

### Program Set On Family Violence

On Sept. 24 the Mars Hill United Methodist Women and the Mars Hill Baptist Young Women will co-sponsor a community service forum on "Family Violence: Cause and Prevention," which will be held in the fellowship hall of the Mars Hill United Methodist Church at 7:30 p.m.

A nursery will be provided for small children. Guest leaders of the discussion will be Kym Fowler from the Blue Ridge Mental Health Center and Tom and Marian Plaut from Mars Hill College. Also, a short film entitled, "Behind Closed Doors," will be shown, which will provide some insights into the problems of spouse abuse.

All women in the area are encouraged to attend this informative discussion and learn how they can show their Christian concern for a friend, a relative, or a child who suffers from family violence.

### Baptist Youth Sponsor Rummage Sale

The youth organization of the Bull Creek Baptist Church is sponsoring a general rummage sale this Saturday, Sept. 22, at Jimmy Brown's new building near Gabriel's Creek intersection of Highway 213 between Mars Hill and Marshall. The sale will begin at 9 a.m.

### Health Watch

## Try These Safer Ways To Induce Slumber

If you are one of those people who lie awake hour after hour and watch the hands of the clock turn, don't fret — according to a recent Gallup Poll, over half the nation has trouble sleeping. Many insomniacs try to coax drowsiness through drugs. Sleeping pills, whether purchased over-the-counter or prescribed can lead to ad-

dition and oddly enough, fatigue in the waking hours. Most brands are ineffective after a three-week period, and continued use may result in chronic sleep disturbances or "rebound insomnia." If counting sheep doesn't turn you into a sleepy-head, here are a few popular and safer alternatives to induce slumber:

—exercises to relax the muscles and ease tension in the body.  
—a warm shower just before bed, which increases the blood flow to the surface of the body (This is an action that also occurs in the early stages of sleep).  
—repeated monotone sounds, such as a clock ticking or a recording of

falling water.  
—bedtime rituals which become "sleep signals," such as drinking a warm glass of milk or reading a chapter in a book.  
—a combination of the above methods, which creates a routine that should be carried out prior to retiring. This not only regulates your body's system but also lets it

know that its working day is over.  
Your bedtime environment should be comfortable and well-suited for sleep. A darkened or semi-dark room, good ventilation and satisfactory mattress are important to insure a good night's sleep. The bed should be firm yet flexible enough to support the shoulders and torso. Otherwise your body may not become fully relaxed and sleep will either be delayed or inconsistent enough to cause you to feel tired and sore in the morning.

## Patricia Fore Becomes Bride Of Rex Worley

Patricia Fore and Rex Worley were wed Sept. 14 at 7:30 p.m. in the Upper Walnut Creek Missionary Baptist Church. The Rev. Jay Griffin conducted the double-ring ceremony.

The bride is the daughter of Mr. and Mrs. Jimmy Fore of Marshall and is a 1979 graduate of Madison High School.

Mr. and Mrs. June Worley, also of Marshall, and is employed by Sprinkle-Shelton Wholesale Co. on the Marshall By-Pass.

The bridegroom is the son of Mr. and Mrs. June Worley, also of Marshall, and is employed by Sprinkle-Shelton Wholesale Co. on the Marshall By-Pass.

bride, served as maid of honor and Teddy Payne, cousin of the bridegroom, served as best man. Junior attendant was Jeremy Wilde, nephew of the bride. A reception followed the ceremony at the home of the bride's parents. After the wedding trip, the couple will reside at Marshall.



MRS. REX WORLEY  
...the former Patricia Rose Fore

### Mrs. Teague Is Hostess

Mrs. E.C. Teague was hostess to the Marshall Book Club at her home in Mars Hill on Monday, Sept. 17. In the absence of the president and vice-president, Mrs. Clyde Roberts presided. Plans for a luncheon celebrating the club's 40th anniversary were made; Mrs. Ollin J. Owens, a former member, will entertain club members and guests in her home in Travelers Rest, S.C. For the Oct. 15 meeting the group plans to hear the Duke Ellington orchestra at Mars Hill College.

Mrs. Gordon Claus presented the program, a review of the book "Miss Lulu Bett" by Zona Gale, a story of the liberation of Miss Lulu from family drudgery in an unexpected fashion. The dramatization of the play won the Pulitzer prize for drama in 1921. Mrs. Claus observed that even in those early days Miss Gale seemed already a little in women's lib.

Members attending were Mrs. Claus, Mrs. John Corbett, Mrs. Wade Huey, Mrs. J.L. McElroy, Mrs. W.T. McKinney, Mrs. R.R. Ramsey, Mrs. Walter Ramsey, Mrs. Roberts, Mrs. Teague, and Mrs. J.B. Tweed.

### Roberts To Attend Library Workshop

Madison County Librarian Lucille Roberts will be among approximately 100 public librarians from all over the state who will gather this week for a workshop sponsored by the State Library of North Carolina.

Entitled "Challenges: 1980" the three day workshop Sept. 18-21, at Gastonia's Ramada Inn is designed to give the librarians information on a variety of subjects of concern. It will feature speakers well known in the library world from as far away as Atlanta, Maryland and New York.

These experts will discuss such subjects as interior design and space planning, energy saving and making libraries user oriented. North Carolina librarians will also appear on the program to demonstrate procedures or special services.

Featured speakers will include Elaine Cohen from Croton-on-Hudson, a well known environmental behaviorist and library designer; Wanda Rachels of the U.S. Department of Energy, in Atlanta, who will give practical suggestions on how libraries can save energy; and Charles W. Robinson, a library director and officer of the public library section of the

American Library Association.

Secretary Sara W. Hodgkins of the N.C. Department of Cultural Resources will appear at the banquet Sept. 19.

David N. McKay, state librarian will be a session leader and speaker, as will the Hon. Major Owens, a librarian and New York legislator. Other speakers will include

North Carolina author Nancy Roberts, and Dr. Joe Hewitt of the Wilson Library, Chapel Hill, who will discuss the

MAMA CAT PORTLAND, Ore. (AP) — Venus, a black cat, is nursing five babies.

Three are female kittens she gave birth to at the Oregon Humane Society. Two are female puppies

Triangle University Libraries Cooperation Committee.

The workshop is funded by the Library Services and Construction Act.

### School Menu

**BREAKFAST**  
Monday, Sept. 24 - pancakes with syrup, juice and milk.

Tuesday, Sept. 25 - no school  
Wednesday, Sept. 26 - cinnamon toast, sliced peaches and milk.

Thursday, Sept. 27 - cherry turnover, juice and milk.  
Friday, Sept. 28 - cookies, apple and milk.

**LUNCH**  
Monday, Sept. 24 - chipped ham on bun, lettuce and tomato, potato salad, school made cookies and milk.

Tuesday, Sept. 25 - no school  
Wednesday, Sept. 26 - corn dog, slaw, french fries, apple and milk.

Thursday, Sept. 27 - bologna and cheese sandwich, lettuce and tomatoes, orange and milk.

Friday, Sept. 28 - meat loaf, creamed potatoes, slaw, pear crisp, rolls and milk.

### Suzetta Faye Bragg Weds Charles Wolfe

Suzetta Faye Bragg of Greensboro became the bride of Charles Larry Wolfe of Greensboro on Sept. 8 in the

Mars Hill United Methodist Church.

The Rev. Jim Boles conducted the ceremony.

Mr. and Mrs. E.C. Howard of Mars Hill are the bride's parents. She was given in marriage by her father.

The bridegroom is the son of Nora Wolfe of Greensboro. William Ronald Morton was best man. Allyson Ann Blackman of Durham was maid of honor.

A reception was held at the home of the bride's parents.

Mrs. Wolfe received her bachelor of science degree in mathematics at the University of North Carolina at Greensboro and is a professional medical representative for Cooper Laboratories in the Greensboro area.

Wolfe is employed with Thomasville Chrysler-Plymouth Co. in Thomasville.



MRS. CHARLES WOLFE  
...the former Suzetta Faye Bragg

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Let us STEAM-CLEAN  
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AIR CONDITIONED  
Open 6 a.m. - 10 p.m.

# FAMILY DOLLAR

**MEN'S FASHION SALE!**

**Ladies' Fall Fashion Pant Suits Or Skirt Sets**  
**6.99**  
New fashion neck and waist treatments in a group of long and short sleeve sets. Fall darks and muted tones. Sizes 8-16.  
Ladies' Belts .. 2.00  
Fall Handbags .. 4.00

**Men's Double Knit Dress Pants**  
**6.88**  
Polyester slacks in tan, green, navy blue and brown. Sizes 30-42.

**Fashion Jeans**  
**7.99**  
Straight leg or flare leg with fashion pocket details. Men's 28-38.

**Dickey Shirts**  
**5.99**  
Long sleeve knit shirt with turtle neck dickey. Fall colors. S, M, L, XL.

**Knit Shirts**  
**3.99**  
Turtle neck and collar style. Long sleeve. Sizes S, M, L, XL.

**Men's Work Boot**  
**9.99**  
Foam padded ankle collar & lug sole. 6" upper. 7-12.

**Special Purchase! Albums And 8-Track Tapes**  
**2.99**  
• Famous Artists • Top Hits  
Discopedia, Elvis, Johnny Cash and many, many more. Pop, rock, soul and country/western selections.

**Aluminum Foil**  
**3.89<sup>c</sup>**  
Each roll 12"x25". Limit 3.

**Wilkinson Disposable Razor**  
**12 For 1.00**  
One piece razor and blade. Single edge.

**Kitchen Fresh Cookies**  
**2 Pkgs. 88<sup>c</sup>**  
New larger pack. Great after school snack!

**Love Affair Douche**  
**3 For 1.00**  
Cherry or strawberry scented. 4-oz.

**Aim Or Close-Up Toothpaste**  
**79<sup>c</sup> Ea.**  
Aim fluoride or Close-Up in 6.4-oz. tube.

**Right Guard Anti-Perspirant**  
**99<sup>c</sup>**  
Reg. unscented or powder. 4-oz. can.

**FAMILY DOLLAR STORES**  
NO. 171 MADISON PLAZA  
US NO. 25 & US 70 BY PASS  
MARSHALL, NC

**Girl Scouts To Register September 24**

The Mars Hill Girl Scout troops will be registering on Sept. 24 at 7 p.m. at the Mars Hill Elementary School cafeteria. Parents or guardians must attend this meeting to register their daughters for the new scout year. Registration fee is \$3. Any adults interested in working with the troops as leaders, assistants, or resource people are welcome to attend this meeting. Girl scouting is an extremely important part of our community development. Young women who participate in the scouting program learn more about serving their communities effectively, developing their personal and professional potential, and being active citizens. As the Madison County Girl Scout program grows, please give your support through contributions of time, money and resources.

**Personal**  
Mrs. Leona Featherbay and Miss Queen Sawyer have returned to their home in Marshall from Binghamton, N.Y., where they spent two weeks visiting relatives of Mrs. Featherbay and attending a family reunion. While there, they also visited in New Jersey.  
Mr. and Mrs. Boy (Betty) Rutherford of Knoxville, Tenn., and their daughter, Brenda Rutherford, of St. Paul, Minn., and Mr. and Mrs. Henry Heinz of Powell, Tenn., spent Saturday with Bill Deaver and his sister, Anna May.

## 50% Or Less Sale

### Special Discount

**\$1.00 Rack**

**\$5.00 Rack**

**\$10.00 Rack**

## STOREWIDE SALE

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