

### Free Blood Pressure Clinic

A free Blood Pressure Clinic will be held Sunday November 7, 1976 between the hours of 2:00 p.m. and 5:00 p.m. at the Old Gym on the Pembroke State University campus. The clinic will be sponsored by the PSU Health Careers Club supported by local medical personnel.

### Indian Organiza'n to meet

The Indian Community Organization will meet October 28 at 7:30 p.m. at Dogwood Baptist Church in the Fellowship Hall, Rowland.

### Gospel Sing planned

The Disabled American Veterans, Chapter 47 will sponsor their annual gospel sing November 6, 1976 at 7 p.m. at Pembroke Elementary School.

Featured singers will be The Mt. Airy Brotherhood, The Parker Family, The Red Springs All Male Choir, The Gospel Singing Quartet, The Scott Sisters and The Lawson Family. Admission is \$1.50 per person with senior citizens and children under 12 admitted free.

### Cherokee Homemakers contribute

In the report on the Wakulla Cystic Fibrosis Campaign last week, the Cherokee Home Makers Club was omitted. They also contributed to the campaign.

### LRDA sponsors new senior citizen chapter

The Economic Development Project of the Lumbee Regional Development Association is very proud to announce the formation of the Deep-Branch Back Swamp Senior Citizens Chapter. This chapter is the twelfth senior citizen chapter organized by the Community Development staff.

Senior Citizens are people who are experiencing the wisdom of age, and enjoy to the fullest the blessings of life. LRDA's Community Development Program recognizes the need for senior citizens to socialize, participate in recreation, and keep busy. We also recognize that senior citizens are the real backbone of the communities, and a resource when one needs to know the facts that others have forgotten.

As a member of a senior citizen chapter a person can learn a variety of arts and crafts such as beading, weaving, ceramics, crocheting, string art, liquid embroidery, etc. One can also enjoy the

good fellowship of being together, talking, laughing and trading cooking recipes. One can take tours to the beach, the mountains, and, oh yes, go to Florida!

Senior citizen chapters are individual groups, who elect officers, make money by various sales, and have their own bank account that they themselves manage. They would like to have new members because they need new ideas and fresh faces. They also need two more hands to help batter chickens for plate sales, make crafts for craft sales, bake cakes for cake sales, or give a pat on the back when necessary, or a busy hand for those who suffer with arthritis more than others.

We extend a warm invitation to any senior citizen who would like to join a chapter (no fee is charged). The following list gives the name of each chapter, and the meeting site. If you need transportation to and from the sites, please call 521-9761, and we will arrange

transportation for you:

Antioch, Antioch Church; Bethel Hill, Bethel Hill NSC; Deep Branch, Deep Branch School; Evans Crossing and Shoehel, Evans's Crossing Fire-Dept.; Fittgrove, World Building; Pembroke, Maynor Manor; Prospect, Prospect Church; Saddletree, Saddletree Jaycee Clubhouse; Smith town, Smithtown NSC; Smyrna, Smyrna Church; Tudor's Court, Tudor's Court Housing Project.

### Exercise classes

The Robeson County Recreation Department is sponsoring an Adult Ladies Exercise Class in Pembroke to be held at Locklear's Court each Thursday night at 8:00 P.M.

All Ladies that are interested be present at Locklear's Court at 8:00 P.M. Thursday night.

## A leader who'll put our children first.

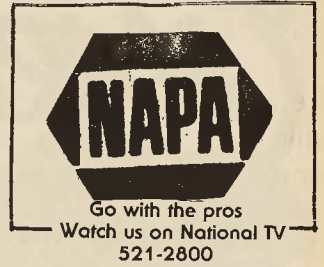


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Center Cut Pork Chops.....lb. \$1.29

Red & White Bread .....3 loaves \$1.00

Cabbage .....lb. 9¢



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