

In Weeks To Come

Meetings

AMERICAN LEGION -- American Legion Post 20 of Hoke County meets the second Tuesday of each month at the Edinborough Restaurant at 7:30 p.m. Those interested in joining are invited.

COUNTY COMMISSION -- Members of the Hoke County Commission meet the first Monday of each month at 9 a.m. and the third Monday at 7:30 p.m. Pratt Building located at 227 N. Main St. in Raeford. The public is invited.

CITY COUNCIL -- The Raeford City Council meets the first Monday of each month at 7 p.m. in City Hall. The public is encouraged to attend.

SCHOOL BOARD -- The Hoke County Board of Education meets the first Tuesday of each month at 7 p.m. at the board offices on Wooley Street. The public is encouraged to attend.

AL ANON -- Meetings are held every Wednesday at 7:30 p.m. at the Hoke County Health Department Conference Room.

March 7
STATUS OF WOMEN -- Hoke Co. Council on the Status of Women will have its next meeting on Wed., March 7 at 4 p.m. at the Health Department Conference Room. The public is invited to attend.

March 8
NAACP -- The Hoke Co. Branch NAACP will hold its monthly meeting at the East Freedom Masonic Lodge Hall on Thursday, March 8 at 7:30 p.m. All members and the general public are invited.

March 12
CIVIC LEAGUE -- The Hoke Co. Civic League will have a call meeting on Monday March 12 at St. Andrews Church at 6:30 p.m. All members are asked to be present.

Gatherings

March 11
DRUG ABUSE -- Hillcrest Baptist Church invites all youth and adults at 7:30 p.m. on March 11, to hear Ed Hamblin, Substance Abuse counselor for Hoke County Mental Health Service. He will also show a film on our drug problems today.

March 18
BOYS' CHOIR -- The Burlington Boys' Choir will present a program of sacred music Sunday, March 18 at 4 p.m. at the Raeford Presbyterian Church. This group is made up of 40 young boys and is directed by Eva Wisemore. There is no admission charge and the church encourages everyone to attend this musical presentation.

March 24
CHOIR CONCERT -- On Saturday, March 24 at 7:30 p.m., the 45 member choir of Oxford Orphanage, Oxford, will present a program of music at First Baptist Church, Red Springs. Directing will be Mrs. Margaret DeMont and Miss Haven Godwin is the accompanist. Red Springs Lodge No. 501 A.F. & A. and First Baptist Church are happy to invite the general public and especially the members of the area churches and the several Masonic Lodges from nearby towns to this Saturday night event. A real treat is in store.

Doings

March 10
YARD SALE -- A yard sale will be held Saturday, March 10, from 8 a.m. to 2 p.m., weather permitting at the corner of Central and Adams Street. What-nots, toys, clothes, etc. will be sold. Fresh donuts for sale. Sponsored by youth of Hillcrest Baptist Church.

thru March 11
"CAINE MUTINY COURT-MARTIAL" -- The next production scheduled at the Fort Bragg Playhouse will be "The Caine Mutiny Court-Martial." This play is lined up for March 7-11. Evening performances will begin at 8:15 p.m. There will be Sunday Matinees on March 11 beginning at 2:15 p.m. Admission to the play will be \$5 for civilians, \$4.50 for military personnel (active-duty and retired), and \$3 for Senior Citizens and children 10 and under. Military personnel ranked E-4 and below are admitted free to playhouse productions by showing their military I.D.

at the ticket office. Admission to the Sunday Matinees are \$3 for everyone. The Fort Bragg Playhouse is located on Knox Street across from Bowley School. For more information and ticket reservations, call the Playhouse Box Office at 396-7555.

Events

March 12-13
AT WEYMOUTH -- Robert Morgan, United States Senator from North Carolina from 1974-1980, and John J. Stirk, retired United States Air Force Colonel and Legislative Counsel for Morgan until March, 1980, will be the featured speakers for a seminar to be held at Weymouth Center in Southern Pines on March 12-13. The topic for the seminar will be "Our Present Defense Posture." For more information contact Weymouth Center in Southern Pines, telephone (919) 692-6261, or W.C. Lyon Jr., director of Estate Planning at Campbell University, telephone (919) 893-4111, Ext. 241.



TO SPEAK HERE -- Dr. Wm. S. Deal, El Monte, California, will speak at the Raeford Evangelical Methodist Church, Sunday, March 11 - Sunday, March 18. Services at 7:30 p.m. nightly. Dr. Deal is Director of CRUSADES FOR CHRIST, INC., a national organization sponsoring the world-wide ministry of the Deals.

April 6, 7
HISTORIC HOMES TOUR -- On April 6th and 7th, over 25 extraordinary private homes and landmarks in old New Bern will be open for the Historic Homes Tour. The many edifices to be opened date from 1760 to 1910 - 150 years of architectural expression. Some of the restored homes have never been shown before, while others are of national historic significance. Tickets for the New Bern Historic Homes Tour are \$10 per person. They may be purchased in advance by mail or upon arrival, at local motels, the Visitors Information Center, and the Tryon Palace ticket office. Hours are 10 a.m. to 5 p.m. on April 6th and 7th. All proceeds from the event go to the two co-sponsoring organizations for reservation and preservation projects: New Bern Preservation Foundation, Inc. and the New Bern Historical Society, Inc. For advance tickets and information, contact Historic Homes Tour, New Bern Preservation Foundation, P.O. Box 207, New Bern, N.C. 28560. Phone (919) 633-6448.

April 27-29
ARTS & CRAFTS -- The 12th Annual Murrells Inlet Arts and Crafts Festival will be held April 27-29 at Magnolia Park, Highway 17 Bypass in Murrells Inlet. Exhibit hours will be from noon til 6 p.m. April 27 and 9 a.m. to 6 p.m. April 28-29, according to Wilma Martin, executive director of the festival. Admission is \$1 for adults and 75 cents for children. For additional information on the festival, contact Martin at P.O. Box 231, Murrells Inlet, S.C., or phone 803-651-7555.

April 28
OPEN HOUSE -- The annual Pope AFB-Fort Bragg Open House has been scheduled for April 28 on the Pope flightline. Gates will open at 9 a.m. and there is no charge for admission. Highlighting this year's events will be a precision flying demonstration by the U.S. Air Force Thunderbirds Aerial Demonstration Team from Nellis AFB, Nev., and a parachute demonstration by the U.S. Army Golden Knights Parachute Team from Fort Bragg.

March 7
SEWING WORKSHOP -- 4-H is offering a sewing workshop for youth who are interested in learning to sew. The classes will be held on Wednesday nights from 7 p.m. to 9 p.m. beginning March 7 at the high school. Youth will learn the basics of sewing and will make a simple garment. The cost of the workshop is \$1. The class will be limited to eight youth. Interested persons may register

by calling 875-2162 between 8:00 a.m. and 5:00 p.m. by March 5. A Fashion Revue will be held April 25 for those who wish to model their garments.

March 8
MICROWAVE WORKSHOP -- A Microwave Workshop will be held Thursday, March 8 at 7 p.m. in the Assembly Room of the Lester Building. Call Ellen Willis Home Economics Extension Agent, 875-2162 to register.



March 10
FASHION LUNCHEON -- Raeford Junior Woman's Club will host a luncheon/bridge/fashion show March 10 at MacDonald Cafeteria. Luncheon will be served at noon, followed by a fashion show, "An Olympian Spring." Fashions will be provided by The Gingham Edition. Three progressions of bridge will be played and prizes will be awarded to the top five scorers. Door prizes also will be given. Tickets are \$5. Each table will provide two decks of cards. Make reservations by March 1. Call 875-4562, 875-4398, 875-3875 to reserve a table.

thru March
BINGO -- The Raeford Junior Women's Club will sponsor bingo each Saturday in March beginning at 7:30 p.m. at the civic center. A variety game will be played, culminating with a \$50 jack pot. All profits are given to Hoke County charities.

March 15-17
INDIAN CONFERENCE -- Indians from throughout North Carolina and several other states will gather at the Downtown Hilton in Raleigh March 15-17 for the ninth annual Indian Unity Conference. Governor Jim Hunt will address the group on Friday, March 16 at 1:30 p.m. Educational and economic opportunities for Indians will be featured topics along with health, Indian history and culture, crafts, dancing and a traditional powwow. The event is sponsored by United Tribes of North Carolina and coordinated by the Commission of Indian Affairs in the N.C. Department of Administration. For more information, call (919) 733-5998.

March 24
RABBIT SHOW -- The NC Rabbit Breeders Association will have a showing on Saturday, March 24 at the Raeford Armory. The show will be held all day and the admission is free. Approximately 500 entries are expected to enter. The public is invited to attend.

March 31
ANSWER '84 -- The Pilot Club of Fayetteville, Inc. is sponsoring ANSWER '84 - Awareness, Needs Seminar for Women of Everchanging Realities. This seminar will be held Saturday, March 31, at Bordeaux Motor Inn Convention Center in Fayetteville from 8:30 a.m. to 2:30 p.m. Pre-registration deadline is March 23. ANSWER '84 is planned to be informative and geared to meet the needs of today's women. Registration includes choice of four different workshops, lunch and materials. The cost is \$20.00. Seminar brochures with registration forms may be obtained from the following places: Bordeaux Motor Inn Convention Center, Bordeaux Branch, Public Library, Eutaw Branch, Public Library and Anderson Street Branch, Public Library. For further information concerning the seminar, call Pilot Club at 864-2668 or 483-2440.

thru April 22
"EUREKA" -- An exhibition of important inventions by small-business people -- will be at the North Carolina Museum of Life and Science until April 22. The exhibition features thirteen inventions that have changed this nation's -- and the world's -- way of living and working. By operating working models, visitors will better

understand scientific principles underlying the inventions and the features that have made their successful commercial application possible. The exhibition will be open at the museum in Durham from 10 a.m.-5 p.m. Monday through Saturday and 1 p.m.-5 p.m. Sunday. Admission is \$2.50 for adults, \$1.50 for children and senior citizens. Special group rates are available upon request.

thru April
AT TRYON PALACE -- With over 30,000 tulips in bloom, the gardens of the Tryon Palace Restoration Complex are a radiant springtime spectacle. The gardens present a rainbow panorama the last weeks of March through most of April. On April 8th, the Tryon Palace grounds and gardens will be open free to the public for the 10th Gardener's Sunday. Hours are 1 to 5 p.m. This annual event honors all the many gardeners who work to beautify their homes and their neighborhoods. Presently, the Tryon Palace Complex is open Tuesdays through Saturdays, 9:30 a.m. to 4:00 p.m., Sundays, 1:30 to 4:00 p.m. Beginning April 2nd, Monday openings, 9:30 a.m.-4:00 p.m., will be instituted. The addition of the Monday openings promises to be an added convenience for the traveling public. Combination tickets for all buildings and the gardens are \$6 for adults and \$2 for Students (grades 1 through 12). Tryon Palace and Gardens admission is \$4, adults, and \$1, students. Gardens Only Tickets are \$2, adults, \$1, students. Children under six are free when accompanied by parents or guardian.

Sports

March 11
CYCLE RACE -- For the first time in almost a decade dirt bike motorcycle and all-terrain vehicle racers will have a chance to compete at Fort Bragg to help a Fayetteville man stricken with Leukemia. On March 11, people assigned to Fort Bragg, Pope and local area residents can enter the races, sponsored by the Auryville Chapter of Lions Clubs International. Proceeds from the race, which will take place on Fort Bragg at Texas Pond, will go to help with medical expenses that are mounting daily for Kayne Hix, a 22-year-old former Army dependent and employee at Suzuki of Fayetteville, who was diagnosed as having a form of Leukemia and is now hospitalized at the Duke University Medical Center.

March 23-25
DRAG RACING -- The drag racing world has been quiet for nearly four months. However, the calm will be shattered March 23-25 at Darlington International Dragway when the thunderous horsepower of over 500 competitors is unleashed to launch the 1984 International Hot Rod Association season. For more information and tickets call (803) 332-0123.



thru April 15
SOCCER SEASON -- The Fort Bragg Men's Soccer Team has lined up the following games for the 1984 soccer season: March 4 Molson Kickers*, March 18 Cary Scorpions*, March 25 N.C. State University, April 1 Brothers Pizza, Raleigh*, April 8 Chapel Hill Internationals* and April 15 Buies Creek. *Home Games -- All home games will be played at the Polo Field, located off Randolph Street, beginning at 2 p.m. For more information, call the Morale Support Activities Division Sports Office at 396-1216.

Blazons

ALCOHOL, DRUG TELEPHONE COUNSELING -- There will be a new Alcohol and Drug Counseling service available to the citizens of our county in the form of a toll free telephone number operating 24 hours a day, seven days a week. The service is funded by Sandhills Center and is designed as a means to provide another channel of contact for persons needing information and counseling for alcohol and drug problems. If you need help or just need to talk, call 1-800-438-1026.



Essay winner
Upchurch seventh grader Robert D. Lambert (right) accepts a \$50 savings bond from United Carolina Bank Vice-President Joyce Monroe after winning the Public Health essay contest. Lambert's essay, "How Can I Maintain My Health" received first place honors and will be forwarded to the state essay finals. State winners will attend a Public Health Week Luncheon April 6. (Photo by Pam Frederick)

Health should be teen concern

Editor's Note: This essay by Upchurch Junior High School seventh grader Robert D. Lambert was the winning selection in a recent contest sponsored by the Hoke Health Department. Lambert will now compete on a statewide level.

by Robert D. Lambert
Today every teenager should ask himself a very important question--"How can I maintain my health?"

This question did not bother me until about a year ago. It was then that I started running as a sport. I plan to keep running through high school and college and to try and go to the Olympic Games in 1992 or 1996 as a long distance runner.

To reach my goals, I know I have to stay healthy. I realized this after I started running.

After thinking about this problem and talking to my coach and my P.E. teacher, I found that to stay healthy a person must choose wisely what to eat and how much, what kind of exercise to do, how much rest is needed, and what kind of medical care a person needs.

One of the main ways to stay healthy is to make sure of good nutrition. The important thing to decide is whether the food you eat includes all the foods you need to keep fit.

Experts have classed food into four main groups: the Milk Group, the Meat Group, the Vegetable-Fruit Group, and the Bread-Cereal Group. The experts have also recommended the number of servings from each group that is needed for a good diet for most people. They recommend that a person eat two servings from the Meat Group and four servings from the Milk, Vegetable-Fruit, and Bread-Cereal Groups.

Many people eat three meals a day, others more than that.

The number is not important. What is important is that the body gets enough nutrients.

Nutrients in food are what provides materials for building and repairing body tissue and for providing energy for the body. The most common nutrients are: Proteins, Carbohydrates, Fats, Vitamins and Mineral Salts.

Personally, I try to eat three full meals a day and a snack before bed. I try to make sure that I eat the number of recommended servings from each Food Group. I also try to eat foods that give me the nutrients I need.

On the last two days of a week that I have a race, I do what is called "Carbohydrate Loading." That means I eat foods with a lot of carbohydrates because they give me the energy that I need in a race. This is the only thing that I do in addition to my regular diet.

The second important part of a health program is exercise. A person's body is made for activity.

If he does not get enough exercise, his body is not as strong.

The best thing about exercise is that it helps build a strong body.

Exercise will do this in three ways.

The first is that it will build up a strong blood-circulation system. The heart is a muscle and exercise will make it stronger and bigger and make it able to pump more blood.

The second way is that exercise will build up the lungs. Because of exercise the lungs will be able to handle more air.

The third way is that exercise will build up a person's muscles and endurance.

My personal type of exercise is

called training. In training exercise must be done regularly.

For my training program, I run each day, except Sunday. I take that day off to rest. I run about 45-50 miles per week.

The results of proper training are:

- Strong muscles and Endurance
- Good muscle coordination
- Strong heartbeat with lower pulse rate
- Little rise in blood pressure
- Good digestion.

Another part of a good health program is rest and relaxation. Everyone needs rest or sleep.

During sleep the body continues to work and during sleep waste products that build up in the body are gotten rid of.

A person should sleep enough so that he will feel rested when he gets up. I try to get at least eight hours of sleep each night.

The last part of a good health program is having the correct medical and dental care. A person should have a medical checkup at least once a year. He should also see a dentist at least once a year and do all the things, like brushing his teeth, to keep his teeth healthy. As part of my running training program I get two physicals per year and see the dentist at least once every year.

I know that most people who are in good health in their late teenage years stay in good health for the rest of their lives. The best way to make sure of full healthy life is to start young and continue the good programs of exercise, eating, rest and correct medical and dental care as an adult.

That is the reason I plan to follow the program I have set out.

FAMILY DOLLAR

700TH GRAND OPENING

No Obligation - Nothing To Buy - You Must Be 18 Years Or Older To Register Or Win - For Complete Rules And Regulations Visit Your Participating Family Dollar Store

REGISTER TO WIN!

1 Sony 50" Wide Screen TV Suggested Retail \$2680.00
7 Panasonic Stereo Systems Suggested Retail \$499.95
7 GE 49" Remote Control TV Sets Suggested Retail \$499.00
7 Liftan Generation II Microwaves Suggested Retail \$389.95

69¢

qt.

Warren Lubricants
Save Up To 20* A Quart
30W, 40W or transmission fluid. Limit 5 quarts.

6.99

Each

Men's And Ladies' Spring Shirts
Junior & misses' short sleeve camp shirts or long sleeve oxfords in solids or stripes. Men's short sleeve solid or stripe knit shirts in S,M,L,XL.

1.59

Pack

8 Roll Bath Tissue
Regularly 1.92! Coronet 2-ply bath tissue. Limit 2.

\$1

Box

42 Ounce Rinso
Regularly 1.63! Extra cleaning detergent. Limit 2.

1.59

Your Choice

Health & Beauty Aids
Save Up To 40! 15 ounce Revlon shampoo or conditioner or hair pack 10.4 ounce Refresh Medicated Douche.

\$1

Pair

Socks For The Family
Ladies' cotton blend socks in assorted styles. Men's or boys' 2 pair over-the-calf tube socks with striped top.

8.99

Each

Slacks For Ladies' & Men
Colorful pants with belts, pleats & other stylish features. Junior, misses' and extra sizes. Casual elastic waist pants with side piping in men's sizes 28 to 38.

Price Good At All Family Dollar Stores Through This Weekend. Quantities Limited On Some Items. No Sales To Dealers.

MAIN STREET
RAEFORD

Hours
Mon. - Sat. 9 a.m. - 10 p.m.
Sunday 12 noon to 6 p.m.