

Weeks To Come

MUSIC BOOSTER - Hoke Co. Music Booster Association meetings will be first Monday night of every month at Hoke High School band room at 7 p.m. Parents and friends of the music association are urged to attend.

AIRPORT AUTHORITY - The Hoke/Raeford Airport Authority will hold its regular meeting at the Raeford City Hall on the second Thursday of each month at 7:45 p.m.

AMERICAN LEGION - American Legion Post 20 of Hoke County meets the second Tuesday of each month at the Edinborough Restaurant at 8 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 7:30 p.m. at the board offices on Wooley Street. The public is encouraged to attend.

AL ANON - Meetings are held every Wednesday at 8 p.m. at the Library Conference Room.

JAYCEES - Raeford Jaycees meet the 2nd and 4th Monday of each month over Howell's Drug Company on Main Street. Anyone interested is invited to attend.

Feb. 1
HILLCREST 4-H - The Hillcrest 4-H Club will meet Friday night Feb. 1 from 7-8:30 p.m. at Agriculture Extension Office.

Feb. 2
VETERANS BENEFITS - Detailed explanations of the full range of benefits available to veterans and their families will be presented at an Information Rally on Feb. 2 at the D.A.V. Chapter 46 Home, 520 Johnson Street, Fayetteville, N.C. Sponsored by the Department of North Carolina Disabled American Veterans - the D.A.V. - the rally is especially for veterans and dependents within commuting distance of Fayetteville.

Feb. 4
CIVIC LEAGUE - The Hoke County Civic League will meet Monday, Feb. 4, at 7:00 p.m. at Buffalo Springs Missionary Baptist Church.

Feb. 5
FRIENDSHIP CLUB - The Raeford Friendship Club will meet Tuesday, Feb. 5, at 2 p.m. in the Raeford United Methodist Church fellowship hall.

Feb. 5
EDUCATION DEPT. - The Education Department of the Raeford Woman's Club will meet Tuesday, Feb. 5, at the home of Mrs. Tommie Upchurch.

Feb. 15
BLACK HISTORY - The Hoke County Civic League Annual Black History Program will be Friday, Feb. 15, at 7:30 p.m. at St. James Holiness Church. The speaker will be Dr. Fred McQueen, Family Practitioner from Rockingham. The program will include dramatizations and singing of traditional Negro spirituals in dialect. The Annual Black History Program is a cultural experience, and everyone is invited to attend.

Continuing Events

thru March 10
SKY SHOW - The Fayetteville State University Planetarium will present the sky show "Cosmic Dimensions." This planetarium program brings into focus the size of the Universe by discussing the relative distance from Earth to the Moon and other planets, then the star, galaxies, and the intense, rapidly receding quasars. "Cosmic Dimensions" will be presented on Sundays at 3 p.m. through March 10. Admission is \$2 for adults and \$1 for children and students with proper identification. For more information call 486-1681 or 486-1630 between 8 a.m. and 5 p.m., Monday through Friday.

Feb. 4
INTERVENTION WORKSHOP - As a public service, The Life Center of Fayetteville will present a new series of

workshops for family members and others whose lives are affected by the alcoholic/drug addict. This new series of workshops will be held at The Life Center of Fayetteville, 3425 Melrose Road, Fayetteville, NC 28304, on Feb. 4 from 7 p.m. to 9 p.m. To register, or for further information, contact The Life Center, 485-7188.

Jan. 31-Feb. 2
CRIMES OF HEART - The University Theatre of Pembroke State University will present "Crimes of the Heart" by Beth Henley at the Performing Arts Center on Jan. 31 through Feb. 2, at 8 p.m. General admission tickets are \$3. For more information call the Performing Arts Center at 521-0778.

thru Feb. 3
AMADEUS - The Fayetteville Little Theatre production of the Tony Award winning drama AMADEUS which will run for three weekends thru Feb. 3. Written by Peter Shaffer (EQUUS, KRAMER vs. KRAMER, E.T.), AMADEUS is the longest running drama in recent Broadway history. Leading the cast for this production will be Mayon Weeks of Fayetteville as the composer Antonio Salieri and Bill Allen of Chapel Hill as his rival, Wolfgang Amadeus Mozart. Katie Johnston of Chapel Hill will appear as Constanze, Mozart's wife. For reservations, please call the Little Theatre Box Office at 323-4233 between 4 and 9 p.m. after January 9.

ference should contact one of the member organizations of UTNC, which includes seven North Carolina Indian community organizations and the N.C. Commission of Indian Affairs.

Friday
March 1

MATH AND SCIENCE - The N.C. School of Science and Mathematics has opened its formal 1984-85 nomination process by mailing information books and application forms to high schools throughout the state. The school is looking for about 200 students to make up next fall's 11th grade. Applications must be postmarked by Jan. 31. Applicants must take the Scholastic Aptitude Test (SAT) no later than the Jan. 26 testing date.

This Weekend

Feb. 3
LOCAL PLAY - The public is invited to attend a play entitled "Mama, I Want to Sing" presented by the Young Adult Choir of the Silver Grove Missionary Baptist Church on Sunday February 3, at 5 p.m. This play brings back old memories of yesterday, will make you want to sing, shout, laugh and cry.

SCOUT BANQUET - Former "Today Show" host Frank Blair will be the Keynote Speaker at the Cape Fear Council's Annual Eagle Scout Recognition Banquet. The Banquet will be held on March 1 at the Wilmington Hilton. Blair is an Eagle Scout and has been awarded the Distinguished Eagle Scout Award. Tickets to the banquet may be purchased by mailing \$14.75 per ticket to the Boy Scouts of America, P.O. Box 1626, Wilmington, N.C. 28402.

Announcements

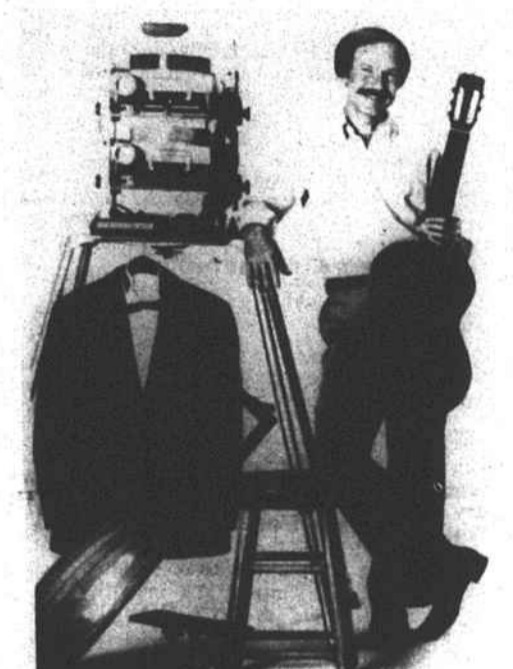
In Jan.
JELLY SALES - Raeford Jaycees are once again preparing for their annual Jaycee Jelly Sales to raise money for the North Carolina Jaycee Burn Center located in Chapel Hill. Lasting throughout the month of January, this year's campaign will be the 11th year of the Jelly Sales. Jaycee chapters all across the state will be selling the jars of jelly for \$1 each.

COMMUNITY CHORUS - Efforts are being made to organize a Hoke County Community Chorus. Once assembled the adult group would perform at community events, at churches and for civic clubs. Interested adults should call John Plummer at 875-2677.

thru Feb. 3
COOKIE TIME - Girl Scouts will be taking orders throughout our 20 counties through Feb. 3. Cookie delivery will be Feb. 24-March 1. Girls will also sell cookies directly from Feb. 24 through March 24. Cookies will be baked by Little Brownie Bakers, Louisville, Kentucky. There are seven varieties - all are preservative free and kosher. Cookies in Pines of Carolina Council sell for \$2 per box. Proceeds are used to support troop activities and community projects. Troops keep 25% from each box sold. Girl Scouts in Hoke County will be knocking on your doors starting January 18 to take your orders. Enjoy your cookies and know that you are helping girls grow. If you are not contacted by a Girl Scout and wish to order cookies, call Shirley Ferguson, 875-4473.

March 1
BEEF COOK OFF - If you have a beef dish that you're particularly proud of, now is the time to enter it in the National Beef Cook-Off. You could win an expense-paid trip to Wichita, Kansas Sept. 24-26 where you'll represent North Carolina and compete for a top prize of \$5,000. To enter, send a typed copy of your recipe (including name, address, phone number and a brief statement about the origin of your recipe) to: National Beef Cook-Off, 444 N. Michigan Ave., Chicago, Ill. 60611. Entries must be postmarked no later than March 1. Recipes are judged in state-by-state competition. State winners then travel to Wichita to compete in the National Beef Cook-Off. Prizes at the national level are: first place, \$5,000; second place, \$2,500; third place, \$1,000; five honorable mentions, \$300 each. Any beef recipe using chuck, round, fresh brisket, plate, shank and ground beef is eligible. All recipes must contain a minimum of one pound of beef and not more than five, and each serving must contain at least three ounces of cooked beef. Meat used must be exclusively beef. Cooking time cannot exceed four hours. The recipe must be specific, with no use of brand names, and must state the number of servings and approximate preparation time. All entries become the property of the American National CowBelles, Inc.

March 14-16
INDIAN ART CONTEST - An art contest to recognize the talent of American Indian artists in North Carolina will be one of the many features of the Tenth Annual North Carolina Indian Unity Conference to be held March 14-16, at the Bordeaux Motor Inn in Fayetteville. The North Carolina Commission of Indian Affairs, a member organization of UTNC, will coordinate the contest. For more information on contest rules and regulations, contact Teresa Emmanuel at the commission, P.O. Box 27228, Raleigh, N.C. 27611 or call 919-733-5998.



AT PEMBROKE - Stan Bumgarner, guitarist, will appear at the Pembroke State University's Performing Arts Center on Saturday, Feb. 9, at 2 p.m. as the second event of the Red Balloon Children's Series. Tickets to this performance are \$3. One adult is admitted free with one paying child. For more information call the PAC at 521-0778.

Coming Events

Monday, Feb. 4

Feb. 1, 2, 3
TENNIS TOURNAMENT - Cloverfield Tennis and Swim Club, 1719 Middle Road, Fayetteville, North Carolina, will sponsor the 1985 Cloverfield New Year's Classic. This adult tournament, in its third year, is sanctioned by the United States Tennis Association, the Southern Tennis Association, and the North Carolina Tennis Association. The tournament is set for Feb. 1, 2, and 3 with a rain date set for Feb. 8, 9 and 10. Events include Mens and Womens Singles and Doubles and Mixed Doubles. Entry fee is \$10 for singles, and \$12 per doubles team. Entry deadline is Friday, January 25 at 6 p.m. We will not be able to accept telephone entries. Entry blanks are available at area tennis clubs or may be sent direct upon request. For more information about the Third Annual Cloverfield New Year's Classic Tennis tournament call (919) 323-4446.

Tuesday Feb. 5

March 14-16
INDIAN CONFERENCE - Indians from across the state will gather at the Bordeaux Motor Inn in Fayetteville March 14-16, 1985, for the Tenth Annual North Carolina Indian Unity Conference. The conference sponsor, United Tribes of North Carolina (UTNC), is currently finalizing plans for the annual conference which will have as its theme, "Memories of Our Past, Visions of Our Future." The conference pre-registration fee will be \$30 per person. The registration fee at the conference will be \$35. Separate tickets for the banquet only will be available for \$15. Persons wishing more information about the con-

MICROWAVE WORKSHOP - A microwave workshop will be held Monday, Feb. 4 at 7 p.m. at the Lester Building on South Magnolia Street. The workshop is sponsored by the Agricultural Extension Service and is free. The microwave workshop is for people who have a microwave, but do not use it to its full potential, people who have questions on microwaves, people who just got a microwave or people who are interested in getting a microwave. Dr. Nadine Tope, Extension Foods Specialist from NCSU, will be conducting the workshop if twenty people preregister. Interested persons are asked to preregister by calling 875-2162.

JIMMY CARTER - For the first time in its history, Wingate College will host a former president of the United States. Jimmy Carter will be the guest speaker at 8 p.m. on Feb. 5 for the college's Shirley Endowed Lecture. The Jimmy Carter lecture will be at the Sanders-Sikes gymnasium. Free tickets can be obtained while they last by sending a self-addressed, stamped envelope to Carter Lecture, Holbrook Administration Building, Wingate College, Wingate, NC 28174. You may also stop by Holbrook to pick up your tickets in person, beginning January 21. There is a limit of four tickets per request.



Home Cookin'
The Raeford Jaycee Women have put together a book. Above, Patricia Crowder (left) presents Librarian Liz Burgess a copy of the new book for the Hoke County Public Library. The book is dedicated to the Raeford Jaycees.

Some back pain can be eased

Back pain is the most common aggravation to people in the United States, second only to the common cold. More than 50 percent of all Americans suffer from some type of back problem during their lifetime.

Some problems may be congenital, such as sway back or scoliosis (lateral curvature of the spine). Others may be the result of an automobile accident, a fall or sports injury. However, most back problems are simply due to tension and muscular tightness, which develop over the years from poor posture, inactivity, being overweight, and lack of abdominal strength.

Stretching and abdominal exercises can help your back if done with common sense. If you have a back problem, consult a physician to determine what is causing it. Then ask your physician what stretches and exercises would be most helpful to you.

The best way to take care of

Health Hints

your back is to use proper methods of stretching, strengthening, standing, sitting and sleeping, for it is what we do moment to moment, day to day that determines our total health. Listed below are some suggestions for proper back care and posture:

Sitting - Choose a chair that supports your lower back and sit with your knees higher than your hips. If your chair does not give adequate support, use a pillow or small towel rolled behind your back.

Standing - Stand with one foot a little forward with your knees slightly bent. If standing for a long period of time, place one foot on a stool. This will eliminate a lot of pressure on your lower back. Do not stand with knees locked. This tilts your hips forward and puts

pressure directly on the lower back.

Lifting - Never lift anything (heavy or light) with your legs straight. Always bend your knees so the bulk of the work is done by the big muscles of your legs, not the small muscles of your lower back. Keep the object close to your body and your back as straight as possible.

Sleeping - Your back needs the support of a firm mattress. If possible, sleep on your side with your knees bent. Sleeping on your stomach can cause tightness in the lower back. If you sleep on your back, put a pillow under your knees to release stress on your lower back.

Activity - Stay as active as possible. Muscles tighten and go into spasms if they are not stretched. In addition to specific back exercises, it is important to participate in other conditioning exercises such as brisk walking or swimming.

Chamber secretary attends Sandhills annual meeting

Beverly Pasternak, Executive Secretary for the Raeford-Hoke Chamber of Commerce attended the Sandhills Area Chamber of Commerce 18th Annual Meeting on Monday at the Pinehurst Hotel. Gov. James G. Martin was

featured as the guest speaker.

After the President's Reception, guests were served dinner in the Ballroom.

The Hon. James E. Holshouser Jr. introduced Gov. Martin to the

Chamber members and their guests.

After Gov. Martin's speech, outgoing Sandhills Chamber President C.D. Fayling passed the gavel to 1985 President George W. Little.

<p>CALGON Foam Bath 7 oz. V-M reg. 2.39 BONUS BUY 1.79</p>	<p>VALU-MART 114 N. MAIN STREET RAEFORD, N.C. STORE HOURS: 9 a.m. - 11 p.m. Mon.-Sat. Prices good thru noon Feb. 12 or until mdse. is sold out. Featuring Low - Low Everyday Prices</p>	<p>EFFERDENT Tablets 60's VM reg. 2.62 BONUS BUY 1.95</p>
<p>VICKS' SINEX 1/2 oz. Nasal Spray V-M reg. 2.59 BONUS BUY 1.99</p>	<p>VICKS' Formula 44D 3 oz. VM reg. 2.91 BONUS BUY 2.19</p>	<p>VICKS' Formula 44M Cough Syrup 4 oz. VM reg. 3.52 BONUS BUY 2.49</p>
<p>VICKS' VapoRub 1.5 oz. V-M reg. 1.78 BONUS BUY 1.39</p>	<p>NYQUIL 6 oz. VM reg. 3.42 BONUS BUY 2.57</p>	<p>NYQUIL 10 oz. VM reg. 4.96 BONUS BUY 3.99</p>
<p>ACTIFED TABLETS 24's VM reg. 3.65 BONUS BUY 2.65</p>	<p>MENNEN Afta Shave Lotion 3 1/2 oz. VM reg. 2.63 BONUS BUY 1.79</p>	<p>H.D.R. Shampoo and Conditioner 7 oz. VM reg. 2.47 BONUS BUY 1.69</p>
<p>MASSENGILL Disposable Medicated Douche 6 oz. VM reg. 1.56 BONUS BUY 1.19</p>	<p>AQUA-FRESH Toothpaste 30% OFF 6.4 oz. VM reg. 1.79 BONUS BUY 1.19</p>	<p>MENNEN Speed Stick A/P 2.25 oz. VM reg. 2.47 BONUS BUY 1.67</p>