



Top student employee

The Hoke County High School Placement Group has selected Larry McPhaul, (center), as the employee of the first six weeks. The Placement Group consists of the Textile Program, Marketing and Distributive Education, Job Placement. Larry is employed at Tarheel Turkey Hatchery part-time and is also in the North Carolina National Guard (Raeford unit). Larry had an 86 average in his

classes this six weeks, 100% attendance in school. He is the son of Mrs. Mary Ella McPhaul. He plans to join the military after graduation from High School. McPhaul is shown here with Job Placement Supervisor Jeff Moss, (left), and Will Johnson, (right), Personnel Director at Tarheel Turkey Hatchery.

Library summer program planned

by Elizabeth Burgess
Hoke Co. Librarian
Plans have been made for the 1985 SUMMER READING PROGRAM.

The theme this year is IMAGINE, JUST IMAGINE. We have planned magic tricks, puppetry, science experiments, and art projects for the children. The program will be on Tuesdays at 10 a.m., and will begin on June 25 and run through July 30. We will not have a program the week of July 4. We also will have movies this summer. Watch *The News-Journal* for the dates and time of the movies.

On display in the foyer are items from the KUNTRY SAMPLER. If you have not had an opportunity to see them, please do so. We

Library News

thank the Hoke County schools for allowing the library to display art work in the foyer. The art instructors in the school system certainly do deserve a big thank you for inspiring so many young people to become interested in art.

On June 3, the library will begin the summer hours. The library will be open from 8:00 - 12:00 and 4:00 - 8:00 each day Monday through Thursday. Fridays the library will be open from 8:00 until 4:00.

On Saturdays the library will be open from 8:00 until 12:00. We had such a positive response last summer, we are looking forward to another wonderful summer serving Hoke County.

Please call us if we can help. Phone Number 875-2502, Dial-a-Story 875-2039.

New Books

These new books were received this week at the Hoke County Public Library, a member of the Sandhill Regional Library System. They are available at the public library and bookmobile in Raeford:

Adult Fact

Barry, Stephen P., "Royal Secrets", Fixx, James, "Maximum Sports Performance", Gilliatt, Mary, "The Complete Book of Home Design", Gilliatt, Mary, "Mary Gilliatt's Mix and Match Decorating Book", Hall, Donald, "Fathers Playing Catch With Sons", Matthews, Dee, "The You Can Do It! Kids Diet", Nixon, Richard, "No More Vietnams".

Adult Fiction

Ashfield, Helen, "PEARL", Brookner, Anita, "Hotel Du Lac", Francis, Dick, "PROOF", Gallant, Mavis, "Home Truths", Greene, Constance C., "Other Plans", Harris, Ruth, "Husbands and Lovers", Havill, Steven, "Leadfire", Johnston, Jane, "Pray For Ricky Foster", Wouk, Herman, "Inside, Outside", West, Rebecca, "This Real Night".

Royal couple is named

On Sunday, April 28, the Mt. Olive Church of God held a "King and Queen" Contest. Elder Booker T. Whitted is pastor of the church which is located on Strickland Bridge Road of Fayetteville.

Miss Eugina Jones Leak was crowned Queen. She is the daughter of Mr. and Mrs. Matthew Leak. She is a student at Scurlock School in Hoke County. She is a member of the Buds of Promise Choir at Mt. Olive. She

was crowned by the pastor's wife, Mother Havanna Whitted.

Richard Jamal McPhaul, the son of Patricia McPhaul, was crowned King by Elder Whitted. He is four years old, a Head Start student at West Hoke School. He, too, sings in the Buds of Promise Choir at Mt. Olive.

The children received cash prizes.

Ice cream was served to everyone who participated.

Sprite Barbee, Pharmacist

DISCOUNT PRESCRIPTIONS AVAILABLE AT BARBEE PHARMACY

Across From Heritage Federal S & L CAMPUS AVE. 875-6111

How to keep your monthly income on the right track.

If you're looking for a high level of current income, the John Hancock Bond Fund could be just right for you.

Whether you need a bigger return on your investments, or a vehicle to supplement your Social Security, this fund could produce the income your portfolio requires.

For a prospectus, plus information about other John Hancock mutual funds, send the coupon below.

Please tell me how I can keep my monthly income on the right track. Call or write for a prospectus with more complete information about management fees and expenses. Send it carefully before you invest or send money. Send information to:

Ronald A. Flippin
907 Hay St. Suite 103
Fay N.C. 28305
875-2229 919-484-1191 (Fay)

Name _____
Address _____
City _____ State _____ Zip _____

John Hancock Bond Fund, Inc.
We can help you here and now. Not just hereafter.

BAYLINER FACTORY AUTHORIZED SALE

\$1500.00 Off Regular Price

2160 TROPHY CUDDY
STOCK #893F

\$15,995⁰⁰

- 60' / 60 Fathom Depth Sounder w/ Alarm
- Full Fiberglass Non-Skid Liner
- Self Bailing Cockpit
- Ball Well w/ Overflow And Drain
- All Stainless Steel Rails & 8" Mooring Cleats
- Electric Windshield Wiper
- Hardtop Or Convertible Model
- Sleeps Three Adults in Exceptional Comfort
- Horizontal Rod Storage Racks
- Four Bull-In Rod Holders
- CB Radio
- Compass
- Trim Tabs
- Rigging Area w/ Sink, Ice Box & Counter Top
- Opening Forward Hatch
- Lockable Cuddy Cabin w/ Portable Head
- Galvanized Tandem Trailer w/ Brakes

CAPE FEAR MARINE
SALES & SERVICE "SINCE 1958"
401 By-Pass Fayetteville 864-0113

Salt, fat can be avoided

Health Hints

Many residents of Hoke County cook with too much salt and fat. It's the way they were raised and the way they learned to eat and enjoy food, according to Becky Smith, Health Educator.

Children are not born with the taste for salt - it is something that is learned. Have you ever tasted baby food? It is very bland tasting because there is no salt or sugar added.

Babies are satisfied with their food. When they get older they learn to put salt on their food.

Some do this to imitate parents. Others put salt on their food because parents have taught them to like it.

Many times parents feel that if they like a certain food with salt on it, that the only way their children will eat it is to put salt on it also. The human body does need some salt in order to function and slightly less than one teaspoon daily is plenty.

There are several ways we can help ourselves and our children learn to eat using less salt:

- When using a recipe that calls for salt, use only half the amount or leave it out completely.
- Use fresh and frozen vegetables instead of canned.

- Rinse canned vegetables before cooking.

- Use vegetable oil to cook vegetables instead of fat or cured meat.

- Buy fresh, uncured meats.
- Use herbs and spices in place of salt (onion, bell pepper, dill, lemon juice, vinegar, and paprika for example).

- Buy canned foods that state they are low in sodium or salt.

- Take advantage of low-sodium cookbooks available at bookstores or the Hoke County Public Library.

It may be difficult to cut down on salt at first, so go about this gradually.

LET'S START PLANNING YOUR '85 CROP PROGRAM!



Now's the time to see Melton McMillan and Dan Baker at Parnell Fertilizer Company and map your soil fertility needs.

Now, before the spring rush is on, you should pay us a visit. We'd like to help you put your crop program on the road to top profits.

Planning now can help you make the most of your money. Ordering now can save you money! Our coffee is on and we'd like to talk over your plans. See us soon.

Together, we can make '85 your best year ever!

Parnell Fertilizer Co.
Hwy. 71 Parkton N.C. Ph. 858-3532

OVER 150,000 PRIZES!

WIN BIG!

Win Snacks, Cash, or a Free Trip to Hawaii!

Filled With Your Favorite Cold Drink

59

LOOK FOR THE PRIZE WINNING STICKER ON THE BOTTOM OF YOUR CUP!

Participating Stores Only. Quantity Rights Reserved. ©CFM 1985

In Raeford: Hwy. 211-513 Prospect Avenue

Prices Effective May 20-June 2, 1985

Jesse Jones Bologna \$1.09 12 OZ. PACKAGE

Jesse Jones Smoked Looped Sausage \$1.39 16 OZ. PACKAGE

Coble Ice Cream \$1.89 HALF GALLON CARTON, All Flavors

Budweiser Beer \$2.79 12 OZ. CANS

Coke \$1.49 8/ Plus Deposit 16 OZ. RETURNABLES

or **25¢** each

Coke 2 LITER 99¢ **89¢**

Convenient Food Mart