

Patriot Cage Game Summaries

DEC. 13 GAMES

(Girls)
MITCHELL 61, MADISON 41
 Jane Stamey scored 23 points and Janice Nanney 14 to pace the Mitchell High cagers to a 61-41 win over Madison at Marshall.

GIRLS

MITCHELL (61) — Stamey 23, Renfro 8, Shuffler 6, Norris 5, Tipton, Jones 1, Nanney 14, Runion 2, Harrell 1, Green 1.
MADISON (41) — Gunter 10, Bruce 6, Hough 5, Reed, Plemmons 7, Massey 3, Feldman 4, Anderson, Met-calf, Carter, Frisbee, Ramsey, Franklin 6.
 JV Boys: Mitchell, 58-41.
 JV Girls: Madison 48-14.

BOYS

MADISON 80, MITCHELL 64
 Todd McCormick bombed the basket consistently for 34 points and pulled down 20 rebounds in leading Madison High over Mitchell in a Mountain Athletic Conference Little Mac game at Marshall. The win improved Madison's record to 3-2. Mitchell is 1-4.

Scotty Proffitt tallied 14 points and Joe Walker 12 for the winners. John Phillips scored 13 and Mark Pittman 12 for Mitchell.

MITCHELL-MADISON

BOYS
MITCHELL (64) — John Phillips 13, Johnny Phillips 10, T. Phillips 8, Carpenter, Hollifield 2, McKinney 4, Pittman 12, Renfro 4, Silvers 10, Warren 1, Davis.
MADISON (80) — Nicks 7, Proffitt 14, Plemmons 6, Sawyer, Walker 12, Ingle 4, McCormick 34, Stines, English 3, Barnett, Davis, Young.

DEC. 16 GAMES

GIRLS
N. BUNCOMBE 38, MADISON 37
 North Buncombe hit a running 30-foot desperation shot with a few seconds left to wrestle a 38-37 Little Mac win over Madison on the Patriots' home floor.

Madison, trailing for most of the night, chipped away at the North Buncombe lead and finally went ahead 37-36 with 16 seconds left, only to have it spoiled by the bomb by the Black Hawks.

Carlene Gunter led Madison with 11 points and Renee Brown led North Buncombe with 8.

GIRLS

N. BUNCOMBE (38) — Messenheimer 6, Lassiter 7, Galloway, Cochran 7, Brown 8, Hollar 3, Ray, Hall, Bruce 2, Watkins 3, Ledbetter 2.
MADISON (37) — Gunter 11, Bruce 6, Hough 8, Reed, Plemmons 2, Massey, Feldman 2, Ramsey 5, Franklin 3.
 JV Boys: N. Buncombe, 46-40.

N. BUNCOMBE 75, MADISON 71

BOYS
 Madison was done in by free throws on their own home court Friday night as the Patriots went to the line 30 times and only connected on 15 as North Buncombe took advantage to score a 75-71 Little Mac win.

Madison, 3-3 and 1-2 in the league, trailed most of the night, but a late surge brought them close only to lose it at the line. Todd McCormick scored 28 and Joe Walker added 24 for the Patriots.

North Buncombe, 4-2 and 2-1 in the league, put four players in double figures with David Elkins leading the way with 21. Keith Roberts had 15, Mike Elkins 14 and Roger Shelton contributed 13.

N. BUNCOMBE-MADISON

BOYS
N. BUNCOMBE (75) — Clark 21, Elkins 14, R. Shelton 13, Waldrup 2, K. Roberts 15, B. Roberts 6, Ledbetter, D. Shelton 2, Davis, Pitts, D. Roberts, Plemmons 2.
MADISON (71) — Nix 6, Proffitt 4, Plemmons 1, Walker 24, Ingle, McCormick 28, English 8, Barnette.

Health Watch

Released by Madison County Medical Society and N.C. Medical Society

It's holiday time again, and if you're like many Americans you will be taking to the open roads to visit family and friends. And the longer the drive the greater the chance that you might fall asleep behind the wheel. So be prepared.

If you are getting drowsy while driving, the best thing you can do is to pull off the road and rest a while. Walk around a little, have a cup of coffee, and even get a bite to

eat. But don't continue your trip until you feel well rested.

If for some reason you can't pull off the road, a series of exercises developed by a University of California doctor can help keep you alert and awake.

The series for highway drivers suggests that at the first sign of drowsiness the driver should start wriggling his toes. The hands are next and should be exercised by gripping the steering wheel tightly and then relaxing.

This should be followed by alternately focusing the eyes on the road ahead and then on the dashboard. Neck muscles can be exercised by moving the head from side to side while keeping the eyes on the road.

The series ends with the driver taking deep breaths and sitting straight with his back arched against the back of the seat.

These exercises will keep a tired driver awake but remember, the best advice is still to pull off the road and get some needed rest. Falling asleep behind the wheel of a car can turn a "cat nap" into something more permanent.

Omission

In last week's article concerning the various county offices to be filled in the 1978 election, the sheriff's office should have been included. This omission was inadvertent.

a Child is Born

Exult at the Blessed Birth of the Prince of Peace! We send wishes for Holiday Blessings to all our friends.



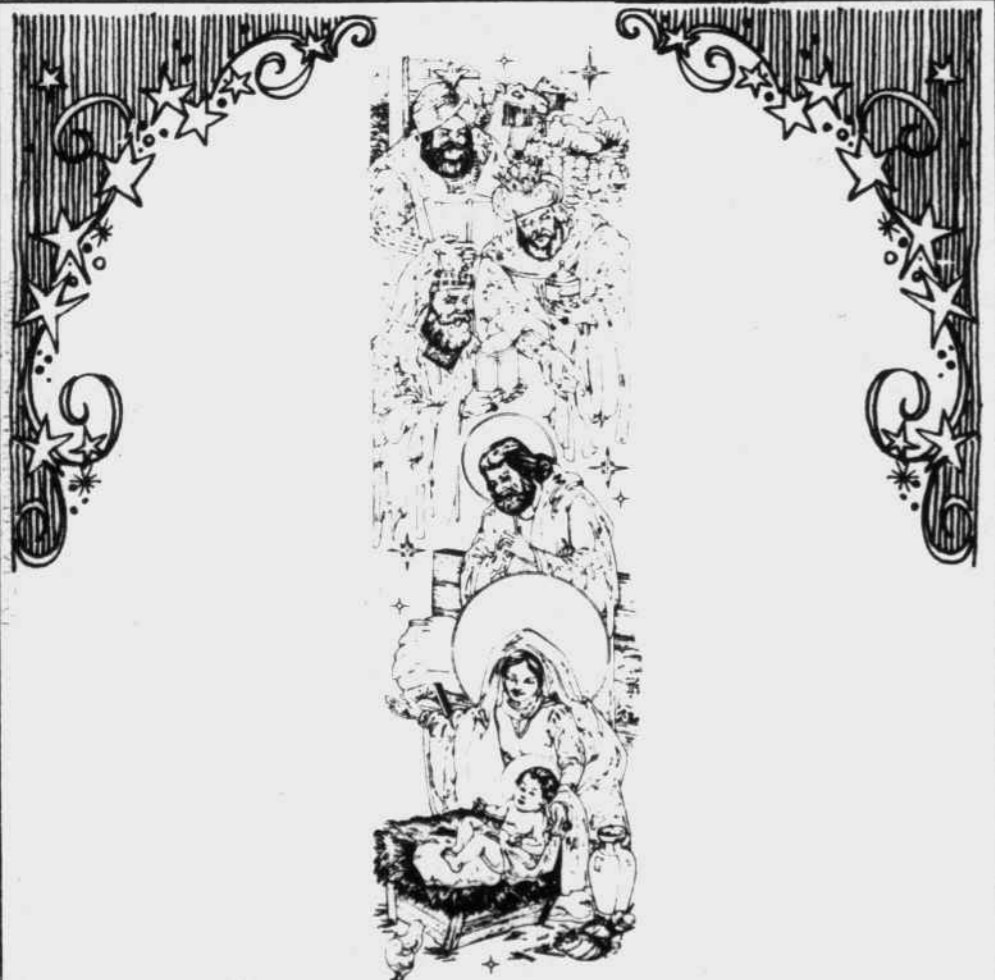
ROBERTS PHARMACY
 Marshall

JOYOUS CHRISTMAS

Rejoice at the Birth of the Heavenly King. Special thanks.



FRISBY'S GULF SERVICE AND BODY SHOP



"And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord."

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IT'S CHRISTMAS TIME

Coasting in with thanks for your friendship and continuing loyalty. Merry Christmas!

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 Roy Reeves Agent
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Santa declares this will be your merriest Christmas ever!
 Thanks for your friendship.

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CHRISTMAS GREETINGS



The smiles of young carolers reflect the warmth of this joyous holiday season. Permit us to wish you and yours a very Merry Christmas, and to extend our sincerest appreciation for being wonderful customers! Thank you!!

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