saturday, August 22, at the Convention Home on Guess Road. Mrs. Berna Dunnegan welcomed the group and Mrs. Beatrice Jones gave a response.

Several games were played with Mrs. Joan Mickle in charge. Lots of nice gifts went to winners. Remarks and grace were given by the pastor, Rev. Fletcher, prior to the serving of a delicious buffet dinner.

The Harris family reunion was held Sunday, August 23, at the home of Mr. and Mrs. Robert Lee Harris, Sr., in Rougemont.

Mrs. Hazel Harris of Bahama has returned home after visiting her daughter and family in Ringwood, New Jersey. Mrs. Harris and her two grandchildren also visited her aunt, Mrs. Lizzie Bass in New York.

Mr. and Mrs. King Thomas have returned to Port Huron, Michigan after visiting her sister, Miss Sadie Tilley; her brother, Mr. and Mrs. George

Tilley; cousin, Mrs. Sallie Harris in Durham; sister, Mr. and Mrs. Russell Fredrick in Goldsboro and other relatives. Mrs. Thomas is the former Miss Ruth Tilley of Durham.

Sincere sympathy is extended to the families of: Mrs. Estelle Fowler, Silas Wayne Craig, Miss Cynthia Easterling, Miss Ruby Grissom, Mrs. Mayola Holman, Kenneth Singletary, Mrs. G. Ellis Alston, John H. Alston, Mrs. Christine Bond, John Lee Thomas, Ms. Emma Elliott, Clarence Jones, Sr., Mrs. Emma Sumpter, James Gibett, J.S. Clayton, Ms. Pauline Royster, Otis Hayes and Mrs. Carrie McNeil

Please do a good deed and pray for the sick and shut-in: Mesdames Hattie Parrish, Pearl Foskey, Estelle Nixon, Annie Strickland, Annie Roberts, Callie Glenn, Ruth Satterwhite, Sadie Tilley, Annie Myers, Georgianna Ray, C. Holman, Ella Mangum, Versie Harris, Quennie Jacobs;

Messrs. Nathan Green, W.A. Harris, Kermit P. Parker, Ervin Lyons, William Carrington, Joseph Wade, Robert Daye, Barrymore Kenion, Lucious Glenn, Hosea Moore, Eddie Cozart, Jr., Bonnie Lee Allen, Irvy (Doc) Long, Arthur Allen; Charlie McNeil.

Retiring

Edward M. Brown is retiring September 1 in Oak Ridge, Tennessee. This will be his second retirement. His first was from the U.S. Air Force. He is married to the former Miss Dora Chavis, daughter of Mrs. Effie Chavis who lives at Oldham Towers in Durham. Mr. and Mrs. Brown make their home in Strawberry Plains, Tenn.

Visits Parents

Dr. Dorcas Bradley of Montclair, N.J., is visiting with her parents, Mr. and Mrs. James Bradley, 1214 Kent Street, Durham.



All-wool houndstooth sport coat (\$85), in tan/rust/blue, chocklate brown cable-stitch sweater vest (\$13), light blue oxford cloth dress shirt (\$14), tan knit tie (\$6) and tan cordury "Thumbs-Up jeans (\$13). These or similar styles are available at most Sears fashion stores.

BIG STAR

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How To Feel Good During Pregnancy

Fayetteville Happennings

By Mrs. T.H. Kinney

Some women experience gastrointestinal problems during pregnancy. Others never do.

But there are ways to relieve the nausea, constipation and heartburn you may feel, says Sarah M. Hinton, extension foods and nutrition specialist at North Carolina State University.

"The reasons for nausea and vomiting in early pregnancy are not known," she explains. It usually disappears after the third month.

Women who feel nauseated should eat a few crackers, some dry cereal, or toast before even getting out of bed. They should get up slowly.

"Eat five or six small meals a day," Mrs. Hinton advises. "Never go for long periods without food."

Drink fluids between, rather than with, meals. And drink apple juice, grape juice and carbonated beverages when nauseated.

Avoid greasy or highly-seasoned foods, Mrs. Hinton says. And be sure to have fresh air in rooms where you sleep or cook.

Exercise, fiber and liquids help prevent constipation, the specialist says.

If it occurs, eat more raw fruits and vegetables, dried fruits, stewed prunes and apricots and prune juice.

"Use whole grain cereals and breads," when constipated, Mrs. Hinton says. And drink more liquids, including a glass of warm water when you get up.

"If constipation continues, talk to your doctor," Mrs. Hinton advises. Do not take any over-the-counter drugs or home remedies.

Heartburn may be a problem in the last months of pregnancy. "As your baby grows, there is increased pressure on your stomach," Mrs. Hinton explains.

To reduce heartburn, eat five to six small meals a day; limit fatty, fried and spicy foods and wear clothes that are loose around the waist.

"Again," Mrs. Hinton warns, "never take a medication before talking to your doctor."

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We Welcome Your Church News

News about your happenings at your church should be in our office not later than Monday at 5 p.m. of the week of publication.

You might send us a church bulletin that would indicate noteworthy news of your church happenings.

Poems are being accepted in four thematic categories — fantasy, love, nature, southern experience. This is sponsored by the Fayetteville Museum of Art and Writers' Ink. No limits and no fee for entering.

Members of Phi Beta Sigma Fraternity held their regular meeting Wednesday.

Miss Sylvia Faye Alford, daughter of Mr. and Mrs. Alexander Alford, and Capt. Rufus Washington, Jr., son of the Rev. and Mrs. Rufus Washington of Fayetteville, were married at 6 p.m. Saturday in Mount Zion AME Zion Church with the Rev. James E. Ingram officiating.

Miss Mary A. Hales, Ms. Cheryl McLaurin and Ms. Velma Johnson were hostesses for a reception in the church fellowship hall.

The bride is a graduate of Fayetteville State University where she received a degree in biology. She is employed as an air traffic control officer at Seymour Johnson Air Force Base in Goldsboro. The bridegroom is a graduate of A&T State University where he received a degree in business, and Golden Gate University where he received his MBA degree. A captain in the U.S. Air Force, he is a personnel officer at Sawyer Air Force Base in Michigan.

Linwood Ross Haith, Jr., formerly of Fayetteville, has completed his five years of residency in general surgery at Thomas Jefferson University Hospital and has joined a medical center in Chester, Pa. He graduated as valedictorian of his class at E.E. Smith High School in 1968.

Various groups are preparing for several tour and travel trips for the end of this month. The Outer Banks of North Carolina, which will include a visit to the Wright Brothers Museum at Kitty Hawk, a tour of a lighthouse. They will watch the play, "The Lost colony" in Manteo, and spend the night in the Elizabeth Inn. Call 396-8670.

You can see and enjoy at the Fort Bragg Playhouse "Whose Life Is It Anyway?"

Some are planning to join a group to Disney World in Florida September 4-7.

Jan and Dean will be performing at Hedrick Stadium in a free outdoor concert on September 8 beginning at 7:30 p.m. Call 396-3502.

Nathan Alton Baker has received his bachelor of arts degree from Tennessee Temple University in Chattanooga.

Jerry Butler did perform well. He said that "if they like his style in Charlotte, they'll like it in New York." Mr. Butler has been married for 23 years and the Butlers have two sons. The crowd was pleased with the too short, one-hour concert as it was so entertaining.

Think! Now women are dressing up again. The hat wearer is a new breed.

Fayetteville City Councilman Aaron Johnson has announced his candidacy for a second term. He says that if he is reelected, he would work toward the "much talked about" downtown revitalization.

John T. Wolfe, Jr., head of the division of humanities and fine arts at Fayetteville State University, has been elected to a three-year term on the North Carolina Humanities Committee. The committee is an independent citizen association that promotes educational activities for adults which draw on humanities.

Elmer Floyd, director of the Fayetteville Human Services Department for the past eleven years, has been elected president of the North Carolina Association of Human Relations Officials. The group held its annual meeting in Wilmington, last week.

Mrs. Gloria Dantzer has received her doctorate from Nova University.

Sympathy is extended to the Frederick family in the death of Charlie Pugh Frederick II, the seventh of the twelve children of the late Charlie Pugh and Mrs. Elnora Blount Frederick. He was funeralized in Warsaw, N.C., Saturday.