

PSYCHOLOGY

Relaxation reduces muscular tension and can rid a person of many problems, both physical and mental. Fatigue, strain and over-emotionalism—the three enemies of relaxation—interconnect and multiply each other, experts say. Overcoming them is important for persons of all ages.



One of the best methods of relaxing completely is with music. One of the new hi fi component systems, in an eye-appealing cabinet, with receiver, turntable, possibly a cassette deck and speakers, such as the FR-300G music lab just introduced by Sony High Fidelity Products, can bring you musical experiences that may free both mind and body of all tension as you just relax... and relax... and relax.

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MT. AIRY NEWS

by Violet Locklear

The guest speaker on Sunday morning was the Rev. Ken Simmons of Clinton who delivered a very inspirational sermon—taken from Acts 8:35-40—using as his subject, "Faith in the Lord Brings Joy to the Heart."

Special music which was very enjoyable was by the Simmons Family, a very talented family. They are in-laws of our pastor.

Among some of the other visitors were Mr. and Mrs. Leo Woods, Mr. and Mrs. Paul Hunt and family, Mrs. Hazel Carter and family, Mr. Jerry Cummings and more. It was good to see you all. Come again soon.

Sunday night singing (I cannot define) really it was remarkable. Besides different choirs we had the Prayer Band Boys; the Simmons Family; the Cherokee Quartet; Ever Green Adult Ladies; Zion Hill Youth; Zion Hill Choir; Union Chapel Methodist Choir; Pembroke Ladies Chorus; and various solos. Every group did a splendid job. Keep in mind the second Sunday in March. The Simmons Family will be back with us if nothing happens.

This Sunday at 11 we will have our Christmas Cantata, "When Love Was Born." To me at Christmas, a candle can mean so many things to so many people—especially during the Christmas season.

To one person a candle is warmth—to another it is wonder. But to all it is "Light." Let it remind us of the light which came to free our souls. Let it remind us to let our light shine before men. My world, my life, my witness. Do a good deed for someone this Christmas. The pastor and his wife will lead service at the Women's Prison in Raleigh Thursday. That's a good deed. may something be instilled in each one's heart to help them to think of their destination.

The youth will present their Christmas special on the Tuesday they get out of school at 7 p.m. It is just amazing how they can sing. Bro. Monroe Chavis is doing a wonderful job with them.

HOSPITAL PATIENTS

Rev. King Maynor is a patient in Southeastern General Hospital. His condition is slowly improving. Mr. Norman Oxendine is a patient in the same hospital. Also Rudolph Freeman who is improving. Mr. Dexter Locklear is a patient in the V.A. Hospital in Fayetteville.

Please remember these in your prayers and many more in our community who are sick.

Mr. Reese Locklear has been on the critical list in ICU. Please pray for him.

To the family of Mrs. Faye Damico who is suffering the loss of her husband. There is peace and calm in the 23rd Psalms. With the Lord as "your shepherd" you have all that you need. For if you "followed in his footsteps," wherever he may lead, He will guard and guide and keep you in His loving watchful care. And when traveling in "dark valleys," your shepherd will be there... His goodness is unfailing. His kindness knows no end. For the Lord is a "Good Shepherd" on whom you can depend... So, when your heart is troubled, you'll find quiet peace and calm, if you open up the Bible and just read this treasured Psalm.

As I have been a little heart hurt here lately, so many times he has revived my weary body. For no matter how steep the hill or mountain is, he is going to climb it with you. No matter which side of life or death is your destination. Just read this treasured psalm, you cannot lose. Just think it is comforting to know God loves us in spite of our terrible weaknesses.

Congratulations!



The Cub Scouts of Union Chapel School have worked very hard for what they believe in. I am very proud of

them.
Faye Locklear, Scout Leader
Jimmy Chavis
Kelly Wayne Locklear

PROSPECT PTA MEETS

The Prospect Parent Teachers Organization met on Monday night, December 14, 1981 in the school cafeteria. Presiding at the meeting was Robert Deese, president.

Mr. Deese introduced the officers of the organization. In addition to himself, they are: Diane Goins, vice president; Pandora Strickland, treasurer; and Carol Hunt, secretary. Committee chairmen are: Jimmy Goins, projects; Stella Chavis, membership; Connee Brayboy, publicity; Marty Locklear and Connee Brayboy, program.

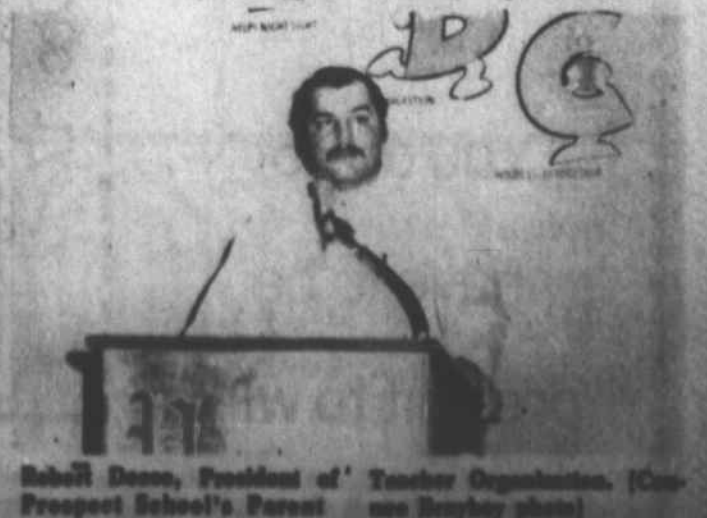
In the absence of the secretary, Carol Hunt, Patricia Lambert read the minutes. Plans were tentatively made for an auction, a talent show, a basketball game and teacher appreciation day.

James A. Jones, principal,

addressed the group. He said, "I know everyone wants to know about the competency tests... When you do well you crow, when you don't do well, you try to keep a low profile. We didn't do as well as we would have liked. But let me assure you that everything possible is being done to improve competency test scores."

He reported on Level III Accreditation. And reported that he had received many compliments on the float and band which participated in the Christmas Parade which was sponsored by the Pembroke Jaycees on Friday, Dec. 11. The school float won first place in the competition of schools.

The organization will meet again immediately after the release of report cards.



Rebell Deese, President of Prospect School's Parent Teacher Organization. (Connee Brayboy photo)

SAVINGS YOU CAN SEE

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• Godwin At 5th

PENBROKE
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HEAVY WESTERN BEEF
SIRLOIN STEAK
\$2.59 LB.

HEAVY WESTERN BEEF
T-BONE STEAK
\$2.89 LB.

LEAN BONELESS STEW BEEF... **\$1.89** LB.

WHOLE - 6 TO 8 LB. SIRLOIN TIP ROAST... **\$1.99** LB.

BONE IN STEW BEEF... **99¢** LB.

HEAVY WESTERN BEEF RUMP ROAST... **\$2.59** LB.

HEAVY WESTERN BEEF BONELESS SHOULDER ROAST... **\$2.29** LB.

SIRLOIN TIP ROAST... **\$2.59** LB.

FRESH PORK **PICNIC**
69¢ LB.

WHOLE **FRESH HAMS**
\$1.19 LB.

SCOTTISH LIVER PUDDING 10-LB. BOX... **\$5.90**

FAMILY PACK SMOKED SAUSAGE 5-LB. BAG... **\$5.99**

SCOTTISH LIVER SAUSAGE 10-LB. BOX... **\$13.99**

BIG TOP CHICKEN FRANKS 12-OZ. **59¢**

BIG TOP CHICKEN BOLOGNA 1-LB. **79¢**

FRESH GROUND BEEF 3-LB. OR MORE **\$1.09**

HEAVY WESTERN BEEF **CHUCK STEAK**
\$1.59 LB.

FULL CUT **ROUND STEAK**
\$1.99 LB.

TENDER **CUBE STEAK**
\$2.59 LB.

PET RITZ 9-IN. **PIE SHELLS**
2-CT. **2/99¢**

OVEN GOLD BROWN 'N SERVE **ROLLS**
2/99¢

SNOWDRIFT **SHORTENING**
3-LB. CAN **\$1.79**

FROSTY MORN **LARD**
4-LB. PKG. **\$1.59**

KRAFT **VELVEETA CHEESE**
1-LB. **\$1.59**

SOUTHERN BISCUIT **FLOUR**
5-LB. **99¢**

LIPTON **TEA BAGS**
100-CT. **\$1.99**

HEAVY DUTY REYNOLD'S WRAP 25"x18" **ALUMINUM FOIL**
99¢

2-LITER **COKE or PEPSI**
99¢

KRAFT **BAR-BE-CUE SAUCE**
18-OZ. **79¢**

WHITE **POTATOES**
20-LB. BAG **\$2.19**

KRAFT **PAPER TOWELS**
JUMBO ROLL **59¢**

KRAFT **MACARONI & CHEESE DELUXE DINNER**
99¢

FOLGER'S **COFFEE**
1-LB. BAG **\$2.25**

CHARMIN **TOILET TISSUE**
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LILLY 9-OZ. COLD **DAISY CUPS**
80-CT. **\$1.49**