

Around Norlina

Mrs. Ophelia Pearce had her son James visiting her from Florida over the weekend. She will return home with him for a week's stay.

Bobby Norvell and son of Wilmington spent several days recently with his mother, Mrs. Jack Shearin.

Miss Sharon Perkinson of Durham, John Flesher of Raleigh and Mrs. David Perkinson of Durham visited Mrs. Gladys Perkinson on Monday.

Buck Wiggins and Ben of Raleigh spent Sunday with Mrs. Cornelia Wiggins.

Mrs. Lois Liverman of Roanoke Rapids visited Mr. and Mrs. J. F. Harp on Tuesday. Mrs. Louise Cottrell of Red Springs visited on Saturday.

Mrs. Eleanor Hayes spent the weekend with Mr. and Mrs. David Headley in Richmond, Va.

Mr. and Mrs. Dan Miller of Ahoskie and Mr. and Mrs. Sonny Goodbar of Durham visited Mrs. Gladys Norwood on Sunday afternoon.

Mrs. Robert Moore of Littleton was a Monday visitor of Mrs. Gladys Perkinson.

Mr. and Mrs. Graham P. Grison have returned home after spending a month in Daytona Beach, Fla.

Tom and Jocelyn Roach of Walton, N.Y. were visitors of Mrs. Florence Heid for several days last week.



Mr. and Mrs. Palmer King are shown celebrating their 40th wedding anniversary at a reception held in their honor on Sunday, April 10, at the residence of Mr. and Mrs. Woody King. Family and close friends were greeted by the hosts and invited into the dining room, where cake was served by Mrs. Gus Daeke, Jr. Mrs. Carl Fleming and Miss Loren Myrick poured punch, while other refreshments were served by Mrs. Hal White, Jr., Mrs. Wallace Holtzmann and Mrs. Lillian Killian. (Staff Photo by Howard Jones)

Vitamin A Source

A half cup of pumpkin has a day's supply of vitamin A and only 40 calories.

Shopping Tip

If you can't find what you need in the petite department, try the junior section.

Another alternative is the boy's wear department for separates like pants and shorts. For dresses and suits, particularly those with a natural waistline, short women will usually have to shop in the misses size departments.

Pulley-Baker Vows Exchanged In Norlina

The sanctuary of Norlina United Methodist Church on March 26 at 2 p.m. was the setting for the marriage vows made by Stephanie Ann Barker and Benjamin Whitley Pulley. The Rev. Dennis Sheppard performed the double-ring ceremony.

The bride is the daughter of Mrs. Melba M. Bottoms of Norlina and Charlie H. Barker, also of Norlina. She is the granddaughter of Mr. and Mrs. Fred Newsom of Wise and Mr. and Mrs. James Barker of Henderson.

The groom is the son of Mr. and Mrs. Travis Henry Pulley of Warrenton. He is the grandson of Herman Pulley of Micro.

A program of wedding music was presented by Ms. Leigh Ann Perkinson of Wise, pianist, and Todd Meador of Norlina, vocalist and brother-in-law of the bride.

The bride wore a tea-length gown of beige silk, overlaid with romantic lace, fashioned with long sleeves trimmed with scalloped lace embroidery. The bodice, created in chantilly lace with a square neckline overlaid with lace embroidery, descended into a dropped waist over a soft-

Laser 'Sees' Through Cataracts

A tiny laser that "sees" through cataracts to determine whether surgery can restore a patient's eyesight has been developed at the University of California, Berkeley.

Now getting its first use in India, the new optical instrument can detect whether a patient's retina (or fine vision center in the eye) has simply been obstructed by a cataract or is no longer functioning.

With this information, vision specialists can predict whether surgical removal of the cataract will allow the patient to see again.

ly gathered full skirt. The scalloped back neckline was secured at the top with a pearl button.

A cascade of white rose buds, delphinium and white pixies with satin ribbon streamers was chosen by the bride as her bouquet. Her headpiece was a circlet of silk flowers, accented with satin ribbon streamers.

Ms. Dawn Burrows of Norlina was maid of honor. Bridesmaids were Mrs. Laurie B. Meador and Miss Martha D. Barker, sisters of the bride.

Travis H. Pulley, father of the groom, served as his son's best man. Groomsmen were Henry Pulley of Warrenton, brother of the groom, and Glenwood Newsome of Norlina, uncle of the bride.

Mrs. Jane Jackson of Norlina directed the wedding. Mrs. Clif-fie Burrows of Norlina registered the guests.

After a wedding trip to an undisclosed location, the couple will reside in Warrenton.

Reception

A reception was held in the fellowship hall of the church following the wedding. Mrs. Shelby Hicks of Norlina, great-aunt of the bride, poured punch. Mrs. Phyllis Newsome of Roxboro, aunt of the bride, and Ms. Tracey Bennett of Norlina served the cake, assisted by Mrs. Mattie Harris of Wise, great-aunt of the bride, and Mrs. Kay Bennett and Miss Wendy Tyndall, both of Norlina.

After-Rehearsal Dinner

An after-rehearsal "pig pickin'" was hosted by the groom's parents, Mr. and Mrs. Travis Pulley of Warrenton, on March 25 at the Warren Labs Division of Carolina Biological Supply Company in Warrenton. A menu of barbecue, potato salad, baked beans, cole slaw, hushpuppies and drinks was served.



REV. CURRIE

Revival Speaker

Named At Norlina

The Rev. Don Currie of Revival Ministries will be guest evangelist for revival services to be held April 17-27 at Gospel Baptist Church.

The services, which are scheduled to begin at 7:30 nightly, will include gospel music and Bible preaching.

Gospel Baptist Church is located in Norlina on U.S. 158.

The Rev. Gary M. Roy, pastor, invites the public to attend.

Two-thirds of a cup of plain broccoli has 26 calories. Add butter sauce and it has 56 calories. Cheese sauce bumps the calorie content up to 100 and 160 calories, depending on the amount of cheese.



let the classified pages work for you!

Parents Walk Line When Raising Their Teenagers

Nobody ever said it was easy to parent a teenager. "Teenagers are pulling away from their parents. And the parents must trust them to make their own decisions, even though they see them making mistakes. If teens are to learn to make decisions, they must have the freedom to make choices," says Dr. Cynthia Johnson, extension human development specialist at North Carolina State University.

"Because teens lack experience, they often make poor judgments and take dangerous risks. They're influenced by the media, their peers and other adults. They definitely need the knowledge to make decisions when you're not around," Dr. Johnson says. "You need to provide your teenagers with facts, figures and consequences of behavior. The knowledge you give them may help them make wise decisions or choices."

The parents of teenagers walk a narrow line, because they must provide rules as well as freedom. "Rules provide structure and boundaries in the family. Rules can cover topics like dating, parties, driving, alcohol and drugs, friends, curfews, expected behavior and

places to go," Dr. Johnson says. "This is an excellent time to talk about values and how values are linked to family rules. Let your teenager know your standards about drugs, sex, obeying the law and cheating. They may not always support your values, but they need to know what they are."

Rules are most likely to be followed if:

- they are reasonable and clear;
- your teenagers understand the reasons for the rules;
- your teens have input into making the rules; and
- the rules are consistently enforced.

"They rely upon you for emotional support, and they expect you to bail them out of difficult situations," Dr. Johnson notes. Most importantly, teens need the family's constant support and love. "Remember that it's healthy for a child to pull away from an adult. This will lessen some of the inevitable tension."

THOUGHT FOR FOOD

Boston Brown Bread
 2 1/2 cups low-fat, no-salt-added buttermilk
 3/4 cup salt-free bread crumbs
 3/4 cup yellow cornmeal
 3/4 cup all-purpose flour
 3/4 cup whole-wheat flour
 3/4 cup raisins
 1/2 cup molasses
 2 tsp. baking soda
 1 1/4 tsp. Sweet 'N Low granulated sugar substitute
 1/2 tsp. Nu-Salt salt substitute
 Boiling water

Spray two coffee cans (each with a 1-quart capacity) with nonstick cooking spray. In large bowl, stir together all ingredients except boiling water until well mixed. Pour into cans. Cans should be about two-thirds full. Cover with aluminum foil. Place on wire rack in bottom of very large saucepan; place cans on rack. Pour boiling water into pot until it is half to two-thirds of the way up sides of cans. Cover pot tightly; simmer 2 hours or until wooden pick inserted in center comes out clean. Cool in cans on wire rack. Remove from cans. If necessary, cut off can bottoms with can opener and push bread through. Makes 20 servings.



Carpet Corner

ED EVANS

TEXTURES: MIX OR MATCH

Textural interest is one of the most important contributions that can be made by carpets and rugs to the overall decoration of a room. In addition to increasing comfort and helping to absorb sound, soft floor coverings can balance or intensify the "feel" of your design. Carpets can provide a textural counterpoint for the sleek surface of woods used in furniture, flat fabrics and wall coverings with sheen. New types of rugs and carpets on the market range from those with velvety-soft piles to shaggy ones with a hand-crafted look. Some combine high-cut and low pile, lending a pleasantly informal air to the decor. The rugs and carpets called shags are particularly effective in combination with country and provincial furnishings. Their rough textures are a nice complement to the sturdy lines of chairs, tables and sofas. On the other hand, you might wish to match the carpeting with your other furnishings to heighten the effect. A tightly-woven commercial carpet can combine with contemporary pieces to give you an efficient, clean, ultra-modern look.

A. B. Hair Carpet, Inc.


Highway U.S. 1, Norlina, N.C. 456-3307 or 492-1011

VOTE

BARBARA L. BRAYBOY

MAY 3, 1988

District V
School Board



Barbara has 23 years of experience in education. President of Hawkins School PTA, children in the Warren County School System, educated in the public schools in Warren County.

PAID POLITICAL ADVERTISEMENT

LEIGH'S

SIDEWALK SALE

Fri. and Sat.
April 15th & 16th

Ladies': **Skirts - Sweaters
Blouses-Lingerie**

50% To 75% Off

Boy's Long Sleeve Shirts
SALE \$3.00 Values To \$15.00

Ladies' Winter Robes, Gowns, P.J.
50% To 75% Off

Men's: Sedgefield Corduroy Jeans
Sale \$5.00 Reg. \$24.00

Levi® Boot-Cut Jeans
Sale \$5.00 Reg. \$27.00

Group Of Children's Tennis Shoes
\$5.00

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