



Vance-Granville Community College Welding Program students who recently passed the National Welding Examination display their certification papers. Left to right, kneeling, are Lawrence Williams of Warrenton, Alphonzo Hardiman, of Kittrell; Cornelius Crews, Henderson; Ricky Thomas and Phillip Patterson, Kittrell; standing, Bill Jones, program head/instructor; Leonard Terry, instructor; Lee Swanson, James Wall and Carl Hendricks, Dwayne Presley, all of Kittrell. (VGCC Photo)

## Student Welders Pass Examination

Nine students in the welding program at Vance-Granville Community College have passed the National Welding Certification Examination and are now members of the American Welding Society.

"Certification will mean more opportunities for the students who are seeking careers in a field where demand is high and salaries are rising," Bill Jones, welding program head, said.

Those nine students increased the number to 198 who have successfully completed the national welding exam since the program began on campus 12 years ago. Past records also indicate that 98 percent of that number are gainfully employed as welders.

"We are pleased that the welding department is able to meet the needs of the individual student as well as prospective employers within our service

area," Jones said.

"Our 12-month institutional program is designed to prepare individuals for immediate employment," Leonard Terry, instructor, added. "Welding skills of the students are tested before they are authorized to enter the labor market; therefore, prospective employers can know in advance the student's ability to produce on the job."

Additionally, Fred Wilson, Chairman of the college's Public Service and Vocational Education Department, said, "Mr. Jones and his staff have done an excellent job in the Welding Department as demonstrated by the number of students who are working in the welding field. I do feel that a person wanting to pursue a welding career will benefit from this program as much, if not more, than any other such program in the state."

## Nursing Center News

By GLADYS STANSBURY  
Resident Reporter  
Warren Nursing Center

As the beautiful weather rolled in with September, Warren Nursing Center residents ventured to Palmer's Point for our long-awaited picnic.

Planning for the picnic began August 1 and August 29 was pinpointed as the target date.

However, due to the morning showers, the outing was rescheduled for the rain date of Sept. 5. Approximately 24 residents attended this special event. HealthCo provided a van and staff members helped to transport residents. Covered dishes were brought by staff, family members, and volunteers. The dietary staff provided ham, turkey, baked beans, beverages and chips.

Everybody ate until they were full as ticks and then is when the fun began. Some residents and staff members participated in a wheelchair spoon race. Other residents and staff strolled the park area or just enjoyed conversation. Wednesday was a perfect day for a picnic. The weather was fine and the scenery was beautiful. For those residents who participated, their day was surely brightened.

We would like to thank Elnora Somerville and Shirley Wortham, two WNC volunteers who helped in coordinating this special event.

Other active volunteers who are part of the WNC volunteer program are: Viola Alston, Carolyn Harrison, Christin McGuire, Evelyn Russell, Annette Daniel, Mabel Davis and Helen Rooker.

We have a newcomer to our volunteer ranks, Dr. Cameron McRae. Dr. McRae and his wife have recently moved to Warrenton from Virginia. Welcome.

We also want to mention A. D. Harris and Chris Ingram as well as

other members of the Warren County community for their loyal support in helping the residents to the dining room and helping those who are unable to feed themselves. We really appreciate your kindness.

We would like to acknowledge those ministers who have supported our efforts in establishing a religious program within our facility. We are glad our residents have the opportunity to attend services coordinated by the following: The Rev. Gary Parker, Warrenton Baptist Church, the Rev. Gary Roy, Gospel Baptist Church, the Rev. Clint McCann, Warrenton Presbyterian Church, the Rev. Clay Shook, Warren Plains Baptist Church and the Rev. William Rembert, Warrenton Church of God.

We certainly appreciate those church members who have donated their time as well.

Mrs. Clementine Russell is our new employee of the month. We congratulate Mrs. Russell for her outstanding job within the Laundry Department. We are happy to have fresh, clean clothes to put on every morning and appreciate her friendly nature.

The facility is beginning a clothing closet for our residents whose families are financially unable to supply sufficient clothing. Any donations will be greatly appreciated. Please contact Dianna Park, our facility social worker.

Before we retire at night let's thank God for all our blessings and ask God to bless the sick and afflicted, the poor and the needy.



When Columbus discovered America, he found the Indians playing ball games.

## Arthritis Support Group Has Meeting

The Warren County Arthritis Support Group of the N. C. Chapter of the Arthritis Foundation met on Wednesday night, Aug. 29. Mrs. Eva Holtzman, chairman, opened the meeting with prayer and devotion.

The chairman introduced the guest speaker, Mrs. Margie Kiah, who is a registered dietician and who holds a master's degree in food and nutrition from New York University. Mrs. Kiah gave an interesting talk on "Arthritis and Diet."

Among the facts about arthritis which she stressed was that no age group is spared from the disease. Rheumatoid arthritis strikes often during the most productive years of adulthood, with the majority of cases beginning between the ages of 20 and 40.

## Vance-Granville Plans Basic Electrical Course

A basic electrical course, "Direct and Alternating Current," will be offered as an evening credit class beginning Sept. 13 at Vance-Granville Community College.

To run through Nov. 29, classes will be held Tuesday and Thursdays from 6 to 10:30 p. m. The course, the first of a two-part series, will carry 4½ credit hours.

Instruction will include a study of the structure of matter and the electron theory, as well as the relationship between voltage, current and resistance in series, parallel and series-parallel circuits. Participants will be expected to develop an understanding of basic direct and alternating current circuits and to learn fundamental concepts of resistors, capacitors, inductors and their symbols.

Mrs. Kiah indicated that although the cause of rheumatoid arthritis is unknown, theories include inheritance and physical and emotional stress. Rest and appropriate exercise are recommended to alleviate the discomfort. She recommended a balanced diet with special emphasis on calcium, iron and vitamin C and B-Complex.

During the business session, it was decided that the group would sponsor a fair booth at the Warren County Fair September 17-22, in order to make more people aware of the Warren County Support Group and the N. C. Chapter of Arthritis Foundation. Members made plans to meet at the fairgrounds on Sunday, September 16, from 2 until 4 p. m. to prepare the booth.

According to Leon Dillard, VGCC's program head/instructor of electrical installation and maintenance, the course should particularly benefit those employed in industry who are involved, or wish to be involved, in electrical maintenance work.

Registration is scheduled Sept. 11 and 12 from 5:30 to 8 p. m. on campus. The cost will be \$24.25 plus text (approximately \$8.00).

**Copper Stains**  
Greenish stains on porcelain are caused by copper deposits. Try washing them away with soapsuds containing ammonia.

**Highest Peak**  
Mount Everest at 5½ miles is a mere foothill compared with the solar system's highest peak. Olympus Mons on Mars towers 15 miles above the surrounding plain.

**COKE,  
DIET COKE  
OR TAB  
6 PACK  
12 OZ. CANS**

**157**

MAY NOT BE AVAILABLE IN ALL STORES

**CONTACT  
COLD  
CAPSULES**

PKG. OF 10

**199**

**ANACIN  
TABLETS**

BOTTLE OF 100

**289**

**AQUA-FRESH  
TOOTH PASTE**

6.4 OZ. TUBE

**129**

COMPARE AND SAVE  
WITH  
RITE AID BRANDS

**RITE AID  
BUBBLE  
BATH**

LILAC, LEMON, VANILLA,  
STRAWBERRY, APRICOT OR  
HONEY & ALMOND  
QUART BOTTLE

**99¢**

**RITE AID  
TAMPONS**

REGULAR OR SUPER  
PKG. OF 30

**179**

**RITE AID  
DISPOSABLE  
DIAPERS**

TODDLER  
PKG. OF 40

**499**

**FABERGE'  
ORGANICS**

SHAMPOO, CREME RINSE  
OR CONDITIONER

YOUR CHOICE  
15 OZ. BOTTLE

**99¢**

**SCOPE  
MOUTHWASH**

24 OZ. BOTTLE

**219**

**PREPARATION H  
OINTMENT**

1 OZ. TUBE

**189**

**KODAK  
DISC FILM**

30 EXPOSURES

PKG. OF 2 DISCS

**419**

**SLIM  
FAST  
DIET MEAL**

VANILLA, CHOCOLATE  
OR CHOCOLATE PUDDING

1 LB. CAN

**599**

**RIGHT GUARD  
DEODORANT**

BRONZE

10 OZ. CAN

**269**

**BARBASOL  
SHAVE  
CREAM**

REGULAR, MENTHOL,  
LIME OR LANOLIN  
11 OZ. CAN

**89¢**

**GILLETTE  
GOOD NEWS  
DISPOSABLE RAZORS**

PKG. OF 6

**139**

**NICE' N EASY  
HAIR COLOR**

ASSORTED SHADES

BY CLAIROL

**299**

**MILLER  
BEER  
8 PACK**

7 OZ. PONY BOTTLES

**193**

MAY NOT BE AVAILABLE IN ALL STORES

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