

DEADLINES: Weddings & Engagements, Thursday 5 p.m.  
Other Social Items, Monday 5 p.m.

# Social Events

## Rockfish News

By Polly Barnard

Tel. 875-2736

Dr. David Sutton attended a seminar at Union Theological Seminary as a Tower Scholar last week. In his absence Mr. Billy Herring was in the pulpit at Galatia Presbyterian Church Sunday.

The Childrens Christmas Program practice began Sunday at 6 p.m. at Galatia. This will include children ages 4 and up.

Circle #1 met Tuesday November 12 at the church at 10 a.m. With 21 members present. In the absence of Mrs. Lillian Cook, Circle Chairman, Mrs. Reve Gillis called the meeting to order.

After the benediction the hostesses, Mrs. Walta Bostic and Mrs. Polly Biggs served refreshments and a fellowship hour was enjoyed.

Pittman Grove Baptist Church will hold their annual bazaar Saturday November 16 in the Fellowship Hall from 9 a.m. til. There will be craft items, baked goods and homemade vegetable soup for sale.

Revival began Sunday night and will continue through Wednesday. Rev. Randy White of Fayetteville is guest speaker.

The Senior Citizens will have their monthly meeting Thursday November 14 at 10 a.m. at the

church. Each member will bring a covered dish.

Rev. and Mrs. Mike Osmont of Tabernacle Baptist Church were in Charlotte Monday and Tuesday at the State Baptist Convention.

In the absence of Rev. Osmont, guest speaker for morning worship service Sunday was Rev. Eugene Warrick of the Home Mission Board of the Southern Baptist Convention.

The W.M.U. evening circle met at the home of Mrs. Betty LaBom-bard Monday evening.

The men of the church are participating in the Fall Golf Tournament Saturday at Cyprus Lake.

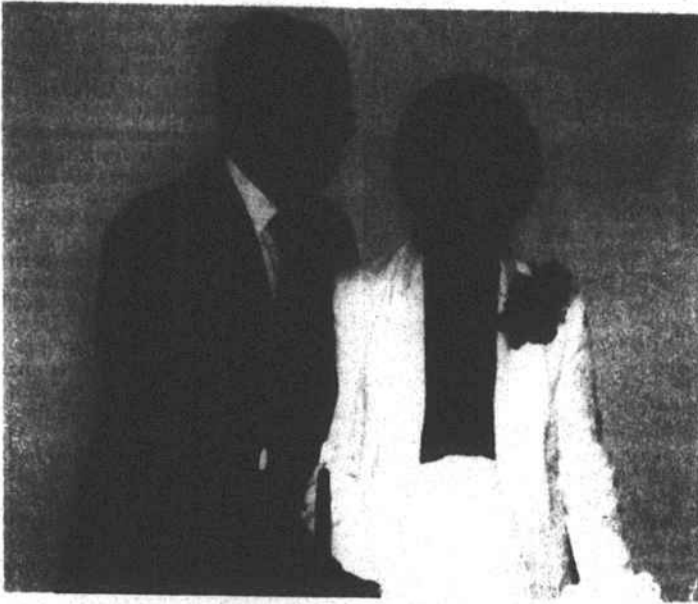
There will be a "Brotherhood Breakfast" at 7 a.m. Sunday at the church.

Mrs. Grady English and grandson, Kemp Waller joined Mr. and Mrs. Kemp Waller for the weekend at Emerald Isle.

Bill Campbell is a patient at the Veterans Administration Hospital in Fayetteville.

Mrs. E.T. Brock, Sr. is on the sick list at this report.

Mrs. Lillian Cook is a patient in Cape Fear Valley Hospital.



Mr. and Mrs. J.C. Reynolds

## 40th anniversary celebrated Nov. 3

Mr. and Mrs. James Cecil Reynolds were honored on Sunday, November 3, when they celebrated their 40 wedding anniversary.

Many family members attended the worship service at Galatia Presbyterian Church with them. Flowers were placed in the sanctuary in their honor by their children and grandchildren — Mike and Vickie Reynolds, Tony and Chris, Ray and Martha Parks, Elizabeth, Melissa and Jennifer.

A family lunch was held in the church fellowship after the worship service. Attending were Mr.

and Mrs. James Wood, Mr. and Mrs. Ed Newton, Mr. and Mrs. Roscoe Smith, Mr. and Mrs. Dan McInnis, Mr. and Mrs. Jack

Wooley, Mr. and Mrs. Herbert Reynolds, Mr. and Mrs. Fred Carr and Carol Jean, Mrs. Sybil Carr, Mrs. Jane Strother, Jimmy Wood, Miss Angie Verne, Mr. and Mrs. John Aldridge, Mr. and Mrs. Danny McInnis, Clay Faulk, Danny Wooley, Mr. and Mrs. Joe Shock, Kimberly and Jana, Mrs. Brenda Kool, Mr. and Mrs. Eugene Shannon, Beth, Hugh, Alyson, and Brian.

## Births

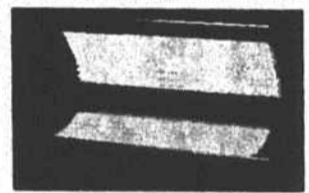
Mr. and Mrs. Chester Jefferson announce the birth of a daughter

on October 31 in Moore Memorial Hospital.



## PICK UP A TAN ON YOUR WAY HOME FROM WORK.

Just stop by for a 20-minute session with the patented Wolff tanning system. After six to eight visits, you'll look like you've been doing business in the Bahamas. So give us a call. We'll show you how to make the sun work overtime.



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**OPEN THANKSGIVING DAY**  
6:30 a.m.-3 p.m.  
TURKEY AND DRESSING And All Trimmings  
or COUNTRY HAM Take Outs Available  
Wagon Wheel Restaurant

**A.A. MEETING**  
Thursday evenings 8 p.m.  
Open Arms Rest Home  
Dining Hall  
Campus Ave.

**SAVE \$\$\$**  
Reserve Your Vacation Now  
**EASTER IN HAWAII \$745** from Fayetteville  
March 29 - April 5 - 1986  
Inc. Air, 6 Nights, 1st Class Hotel - Sightseeing

**ALASKA**  
Tour Alaska Then Cruise To Expo  
**\$2,595** from Raleigh  
June 8 - 20 - 1986  
Inc. Air Rate, 1st Class Hotel Cabin in Rotterdam. Meals on Cruise - Reserve prior to Dec. 21 and save \$150 per person.  
Call Ellen Willis - 875-5962 P.O. Box 800 Raeford, N.C.

## Home tour is planned

The Raeford Junior Woman's Club will sponsor its annual Home Tour and Craft Show on December 8. It will begin at the Civic Center. The hours are 2 to 6 p.m.

Craftsmen and artists will be displaying and selling their crea-

tions in the Civic Center during the afternoon.

Five Hoke homes will be open for the tour. Tickets will be \$5 and can be purchased at each home.

Call 875-4562 for further information.

## Olde Fayetteville tour planned for December 7-8

An International Decorating Showcase and Earl Parks Bandy adaptively restored homes in the historic Haymount district highlight this year's Tour of Olde Fayetteville by Candlelight to be held Saturday, December 7, from 2:00 p.m. until 8:00 p.m. and Sunday, December 8, from 6:00 p.m. until 9:00 p.m.

Costumed hostesses will greet visitors at two churches, six public buildings and six private homes that will be glowing with candlelight and adorned with live Christmas greenery by area Garden Club members.

The Woman's Club will serve a wassail bowl as a symbol of hospitality and friendship at Heritage Square and an Interna-

tional Decorating Showcase will display Christmas trees ornamented with traditional decorations from various countries at the Knights of Pythias Building and Cool Spring Place.

Sites on the tour are: 1) Belden-Horne House, 2) Cool Spring Place, 3) Evans Metropolitan AME Zion Church, 4) F.I.L.I. Armory, 5) Heritage Square, 6) Knights of Pythias Building, 7) Kyle House, 8) St. Joseph's Episcopal Church, and in historic Haymount the homes of 9) Dr. Charles Bowman, 10) Lucy Brown Paschal, 11) Mr. and Mrs. Raymond Naylor, 12) Mrs. Martha Miller, 13) Mr. and Mrs. James H. Kyle, III and 14) the Earl Parks Bandy House.

## Personals

Mr. and Mrs. James K. McLean of Mobile, Alabama and Mr. and Mrs. Malcolm McLean of New York visited their sister, Mrs. Neil McFadyen, Sr. last week. The family visited in Lumberton and Pinehurst and attended the Carolina-Clemson game on Saturday.

Mr. and Mrs. John Aldridge and

Mr. and Mrs. Danny McInnis, children of Mr. and Mrs. Dan McInnis, came to the Galatia anniversary celebration of Mr. and Mrs. J.C. Reynolds.

Mr. and Mrs. John McFadyen and their daughter, Anna, of Raleigh visited his parents, Mr. and Mrs. Neil McFadyen on Sunday and Monday.

**Attention Diabetics! - Save \$1.75 on Squibb-Novo Insulin**

Now you can save \$1.75 on Squibb-Novo insulin at Barbee Pharmacy. Stop by today and let Sprite Barbee help you in the selection of the Squibb-Novo insulin that best fits your needs. And then take advantage of the \$1.75 rebate coupon available to you. At Barbee Pharmacy we care about your good health.

**Barbee Pharmacy**  
118 Campus Ave. Raeford  
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**SALES RENTALS PROPERTY MANAGEMENT CONSTRUCTION APPRAISALS**

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P.O. Box 750 Raeford, N.C. **Ralph Barnhart Edith Best**  
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**EXCITEMENT**

**2 & 3 PIECE SWEATER SKIRT SETS \$29**  
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MISSES & JUNIOR SIZES 3-13 & 8-18  
ON SALE NOW THRU SATURDAY  
CATO CREDIT AND MAJOR CREDIT CARDS ACCEPTED.

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Raeford-Hoke Village  
218 Cole Ext. Raeford, N.C.  
Tel. 875-4522  
HOURS: 9:30-6:00 Mon.-Sat. 1-4 Sun.

**DIET FACTS & FALLACIES**  
**YOUR DIET VERSUS YOUR HEALTH!**

One of the greatest controversies that exists today concerns the effect of diet and disease. While diet is considered a contributing factor to heart disease, its role in cancer and other illnesses is still being debated.

In an effort to educate the public, the USDA published the "Dietary Guidelines for Americans." These recommendations were designed to alert the public to dietary changes that could improve nutritional eating and, subsequently, health. These guidelines stated:

1. Eat a variety of foods.
2. Maintain ideal weight.
3. Avoid too much fat, saturated fat, and cholesterol.
4. Eat foods with adequate starch and fiber.
5. Avoid too much sugar.
6. Avoid too much sodium.
7. If you drink alcohol, do so in moderation.

Diet Center believes there is a direct relationship between diet and disease. Diet Center also supports "The Dietary Guidelines" as a blueprint you can follow for achieving a healthful lifestyle.

484-5082  
307 HAY STREET  
Medical Dental Center-Suite 102  
(Haymount Hill)  
Fayetteville, N.C.

822-5081  
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867-0000  
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**DIET CENTER**

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**SPECIAL! Introductory Price \$34.90**  
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LIMITED TIME ONLY