



Top honor winners

During a recent scout meeting, these county youths were awarded the top Cub Scouting award, the Arrow of Light. From left: Matthew Warren, Josh Witherspoon, Nathan Stec and Ryan Clark stand tall following the award.



Grinning winners

These scouts appear to have been the winners of a grinning contest; however, the youths were actually the recipients of other awards during a recent Cub Scout Pack 404 meeting. The cubs are front row from left: Stephen Janos, Kevin O'Brian, Wally Edwards, Chad Cecil and Kevin Purcell; second row from left: Will Witherspoon, Tobi Baker, Doug Baker and Jamie Mills; third row from left: Jim McNeill, John Wright, Michael Branch and Jeff Baker.

Many American couples suffer from violence

Approximately one-quarter of all murders in the United States occur within the family.

Surveys show that 20 to 50% of American couples have suffered violence regularly in their marriages.

Statistics indicate that between two and four million incidents of domestic violence take place each year.

One kind of domestic violence that probably occurs more often than it is reported is wife abuse.

Wife abuse is defined as any physical or emotional mistreatment of a woman by her husband or ex-husband or male companion.

Wife abuse often involves:

- Physical contact - slaps, shoves, blows intended to harm;
- A dangerous weapon - knife, gun, tool or heavy object; and
- A serious crime.

This abuse often develops in three phases:

- The tension-building phase which is usually triggered by something small such as a quarrel over TV or food, household chores, or some similar incident;
- The explosion or actual beating phase; and
- The loving phase in which the abuser is sorry for what he has done and vows never to do it again.

Why do some men abuse their wives? The causes of abuse are very complex, but most abusers share these characteristics:

- poor self-image (insecurity about their worth);
- Fear of change (wife's new job, pregnancy, etc. which may cause stress);
- Stereotyped view of women (wives should be submissive and content to be controlled);
- Lack of communication;
- Poor childhood experiences (many abusers grew up in violent homes, witnessed or were victims of abuse); and
- Economic pressures.

There are several reasons why some women stay in abusive situations. Some of them are:

- Their own feelings of fear, guilt or shame;
- Social and economic pressures;
- Lack of somewhere to go for shelter and advice;
- She loves her husband and feels that he will change; and
- Lack of support from family and friends.

Most women suffer these attacks for years before they finally find the courage and determination to take steps to keep from being victims of continued abuse.

There is no one cause of wife abuse, so there is no easy way to prevent it. Prevention starts with people changing their attitudes toward violence and women. Family violence in one generation often leads to or encourages family violence in another generation.

Learning to deal with emotions through acceptable behavior is a positive step towards developing mutual respect in a relationship where each partner is considered an equal by the other.

For additional information, contact Art Llorca at your local unit of Sandhills Center for Mental Health, Mental Retardation, and Substance Abuse Services at 875-8156.

Grim takes part in Ocean Venture

Army Pfc. Michael D. Grim, son of Terry L. and Arlene M. Grim of 1461 N. Queen St., York, Pennsylvania, participated in Ocean Venture 84, a combined exercise held in the Caribbean, the Gulf of Mexico, Straits of Florida, Atlantic Ocean and the southwestern United States.

Members of the U.S. Air Force, Navy and Marine Corps joined in air, ground and sea maneuvers to emphasize command and control of forces in a simulated combat environment.

The exercise is designed to demonstrate and improve the capability of the United States to protect and maintain the free use of the sea lines of communication in the Caribbean Basin and the Gulf of Mexico.

Grim is an artillery fire-support specialist with the 82nd Airborne Division at Fort Bragg.

His wife, Sara, is the daughter of retired Lt. Col. Walter R. and Sara G. Coker of 601 Lewis St., Raeford.

Management trainee
Susan L. Hartwell is working at the Raeford Burlington Industries Plant as a Manufacturing Management Trainee. She is a graduate of the Philadelphia College of Textiles and Science, Philadelphia Pennsylvania where she received a B.S. Degree in Textile Management and Marketing. Hartwell is a native of Hummelstown, Pennsylvania. She is currently living in Southern Pines.

Clean filters help AC bills

By Willie Featherstone, Jr. County Extension Chairman
Have you cleaned the filter on your air conditioner yet? If you haven't you probably aren't getting the full benefit of its cooling capacity.

Cleaning is vital, since an air conditioner's efficiency is related to the amount of air moving through the unit. Here's what I mean.

Lint and dust reduce the amount of air that can pass through an air conditioner. That reduces cooling effectiveness. To make things worse, a buildup of lint and dust can overload the unit.

So check the filter to see if it needs cleaning or replacing. Most room air conditioners have a permanent filter you can clean.

You can clean it with your vacuum cleaner, or you can take the filter out of the unit and wash it.

While you're at it, clean the grill and remove the dust and lint from around the coils and the inside, too.

Extension News

HOME SHAPE

Maybe you've never thought about it, but the shape of a house contributes to its energy efficiency.

For example, a simple square- or rectangular-shaped house is more economical to heat and cool than houses with L-shapes, U-shapes, or T-shapes.

The reason is quite simple: Rectangular and square homes have a smaller proportion of exterior wall area to floor area. Since exterior walls allow heat to escape in the winter and come into the house in the summer, it figures that the smaller the exterior wall space, the smaller the heat loss or heat gain.

By the way -- if you build an addition to your house, try to blend it in so it creates a rectangular or square shape overall. Again for purposes of energy efficiency.

HOUSE PLANNING

If you're planning to remodel your house, you may be looking

for someone to draw up professional plans.

Your choices include a draftsman, building designer or architect.

A draftsman will draw plans exactly to your specifications. If you're well-acquainted with the building industry, you may be dollars ahead to hire him at an hourly rate.

A building designer will give you a preliminary drawing for a minor fee and a set of plans for a prearranged price. He will make constructive suggestions and can help make the plan work.

Architects draw up clearly specified plans and can deal with the contractor as your agent. They generally make all minor decisions, but will consult you on many major changes. Usually architects work for a flat percentage based on total cost of construction.

Over 170 million tons of toxic chemicals, such as lead, arsenic and cyanide, are discharged each year into the nation's waterways.



Finishes basic

Pvt. Malten M. Newton III, son of M.M. and Nancy S. Newton of Rural Route 1, Red Springs, has completed basic training at Fort McClellan, Alabama. During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

He is a 1983 graduate of Red Springs High School.

"HOW 'BOUT THESE PRICES"

OPEN 4th of July

- Cella Italian Wine \$2.99 (1.5 LITER, Lambrusco, Bianco, or Rosato)
- Jesse Jones Franks \$1.19 (12 OZ. PACKAGE)
- Jesse Jones Bologna 99¢ (12 OZ. PACKAGE)
- Hi-Dri Paper Towels 59¢ (JUMBO ROLL)
- Dixie Paper Plates 79¢ (100 COUNT, 9 INCHES)
- All The Way Hot Dogs 2/\$1.00
- Sausage Dogs 99¢
- Soft Serve Ice Cream Cone 39¢
- Barbecue Sandwich \$1.09

PEPSI 99¢ (2 LITER NON-RETURNABLE)

CFM Generic Cigarettes 59¢ (PACK)

Kraft Barbecue Sauce 89¢ (18 OZ., Regular, Hickory Smoked, or Onion Bits)

Michelob or Michelob Light Beer \$2.99 (12 OZ. NON-RETURNABLES)

Lay's Brand Potato Chips 99¢ (8 OZ. BAG, Regular or Barbecue)

PEPSI COLA MOUNTAIN Dew

Prices Effective June 25 - July 8, 1984 in Raeford: Hwy. 211-513 Prospect Avenue. Participating Stores Only. Quantity Rights Reserved ©CFM 1984.

OPEN 24 HOURS

convenient Food Mart