

Party Line

By Ouida Hewett

Hello there!
Here it is graduation and I have yet to buy the gifts, wrap them and deliver them to the graduates. And everything nice is so expensive that it takes a fortune to go around, doesn't it? Everything goes up but wages! Food has gone up sky high in the past two or three months.
I don't know whether it was just the time for price rising, but everything edible went UP!

Mr. and Mrs. Thomas Gray and sons Greg and Tim were visiting Mrs. Inez Gray and family Sunday afternoon.

Mr. and Mrs. J. Roger Hewett, Sr. and son Doug were visiting Mr. and Mrs. L.P. Wilson Sunday afternoon.

I hear the Harold Milliken family of Key West, Fla., is here with Mrs. Ava Milliken for a few weeks.

Rozell Hewett of Durham was visiting Mrs. Blanche Hewett, and the James and Jean Duncan family during the weekend.

Mrs. Ethel Hewett and Charlotte were recently visiting the Thomas R. Holden family of Spring Lake.

Mrs. Janie Ward was recently in Norfolk, Va., with her husband while he underwent back surgery. She reports he's doing fine now, and has hopes of being home before long.

All you hear now is about going to the beach for a little sun! But let's be very careful, as skin experts say that too much sun can produce not only a painful and disfiguring sunburn, but can also dry the skin, speed up the aging process; induce wrinkles, and set the stage for a variety of skin problems in later life.

According to the experts, a teenager who spends the summer working on her or his tan is very likely to find that, as they grow older, each session in the sun earned them an additional wrinkle or two. For summer sun isn't always fun, and the cultists of sun worship often wind up with dry, leathery skin, and sometimes with disfiguring pigment spots, warty overgrowths, and even skin cancer. Too much sun has been called the single most common cause of skin cancer.

Cloudy days are the worst for sunburns. Clouds screen out visible light, but the burning rays can still get through. I'm talking through experience, too.

Be aware of the time and place you sun bathe. The midday sun, between 10 a.m. and 2 p.m. is the most intense and should be avoided when you are starting your tan. Ideally it should be avoided at any time unless you are wearing protective clothing and a

broad-brimmed hat. Reflecting surfaces, such as sand, water, or snow, intensify the sun's rays. And beach umbrellas don't offer the protection that most people think they do. Reflected sun rays still find you.

Ask your doctor's advice on sun lotion of sun-screening preparation. The best approach to sunbathing is just common sense! Remember the skin you have is to last a lifetime. You don't peel it off like a banana or cosmetics and apply a new one. Take care of what you have. If you do get burned, go see your favorite doctor.

Someone asked me the other day, "Who is the little girl I see you with morning and evening?" Well, this is my granddaughter, Ouida Erica Daphne Wolf, Lynn's daughter. She lives with us and I take her to nursery

school and pick her up in the afternoons. I also take her grocery shopping and along with the many other activities I have to endeavor.

Our congratulations to Mr. and Mrs. William P. Hewett on the arrival of a son, Jonathan Heath, born May 11 at New Hanover Memorial Hospital. Mrs. Hewett is the former Janet Blake.

I read in the daily paper about men students being insulted about their hair dryers and what is so wrong about that? I much rather my sons used a hair dryer for their wet hair than to go out into the cold or damp morning air and catch a cold or pneumonia? What's so wrong with a hair dryer for men, or hair spray? We use them, don't we? Why not the men folks?

The Shallotte-Waccamaw Band held a concert at the

Waccamaw School Monday night during their last PTA meeting. These children really play good music. Mrs. Betty Warren of Ash was elected the new PTA president for next year.

Mrs. Lydia Hewett and son Dean, Mr. and Mrs. Lloyd Perkins and Teddie and Joey were visiting family and friends in Wilmington Sunday afternoon.

Don't forget to vote this Saturday.
See you next week!

ECU GRADUATES

Seven Brunswick County residents have been graduated from East Carolina University, including Linda Susan Cheers, Karen Ileen Nielsen, Mark Owens and Edward David Redwine of Shallotte and Charles Gerald Holden, Stephen Dale Holden and Joan Marie Reynolds Owens.

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Pharmacy Comments

KIDS, TEARS & DOCTORS

By following a few suggestions, you can eliminate much of your child's tearful hysteria toward doctors, needles, and hospitals.

First, level with him. If your child is to get an injection, tell him it will sting a little, but that it's for his own good. Don't give him a choice. Make it mandatory, like washing his hands before eating. A straightforward, simple explanation of the truth will condition your child to trust the doctor, rather than building up a false assurance which he'll quickly grow to distrust. Finally,



when your child has to go into the hospital, try to prepare him mentally toward what to expect. By removing some of the mystery, you'll be eliminating many of his fears.

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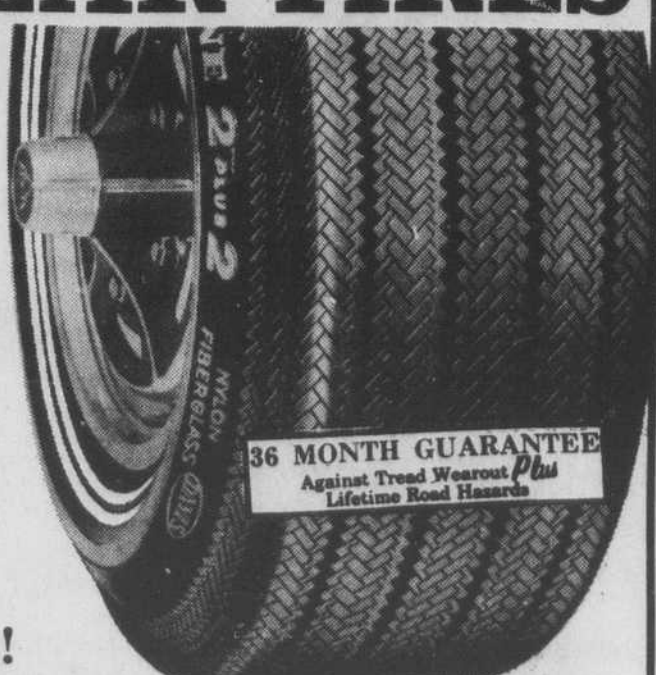


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