

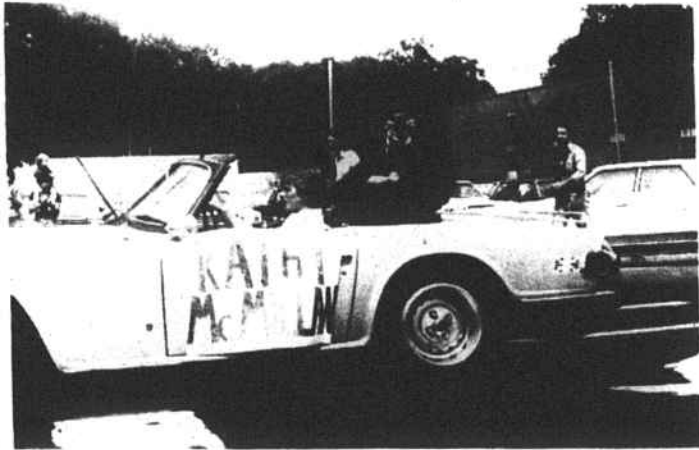
Kathy

Continued from page 1

audience and announced that the rest of the money raised to meet the expenses of Kathy McMillan Day would go into a fund to be used by future athletes.

The Hoke High Chorale, under the direction of Mary Archie McNeill, performed.

A telegram from Gov. Holshouser congratulating Miss McMillan on her feat was read aloud to conclude the program.



PARADE—Olympic silver medalist Kathy McMillan, dressed in red, white and blue, was the star of the parade Saturday morning on Main St. in a yellow convertible.



TRIBUTE—City councilman Sam C. Morris, chairman of the Kathy McMillan Day steering committee, hands the Olympic champion her silver plaque, a tribute from the citizens of the county.

Colston

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"I can't remember when I wasn't interested in athletics," he said. "The crowd reaction was just terrific. They cheered her every move."

Colston, a Roanoke Rapids native, came to Hoke High School seven years ago from Montgomery County where he had had his first taste of coaching girl's track. He came to Raeford at the urging of his former Gaston High School principal, Raz Autry.

With his wife Maxine, and their two daughters, Carol and Kim, Bill Colston has found great satisfaction and pride in the community.

"We do appreciate the welcome home festivities and the plaque awarded during the festivities for Kathy," he said Tuesday.

Now that it's over and Kathy will be going to Tennessee State in the fall Colston says it's time for Kathy to move on. "She will continue to improve. She needs to train in a different environment with different people."

Colston went on to say, "I don't remember telling Kathy at a particular time that she could make it to the Olympics. I tell a lot of athletes that if they practice they can make it. I help where I can. Kathy is the one who made it happen."



POUD DAY — It was a proud day for Kathy McMillan's ex-coach, Billy Colston, too, as he watched his track star sign autographs and shake hands in an endless line of people Saturday. Chatting with Colston is Raeford Women's Club President Sarah Leach, who helped manage the refreshment table set up in the cafeteria.



WELCOME—The City of Raeford commissioned a special addition to be added to the three welcome to Raeford signs. Raeford now displays the name of its favorite daughter for passing motorists to see.




CAN I TOUCH IT?—Many people wanted to touch Kathy McMillan's silver medal and she obliges again here for another fan.



PLAQUE—A grinning Kathy McMillan holds the silver plaque presented to her Saturday as a tribute from the people of Hoke County for winning the silver medal at the Montreal Summer Olympics. Grouped around her are some of her ex-teammates from the girls track team at Hoke High.

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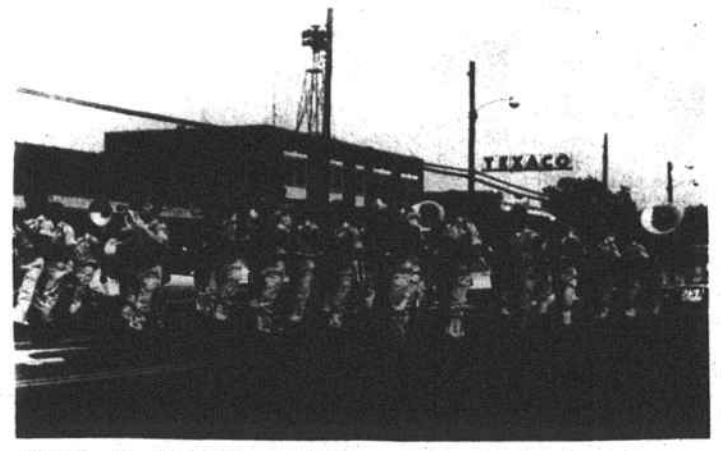
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BAND—The 82d Airborne Division marching band took to Main St. Saturday to entertain the crowds lining the sidewalk waiting for Kathy McMillan.



PRESENTATION—Hoke High coach Billy Colston accepts his silver plaque from Mayor John K. McNeill Jr. in an alcove of the Gibson courtyard after a sudden shower sent everyone off the stage.



The Silver Medal

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Females generally showed the poorer dietary habits in a research by the U.S. Dept. of Agriculture. Until age 9, girls showed good food habits which provided the needed nutrients in reasonable quantities except for iron. From age 9, females tended to avoid good sources of iron and calcium, the primary source being milk. Other nutrients found in milk, namely vitamin A and riboflavin, were also underconsumed. Women in the 34-56 age group consumed the least amounts of milk and milk products. Apparently after age 9, the trend is away from milk and fruit juice toward soda pop and coffee, and a loss of important nutrients.


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AUGUST 17

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Experience: Hoke County Extension Service; Hoke County Tax Lister; Niven Appliance and Furniture Co.; The News-Journal; Australian Embassy, Washington, D.C.; U.S. Government Washington, D.C., Fort Sill, Oklahoma, and Camp Chaffee, Arkansas.

Civic: Raeford Woman's Club (present chairman of Public Affairs Dept. and past chairman of Ways and Means) Former member of Business and Professional Women's Club.

Member of Raeford Methodist Church and past circle chairman.

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