

FAMILY DOLLAR SUN & FUN VALUETIME

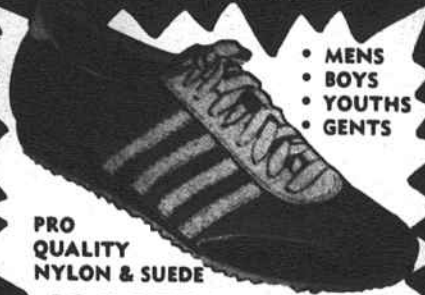
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AS SEEN ON T.V.



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- YOUTHS
- GENTS

AS SEEN ON T.V.

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DANCE FESTIVAL— Susan Townsend, daughter of Dr. and Mrs. R.G. Townsend, will dance a leading role in **THE SPRING FESTIVAL OF DANCE 1976** presented by the Charlotte Blume School of Dance May 21, 22, 23 at Reeves Auditorium, Methodist College. The program, '76 Across the Land, includes Disneyland on Parade with animal characters and Sleeping Beauty Variations, and "From the Paintings of Degas". Miss Townsend will dance in Sleeping Beauty, Degas, and Can Can. The Can Can will also be a feature presentation on the Jim Burns Show, May 20 at 1:00 p.m. **THE SPRING FESTIVAL OF DANCE 1976** show time is 8:00 p.m. on May 21 and 22 and 2:30 on May 23. Tickets are available at the door.

Conoly Reunion Slated June 20

The annual Conoly family reunion will be held June 20 at Antioch Presbyterian Church. There will be a covered dish meal at 1 P.M. All friends and relatives are invited.

Field Now At Five For Deeds Office

The field of candidates for register of Deeds grew to five in the past week with the filing of two more Democratic hopefuls. Della Maynor, the deputy register of deeds, and Beatrice (Bea) Herbin Harris, employed by the public library, officially filed for the Aug. 17 primary.



Della Maynor

Miss Maynor, 21, has been deputy register of deeds for the past three years. A 1973 graduate of Hoke High, she previously was employed by the school system in the guidance department. She lives in the Antioch community. "I'm the only one who is qualified right now - experienced with the job. I think I should be able to stay there so that no one has to be trained. I can do everything that needs to be done in there, most of the lawyers agreed I could handle the job", she said last week.

Mrs. Harris, 46, filed Wednesday last week as a candidate.



Beatrice Harris

A native of Polk County, she graduated from high school in Guilford County and has been a resident of Hoke County for 24 years.

She was employed in Raeford as agent for the Laurinburg and Southern Railroad from 1963 - 64, and when that position was moved to Laurinburg, she was employed by the county government as a secretary in the sheriff's department for nearly ten years.

"I have enjoyed working with Hoke County and would like to serve its people in an elective office", she said last week.

The candidate is the wife of James R. Harris, owner of an ambulance service, and the mother of Linda Kay Herbin of Carrboro.

The other three Democratic candidates who have filed for the Aug. 17 primary are Hazel Niven, Frances Ward Green, and William Altman. No Republican candidates have filed for the post held now by Roger Dixon, who announced retirement plans earlier.

Deadline for filing of candidates is May 28.

From The Home Agent's Desk

HINT: A thin film of vegetable oil on the bottom prevents ice trays from sticking to the freezer shelf.

SCHEDULE
 Thursday, May 20, 7:30 p.m., Raeford P.M. Extension Homemakers Club.
 Monday, May 24, 8:30 A.M. Staff Conference.
 Monday, May 24, 7:30 P.M., Becoming - Me, You, Us.
 Monday, May 24, 7:30 P.M., Mildouson EHC.
 Tuesday, May 25, 9:30 A.M., Rockfish EHC.
 Thursday, May 27, 5:00 P.M., N. Raeford EHC.

POTPOURRI OF ECONOMIC PRACTICES
 The cost of living continues to increase, but as someone said, "living is still worth it". The secret to successful living is to learn to live with the economic changes of today. To do this you can spend less and have less, you can use what you have to better advantage, or you can maintain your present style of life by adding more money and doing more of the services for yourself instead of buying them. The choice is yours; however, for most of us a combination of these choices is probably more practical and satisfactory. This would require daily practicing economic techniques in using all that you have -- time, money, ability and talents, possessions, and public goods. No one practice or set of practices works for everyone or at all times. Therefore, each person and each family is encouraged to try different economical practices, then evaluate the effect of the practice on their well - being, and regularly use the worthwhile practices.

Practices that can aid in coping with living problems and help stretch resources toward maximum yields include:

1. Begin with self and with family -- spring - clean the mind and thereafter do a quarterly check - up -- remove the cobwebs of old attitudes or habits (e.g.: "I always do this...") and be willing to try, test, and adopt new techniques and habits in using resources to better advantage. Be able to justify your actions on the basis of real value rather than feelings or desires. (e.g. When you pay \$.65 for a loaf of brand A bread rather than \$.34 for

the same size loaf in brand B, be sure that the flavor, texture, etc. of brand A is worth more than anything else that you could get with the extra \$.31 paid for each loaf of bread.) Weighing each action and especially each purchase in terms of its real value in meeting your need, budget, and preference will guarantee better use of all resources.

2. Study the purchases that are made regularly -- foods, household supplies, grooming aids, gas, gifts, etc. Are you overbuying packaging or convenience? If so, how much does this amount to during a year? Consider how this money might be used in more meaningful ways. Plan to buy products with no more packaging than is necessary. (An estimate of 10% of the value of all finished goods to the U.S. is spent on packaging.) Plan to build the convenience into goods when it is financially worthwhile. (To evaluate compare the market value of your time plus cost of equipment or supplies needed with the cost of the purchased built - in convenience.)

3. Shop with ingenuity and save money. The careless shopper loses 10 - 15% buying power. Where you shop may be as important as what you buy. (e.g. Usually similar items are less expensive in a general store or grocery store than in a speciality shop.) However, price alone is no indicator of quality. To save money, consider:

Keeping an on - going shopping list -- list immediate and longer - range needs. Take list when shopping. Buy longer - range items only when there is a price advantage.

Use ads, catalogs, and telephone to gather information about availability and prices of products before visiting stores. Keep alert to

prices of items you buy regularly -- know the market situation.

Combine shopping for several items, use self service when possible, and consider seconds, irregulars, seasonal closeouts or floor models when they will serve the purpose and save money.

Remember, there is no automatic way or guaranteed rule for saving money when shopping. It requires work. Purchases must be planned in respect to type and amount of money for total costs -- initial purchase price, maintenance and repair costs.

4. Pool with family and friends to save time, money and labor -- trips, quantity buying, use of tools, talents for services needed.

5. To save money on medicine bill, ask the doctor to specify by company or brand name the most economical price of the medicine that he knows to be reliable, and if condition requires long - term use of drugs, ask him to consider prescribing a larger supply at a time (you save dispensing fees and may reduce the cost of dosage.) Minimize the use of patent medicines.

6. Practice the loss - prevention approach of life -- take a deep look into the causes of loss (illnesses and accidents, property damage, impulse buying, poor choices of products and services.) -- establish procedures to control loss.

7. Simplify life style -- consider living with the basics and skipping more of the luxuries, capitalize on human ability by learning and practicing do - it - yourself skills, recycle all items for additional or other uses (garbage for compost in garden), and develop creative and productive hobbies that enhance life.

Deaths And Funerals

Edward Webb, Jr.
 Edward Webb, Jr., 26, died Saturday, in Florida.

Surviving are his father, Edward Webb Sr. and grandmother, Celia Webb of Laona, Wis., a brother, Freddie Webb of California; and four sisters, Ms. Jane Brown of Charlotte, Mrs. Barbara Huffman of Edenton, Mrs. Connie Garner of Greensboro and Mrs. Susan Cothorn of Tampa, Fla.

The funeral services will be conducted Friday at 2:00 p.m. at Crumpler Funeral Home.

Mrs. Edith Ku
 Funeral services for Mrs. Edith Irene Ku were held Monday at 22 P.M. at Crumpler Funeral Home chapel. Burial was in Shiloh Presbyterian Church cemetery.

Mrs. Ku, 54, died last Friday. Surviving are her husband, George Ku; two sons, Walter of Reidsville and Danny Thornburg of Fayetteville; two daughters, Mrs. Judith Rush of Kileen, Tex. and Mrs. Winona Rauchenburg of Oceanside, Calif.; one brother Marlin Florida; two sisters, Mrs. Myrtis Hollin of El Paso, Tex. and Mrs. Label Tubbs of California; and five grandchildren.

Rockfish News

By Mrs. A. A. McInnis

Attendance at Tabernacle Church last Sunday was very good.

Pittman Grove Church also had the usual services last Sunday with very good attendance.

It was Senior Citizens Day at Parker Church last Sunday.

Revival Services were held at Philippi Church four nights the first of this week by the Rev. John Ropp, son of the pastor of Raeford Presbyterian Church.

F.C.H.

Mrs. Jesse Lee reports no news much from the Family Care Home. All the residents of the home are doing fine. Mrs. Ada Jackson spent last Sunday with her daughter, Mrs. Cora May Jackson of Arabia, and Mr. and Mrs. Jesse Lee and friends attended the Pentecostal Holiness Church Sunday. There is still room for one more at the home.

Mr. and Mrs. Herbert Long of Sneads Ferry who were visiting here last weekend returned home Tuesday.

Miss Mary Sessoms who spent a few days with Mr. and Mrs. C.M. Chason and son Larry returned to her home on Route 3, Fayetteville last Friday.

Alfred Long attended funeral services for his cousin Perry Long at Jackson Springs last Wednesday.

The Extension Homemakers Club of Philippi met Monday night with Mrs. Alfred Long.

Mrs. Thomas McColl's sister and her husband Mr. and Mrs. Ray Shuman of Orlando, Fla. spent Mothers Day weekend with Mr. and Mrs. Thomas McColl and children, Thomas, Kim and Keven.

Mrs. Alma Parker of Laurinburg and L.D. Long of Gallup Acres also attended funeral services for Perry Long at Jackson Springs last Wednesday.

M.S. Gibson and son Ricky went to Carolina Beach Friday night and Mrs. Gibson and daughter could not go because of the heavy rain.

Mr. and Mrs. A.J. Freeman went to Long Beach on Saturday.

Mrs. Alfred Long and Mrs. Nelia Brock visited Mrs. Brock's sister - in - law Mrs. Evelyn Brock of Red Springs last Thursday.

K.P. Ritter visited his mother Mrs. Will Ritter at Confederate Woman's Home, Fayetteville last Sunday and found her doing very well.

Mr. and Mrs. E.T. Brock and baby daughter Jennifer and son Leonard of Cumberland were dinner - guests of his parents Mr. and Mrs. E.T. Brock. Mrs. Brock Jr., also visited Mr. and Mrs. James Culp; who was not well.

Misses Jessie Bright Ferguson and her sister Alma Ferguson, Mrs. Floyd Monroe, were guests of Mrs. Rosa Brown Morrison at a dinner party at the Barbecue Lodge in Fayetteville. The dinner party was given by Mr. and Mrs. Marvin Edmundson in honor of their daughter Gail and son - in - law Larry who are soon to leave for Lawson, Idaho.

Mr. and Mrs. M.L. Wood spent Mothers Day weekend touring the mountains of Western North Carolina, which was a treat for her on Mothers Day.

CLUB
 The Rockfish Extension Homemakers Club will meet at the home of Mrs. Floyd Monroe on the fourth Tuesday in May, in the morning at 10 o'clock. If Mrs. J.W. Caddell of Raeford can get there, all of us can.

Mr. and Mrs. Lester Simpson and children, Tripp, Douglas and Lisa attended the Simpson family reunion at Jacksonville.

Mr. and Mrs. Smith McInnis of Route 4, Raeford and James E. McInnis of Owen Drive Fayetteville were Rockfish visitors Sunday afternoon.

Mr. and Mrs. Herman Koonce spent the weekend with their grandsons Lacy II and Thomas of Lumberton while Mr. and Mrs. Lacy Koonce went on a trip.

A letter from Mrs. J.C. Poole, the former Miss Johnnie Lee Aiken of Raeford saying she takes The News-Journal and enjoys the news from Raeford and also the Rockfish news. She says her sisters Mabel and Lillian also read The News-Journal. She said she was sorry this correspondent was leaving The News-Journal. Thanks to her and all others who have expressed regrets and said they enjoyed Rockfish News.

COMMENT
 The writer of this news is getting so a whole page of news called in at one time can't be taken down in long hand and everything be correct so if there are mistakes call it in and it will be corrected next week.

If you have nothing to say. Say like a day old baby said, absolutely nothing.

Canaan Heirs To Perform

The Canaan Heirs of St. Pauls will be ministering in word and song at the Raeford Foursquare Church Sunday, May 23 at 11 A.M.

There will also be a yard sale May 21 at the church from 9 A.M. to 5 P.M.

Country Boutique Beauty Shop

Owned & operated by Linda Powell

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