

## Upchurch Students Receive Awards

Twenty-five students were presented awards at graduation ceremonies held at Upchurch Junior High School June 3.

A class of 420 students received diplomas from principal L.W. Bledsoe, principal, W.H. Rice and W.K. Morgan.

Guest speaker for the ceremony was D.D. Abernethy.

Take a trip from the pros and work up to a workout, says your Heart Association.

To help reduce the risk of heart attack, your Heart Association recommends a diet that uses less animal fats and fewer cholesterol-rich foods, such as eggs and organ meats.

superintendent of county schools.

Julie Kicklighter received the school scholastic award. Citizenship awards were presented to Timothy Strickland and Brenda Farrow.

Creative writing awards from the Fine Arts Department of the Rufford Woman's Club were given to Dwan Upchurch, Susan Gillis; Wanda Locklear; Joanne Register; Linda Roberts; Beverly Foster; Paul Barnes; Debbie Polston; Clyde Upchurch; Debbie Hammonds; Cindy Chavez; Dawn Deese; Sheila Calloway; Ruba Morrison; Shari Simmons; Cathy Monroe; Cathy Ezell; Jim Bowles; Delphine McIntosh; James Peterkin; Jane Austin and Marjorie Gaddy.

## Maynor Attends Guidance Clinic

Gerald Maynor, guidance counselor at Hoke High School, is attending a group techniques workshop at Meredith College this week sponsored by the pupil personnel services division of the State Department of Public Instruction.

The workshop will deal with group counseling techniques in which each member of a counseling team fulfills specific school duties while the team as a whole serves one or more schools with a variety of services.

About 75 public school counselors are attending.

Say You Saw It In  
The News - Journal



RETIREMENT CEREMONIES -- Two teachers who retired at the end of this school year were honored by a luncheon last week at South Hoke School. Shown left to right are Ernest Sutton, assistant school superintendent; Mrs. W.W. Roberts, who is retiring; J.D. McAllister, assistant school superintendent; Mrs. Lillian Gieves, retiring teacher, and E.H. Oxendine, principal of South Hoke.

## Rockfish News

By Mrs. A. A. McInnis

Bible School at Tabernacle Church got off to a good start Monday a.m. with an enrollment of 92 counting the faculty.

Pittman Grove Church plans to have Bible School beginning next Monday, June 15 and lasting through the week.

Bible School is in progress at Rockfish Church this week. It opened Monday a.m. and will close the last of this week.

Clarence Koonce's father, G.F. Koonce, was still on the critical list at Highsmith - Ramey Memorial Hospital at last account.

Mr. and Mrs. Fred Wood and sons Jay and Timothy of Greenville visited his parents Mr. and Mrs. Martin Wood Saturday and Sunday.

Mr. and Mrs. A.A. Ray and son Thomas had as their guests last Friday Mr. and Mrs. Vernon Moore of Lagrange.

Miss Della McMillan of Lumber Bridge spent the past weekend with Mr. and Mrs. O.L. Wood and son Wayne. Sunday guests of Mr. and Mrs. Wood and Wayne were Mrs. Currie Stubbs, Mr. and Mrs. Vernon Wood, Mr. and Mrs. Tommy Bullard of Fayetteville and Miss McMillan who went home Monday.

Guests of Mrs. S.N. McCall during the past weekend were the Rev. and Mrs. Robert McCall and son Brendan of Baden Saturday and Sunday. John Robert Schell of Red Springs Saturday. Mrs. McCall's granddaughters Carolyn Forbes and Nancy Robertson visited her last Thursday.

It is news that Mrs. David Koonce and Mrs. Dan Bradshaw had no visitors the past weekend. Mr. Koonce who is a patient at McCann was doing fine at last account.

Mr. and Mrs. Herman Koonce, who have been living on Fayetteville Street ever since they came to Rockfish, spent last Friday night in their new home on Main Street. Mrs. Davis Parker and children Karen and Kirkland spent the night with them.

Mr. and Mrs. James E. McInnis of Fayetteville, Mrs. Mary McInnis and son Thomas attended graduation exercises for the graduating class of Independence High School at Owens Auditorium in Charlotte last Friday. Dorothy Agnes Hare, daughter of Mr. and Mrs. Earl J. Hare and granddaughter of Mrs. McInnis and Mr. and Mrs. John A. Webb, was one of the graduates.

Mrs. R.H. Gibson, Sr. had all of her children, grandchildren and 3 great grandchildren, the in-laws and a few others as her dinner guests last Sunday. They were Mr. and Mrs. David Gibson, Mr. and Mrs. Eugene Gibson and children Steve, David and Joan of Shelby, Sgt. and Mrs. Johnny Allen and daughters Sherry, Sandra Teresa of Charleston, S.C., Mr. and Mrs. Tracy Gainer and daughter Sue, Helen and Brenda of Carthage, Mr. and Mrs. Harvey Thornton and children Durwood, Harvey Jr., Robert and Nancy of Fayetteville, Mr. and Mrs. R.V. Tanner, Mrs. Henry Fowler and daughters Carol and Kathy, Mr. and Mrs. R.H. Gibson, Mr. and Mrs. W.A. Fowler of Rockfish, Mr. and Mrs. Allen Gibson of Richmond and Mrs. Joe Livingston of Arabia. The bountiful dinner was served buffet style. In all there were about 45 present and it was a happy reunion for all of them.

Misses Milie and Mallie Norris of Smithfield spent Sunday with Mrs. N.J. Ritter. Mrs. Margaret Ray and daughter Judy were also dinner guests of Mrs. Ritter Sunday.

Mrs. O.S. Tharrington of Portsmouth, Va. visited her aunt Mrs. M.D. Gillis and Mr. Gillis the past weekend and

attended Galatia Church with them last Sunday. She came to visit Mr. and Mrs. K.P. Ritter Sunday p.m. and stayed until Monday p.m. Mrs. Tharrington is a native of Rockfish community. She was Catherine Richardson, daughter of the late Mr. and Mrs. Arthur Richardson.

Mrs. Elizabeth Klunk, who has been nursing Mrs. T.G. Wood for several years, left last Friday because of her own health and need of rest. Mrs. Klunk was an efficient nurse and a fine person. Therefore, it was with the Wood family accepted her resignation and Miss Lela Jackson of Fayetteville is taking Mrs. Klunk's place.

Miss Cathy Berry was among those who graduated from Fayetteville Technical Institute May 26. She is now a licensed practical nurse. Her name was left off the list of graduates from Hoke County, probably because of her Fayetteville address, although she lives in Hoke County.

Mr. and Mrs. Joe Yeagan and Mr. and Mrs. Andy Sorrell and daughter Mischell of Durham were guests of Mr. and Mrs. E.T. Brock and Mrs. James Culp and son Gary and Mr. and Mrs. Roscoe Bundy Sunday.

Mr. and Mrs. Dan McInnis, Mr. and Mrs. Smith McInnis of Rufford, Mr. and Mrs. James E. McInnis of Fayetteville, Mrs. A.A. McInnis and Thomas McInnis attended the Small - McInnis wedding in Wagram Sunday. The bride is the youngest daughter of Mr. and Mrs. A.C. McInnis of Wagram and a granddaughter of Mrs. A.A. McInnis.

Capt. and Mrs. Thomas Leeton of Ft. Story, Va. came last Tuesday and stayed with her parents Mr. and Mrs. B.B. Bostic until Saturday when they went to visit some of his people in Tennessee.

Mrs. Arthur Watson of White Lake spent the weekend with her father A.L. Long and her

sister Mrs. Louise Watson.

Mr. and Mrs. Henry Carl Powers and children of Fayetteville, Mr. and Mrs. Paul McNeil of Durham were guests of Mr. and Mrs. M.S. Gibson at a cookout steak supper Saturday night.

Mrs. David Lancaster of Raleigh visited her parents Mr. and Mrs. Smith McInnis Sat. She came to bring her grandmother Mrs. Jim Maxwell home after she had spent two weeks with her while her husband was at camp with the National Guard. Mrs. Lancaster also visited her husband's parents Mr. and Mrs. W.L. Lancaster of Rufford.

Mr. and Mrs. Sid Sumner and Mrs. Janie Furnage of Lumber Bridge were guests of Mrs. Ethel D. Gibson and Mr. and Mrs. M.S. Gibson Sunday.

Mrs. Mary Taylor of Hope Mills spent Friday and Saturday nights with the M.L. Wood family. Mrs. Ollie Muse spent Sunday and Monday nights with them. She is also of Hope Mills.

Mrs. Donnie King of Henderson spent from Tuesday to Thursday with her parents Mr. and Mrs. L.B. Dees last week.

Mrs. Virginia Bounds is spending this week with her sister Mrs. Ethel Gibson after having eye surgery at Cape Fear Valley Hospital last week. She is doing fine.

Mr. and Mrs. Charles Kelly, Mr. and Mrs. Sammy Bennett and daughter Yvette of Wilmington were guests of Mrs. Ethel D. Gibson and Mr. and Mrs. M.S. Gibson and children Joy and Ricky last Sunday.

Miss Pamela Heath has gone to Camp Millstone to teach recreation this summer.

Miss Lillie Wood, who has been with her cousin Miss Meta Johnson of Rt. 2, Dunn for several months, came home last Sunday.

A certain family would rather not have their name in Rockfish News too much but some times it seems unavoidable.

## Mrs. Willis Gives Advice On Buying Pots And Pans

Pots and pans were examined in the May lesson given by Mrs. Ellen Willis, home agent, to the members of the county extension homemaker's clubs.

"Today's buyer has a wealth of cookware to choose from when she goes shopping. In fact, some of today's pots and pans have earned a place in museum collections as examples of art in everyday life," she said.

It is important before buying new cookware to know the points to look for in construction. She told the members that all pots and pans that are attractive are designed to be efficient or safe to use.

These are the points to look for in choosing a good pan:

1. Made of thick, durable, non-warping material.
2. Made of a material that heats quickly and evenly and that holds heat well on low temperatures.
3. Material and construction features permit easy cleaning.
4. Heat-resistant, sturdy handles that are large enough and are placed to give good balance to the pan.
5. Tight-fitting lid that prevents excessive escape of steam.
6. Size large enough, but not too large for family needs.
7. The best pan is one which gives good heat conduction, is easily cleaned and will withstand direct heat without undue warping." Mrs. Willis said.

Good quality pans are generally more expensive to buy, but a high price is no true indication of good quality. Poor quality cookware which dents, warps, develops hot spots and has to be replaced frequently is an expensive investment.

Buy cookware in sets only when you need and will use regularly all the pieces in the set. Seldom used cookware is expensive to buy and to store.

Cookware sold by door-to-door salesman is usually designed especially for that business and is higher in price than comparable cookware found in retail stores, Mrs. Willis said.

Replacing parts such as lids and handles or getting defective cookware replaced in such sets may be difficult or impossible.

Buy only the pieces of cookware that meet your cooking needs, can be easily cared for and stored and are within your budget, she told members. The number and size of pans needed vary with family size and the homemaker's cooking habits.

## Graduates

Kathryn Elizabeth Berry, daughter of Mr. and Mrs. D.A. Berry of Rockfish, received a diploma in licensed practical nursing from Fayetteville Technical Institute at graduation on May 26.

## Social Events

### Spears-Livingston Wedding Sunday

Miss Mamie Livingston of Rufford and Wilber Spears of Fayetteville were united in marriage Sunday afternoon at four o'clock in Sany Grove United Methodist Church. The Rev. Berry Barbour, pastor, officiated at the double ring ceremony.

A program of wedding music was presented by Thomas McFadyen, organist, and Mrs. Duncan Blue of Fayetteville.

Vows were spoken before the altar which was decorated with two-seven-branched candelabra and two large baskets filled with gladioli, daisies and pompons.

The bride was given in marriage by her cousin, Leroy McInnis of Southern Pines. She wore a street-length dress of white lace over stain fashioned with fitted bodice and flared skirt. Her shoulder length illusion veil was attached to a cascade of roses and she carried a white Bible topped with a white orchid.

Mrs. Graham Fann of Fayetteville, niece of the groom, was matron of honor. She wore a street-length yellow

dress designed with empire waistline and carried a nosegay of yellow flowers. Mrs. Joan Barrett of Fayetteville, niece of the groom, was bridesmaid. She wore a pink dress made similar to the honor attendants and carried a pink nosegay.

Children in the wedding were Joanna Spears, niece of the groom, and Tommy Bishop of Dundarrach.

Rowland Spears of Fayetteville served as best man for his brother. Ushers were Michael, Wayne, Pat and Bobby Spears, all of Fayetteville.

The bride is the daughter of the late Mr. and Mrs. W.F. Livingston of Lumber Bridge and received her education in the Hoke County Schools and Sandhills Community College. Mr. Spears, son of the late Mr. and Mrs. Robert Spears of Fayetteville, received his education in the Cumberland County Schools.

After a wedding trip to Washington, D.C., the newlyweds will be home at Route 1, Lumber Bridge.

A cake cutting was given in the church hall after rehearsal Saturday night for members of the wedding party and their families.

## Hospital News

MOORE MEMORIAL  
Mrs. Walter Maxwell  
Neill James Blue  
Mrs. Julian Barnes, Home  
Tuesday  
T.F. Davis

## PERSONALS

Mr. and Mrs. Donald Koonce and son Michael of Halifax, Va., are visiting their parents. Mr. and Mrs. Stanley Koonce and Mr. and Mrs. Johnny McGowan, this week.

Mr. and Mrs. A.J. Freeman attended the Freeman homecoming Sunday in Biscoe. Mr. and Mrs. N.M. Fippinger and son Mike of Denbigh, Va., came for the weekend and went to the homecoming with her parents, Mr. and Mrs. Freeman.

Mrs. Benny McLeod and daughters and Mrs. McLeod's mother, Mrs. H.L. Patterson of Clovis, New Mexico, visited relatives in Eden the past weekend.

Mark Smith of Charlotte spent the weekend with his parents, Dr. and Mrs. Marcus Smith.

Hampton Teague of Atlanta, Ga., was Saturday guest of his sister and family, Mr. and Mrs. Bobby McNeill and children.

Mr. and Mrs. H.C. Fisher and daughters of Winston - Salem spent the weekend with her parents, Mr. and Mrs. Joe Gullledge. Amy Fisher remained for a visit with her grandparents, and Martha Ann Wood returned to Winston - Salem with her Fisher cousins.

Arvin Jasper Freeman III of Fayetteville spent the weekend with his grandparents, Mr. and Mrs. A.J. Freeman.

Mr. and Mrs. George M. Freeman attended high school graduation of their granddaughter, Daphion Freeman, Friday night in Washington, N.C. and spent the weekend with their son George and family.

Mr. and Mrs. A.J. Freeman attended high school graduation of their granddaughter, Livola Sue Freeman, in Statesville last Wednesday night and returned home Friday.

Mr. and Mrs. Paul Dickson returned home Sunday from Marion, Mass. where they attended graduation of their son Robert from Tabor Academy.

Weekend guests of Mrs. Dan Wilkes were Mrs. Ella Mae Cook, Mrs. Eloise Morgan and son Davy of Atlanta, Ga., and Angus Wilkes of Washington, D.C.

John F. Black of Ft. Walton Beach, Fla. was here Sunday and Monday for a visit with his sister, Mrs. Paul Dickson and family, and his aunt, Mrs. Laune McEachern.

## For Socials

please phone

Mrs. John Scott Pool

875-3701

## Birthdays

Mike Cook

Mike Cook, son of Mr. and Mrs. D.C. Peterson, celebrated his sixth birthday Saturday with a party given by his mother.

Punch, cupcakes and potato chips were served to the 11 guests. Party favors were candy, bubble gum and balloons.

Rob McNeill

Rob McNeill, son of Mr. and Mrs. Bobby McNeill, celebrated his tenth birthday Friday.

Steve Bridgeman and David Powers of St. Pauls were guests for lunch and the afternoon.

## Sandhills Club

Meets June 17

Cindy Shale, national representative of Christian Women's Clubs, will be guest speaker at the June luncheon of the Sandhills Christian Women's Club on Wednesday, June 17, at twelve noon. The meeting will be held at The Country Club of North Carolina and all women of this area are cordially invited. A special invitation is extended to teenage girls. Miss Shale is a former artist with the Hallmark Card company and has spoken to this club before.

For the special feature, Kit Aldridge, of the "Weight Watchers Club" will tell how to really put this much-discussed topic into practice.

Mrs. Sandy Johnson, soloist of Carthage, will bring the special music.

A free baby sitter will be at United Methodist Church, Midland Road, Southern Pines. For reservations call 875-3759.

## 227th AAA S/L Bn.

Reunion Held

The 227th AAA S/L Bn. Reunion was held in Rufford this weekend with Mr. and Mrs. Odell Melton at the Rufford Moose Lodge.

Those attending were Mr. and Mrs. Oliver Lendstrom and Linda from Iron Mtn., Mich.; Mr. and Mrs. Powell Williams, Portals, Ga.; Mr. and Mrs. Arlin Watson and son, Athens, Tenn.; Mr. and Mrs. Olin J. Hurst, Linville, Ga.; Mr. and Mrs. James Wadsworth, Baltimore, Md.; Mr. and Mrs. Leamon A. Ward, Williamston, N.C.; Mr. and Mrs. Charles Shirley, Larry and Mary, Northport, Ala.; Mr. and Mrs. Horace L. Rogerson and family, Rocky Mount, N.C.; Robert Spanhour, King, N.C.; Mr. and Mrs. Lawrence Dugan, Ross, Ga.; Mr. and Mrs. Robert Jones and family, Hookerton, N.C.; Roland Jackson, Kenansville, N.C.; Mr. and Mrs. Myron McGee, Stokesdale, N.C.; Linwood Pattie, Elizabeth City, N.C.; Mr. and Mrs. Cameron Locklear and Christine, McColl, S.C. and Mr. and Mrs. Charles Allen, Chesterfield, N.C.

## SOMETHING'S GOING TO

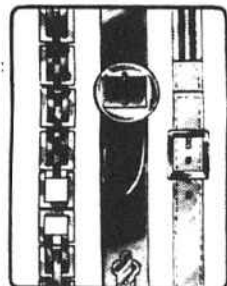
# POP!

FATHER'S  
DAY IS  
JUNE 21st

## DRESS SHIRTS

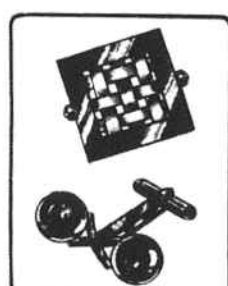
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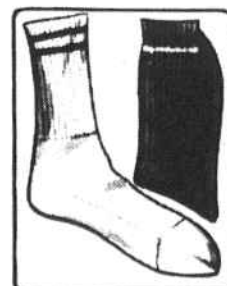
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# Collins Department Store

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