

College News

Sonya Ross of Raeford, a junior at Livingstone College in Salisbury, has been elected to serve as "Miss Social Welfare Action Group" for the 1981-82 academic year.

The Social Welfare Action Group is comprised of social welfare and sociology majors. One of the organization's primary objec-

tives is to aid in the student's professional growth and development.

Sonya is a social welfare major. She serves as a secretary for SWAG, a cheerleader and was honored as "Miss Cheerleader" during the 1980-81 academic year.

Sonya is the daughter of Mr. and Mrs. Mallie Ross and attended Hoke County High School. Gregory Lynn Jackson of Raeford has been accepted for admissions to Campbell University and will be entering as a freshman when its fall term opens on August 19, 1982.

Jackson will be a graduate of Hoke High School and is the son of Mr. and Mrs. Neil A. Jackson.

At Campbell Jackson plans to major in Pre-Law.



Daniel E. Page has received a Ph. D in Finance and Real Estate from the University of Georgia.

He did his banking internship at The Bank of Raeford in the fall of 1973.

He is the son of Mrs. Agnes E. Page of Red Springs, a former

general supervisor of instruction for the Hoke County School system. He is married to the former Linda Kay Watt of Kannapolis, a former member of the Scurlock School faculty. They have one child, daughter Stephanie Danielle, 19 months old.

Page is a 1970 graduate of Red Springs High School, also a 1974 Cum Laude graduate in banking and finance of Appalachian State University. He received a degree of Master of Business Administration there in May 1978.

He was an auditor for First Union National Bank in Charlotte for two years and cash co-ordinator for Bigger Brothers, Inc., in Charlotte for a year and a half.

Since July he has been a professor of finance at Virginia Polytechnic Institute and State University in Blacksburg, Va.

Carole Clark, Rt. 4, Raeford, was among nearly 400 parents, other relatives, and friends who recently attended Parents' Day activities at Wingate College.

In addition to the many attending from North Carolina, parents came from as far away as Florida, Pennsylvania, New Jersey, and New Hampshire, as well as South Carolina and Georgia. They spent the day touring the campus, meeting faculty members, and being entertained by a wide variety of spectator and participant activities.



Mr. and Mrs. Daniel Joseph Demers

Demers-Herriford Couple Wed

Deborah Sue Herriford, daughter of Major General and Mrs. Robert L. Herriford of Alexandria, Va. was married on September 19th to Daniel Joseph Demers, son of Mrs. Phil Gervais and the late Arthur Demers of Salem, N.H. The wedding took place at the Main Post Chapel, Fort Belvoir, Va.

Miss Traci Herriford was her sister's attendant. Michael Demers

was his brother's best man.

The bride is a graduate of Marycrest College, Davenport, Iowa, and the groom is a Budget Analyst with the IRS, Washington, D.C. The couple are residing in Woodbridge, Va.

The bride is the granddaughter of Mrs. Leslie Davis and the late John Davis, and the daughter of the former Muriel Jean Davis of Raeford.

WAGON WHEEL RESTAURANT
Serving Thanksgiving Dinner
Until 3 P.M.
875-5752

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CHRISTMAS OPEN HOUSE

CALICO CORNER

- FULL SERVICE FLORIST — Dried Flowers, Silks, Brass, Baskets...
- CROSS-STITCH — DMC, books, hoops, material...

Refreshments *in Raeford* See you sat! *May be Elaine*
DOOR PRIZE 325 N. Main 875-8245

Square Dance Club's Officers Elected

The Hoke County Swingers, the local square-dance club, is headed by Leo Salzer for 1981-82.

The club's annual elections were held November 11.

The others elected officers for the new year were Tommy Macks, vice president; Johnny Ramsey, treasurer; Teresa Ramsey, assistant treasurer; and Helga Graham, social secretary.

The club's dances were held the second and fourth Wednesday nights above Howell's Drug Store.

The club's caller is Ed Shepley of Carthage.

Visitors are welcome to the dances.



Ellen Willis
Home Economics Extension Agent

Schedule
November 26-27, 1981 - Thanksgiving Holidays
Monday, November 30, 1981 - Staff Conference.

HINT: Put wrappers from bars of soap in the bottom of your clothes hamper. A generous layer of them keeps a fresh aroma in the hamper until you're ready to do the next washing.

DEAL WITH STRESS OPENLY
There's an unpleasant condition we all suffer from at various times in our lives -- and it's called stress. Though it's mainly mental in nature, it can affect our physical health as well.

And if we don't find ways to get relief from it, we can suffer from such ailments as diarrhea, headaches, or insomnia. What's more, if the stress is severe and lasts a long time, we can get into real trouble with high blood pressure, a heart condition or ulcers.

It adds up to this. When we're under stress, the worst thing to do is to try to hide it. When we deny feelings and hold them inside, they tend to build up. And all of a sudden we may lose control and explode into an angry rage.

So, it's better to face stress openly. Talk about your problems with a sympathetic family member or friend.

Since you can't always avoid the causes of stress, try taking extra good care of your health. Schedule some time for fun and relaxation. Let physical exercise work off some of your tensions.

Eat right and get enough rest and sleep. And above all, recognize that stress is a normal part of life.

Stress doesn't have to make us unhappy, angry people or affect our health.

MOBILE HOMES

If you live in a mobile home, there's no need to have cold toes this winter. Instead, save money on your heating bill by trying one or more of these ideas:

Install storm windows and storm doors. Or put plastic over the inside of the mobile home's windows and door. And be sure to caulk or weatherstrip around all windows and doors, too.

Also, place a "skirting" material around the mobile home to reduce heat loss through the floor. Be sure to allow some vent spaces.

Have your heating system checked and adjusted for maximum efficiency.

Also keep doors and windows closed whenever possible and lower your thermostat to a comfortable setting.

I haven't mentioned insulation,

but the chances are pretty good your mobile home already has insulation in the walls, the ceiling and the floor.

"LAYERED LOOK" FOR COMFORT

One of the tricks to staying warm in cold weather is staying dry. That means dressing to keep warm -- but not over-dressing so that you perspire. Then you feel clammy and cold rather than toasty warm.

The secret is to wear lightweight layers of clothes you can adjust or take off when you get too warm. Select those layered - look clothes with an eye out for built-in ventilation features.

For instance, winter jackets with zippers that open either direction are good choices. The two-way zippers allow you to keep comfortable and dry without taking off the entire garment.

For indoor clothes, look for tops that can be opened at the neckline, rather than turtle or crew necks.

And there's a bonus. You won't have to sacrifice fashion for comfort. Cardigan sweaters, vests and jackets worn over other clothes is a great winter look. If you get too warm, one or two layers can easily be taken off.

So keep warm and dry this winter by adjusting your clothes rather than by turning up the thermostat. You'll look fashionable and feel cozy as well as save money on the utility bills.

Senior Citizens' Shopping Trip Dec. 16

What Senior Citizen is interested in a trip to Cross Creek to Christmas shop, enjoy the decorations, or simply to get in the Christmas Spirit?

Hoke County Parks and Recreation Commission has a trip planned for Wednesday, December 16.

A bus will depart from the parking lot across from *The News-Journal* at 9:30 a.m. It should return to the same location by approximately 4 p.m.

The first 35 who register and pay their \$2 transportation fee will be entitled to participate.

Deadline for signup is Monday, December 14, at noon.

Contact the Parks and Recreation office to register.

MACKS FAMILY NIGHT

ONE NIGHT ONLY - FRI. NOV. 27th
6 to 9 P.M. ONLY

10% OFF

ON ALL CASH PURCHASES

NO DISCOUNT ON LAY-A-WAYS

BALANCE DUE ON PREVIOUS LAY-A-WAYS - CIGARETTES

SEE SANTA CLAUS - 6 to 9 P.M.

Pictures Available \$1.25 Each

SHOP MACKS & SAVE

SPRING LAKE - RAEFORD & 3 FAYETTEVILLE STORES



Raeford Merchants Association
CHRISTMAS PARADE
Saturday,
December 12
2 p.m.