

Rockfish News

by Polly Barnard

Stephanie Wood and her grandmother, Mrs. Oscar Wood spent the past weekend with Mr. and Mrs. Tommy Bullard and family of Fayetteville. They helped Gary Bullard celebrate his twelfth birthday with a party Sunday afternoon. Mr. and Mrs. Wayne Wood and daughter, Stacy of Fayetteville also attended the party.

Mr. and Mrs. Phil Lorange of Florida visited Mr. and Mrs. Charles Chason and family the past weekend.

Mr. and Mrs. Amos Grant, Jr. visited Mrs. Belle Cashwell of Parkton the past Sunday afternoon. Mrs. Cashwell had surgery last week at Cape Fear Valley Hospital in Fayetteville.

Miss Sherry Thornberg of Seattle, Washington spent several days the past week with her grandmother, Mrs. Edgar Pittman. She also visited Mr. and Mrs. Gerald Pittman of Laurinburg and cousins, Gerald, Jr. and Samantha Pittman and Phyllis Mull who were at Holden Beach.

Miss Thornberg also visited her parents, Mr. and Mrs. Walter Thornberg of Reidsville before returning to Seattle.

Mr. Peter Bucemic of Oxford visited Mrs. Edgar Pittman the past weekend.

Mr. Ed McInnis is a patient in Veterans Hospital in Fayetteville.

Thomas McInnis spent several days the past week with his sister, Mrs. Earl Hare and Mr. Hare in Charlotte. While there he and Mrs. Hare attended the "Clan McInnes Society" that was meeting at the Holiday Inn at Banner Elk Friday July 9. Members of McInnis families throughout the United States attended. After a buffet dinner and evening program they returned to Charlotte.

Mr. and Mrs. Cecil Reynolds, Mr. and Mrs. Mike Reynolds and sons, Tony and Chris of Aberdeen attended the World's Fair recently. They also went to Opry Land and attended the "Grand Ole Opry" in Nashville, Tennessee.

Mrs. Lewis Blackwood of King Road is a patient at Cape Fear Valley Hospital in Fayetteville.

Mr. and Mrs. Leon Carroll of Greensboro visited Mr. and Mrs. Charles Chason last week.

Stoney Point Fire Department Ladies Auxiliary is having a yard sale Saturday, July 17 at the fire department. Contributions of items to sell are solicited and may be taken to the day room. Everyone is urged to attend and your support will be appreciated.

Mr. and Mrs. W.L. Pardue and daughter, Sherrie of Arnold, Maryland spent several days last week with Mr. and Mrs. Alton McCulloch.

Philippi Presbyterian Church is having a "farewell" picnic dinner at the Church Sunday, July 17 for Rev. Homer T. Rickabaugh. Sunday morning will be his last time in the pulpit. While serving at the church he has endeared himself to many in the church and community and will be missed greatly. Everyone is invited to come and bring a picnic basket.

Mr. and Mrs. John Young and children, John and Christy of Hagerstown, Maryland visited Mrs. Young's parents, Mr. and Mrs. Bruce Turner the past week. Christie remained and will be spending the rest of the summer with her grandparents.

Mrs. Ruth Powell and daughter Gia of Augusta, Georgia spent the past weekend with her brother Mr. Bruce Turner and family.

The W.M.U. of Pittman Grove Baptist Church honored Mrs. Robert Stanger and Mrs. Kelly Valley with a "stork shower" at the church Wednesday evening of last week. They each received many nice and useful gifts.



McRaes and relatives gather for family photo at the McRae reunion. [Staff photo by Henry Blue.]

The McRae family reunion was held July 10-11 at the home of Grady McRae in Tyler, Tenn.

Among those attending were Willie McRae of Wilmington, Del.; Samuel McRae, Sarah L. and Bill Poore and Grady McRae, all of Brooklyn, N.Y.; Mr. and Mrs. Arlington McRae of Houston, Tex.; Mr. and Mrs. Lloyd McRae of Washington, D.C.; Albertha and Bill Quick, and Carrie and Nathaniel Block of Charlotte; and Glenda McRae of Raeford.

Also accompanying the parents was a host of grandchildren.

HELPING PEOPLE TO LIVE WITH



Ellen Willis
Home Economics Extension Agent

Schedule

July 20-21, 1982 - EFNEP Nutrition Day Camp to be held both days at Avery Chapel Church.

Hint: Keep the lint screen in the dryer clean. Remove lint after each load. Lint impedes the flow of air in the dryer and requires the machine to use more energy.

Diet plans that provide very low calorie levels (800 or less) can be dangerous and even fatal when used without close medical supervision.

vision during the dieting period and refeeding period.

Some of these lower calorie diets come in a powdered mix form.

We seldom think of the refeeding period after the diet has stopped as being dangerous. A rapidly increasing calorie intake can put a great strain on the heart's functions. Food must be reintroduced gradually while under medical supervision.

We know that a large number of

Americans are overweight and need to shed pounds but it needs to be recognized also that care needs to be taken when dieting.

Summer is a good time to cut calories because many fresh fruits and vegetables can be eaten raw.

Chewing helps to satisfy hunger so give your food a good work out. Leave the table before you are completely satisfied.

Try these two hints and good luck.

Upchurch High Reunion Sept. 4-5

A reunion of alumni and alumnae of Upchurch High School will be held September 4 at the former high school, now Upchurch Junior High, starting at 2:30 p.m. with a picnic.

A program covering the history

of the former high school will begin at 6 p.m.

A choral group is being formed for the program. Anyone interested in becoming a member of this group is advised to call 875-4657.

After the program a basketball game between former Upchurch High and Anne Chestnut students will be held.

All persons who attended school either in Rockfish or Silver Grove churches after the old school burned are asked to attend these churches for morning worship services September 5.

A banquet is scheduled for 6 p.m. September 5 at Bordeaux Motor Inn's lower level, on Owen Drive, Fayetteville, one block past Cape Fear Valley Hospital. The charge for the banquet is \$15 per person. Payment is due no later than July 31 and can be paid to the alumni secretary, Mrs. Alberta Holt McPhatter, 1717 Cockman Hill Rd., Raeford, 28376; or by mailing to Mrs. McPhatter at that address.

Payment may be made in cash or by money order or cashier's check. A money order or cashier's check should be made payable to the Upchurch High Alumni Fund.

At the banquet, a memory book will be compiled by Olan Mills Studio of Orlando, Fla., for anyone who wants to buy one. The cost is \$10 each.

Willie Sinclair of Plaza Sports Center, Raleigh, is to design T-shirts for the occasion. The cost will be about \$6 each.

The public is invited to attend the Saturday program and basketball game.

Tarheel Health Watch

Alcoholism is a very difficult disease to treat, but it can be done.

A certain percentage of alcoholics can be treated successfully, says a pamphlet from the American Medical Association. Not all are hopeless cases.

Many alcoholics should be hospitalized in the early phases of treatment, to treat health problems arising from drinking and to interrupt drinking patterns. Some general hospitals offer treatment programs, other programs are in psychiatric hospitals, and comprehensive centers for alcoholics are available in most larger communities. Personnel especially trained to deal with the physical and social problems function as teams in the treatment centers. Rehabilitation is emphasized.

Treatment is directed toward helping alcoholics find a new way of life free of alcohol. It helps alcoholics to understand and accept their problem, and gives encouragement to overcome the sense of inadequacy that caused the disease initially.

Treatment of alcoholics, no matter how comprehensive, frequently breaks down as soon as they leave the hospital or doctor's office.

On their own again, the alcoholics are face to face with the very real issues of where they will go, what they will do, and what they can expect from others. There is

strong likelihood they will be unable to withstand much stress without resorting to alcohol again.

The physician realizes that his/her role is limited, and that truly remedial treatment requires the combined efforts of many persons in the total rehabilitation of the patient and the family.

Many agencies and organizations concerned with alcoholism belong to the Alcohol and Drug Problem Association of North America. The Association's office (1101 15th St., N.W., Washington, D.C. 20036) will furnish complete information on resources available in any community in the country.

Most states have statelevel alcoholism programs and many local government programs exist. Many communities have an Alcoholism Information Center to coordinate local resources.

Hoke Agricultural Extension News

by Willie Featherstone, Jr., Agricultural Extension Agent

by Willie Featherstone, Jr.
County Extension Chairman

COOL HOUSE

A good way to keep your house cool in the summer is to shade it from the outside. The east and west sides are where the most heat comes through -- if you can shade here, it'll show up right away in a smaller air conditioning bill and a cooler home.

Trees and vines that shade in the summer and lose their leaves for winter are what you want -- they'll let the sun back in for the winter months.

If you can't shade your house

with trees, concentrate on keeping the sun out of your windows with awnings, sun shutters, sunshades or reflective foil.

You may also use heavy or insulated draperies to help keep your house cool in the warm summer months. But you'll need to keep drapes closed during the day and you'll need to make sure they fit tightly at the top.

CHECK AIRCONDITIONER FILTER

If you've been running your air conditioner a lot, it's probably time to look at the filter. After all, filters usually need to be changed or cleaned two or three times during the cooling season.

On the window air conditioner, the filter is right behind the front panel. Plastic mesh filters can be washed in water or you can clean the dust off with your vacuum cleaner.

You may need to replace fiberglass filters since that material can't be vacuumed too well.

If you have central air conditioning, change the filter just like you do during the heating season.

Checking the filter on your air conditioner is worth the trouble. If the filter gets too dusty, the conditioner won't operate efficiently. And that will cost you money.

Watch For
TWO-FER TUESDAY SPECIALS
at
Howard
Clothing
Main St. Raeford, N.C.

Each Tuesday
During
July & Aug.
Unadvertised
Specials

WHAT..
A BLONDE
HAIR?

Enjoy beautiful hair with hair beautifiers, home permanents, rinses, wave sets.

Select from our quality brands.

Hoke Drug Co.

875-3720
MAIN ST. RAEFORD, N.C.

I LIKE CALLING
NORTH CAROLINA HOME

McRae Family Holds Reunion

Lee

GENUINE JEANS

\$19⁸⁸

COMPARE AT \$23.88

Designed for quality, comfort and durability. Nobody makes a better western jean than Lee. Ladies sizes 3-15 and 6-18. 100% Prewashed cotton denim. Five pocket style.

MACKS

Edenborough Center

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
875-2422