



MEDAL AWARDED -- John Sappenfield, son of Mr. and Mrs. Gerald Sappenfield, 309 Old Farm Road, Raeford was presented the Parvuli Dei Catholic Religious Medal for Cub Scouting at the meeting of Pack 404 last Thursday evening at the Raeford United Methodist Church. The award was presented by Father Paul Strassle, Pastor of St. Elizabeth of Hungary Catholic Church of Raeford. He was representing Bishop F. Joseph Gossman of the Diocese of Raleigh. Religious medals are presented by the boy's church group after completion of a specific program of religious study and service projects for their church.

Cub Scout Awards Given At Meeting

Awards were presented to 27 Cub Scouts at the regular monthly meeting of Pack 404 last Thursday night at the Raeford United Methodist Church.

One of the highlights of the evening was the participation of Santa Claus in a skit. He also assisted Cubmaster Gerald Sappenfield.

During the meeting, a number of awards were presented. Jason Branch was awarded two silver arrows for the Wolf Badge; Dellus Hodges received a Wolf Badge and a gold and silver arrow for his Wolf Badge.

Benton Hodges was awarded a Wolf Badge, along with a gold and silver arrow. Randolph McIntyre and Sammy Lee Scriven received their Bear Badges. Lee Floyd got his Bear Badge and a silver arrow.

Steve Smith was awarded the athlete, engineer, forester and sportsman activity badges. Charles Winchester received the citizen, craftsman, engineer, forester, geologist, outdoorsman, showman, and traveler activity badges.

David Simmons was awarded the

engineer and sportsman activity badges. Mac Hollingsworth received the artist and athlete badges. James Thompson and David Butler both got their forester badges.

John Sappenfield received the craftsman, geologist and scholar badges. David McLean was awarded a gold arrow and two silver arrows for his Wolf Badge. Michael Webb received the Bear Badge. Bryan Miller and Brad Edwards got their Wolf Badges.

Michael Baker got a gold arrow for his Wolf Badge. Randy Scull received a naturalist, outdoorsman and traveler activity badges. James Easterling was awarded the athlete and geologist badges. An athlete badge was presented to Eric Maxwell.

Darren Chasen received the artist and forester badges. Scott Houston got a silver arrow for his Bear Badge. Bobcat awards were presented to Tripp Wilson, Kelly Sessoms and Glenn Edwards.

Carson Davis, Sr., Woodmen of the World, presented flags to the new dens. Scott Houston advanced to the Webelos Den.

Small Firm Loan Deadline Is Set

George W. Marshall, District Director of the U.S. Small Business Administration in Charlotte, announced today that the cut off date for emergency loans available for small firms and farmers suffering physical damage or economic injury as a result of drought conditions is midnight Dec. 30 for physical damage and midnight July 31, 1978 for economic injury.

On Friday, Dec. 30, at 4:45 p.m. all the following temporary disaster field offices will close permanently. Until that date, hours of operation of each are from 8:15 a.m. to 4:45 p.m. Monday through Friday.

After Dec. 30, contact the District office in Charlotte for any inquiries regarding applications.

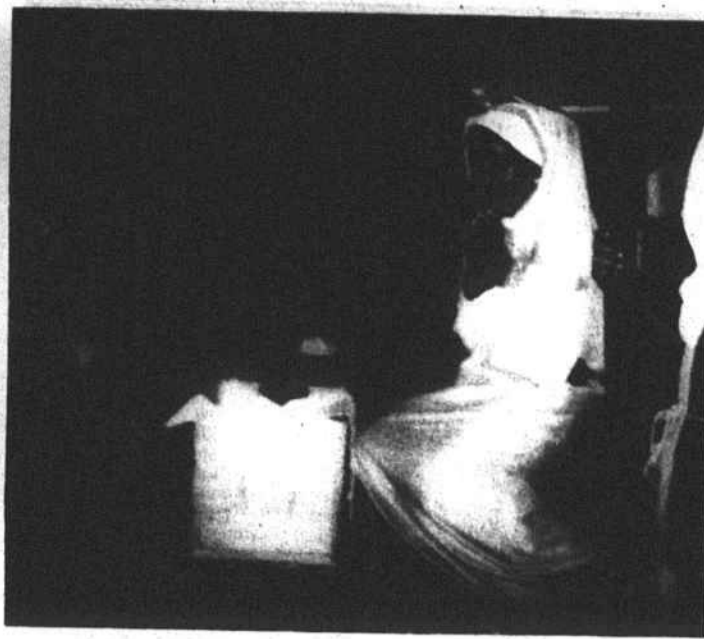
The locations of these offices are as follows:

Sampson Agricultural Center, East Rowan Road, Clinton, N.C. FTA-919-592-8951.

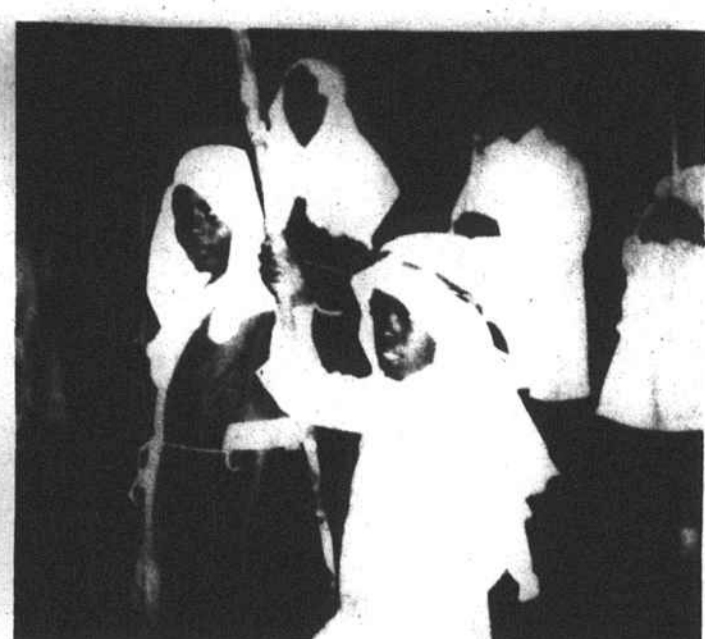
Court House Building, Fayetteville Street, Raleigh, N.C., 919-755-4300.

Small Business Administration, Post of Duty Office, 215 S. Evans Street, Greenville, N.C., 919-752-3798 or 3799.

Agricultural Extension Building, 3309 Burlington Road, Greensboro, N.C., 919-375-5876.



CHRISTMAS PROGRAM -- The young people of Bridges Grove A.M.E. Zion Church presented a Christmas program Sunday, Dec. 18. A manger scene was depicted with music provided by the Young Adult Choir. Forming the cast of the production were: Theresa Thornton as Mary; Robin Graham as Joseph; Anthony Thornton, Kim McLean and James Easterling



as shepherds: Lisa McLean, Lislle McLean, Lara Smith, Lenita Godwin and Lenita Easterling as angels. Vicky McLean, Tawanna McRae, Deborah Goodman and Bernette Smith worked the lights. The directors were Helen Thornton, Margaret McLean and Shelia Graham. Rev James Scriven is the church pastor.

Snow Shoveling Can Cause Overexertion

The winter snows are here again, and millions of householders are faced once again with clearing walks and driveways for access to the street.

It's hard for the American male to accept, but the chances are that the lady of the house is in better physical condition than her office worker husband for clearing away the season's first snowfall. An hour or two of daily pushing mop and broom keeps milady in good shape for snow shoveling.

Snow shoveling requires a lot of energy and muscle. Pushing a stalled auto out of a snow bank is even more demanding.

Once again the American Medical Association reminds men of middle age and beyond, especially those who are overweight and lead sedentary lives, to take it easy in clearing away the snow from walks and drives.

If you're in reasonably good health, snow shoveling may actually be good exercise -- if you take it easy. This could mean getting up half an hour earlier on the morning of a fresh snow fall, to allow time for leisurely shoveling, with frequent brief rest periods. The frantic, hurried approach to clearing the drive in an effort to get to the office on time most definitely is not good for health.

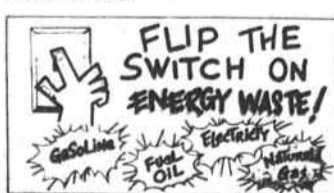
Most common serious health result of overexertion from snow shoveling is a heart attack. If your physical condition is such that you are already prone to heart attack, the extra exertion can trigger it. If your heart is sound, it likely won't be damaged.

Unless you have had a recent checkup, however, you cannot be certain that you aren't a likely candidate for heart trouble. Take it easy. Don't be ashamed to invest in a machine that blows or scrapes aside the snow with the power of a small engine substituting for muscle power.

Mental Health Center Closes For Holidays

The Sandhills Mental Health Center will be closed Dec. 23 through Dec. 26 for Christmas holidays. The Center will reopen on Tuesday, Dec. 27, at 8:30 a.m., according to unit director V. Paul McDonald.

McDonald said that the Center will also be closed on Monday, Jan. 9, for a training conference. It will reopen on Tuesday, Jan. 10, at 8:30 a.m., he said.



Or don't hesitate to hire the neighborhood lad from down the street to shovel your walks.

Snow shoveling can be good for you, if you use common sense. Light exercise and fresh air in the winter are important to maintaining health. Just don't overdo it.

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