

HELPING PEOPLE TO LIVE WITH



Ellen Willis
Assoc. Extension Agent

Schedule:
Wednesday, March 18, 9:00 a.m.
Interagency Meeting, Conference
Room, Lester Building.
Thursday, March 19, 5:00 p.m.
North Raeford Extension Home-
makers Meeting.

Monday, March 23, 8:30 a.m. Staff
Conference
Monday, March 23, 7:30 p.m.
Mildouson Extension Homemakers
Club Meeting at the home of Mrs.
Willa Jones, Mrs. Mary Adams
co-hostess.

Tuesday, March 24, 12:40 p.m.
Business Girls Meeting, Con-
ference Room, Lester building
Tuesday, March 24, 9:30 a.m.
Rockfish Extension Homemakers
Club Meeting with Mrs. Ann
Sessoms.

HINT: After washing your storm
windows, spray Pam or other pure
vegetable spray on coating to the
metal tracts. They will operate
much easier.

MONEY ILLS -- PREVENTION OR REMEDIES??

Today money problems are in-
creasing and affecting more con-
sumers each day. Therefore, every-
one should be on the alert for
"Moneyitis," which is an unsound
financial condition. It is like a
disease that is spreading toward
epidemic proportions. Moneyitis is
caused by living beyond one's
means or spending beyond one's
financial capacity. It is charac-
terized by a variety of money
problems such as: Having no
savings for emergencies, piled-up
bills, excessive credit, consolidated
debts, and bankruptcy. Warning
signals of pending trouble are:

1. Spending increasing faster
than income
2. Using savings for on-going
everyday living needs
3. Juggling bill payments or late
payments
4. Increasing revolving credit
where only the minimum payments
can be made (for credit card,
charge account and check draft
credit).

Too frequently, these warning
signals are ignored or are justified

by popular myths instead of facing
facts and taking actions necessary
to ease or solve the problems.

MYTHS

Inflation and easy credit are the
major causes of people's money
problems.

FACTS

Inflation and easy credit are not
the cause of people's money
problems. They are only used as
excuses. Think for a minute: who
made the decision to buy goods or
use credit? How many things are
bought that were not really neces-
sary? With inflation or increasing
prices more money is required to
buy the same amount of goods and
services. But people are responsible
for reducing spending or increasing
income in order to live within their
income.

My financial situation is sound
as long as I can pay my bills.

A sound financial status requires
ability to pay bills, plus adequate
savings for emergencies, plus addi-
tional savings for future goals, plus
protection against major financial
risks. Just keeping bills paid does
not assure a sound financial stand-
ing.

I don't have enough money to
budget or manage.

The more limited the money, the
greater is the need to budget.
Otherwise the money ends before
the pay period and necessities or
commitments may not be provided.
Having no spending plan is a big
money leak.

My checkbook stubs and can-
celled checks provide records of my
expenditures.

Checks nor the stubs give enough
details about spending to spot the
money leaks. For example, a check
given at the grocery store doesn't
assure that the money was spent for
groceries -- think of all the other
things purchased at the grocery
store.

WHICH CHOICE -- PRE- VENTION OR REMEDIES?

A. Preventing money problems is
easier than solving the problems

when they occur. Preventing prob-
lems requires one to be alert to
his/her financial situation at all
times and regularly following sound
money management practices.
When minor warning signals occur,
adjustments in earning, spending,
saving and borrowing should be
made to prevent money problems.
Sound money management prac-
tices include:

1. Accept responsibility for fi-
nancial status and keep watch on
the situation -- amount of income,
savings, credit outstanding and
records of expenditures.

2. Plan for savings, necessities
and commitments, then wants.
Prioritize spending. Balance sav-
ings and spending plan with in-
come. Follow plan when buying.

3. Shop smarter to get money's
worth.

4. Eliminate waste and do thing
for self.

B. Remedies are needed when
money problems occur. Begin
remedies before things get out of
hand. Remedies to consider and
follow until the problem is solved
include:

1. Cut out all spending except for
those things absolutely necessary
for life.

2. Simplify or reduce living needs
to match income -- change
standards and tastes, cut out
luxuries. Do more things for self.

3. Increase income through extra
work, or get financial assistance
available from public funds, family
or available agencies.

Resolve problems and learn and
practice sound money manage-
ment. For literature or consul-
tation, contact your county Home
Economics Agent.

School Menu

FRIDAY, MARCH 20

Sloppy Joes
Slaw
Lima Beans
Apple Crisp
Milk

MONDAY, MARCH 23

Macaroni & Cheese
Bologna Cup
Green Beans
Fruit
Angel Biscuits
Milk

TUESDAY, MARCH 24

Pizza
Buttered Corn
Tossed Salad w/ Dressing
Orange Wedges
Milk

WEDNESDAY, MARCH 25

Hamburger on Bun
French Fries, Catsup
Slaw w/ Carrots
Cookie
Milk

THURSDAY, MARCH 26

Barbecue Chicken
Fluffy Potatoes
June Peas
Fruit
Rolls
Milk

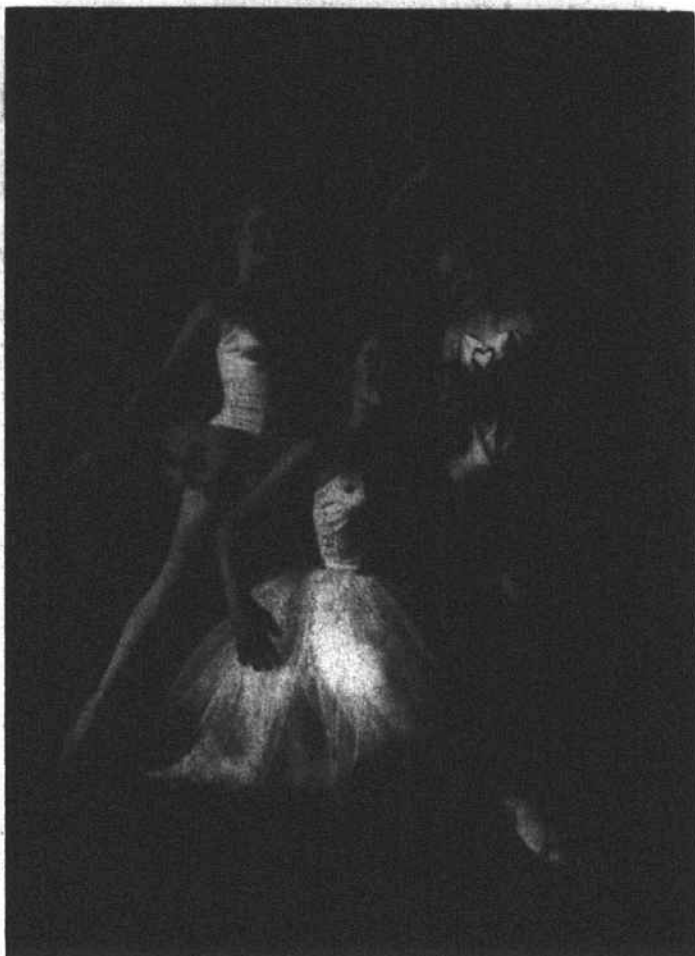
Hoke Recipes

Needed For Book

The American Cancer Society
needs seven original recipes from
Hoke County for a book on North
Carolina recipes the society is hav-
ing published.

Anyone having an original Hoke
recipe is asked to give it to Yvonne
Snead (telephone 875-3103). Hoke
must be represented in the book,
she said this week.

Dr. Lawrence Bullard is Hoke
County chairman for the society.



L-R, Sally McLean, Kelly Chalaire, and Admy Biddell [of Laurinburg].

Raeford Dancers In Spring Ballet

The Ann Clark School of
Dance, associated with the Arts
Council of Fayetteville, will present
its annual Spring Ballet, March 28
and 29, with performances at 8
p.m. March 28 and 29, and a 2
p.m. matinee, March 29, in Reeves
Auditorium, Methodist College,
Fayetteville.

Two Raeford students of dance
are in rehearsal now for this pro-
gram: Kelly Chalaire, daughter of
Mr. and Mrs. Eugene Chalaire,
who has been a member of the
ballet company for five years, this
being her fifth production; and
Sally McLean, daughter of Mrs.
C.P. McLean, who joined the
company in September 1980 and
will be in her second performance
with the Ann Clark Dancers.

A highlight of this spring's pro-
duction will be the live orchestra
under the direction of Alan Porter,
with the orchestra's participation
made possible, in part, by a grant
from the Arts Council of Fayette-
ville in its "Grassroots
Program."

The Ann Clark School of Dance
was founded in 1970 and for six
years has been a satellite program
with classes in Raeford and other

neighboring towns. Sara White of
Fayetteville has been the Raeford
instructor for the past two years.
Local classes will perform in con-
cert in Raeford May 29.

Dancers from satellite groups
and from other schools may audi-
tion for the company productions,
so the Ballet is now confined only
to Fayetteville students.

This year's program will in-
clude: "Les Sylphides" by
Chopin; Mozart's "Cassations";
"Creation of the World" by
Milhaud; and "Hansel and
Gretel's Evening Prayer",
Humperdink.

Misses Clark and White are the
choreographers for all numbers ex-
cept "Les Sylphides", which will
be choreographed by Fokin.

Ticket information is available
through the Arts Council, Fay-
etteville (919) 323-1776; The Dan-
cer, Eutaw Mini-Mall; and through
local dance studios.

Group rates are available and a
special performance scheduled will
be free to senior citizens.

College News

James E. Galberth, son of Mr.
and Mrs. John Galberth, Jr., of
Raeford, has been named to the
Dean's List at Devry Institute of
Technology in Atlanta.

Galberth, a freshman, earned a
place on the honor list by main-
taining a 3.0 of a possible 4.0
average. His point average is equal
to a "B" in the letter-grading
system.

Ephesus Benefit

Barbecue and fried-chicken
plates will be served Saturday,
starting at 11 a.m., at Ephesus
Baptist Church, Rt. 2, Raeford, at
a price of \$2.75 each.

The proceeds will go to the
church building fund.

Concert Pianist To Perform In Red Springs

Atremis Bedros, concert pianist,
will perform here in Red Springs,
Sunday afternoon, March 29th, at
3 p.m. in the Flora Mac Donald
Auditorium of the Robeson Coun-
try Day School.

A resident of Lumberton, wife
of a prominent physician Dr. Ohan
A. Bedros, Artemis is a visiting ar-
tist for Robeson Technical Col-
lege. Armenian by birth, she lived
as a girl in Jerusalem and Beirut,
Lebanon. Later the family moved
to the states, first to Chicago and
then to Detroit where she attained
her BA in music from the Detroit
Institute of the Arts. When her
husband Dr. Ohan A. Bedros
decided to establish a medical
practice in Lumberton, they built
their home there. She then con-
tinued her studies at the University
of UNC at Greensboro and received
her MA in music. She will make
her debut at Carnegie Hall in May.

The Red Springs Arts Council is
indeed fortunate to be able to bring
her to the Red Springs audience.
She has performed for numerous
organizations and groups through-
out the area. Recently she was a
guest of the Red Springs Dilettante
Club, and gave a recital at the
home of Mrs. Roscoe McMillan.
All who heard her felt it was a
thrilling experience. She played
beautiful classical music, and de-
lighted everyone with her rendition
of "Ragtime" music as well. The
program will be presented through
the courtesy of the Red Springs Art
Council, a grant from the North
Carolina Grass Roots program, of
the North Carolina Department of
Cultural Resources, and the gener-
ous contributions of the Red
Springs citizens.

Arts Festival, Contests Slated By Woman's Club

The GF North Carolina Federa-
tion of Women's Clubs Inc. will
hold its annual Arts Festival,
Sewing Contest and Sallie Southall
Cotton Scholarship Contest at the
Fine Arts Center, Salem College,
Winston Salem, on Saturday,
March 28, 1981. High School
Students and Clubwomen who have
won first place at the local and
district levels will come together to
compete for top awards in the state
contest. Cash awards will be pre-
sented to students winning first
place. Contests will be held in
Crafts, Art, Photography, Sculp-
ture, Sewing, Music, Literature,
Public Speaking and Drama as well
as Scholarship. The Arts and
Crafts rooms will open for exhibit
to the public at 12:00 noon.
Assembly will be in the main
auditorium at 1:15 p.m. for Club-
women and guests to observe the
winners perform in music, drama
and public speaking. Winners from
other contests will be announced at
this time.

In the Scholarship Contest, win-
ners from the 16 districts in the
State will be considered according
to financial need, scholastic record,
character, evidence of intellectual
promise and demonstration of am-
bition and leadership. The winner
will receive a four year Scholarship
to a State University for the amount
of \$2,000.00 per year. Mrs. J.T.
Moore of Henrietta, serves as
Chairman of Scholarship. Mrs.
J.C. Bolt of Winston Salem and
Mrs. Stokes Hepler, Jr. of Thomas-
ville will serve as Chairman of the
Festival. Mrs. John V. Sutton of
Greensboro, President of the GF
NCFWC will preside during the
meeting.

SOCIALS -- 875-2121

CAROLINA SECURITIES CORPORATION

Member New York Stock Exchange

C. Richard Bobbitt
C. Richard "Dick" Bobbitt, Jr.

124 Cronly Street
Laurinburg, N.C. 28352
Telephone Collect: 919-276-7799

POISON KILLS!!

...so does any unused medicine

BRING ALL OF YOUR OLD
PRESCRIPTION BOTTLES TO:

The Medicine Shoppe

121 S. Main St.
Raeford, N.C.
875-5146



WE WILL PAY YOU 10¢ IN MERCHANDISE CREDIT
FOR EACH RX BOTTLE BROUGHT IN DURING

Poison Prevention Week

March 18-25

ANY RX BOTTLE FROM ANY STORE-NO LIMIT
Help Save A Child's Life



Try
Bantam Chef
For The
**BEST FRIED CHICKEN
IN TOWN**

THIS WEEK'S
SPECIAL
SNACK BOX
\$1.59

includes 2 pc. Chicken
Roll, French Fries

OPEN 10 A.M. - 10 P.M.
FRI. & SAT. OPEN TIL 11 P.M.

Bantam Chef
875-4909

401 South By-Pass Raeford, N.C.

NEW SPRING FASHIONS
ARE NOW ARRIVING
Just In Time For Easter

GRAHAM'S...
LADIES', MEN'S AND
CHILDREN'S DEPARTMENTS

THE HIGHLAND FLING..

Junior Dresses and
Sportswear

Also, Formals for the Prom

Use Our Convenient Lay-A-Way Plan

Graham's
Department Store, Inc.
Main St., Red Springs, N.C.

