



MR. AND MRS. SAMUEL WALTON SR.

...Celebrate 46th wedding anniversary

Waltons' Union Has Been "Special"

In 1939, Samuel Walton Sr. met and married Curle Bradford. Since that time, the couple says, their union has been special. Their seven children agree. And on the occasion of their 46th wedding anniversary of Mr. and Mrs. Samuel Walton Sr., their children had these special toasts to make to their marriage.

Emmitt Walton: "They're a special team... and they are winners. Like anybody else, they've had their ups and downs. But they have stayed together and smoothed out problems. It takes two people to make it. You have to stick together

Sexual Assault

Conference Planned

Representatives from community agencies and other individuals who work with victims of sexual assault from throughout the state will meet November 1 in an effort to establish and strengthen services.

They will gather at the Ramada Inn in Apex for a one-day conference entitled, "The Community Response: Providing Services to the Sexual Assault Victim."

The conference was planned especially for nurses, doctors, law enforcement officers, lawyers in the criminal justice system, crisis center personnel, social workers, teachers, clergy, and other human service providers whose work brings them into contact with victims.

Among the featured speakers will be Lloyd Sinclair from the Midwest Psychotherapy Center, Midwest Center for Sex Therapy, Madison, Wis. He is scheduled to speak on "Why Men Rape: The Psychology of the Offender" at 9 a.m. Peg Ziegler, director of the Rape Crisis Center in Atlanta, Ga., is scheduled to speak on "Helping the Victim to Heal" at 10:15 a.m.

Also expected to make presentations are Dr. Mary Susan K. Fulghum, obstetrician and gynecologist, Raleigh, and Major Don Truelove with the Orange County Sheriff's Department.

The \$20 registration fee includes tuition, breaks and lunch. Registration deadline is October 25.

Checks should be made payable and mailed to Wake AHEC, care of Wake Medical Center, 3000 New Bern Ave., Raleigh, N.C. 27610, attention: Jacqueline Rollins.

Conference sponsors are Wake Area Health Education Center, Interact and N.C. Council on the Status of Women in the N.C. Department of Administration.

CPCC Awarded \$12,000

Computer software for training architectural and engineering technology students has been given to Central Piedmont Community College (CPCC).

The latest version of AutoCAD software, with a value of \$12,000, was given to the college as part of a grant from Autodesk, Inc., an international company.

"Forty-four percent of businesses that use microcomputer-based CAD (computer aided drafting) systems use AutoCAD," said George Timblin, head of CPCC's Technology Division. "This means our students can learn their CAD skills on the number one microcomputer-based system in the business."

The software will be used in teaching computer aided drafting to CPCC's architectural, civil, mechanical, and manufacturing engineering technology students. CAD training at CPCC also is available on VersaCAD for microcomputer-based systems, IBM Fast-draft for intermediate-sized systems, and Computerized CADDS 4X for larger systems.

"The increasing need for CAD drafters and designers in the Charlotte area has placed graduates with this knowledge in high demand," Timblin said. "In past years some local firms have even recruited nationally because of the high demand for CAD drafters and designers in the Charlotte area."

CAD courses cost \$15. For additional information, call George Timblin at 373-6557.

as a team. And I congratulate them for doing that."

Samuel Walton Jr.: "Hats off... to a couple of the most beautiful people in the world. Having experienced a major part of their 46 years, I know that their marriage is special and was made in heaven."

Bob Walton: "On the occasion of the 46th wedding anniversary of my parents, I am thankful to God for the fact that He has given me such wonderful parents who have been very instrumental in giving guidance and support not only to me, but to my sister and all of my brothers. My prayer is that God will give them continued good health, and many more years of happiness."

James Walton: "May God bless any couple who can live together for 46 years. On a personal note, it is indeed a blessing to witness my parents moving towards the achievement of a milestone reaching their 50th wedding anniversary. And with God's continued blessings, they will get there."

Jeanette Walton Johnson: "46 years of marriage? I think it's great. And I'm proud of my parents. 46 years is half of a lifetime, if not a lifetime. I think it is remarkable for

two people to be able to give and share for that many years and still be able to show love towards each other. I think they are excellent role models to hold up to our young people."

Larry Walton: "In today's society, with so many divorces, it is comforting to know that marriages can still last 46 years. And I commend my parents for the longevity and love of their marriage. It means respect and admiration for their ability to stay together for 46 years. Obviously, it means happiness to me."

Meivin Walton: "To my parents (who also happen to be my best friends)... I love you dearly, and I salute you on your 46th wedding anniversary. You have bestowed love, happiness, trust, and dedication, not only upon each other but to your children as well. You have built not only a good marriage, but a good family. For this and more, I thank God. I will always be grateful."

Mr. and Mrs. Samuel Walton Sr., members of Reeder Memorial Baptist Church, also received congratulatory messages and gifts on their wedding anniversary from their grandchildren, family, and friends.

New Book Includes Inexpensive Steps That Can Help Protect The Elderly

Special To The Post
Chapel Hill - When the young man's clothes caught fire, he tore them off and doused them in water, narrowly avoiding major burns.

When the old man's clothes burst into flames in an almost identical incident, arthritis in his fingers prevented him from removing them quickly enough, and he died in agony.

The increased vulnerability of older people to such accidents and other problems, along with suggestions for improving their lives, are the subjects of a new book written and edited by faculty members at the University of North Carolina at Chapel Hill.

The book, "Aging and Public Health," has just been published by Springer Publishing Company of New York.

Edited by Drs. Harry T. Phillips and Susan A. Gaylord of the UNC School of Public Health, the book includes sections describing America's growing elderly population, health services available to older people and biological, environmental, psychological and social aspects of aging.

National health policies for the elderly, housing, behavior, nutrition and other topics are discussed in separate chapters.

Dr. Patricia F. Waller, research professor of health policy and administration at the School of Public Health, wrote a chapter called "Preventing Injury to the Elderly."

"During 1981, more than 23,000 people in the United States aged 65 or older died as a result of accidents in the home or motor vehicles," said Waller, who is also associate director of the UNC Highway Safety Research Center.

Motor vehicle crashes are the major cause of accidental death from age 65 through 74, and falls are the leading cause of fatal injuries above age 74," she said.

Burns rank third as the cause of accidental death in the 65-74 age group.

"Since most accidents are preventable, serious attention to this epidemic should be a top priority for public health officials," Waller said.

The aging process makes older people more vulnerable to accidents because their bones and muscles weaken over time, their skin becomes thinner and their senses eventually decline, the scientist explained.

In addition, the elderly recover from injuries at a much slower rate than young people, she said. Since they have relatively less body water, the elderly also are more affected by alcohol than they used to be.

In her chapter, Waller lists a number of inexpensive steps that can help prevent injuries to older people.

Tap water burns from too-hot showers and baths, for example, can be avoided by turning down thermostats on water heaters to 120 degrees or lower. Most water heaters are set at more than 130 degrees.

Many homes contain flammable liquids like gasoline and cleaners and flammable materials like old newspapers and clothing that is no longer worn. If possible, she said, these should be discarded or stored outside.

Old people who can no longer cook for themselves should be

discouraged from trying, Waller said.

The fire hazards of smoking can be reduced by using non-flammable clothing, rugs, bedding, mattresses, drapes and furniture.

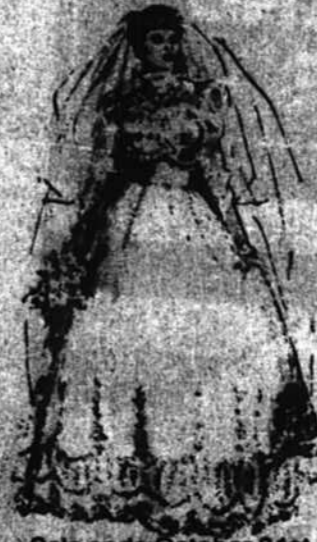
Space heaters, a common source of house fires, should be avoided if possible or at least placed on fire-proof bases well away from walls and furniture.

Many falls can be prevented by installing glare-free lighting, especially on stairs, where older people live, Waller said. Nightlights are a good idea if the elderly are likely to get up at night.

Since falls often occur when older people faint or lose their balance while climbing on furniture or ladders, possessions they may want should be stored within reach from the floor. For the same reason, lamps provide safer lighting than overhead fixtures when bulbs burn out.

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