

HELPING PEOPLE LIVE WITH **change**

Ellen Willis  
Assoc. Extension Agent

**Schedule**

Monday, October 5, 8:30 a.m.  
Staff Conference

Thursday, October 1, 10:00 a.m.  
Area Meeting -- Wayside, Raeford  
Morning and Rockfish Extension  
Homemaker Clubs, Lester Building.

Thursday, October 8, 2:30 p.m.  
Area Meeting -- Raedean and  
Allendale-Antioch Extension  
Homemaker Clubs, Lester Building.

**HINT:** Old Card tables can be given a new face by pasting pretty wallpaper over the top and shel-lacking.

**COUPLES COMMUNICATION**

Maybe you know a couple who don't seem to listen to each other or who seem to argue about everything. Well, there are a lot of couples who don't communicate well. In fact, there are about fifty percent as many divorces as marriages last year. And poor communication was probably a major contributing force in many of those divorces.

For many couples learning better ways of communicating consists of four areas. First, learning to be an active listener. That is, making sure you hear what your partner is trying to say and checking it out to see if what you heard is consistent with what your partner said.

Second, being able to share your feelings with your partner is very important. Telling your partner that you are happy, sad, angry, or scared at that moment, is the type of honest direct talk that brings two people very close.

Third, strange as it may sound, a couple has to make dates with each other. People are so busy these days, it's easy to push aside time for each other. But like any other valuable aspect of life, building a relationship requires time to share feelings, time to have fun together, time to plan and dream together, and time to work together.

The fourth means of learning better ways of communication with each other involves eliminating negative habits and practicing positive new ones until they become habitual. For example, if I'm angry and start shouting and calling you names, I'm not going to feel good about you or me. But if I tell you I'm angry, but do it in an honest, direct way so I'm not blaming you, and if I ask you to discuss my feelings and your feelings, I'll be building my self esteem and cement our relationship.

You might want to try one or all of these four tips to see if they help to improve couple communication.

**HELP FOR PROCRASTINATORS**

Have you ever said: "It's too much to finish today, I'll start it tomorrow," or, "I have so many things to do, I don't even know where to begin."

These excuses are all part of the procrastination syndrome -- that old "why do it today if you can put it off until tomorrow" philosophy.

Procrastination is a problem for nearly all of us at some time or other. And here are some of the reasons why.

First, we may be setting our goals too high. If you know that the job can never be done as well as you think it should be done, you feel defeated before you begin. And this drive for perfection is the key reason many people procrastinate.

Procrastination can also result when a person tries to be too organized or too precise. What's the point of arranging everything according to size or letter of the alphabet when it can't possibly stay that way for long?

We talk ourselves out of doing a task in different ways. We might say "I'll work on that as soon as this is finished" and then never finish the task we're working on.

Another problem: worrying about the entire task at once. That can make the job overwhelming and leave you wondering where to begin. Instead of facing the whole chore, try dividing it into smaller tasks that can be done one at a time.

If you're a procrastinator, try this. Make a list of jobs to be done, putting them down in order of importance. Cross them off as you finish. And once in awhile, promise yourself a reward when you finish a job. That may give you the extra bit of enthusiasm you need to get the task done.

**Hoke Sales Tax Collections Increase**

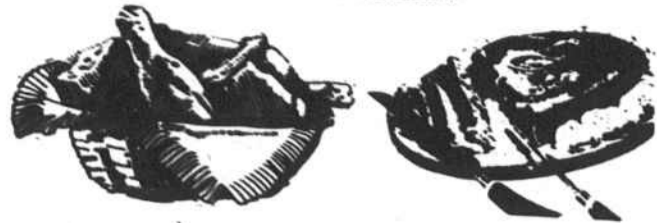
Collections of the Hoke County one percent sales tax amounted to \$28,656.01 in August. In July, they totaled \$27,113.94. In August 1980 the collections were \$26,909.03.



Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

PRICES EFFECTIVE THRU SAT., OCT. 3 AT A&P IN RAEFORD, N.C.

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS



# THE A&P 122nd ANNIVERSARY GREEN P SALE

Plus: Meat Manager's Week At A&P!!! Our Meat Department Managers Have Planned A Colossal SALES WEEK To Kick Off The FALL HEARTIER SELLING SEASON. During This Kick-Off Week, You Will Find Something For Everyone. Beef, Veal, Lamb, Pork, & Poultry. All Priced For Value!

**P Beef Specials**  
MENU MAKER  
**Ground Beef Blend**  
3 lb. roll pkg.  
**99¢**

EXTRA LEAN SPECIAL TRIM COUNTRY FARM  
**Center Cut Rib Pork Chops (Loin)** 1.98  
lb. 2.00  
OSCAR MAYER  
**Cooked Ham** 8 oz. pkg. **1.79**  
OSCAR MAYER (BEEF LB. 1.89)  
**Meat Franks** 1-lb. pkg. **1.79**  
OSCAR MAYER (12 OZ. 1.48)  
**Meat Bologna** 8 oz. pkg. **99¢**

**P Dairy Specials**  
BUTTER MILK  
**Pillsbury Biscuits**  
10 or 12 oz. cans  
**4 99¢**

GOLDEN QUARTERS—SAVE 10%  
**Mrs. Filberts Margarine** 1-lb. pkg. **59¢**  
ALL FLAVORS—SAVE 21% ON 2 CTNS.  
**Breyer's Yogurt** 8 oz. ctns. **2 89¢**  
KRAFT MEDIUM (8 OZ. 1.39) OR MILD  
**Cheddar Cheese** 8 oz. pkg. **1.29**  
NABISCO—SAVE 25%  
**Premium Saltines** 16 oz. pkg. **69¢**

**P Health & Beauty Aids Specials**  
VIDAL SASSOON  
**Shampoo**  
Finishing Rinse, Re-Moist. Creme & Oil  
Your Choice each only **2.29**

25% OFF LABEL You Pay Only  
**Colgate Toothpaste** 7 oz. tube **1.19**  
20% OFF LABEL COLGATE You Pay Only  
**Fluoridart Mouthwash** 16 oz. btl. **1.49**  
ASSORTED 20 FREE  
**Curad Bandages** 70 ct. box **89¢**  
REGULAR STRENGTH  
**Tylenol Tablets** 100 ct. btl. **2.29**

**A&P COUPON**  
SAVE \$1.00  
**Timex Watches**  
Men's And Ladies Digital  
Limit One With This Coupon  
You Pay Only **15.99**  
#685  
Good Thru Oct. 3 In

**The Butcher Shop**  
with supermarket prices  
**P Poultry Specials**  
U.S.D.A. INSPECTED FRESH  
BOX-O-CHICKEN OR  
**Whole Fryers**  
2 in a bag Limit 2 bags  
lb. **49¢**

U.S.D.A. INSPECTED  
**Fresh Fryer Legs** 8 lbs. or more lb. **88¢**  
U.S.D.A. INSPECTED FRESH  
**Whole Fryers** Cut Up lb. **59¢**  
STANDARD (12 OZ. 2.79)  
**Fresh Oysters** 8 oz. pkg. **1.99**

ALLGOOD  
**Hot Dogs** 12 oz. pkg. **98¢**  
**P Grocery Specials**  
PLAIN - SELF-RISING - UNBLEACHED  
**Pillsbury Flour**  
5 lb. bag **89¢**  
Save 20%

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES  
**Eight O'Clock Bean Coffee** 1-lb. bag **1.89**  
CONTAINS RICH BRAZILIAN COFFEES  
**Instant Coffee** 10 oz. jar **2.99**  
OUR OWN  
**Tea Bags** 100 ct. pkg. **1.39**  
PILLSBURY HUNGRY JACK EXTRA LIGHT  
**Pancake Mix** 2 lb. pkg. **99¢**  
LE SUEUR  
**Asparagus Spears** 10 1/2 oz. can **99¢**  
GREER APPLESAUCE OR  
**Greer Tomatoes** 3 16 oz. cans **1.00**

**P Dairy Specials**  
A&P GRADE 'A' WHITE  
**Large Eggs** dozen only **79¢**

SUNMAID QUALITY—SAVE 30%  
**Mini Raisins** 14 1/2 oz. pgs. **99¢**  
FRESH CAULIFLOWER - SPINACH - OR  
**Broccoli** Your Choice **99¢**  
MILD - TENDER - MEDIUM  
**Yellow Onions** 3 lb. bag **88¢**

CALIFORNIA CRISP ICEBERG  
**Head Lettuce** Save 78¢ on two **2 1.00**

**P Beef Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Sirloin Steaks** lb. **2.88**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**T-Bone Steaks** Or Porterhouse lb. **2.98**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS BOTTOM  
**Round Roast** lb. **2.68**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Cubed Steak** lb. **2.98**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE BONELESS (20 TO 26 LBS.)  
**Bottom & Eye Rounds** lb. **1.87**

APPLESAUCE - CUT OR FRENCH GREEN BEANS  
TOMATOES - WHOLE OR SLICED POTATOES - CARROTS  
**Ann Page Vegetables** 15 1/2 oz. cans **3 1.00**  
ANN PAGE  
**Salad Dressing** 32 oz. jar **89¢**  
DEXOLA  
**Vegetable Oil** 48 oz. btl. **1.59**  
**Dexo Shortening** 3 LBS. **1.69**  
CASTLEBERRY  
**Pork Barbecue** 10 oz. can **99¢**  
ANN PAGE REGULAR OR RIPPLED  
**Potato Chips** 8 oz. twin pack **79¢**

**P Dairy Specials**  
SAVE 30  
**Totino's Pizza**  
Canadian Bacon, Pepperoni, Sausage, Cheese  
12 oz. pkg. **99¢**

TATER BOY CRINKLE CUT  
**French Fries** 5 lb. bag **1.69**  
BANQUET  
**Fried Chicken** 32 oz. pkg. **2.49**  
KING SIZE TURKEY OR CHICKEN  
**Morton Dinners** 19 oz. pkg. **1.49**  
AUNT JEMMA ORIGINAL  
**Waffles** Buttermilk, Blueberry 10 oz. pkg. **79¢**

N.C. GROWN FANCY  
**Red Delicious Apples** Save 50¢ **5 99¢**

**P Poultry Specials**  
U.S.D.A. INSPECTED  
**Young Hen Turkeys**  
10-14 lb. avg. lb. **68¢**

A&P QUALITY  
**Smoked Ham** Shank Portion lb. **1.19**  
MARKET STYLE  
**Sliced Bacon** lb. **1.38**  
HILLSHIRE FARMS (BEEF LB. 2.39)  
**Smoked Sausage** lb. **2.29**  
MARI ROSA  
**Italian Sausage** lb. **2.19**

**P Household Specials**  
20% OFF LABEL  
**Fab Detergent**  
You Pay Only 49 oz. box **1.59**

DECORATED - ASSORTED  
**Soft 'n Pretty Tissue** 4 ct. pkg. **99¢**  
DECORATED - DESIGNER  
**Viva Towels** big roll **69¢**  
LIQUID 13% OFF LABEL You Pay Only  
**Palmolive Dish Detergent** 22 oz. btl. **1.09**  
FIELD TRIAL CHUNKS  
**Dog Food** 25 lb. bag **3.99**

**P Frozen Specials**  
SAVE 30  
**Totino's Pizza**  
Canadian Bacon, Pepperoni, Sausage, Cheese  
12 oz. pkg. **99¢**

TATER BOY CRINKLE CUT  
**French Fries** 5 lb. bag **1.69**  
BANQUET  
**Fried Chicken** 32 oz. pkg. **2.49**  
KING SIZE TURKEY OR CHICKEN  
**Morton Dinners** 19 oz. pkg. **1.49**  
AUNT JEMMA ORIGINAL  
**Waffles** Buttermilk, Blueberry 10 oz. pkg. **79¢**

ALL NATURAL  
**Breyer's Ice Cream** Save 80¢ **2.29**

## THE FARM AT A&P

Fresh With Quality  
RED RIPE  
**Tomatoes** Family Pack 26 oz. pkg. **88¢**  
CALIFORNIA FIRM  
**Crisp Celery** large stalk **59¢**  
POPSRITE BRAND  
**Yellow Popcorn** 2 lb. bag **77¢**