

Local Girl Wins Academic Award

Cindy Conoly of Raeford won the Academic Achievement Award in the one-year dental assistant program at Fayetteville Technical Institute by achieving an average of a fraction over 3.8 of a possible 4.0.

She was presented the award plaque Thursday night at the graduation exercises. Miss Conoly will start work August 2 with Dr. Douglas Jackson in Red Springs.

She is the daughter of Mr. and Mrs. J.R. Conoly of Raeford.



Cindy Conoly with Academic Achievement Award plaque.

Rockfish News

by Polly Barnard

Tabernacle Baptist Church had a day of fellowship and activity the past Sunday. There was a ball game and various other games, and activity for each age group during the day and a covered dish supper at 6:30 p.m. There was a guest speaker and a musical program for the evening service which began at 7:30 p.m. After the evening service, homemade ice cream was served. Everyone had a nice time.

Rev. and Mrs. Carl Strickland and daughter Susan of Rockingham visited Mr. and Mrs. Thomas McCall the past week.

Mr. and Mrs. John Baumgardner of Merritt Island, Florida visited Mr. and Mrs. Thomas McCall the past weekend. Mrs. Baumgardner is the daughter of Mr. and Mrs. Ray Shuman of Orlando, Florida. Mrs. Shuman is the former Katherine Neil Monroe of the Rockfish Area.

Mr. and Mrs. "Butch" Posey and children Christy and Jenny of near Raeford and Tommy McCall had lunch with Mr. and Mrs. Thomas McCall the past Sunday.

Mr. and Mrs. Thomas McCall helped their granddaughter, "Jenny" Posey celebrate her 2nd birthday Sunday afternoon at the

home of her parents, Mr. and Mrs. "Butch" Posey near Raeford.

Mr. and Mrs. Amos Grant Jr. and son, Bobby visited Mr. and Mrs. Dennis R. Davis of Selma the 4th of July.

Mr. and Mrs. Amos Grant, Jr. and son, Bobby, Mrs. Rayburn Barbour of Lumber Bridge and Mrs. Pauline Kennedy visited Mr. and Mrs. Ronald Kennedy and Mr. and Mrs. Dennis Gartrell in Knoxville, Tennessee recently. While there they attended the World's Fair and also visited Gatlinburg, Tennessee.

Alex Ray has been on the sick list the past week.

Philippi Presbyterian Church had Vacation Bible School last week. It began Monday evening June 28th and continued through Thursday evening 30th from 7:00 p.m. until 9:00 p.m. Thursday evening a cookout was enjoyed by the children and parents. Mrs. Louise Hord was director and Mrs. "Butch" Posey provided the music. The attendance was very good.

Mrs. Ophelia Cameron of Carolina Beach is still slowly improving as of this report. She is now in the rehabilitation center.

Mrs. Mary Long of Fayetteville, and daughter, Mrs. Eddie Mason of Stoney Point section and Mrs. Henry Epps attended the World's Fair last week. They reported an enjoyable trip.

Mr. and Mrs. Charlie Tanner of Wallace spent several days the past week with Mrs. Henrietta Tanner.

Mr. and Mrs. Tracy Garner of Carthage, Mrs. Virginia Thornton and children, Chris and Nancy of Fayetteville visited Mrs. Marie Fowler the past Sunday.

Am happy to report that Edward Brown of Raleigh is improving and may be released from the hospital sometime soon.

Mrs. Ralph Plummer, Miss Becky Plummer of Rocky Mount and Mrs. Joan Crawford of Raeford attended the graduation of Maj. (USAR) John Plummer in Alabama recently. He received a degree in Business and Economics from Troy State University of Alabama.

Maj. (USAR) John Plummer spent the past weekend with his parents Mr. and Mrs. Ralph Plummer. He had just completed a two week training assignment at Fort Knox, Kentucky and was returning to Fort Rucker, Alabama where he is stationed as a pilot instructor.

Mr. and Mrs. Steve Plummer of Lillington, Mr. and Mrs. Fred Plummer and children, John, Louis and William, John F. McFadyen of Fayetteville, Mrs. Joan Crawford of Raeford and Maj. John Plummer were luncheon guests of Mr. and Mrs. Ralph Plummer the past Sunday.

Miss Teresa Allen of Chester, South Carolina and Miss Sandra Allen of Charleston, South Carolina spent the past weekend with their mother, Mrs. Alice Allen.

Jimmy Neil Ray of Clinton spent the past weekend with his parents, Mr. and Mrs. Henry Epps of Stoney Point Road and Mr. and Mrs. Kenny Click of Route 3, Fayetteville.

Mr. and Mrs. Larry Strickland of Greensboro have twins; a girl and a boy, born Monday, June 28th. Congratulations to them and also to Rev. and Mrs. Carl Strickland of Rockingham, the proud grandparents. Rev. Strickland was pastor at Tabernacle Baptist Church for many years.

Mrs. Lonnie Outlaw and Mrs. Helen Ammons of Roxboro spent several days with Mrs. Henrietta Tanner the past week.

Family Health

By CLAY WILLIAMS

A service of the North Carolina Academy of Family Physicians

A significant piece of legislation went into effect in North Carolina July 1, 1982. It is a law requiring parents to restrain children under 2 years old while riding in cars.

For far too long children have been the hapless victims of car accidents. It has been generally conceded that a child riding in a car --unrestrained-- is highly dangerous. Last year alone, 1,712 children under the age of five were killed or injured while riding as passengers in cars on North Carolina highways. Car accidents kill more children than any childhood disease. Trauma from car accidents is a major cause of epilepsy and paraplegia in children.

At the time of a sudden stop, swerve or crash, all those riding in a car need protection from impact with the car's interior. Car seats for children and seat belts for adults can also prevent ejection from the car. If unrestrained, infants and children are thrown about the car like flying missiles. Things happen so fast, even at low-speed quick stops, that the violent impact -- usually against the inside of the car itself or through the windshield -- is unpredictable. In a 30-mph crash, a child may be thrown forward with a force equal to 30 times his own weight. That's like falling from a three-story building.

In a car crash, children are the most helpless. They are dangerously exposed to serious head injury because they have proportionately

larger heads. Under identical situations, a child is much more likely to be injured than an adult.

Unfortunately many adults believe they can protect children from injury in a car accident by holding them on their lap. Not so. Actually, the probability and degree of injury in a crash is greatly increased in this position. Safety experts call this the "child crusher" position.

The best way to protect children under 5 years of age during sudden braking, swerving or a crash is to use a child restraint device. Infants and young children should always ride in child car safety seats. Such devices hold the child securely in one position and absorb the forces of even the most violent crashes.

Safety experts suggest you choose a restraint device suitable for your child's weight and height, and also one that fits your car. Child car safety seats manufactured after January 1, 1981, are required to meet new safety standards. However, many seats made before that date provide adequate protection if used correctly, safety experts point out. They suggest that you not use old style child seats that hang from the top of a car seat back or sit loosely on the seat without being secured by a lap belt. Household "baby carriers" and car bed are also unsatisfactory. They probably will not protect the child in a crash, swerve or sudden stop.

So buckle up that bundle of joy -- properly. After July 1, 1982, the law requires it.



TWENTY-FIVE -- Leon Patterson [center] completed 25 years service with Burlington Industries on June 20. He is a Counter Attendant in the Supply Department on first shift in the Dyeing Plant. Patterson is shown receiving his Twenty-Five Service Pin and Certificate from Plant Manager Gib Bernhardt. [left] and Department Manager Billy Posey.

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College News

Corps member Tony Graham of Rt. 3, Box 202, Raeford, took part in the 277th graduation exercise of the Earl C. Clements Job Corps Center June 30.

Graham successfully completed studies in landscape/nursery and plans a career in the field of landscaping.

The Earle C. Clements Center is operated by the Education Division of the Singer Company and has an enrollment of 2,624.

Cynthia L. McNeill, daughter of Mr. and Mrs. Bill McNeill of Rt. 1, Shannon, received a degree of Master of Arts in educational supervision June 22 from East Carolina university.

She received a degree of Bachelor of Science in education from ECU in 1976 and returned to college in 1980 to earn her master's degree. She taught at West Hoke School the four years between.

HELPING PEOPLE TO LIVE WITH CHANGE

Ellen Willis
Home Economics Extension Agent

Schedule
July 13-14, 1982 - EFNEP Nutrition Day Camp to be held each day at Silver Grove Church.
Hint: Use cold water rather than hot to operate your food disposer. This saves the energy needed to heat the water. is recommended for the appliance, and aids in getting rid of grease. Grease solidifies in cold water and can be ground up and washed away.

HAZEL KAY TOURS

Disney World \$120
Dates: July 22-25, Aug. 12-15 and Sept. 9-12.

Nashville & Grand Ole Opry \$150
Dates: July 22-25, Aug. 5-8, Sept. 9-12, and Oct. 21-24.

May through October - World's Fair \$135-\$160

HAZEL KAY TOURS
Call Mary R. Maples
875-2423

Personals

Mrs. A.J. Freeman spent last week with her son, Leroy Freeman and his family in Clemmons. She also visited her sister, Mrs. C.B. Johnson, in the Baptist Home in Winston-Salem.

Mrs. Freeman spent Sunday with her son, Tommy Freeman and his family, attended West Side Baptist Church services and stayed for the baptismal service on Sunday night in which her granddaughter, Melanie Freeman, was baptized.

Mr. and Mrs. Glen Stone, Mandy, Carey, Gina and Joy of Clarksville, Va. were weekend guests of Mr. and Mrs. Charles Stone and family. Mandy and Carey are continuing their stay in Raeford this week.

Barry Ellis of Winston-Salem and Sgt. and Mrs. Dennis Ellis and daughters, Diana and Kristen, of Cherry Point Marine Air Base spent the holidays with their families, Mr. and Mrs. Raymond Ellis and Mrs. Sarah Strother. Glynda and Rhonda Ellis returned with Sgt. and Mrs. Ellis to Cherry Point for a visit.

Mrs. Lorraine McDiarmid of Durham visited with her parents, Mr. and Mrs. Archie L. Walters during the holiday weekend.

Candlewicking

During these long summer days would you like to learn a craft? Yes, a craft that can help you with your Christmas gifts?

Wednesday, August 4, at 9 a.m. in the Lester Building, Magnolia Street Extension, Mrs. Jeannie Smith in cooperation with home economics extension will teach candlewicking.

Call the home agent's office, 875-2162, to register for this class.

A kit will be prepared for you for which there will be a charge. Hand work is such fun, so do call and register.

Sue Andrews To Speak To Sandhills Women

The Sandhills Christian Women's Club will hold its July meeting at the Country Club of North Carolina on Thursday, July 15, at 11:30 a.m. CWC is an interdenominational women's group with no membership or dues. All are welcome. The buffet lunch is \$5.50.

Guest speaker will be Sue Andrews from Greensboro. Bunny Wilson from Southern Pines will provide the Special Music. Anita Freeman will present the Special Feature on Crafts and Custom Framing. Her shop, Made in the Shade, is located in Aberdeen.

A free, pre-school nursery will be provided at the Brownson Memorial Presbyterian Church in Southern Pines. Please make a reservation for your child as you make your own. Please bring a sandwich for your child.

For reservations, please call 875-3759 no later than Monday, July 12.

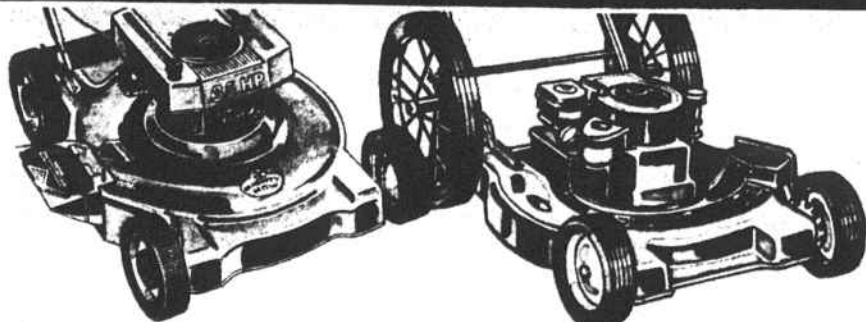
Mrs. Deitzel Is Honored

Mrs. David S. Currie, Jr., and Mrs. Eddie Owens were hostesses for a Coke party and a surprise stork shower honoring Mrs. Michael Deitzel of Houston, Texas on Monday morning at the Currie home. Mrs. Deitzel is the former Ann Fitzsimons of Raeford.

Arrangements of mixed summer flowers were used to decorate the home and the refreshment table.

Mrs. C.H. Humphrey, sister of the honoree, of Cary poured coffee.

EASY MONTHLY PAYMENTS!



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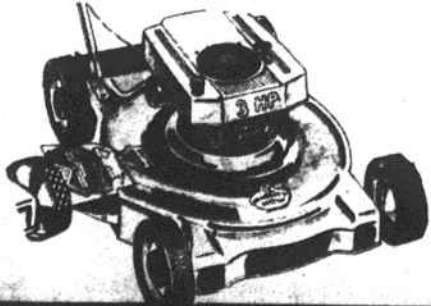
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To The Citizens of Hoke County



Thanks for your Vote and Support in the June 29th Primary and your Continued Support in the July 27th Runoff.

Mabel M. Riley

Paid Political Adv.