



EASY DOES IT -- Librarians Jeanette Crawley and Anna Lee Maxwell very gingerly coax their portable library off of the pavement and onto the grass, being careful not to upset the cart and have another "book spill," which has happened before. The librarians are taking the books to the residents of the Open Arms Rest Home, a weekly service which is enthusiastically received. The hardest part of it, though, is getting there, as the cart has to go across busy Main St. and negotiate the curbs, driveways and grass to reach its destination.

Cancer Overtaking Heart Disease As State's Number One Killer

RALEIGH -- Death from heart attacks, the number one killer in North Carolina for more than 50 years, is giving way to cancer as the leading cause of death. Heart attack deaths have shown a steady decline since 1973 when 9,096 such fatalities were recorded, according to the Public Health Statistics Branch of the Division of Health Services. A total of 8,339 heart attack deaths were reported in 1976.

I wish to thank everyone for their visits, cards, flowers and many kind deeds during my recent illness. Your thoughtfulness will always be remembered.



Jean Minshew

On the other hand, cancer deaths have been steadily rising since 1914 when records were first started. The disease claimed a record-high number of deaths in 1976 -- 8,245. Since 1970 the number of cancer deaths is up 26 percent, with lung cancer accounting for most of the increase. Statistics reveal that the incidence of lung cancer in women is rising at an alarming rate.

Lung cancer, cancer of the breast (in women), colon - rectum and prostate cancer accounted for nearly half of all cancer deaths in North Carolina last year. Lung cancer alone killed 1,815 people. Since 1970, lung cancer jumped 34 percent, prostate cancer 14 percent, breast cancer 25 percent and colon - rectum cancer 25 percent.

The U.S. Army presently has openings for young people with an aptitude for foreign languages.

in contrast to little change in national levels, except for lung cancer. Noticeable improvement occurred only in cervical cancer among white women.

According to Dr. Isa Grant, assistant State Health Director, part of the reason for the increase in cancer is better and earlier diagnosing which she said is essential to curing the disease. She also linked cancer to the lack of fiber in the diet and environmental factors. The public health official associated the increase in lung cancer with smoking, particularly among women.

As regards the decline in heart attacks, Dr. Grant cited a shift away from high tar and nicotine cigarettes, blood pressure screening and decreased consumption of food high in saturated fats. She also contended that an awareness of the value of proper diet, exercise and sensible weight, have contributed to the decline in heart attacks.

Rockfish News

By Mrs. A. A. Melms

Attendance at all the churches is fairly good considering the time of year when some are going to the mountains and some to the beaches.

Mrs. W.A. Fowler has been a patient at Highsmith - Rainey Memorial Hospital for some time. She was improving at last account.

Mrs. John Garrison of Burlington visited her parents, Mr. and Mrs. K.P. Ritter recently and took Tom and Catherine home. She came again to see her mother, who is not well.

Mrs. Rena Currie of Bethel Church Community was a guest of Mrs. Floyd Monroe Monday afternoon.

Mrs. George Monroe and Mrs. Herman Koonce visited Mrs. K.P. Ritter at Highsmith - Rainey Memorial Hospital Monday and they thought she was a little better than when they last saw her.

Guests of Mrs. A.W. Wood Saturday afternoon were Mr. and Mrs. Laval Osteen of Dillon, S.C.

Please someone offer to take this Rockfish News. This writer is ready to quit but she doesn't have sense enough to quit until someone else takes over. It will only keep you at home one day and you will enjoy it. The people of Rockfish and also of Wayside and other places have been very cooperative in giving their news. Thanks to all of you now for I may quit suddenly one of these days, so thank you right now.

Susan Upchurch of Lexington is spending this week with Joy Gibson. They are cousins and exchange visits every "once in a while" but Joy has accepted a job where her brother Richard works and that will make a difference. And it is true that for everything we gain we lose something.

Mrs. K.P. Ritter who was a patient at Highsmith - Rainey Hospital last week was still there the first of this week.

Mr. and Mrs. Alfred Long visited Mrs. W.A. Fowler at Highsmith - Rainey Hospital, and Mrs. Jessie Walters at Cape Fear Valley Hospital Sunday p.m.

Tom Holmes of Lumberton was a guest of Mr. and Mrs. Lee Terry Sunday.

Mrs. Effie Forbis visited Mr. and Mrs. Homer Terry Saturday and Sunday.

Mr. and Mrs. D.F. McInnis of Raeford were Rockfish visitors Sunday p.m.

Mr. and Mrs. Herman Koonce, Mr. and Mrs. Davis Parker and son Kirkland spent last Friday night with Mrs. Margaret Johnston of Winston - Salem. Miss Karen Parker who was in Winston - Salem at that time came home with her parents, Mr. and Mrs. Parker.

Attendance was extra good at Pittman Grove Church Sunday a.m. But they have decided to discontinue the night services for a while. They will still have the Wednesday night Prayer Service.

Mrs. Martin Wood accompanied her daughter - in - law, Mrs. Fred Wood of Greenville on a business trip to Columbia, S.C. last Thursday and came back Friday.

BIRTHDAY

All of Mrs. Mary McInnis' children and most of her grandchildren came to celebrate her 92nd birthday the 3rd of July. Two envelopes containing \$15.00 each for a birthday gift got lost or rather misplaced. Dan McInnis picked up one envelope Sunday and was surprised to find the \$5.00 bill in it and the other \$5 in another envelope.

Mrs. George Dees was a dinner guest of her sister, Mrs. Louise Watson and Miss Nellie McFadyen last Sunday, and also Billy Dees was with his mother.

Mrs. Alma Parker of Laurinburg spent the weekend with Mrs. Watson and she and all her guests and Miss McFadyen went to visit Mr. and Mrs. Clarence McInnis of Jackson Springs Sunday afternoon. Everyone is glad Mrs. Dees is getting along so well.

Wilson Sessoms visited a friend of his, Tom Chason at Veterans

Hospital, Fayetteville Sunday.

Mrs. B.B. Bostic and Mrs. K.A. McKeithan attended the Rumbley - Rivenbark wedding at Goldsboro last Sunday p.m.

Mr. and Mrs. Roscoe Bundy spent last week in th mountains of Western N.C., mostly at Cherokee.

Mrs. Martin Wood and Mrs. Mary Anna McLean were among Mrs. Floyd Monroe's Sunday afternoon guest. Other visitors of Mrs. Monroe were her children and grandchildren.

Miss Peggy Cecil and her brother William Rex Currie visited their grandfather Alfred Berry one day last week and William stopped by to see Thomas McInnis and his mother for a short time.

Francis Priest took Duncan Priest home Saturday after he had spent the past week with Miss Mary, Walter and Francis Priest.

Miss Mary Priest and her brother, Walter, visited Mr. and Mrs. Cecil McCrimmon of Hope Mills last Wednesday.

Mrs. Ethel D. Gibson went to visit Mr. and Mrs. J.D. Gibson last week at Stedman and they took her to Carolina Beach, where she had a wonderful time.

Guests of Will Monroe last Sunday were Mrs. Minor McGougan of St. Pauls, Mr. and Mrs. Arnold Monroe and daughter Lynn, and Mr. and Mrs. Mike Stedman of Fayetteville.

Miss Mallie Kinlaw who was a patient at Highsmith - Rainey Hospital last weekend got home Monday.

REUNION

Mrs. Johnny Allen had as her dinner guests last Monday Mr. and Mrs. Eugene Reaves of Charleston, S.C.

Eugene Gibson and daughter Joan of Shelby spent a few days last week with Mrs. R.H. Gibson and family.

Mr. and Mrs. Steve Durham of Tanglewood were guests of Mrs. Henry Fowler and Kathy Tuesday night.

The Culbreth Reunion was held Sunday at the Cumberland County Wildlife Club. Those attending from the Rockfish area were Mrs. R.H. Gibson Sr., Mrs. R.V. Tanner and Charles, Mrs. Henry Fowler and Kathy and Mrs. Johnny Allen and Teresa. Allen Gibson of Richmond, Va., Mrs. Tracy Garner and daughter Brenda of Carthage, and Mrs. Harvey Thornton and children of Fayetteville also attended.

Mrs. Marshall Newton, Mrs. Neda Mae Williams, Mrs. Floyd Monroe, Mrs. Douglas Monroe, Mrs. June Rogers and Mrs. Archie Clark were among the ladies who attended the Shower for Dale Jones, groom to be soon, at the home of Mrs. Leanna Hobby Monday night.

COMMENT

If your news didn't get in this time please try again, sometimes I don't know your number and I can't see to look the numbers up.

Lumber Bridge News

By Lib Sumner

The Association Mission Banquet was held at The First Baptist Church, Lumberton, Thursday, July 21. The following from Lumber Bridge Baptist Church attended: Mr. and Mrs. S.F. Ammons, Miss Wanda Ammons, Miss Pearl Dew and Rev. and Mrs. Stacy Wells.

The Seventh Annual Statewide Youth Evangelism Night was July 19, at Greensboro Coliseum at 6:30 p.m. There were several from our Baptist Church attending.

Mrs. Hunter Forbes returned home from Highsmith - Rainey Hospital on Wednesday. Weekend guests were her daughter, Mr. and Mrs. Rob Schoch and Jeffrey of Vanceboro, Mrs. Forbes' sister, Miss Jean McCall of Washington, D.C., stayed until Wednesday.

Mr. and Mrs. Henry Bullard's guests over the weekend were Mr. Bullard's sister, Mr. and Mrs. H.O. Mason, their daughter, Dr. M.J. Mason of Colonial Heights, Virginia and Mr. and Mrs. George Evans and sons, David and Paul of Atlanta, Georgia, and the Bullard's daughter, Mr. and Mrs. Fred Tyner, Beth and Leslie of Raleigh.

Mr. and Mrs. Glen Clark spent last Saturday until Tuesday with Mrs. Clark's brother, Mr. and Mrs. Croom Sykes in Wise, Virginia.

Misses Lib and Lois Sumner visited their sister, Mrs. Henry Crawford in Rowland Wednesday and Thursday.

Col. (Ret.) and Mrs. F.R. Weber recently attended a dinner at Village Hall, Fayetteville, for Senator Jessie Helms. They enjoyed the talks by Adm. (Ret.) Alan Sheppard, first astronaut in space, and Congressman Alton Lennon.

Mrs. Robert Irwin, daughter of Col. (Ret.) and Mrs. F.R. Weber just returned from a six week's trip to Europe. She visited her daughter in Germany, also went to Paris, London, Austria, Switzerland and Amsterdam.

Mr. and Mrs. Bill Everett of Deer Park, Texas spent last week with his mother, Mrs. Dora Everett.

Mr. and Mrs. John E. Sumner and Steve Beeler of Fayetteville spent Sunday with Mr. and Mrs. S.E. Sumner and Miss Pamela Sumner.

Eddie Caddell of Raleigh and fiancée, Miss Jackie Reese of Sanford spent the weekend with Eddie's parents, Mr. and Mrs. G.L. Caddell.

Miss Daphne Watkins of Raleigh was weekend guest of her sister, Mr. and Mrs. Dan McGougan and family.

Miss Jacqueline Reese, August bride - elect of Eddie Caddell was honored at a bridal tea on Sunday evening, July 24, at the home of Mrs. Ralph Fields, Westlake Valley, Sanford. Out of town guests were Mrs. George L. Caddell and Mrs. J. Fulford McMillan of Raeford.

Skydivers Gearing Up For National Meet

"Skydiving is the most enjoyable, relaxing, and exciting sports activity I have ever experienced," remarks Lt. Judy Patrick, a nurse at Womack Army Hospital at Ft. Bragg.

She will be among 20 women competing for top honors at the National Parachuting Championships in Tahlequah, Okla., July 29 - Aug. 3. She hopes to make the United States Parachuting Team, on this, her third try.

She has been skydiving for seven years, starting with her freshman days at the University of Delaware in Wilmington. After graduation she worked 18 months in children's orthopedics at the DuPont Institute before beginning her service at Womack Army Hospital in 1974. Judy is a member of the 82d Sports Parachute Club at Ft. Bragg.

Included in her 1,050 jumps to date are those in both local and national competition. Since coming to Ft. Bragg, Judy has made 650 jumps.

In preparation for the Nationals, Judy has been practicing about 4 1/2 hours each night and since March has made more than 150 jumps at Raeford Airport.

At the Nationals she will be judged on both accuracy and style. Jumps for accuracy are made from an altitude of 2,500 feet with the objective being to land as close as possible to a small yellow disc, four inches in diameter, located in a target area peat moss pit.

The second event, jumping for style, involves performing six maneuvers during a 25-second free-fall, starting at 6,600 feet.

Judy's best finish so far has been a tenth place showing in 1976. This year she hopes to be selected one of eight top women, who along with eight men, will represent the United States at the World Meet in September, 1978.

Country Super Market

Rockfish Road at Scurlock School

Owners & Operators Hervey & Edna Jackson

JIMMY SHORT LINK SMOKED SAUSAGE 97¢ lb.



GRADE A FRESH WHOLE FRYERS 43¢ lb.

SCOTTISH BRAND LIVER PUDDING 49¢ lb.

U.S. NO. 1 EASTERN POTATOES 10 lb. bag 89¢



POPSIE BRAND FREEZE POPS 24-2 oz. Pops to Pkg. 79¢

BURGUNDY BRAND PICKLED PIGS FEET and PIGS KNUCKLES \$1.29 2 lb. 6 oz. Jar

HOLSUM GOLDEN CRUST BREAD - HOTDOG & HAMBURGER BUNS & BROWN AND SERVE ROLLS 3 pks. \$1.00

2 LITER PEPSI 59¢

BORDEN & COBLE MILK \$1.59 gal.



CLAIROL FINAL NET HAIR SPRAY 4 oz. size 79¢

CLOSE-UP TOOTH PASTE Family Size 6.4 oz. 89¢

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Come Hear "The Choraleers" Sunday, July 31, 1977 at 2:30 p.m. at Second Baptist Church RAEFORD

Everyone Is Welcome To Come Out And Hear This Group Sing