

Permanent Homes With Black Parents Needed

Meeting On Adoption Of Black Children Set

Two years ago, Rev. and Mrs. Mayo Rich went to a meeting on black adoption.

They planned to talk about how they adopted their son, Richard, at age 6 when their first two children were almost grown. They hoped to encourage other people to adopt a child. Rev. and Mrs. Rich felt their own family was complete. They did not plan to fall in love with a child themselves.

At the meeting, pictures of children who needed homes were available for everyone to see on bulletin boards. Rev. and Mrs. Rich joined a crowd which gathered around the pictures. Then they stopped. They saw a photograph of a handsome 12-year-old boy wearing a light blue suit and vest. He looked very happy and proud. They fell in love.

Mrs. Rich turned to her husband and said, "That's my boy." Rich said to the social worker, "Take that picture off the board. That boy is going to be our son."

Rich was right. Several months later, James became a part of the Rich family.

An adoption meeting similar to the one the Rich family attended

will be held in Fayetteville, North Carolina, Monday, August 9, 7:30 p.m. at John Wesley United Methodist Church, 616 Cumberland Street.

The meeting will be sponsored by community volunteers. The Cumberland County Department of Social Services and The Children's Home Society of North Carolina, a United Way agency. The sponsoring groups hope that this meeting will encourage more black families to think about adopting a child.

Most of the children available for adoption are school-age, but some black babies are also available. Many of the children who need adoptive homes are living in foster homes provided by County Departments of Social Services in North Carolina. These children can never return to their first families, and adoption is their only chance to have a secure, permanent family.

Why do families adopt? Rev. and Mrs. Rich have strong convictions about the value of adoption.

"I think adoption is wonderful because it brings so much joy and pleasure into your home, and you're helping someone else as

well," said Rev. Rich.

"We're the blessed ones - to have our boys," said Mrs. Rich.

"So many times people will look at our boys and say, 'Oh, you're so fortunate that they adopted you!' but we are the lucky ones."

"There's one thing I'd like to say to any parent who wants to adopt a child - they are no different from a child that you have brought into the world yourself."

"Sometimes, people will say about an older child, 'He's set in his ways'; but there's no such thing as that if you love a child and make him feel secure. You can love a child that you've brought into the world and you don't know what's going to happen. It's the very same thing, we have found, with adopted children."

Rev. and Mrs. Rich are pleased with some of the ways their boys have changed since their adoptions. Both boys were behind in school when they joined the family. After six months in special classes, both boys were doing school work suitable for their age levels.

In fact, James is such a good student, and so observant, that everybody calls him, "Professor".

Rev. and Mrs. Rich do not feel that people should allow age or lack of money to stop them from thinking about adoption. Agencies can be flexible about age so long as adopting parents are within the same age range as biological parents would be for a particular child. Good money management is more important than the amount of money in the bank. An adoptive

parent is not required to be married. Sometimes a single person or a divorced or widowed person will adopt a school-age child.

So what is stopping people from adopting these children?

"It's just that people have to make up their minds," said Mrs. Rich. "They should stop saying that a child is set in his ways. A child is out there wanting love and security."

The announcement, made Friday, indicates that adopting a child isn't as complicated as many people think.

It says a person is eligible to adopt a child if the person:

- Is married, and has or hasn't children.
- Is single, provided the person is interested in adopting a school-age child.
- Has a steady income. Mothers can continue working after adopting a child.
- Is in good health.
- Loves children.

Social workers will explain at the meeting the adoption process and the requirements for adoption. Also at the meeting will be people who have adopted children. They will tell what it is like to work with an agency and about bringing a child into the family, with the ups and downs of adjusting, as well as the rewards of loving a child.

At the meeting also, descriptions of children who need permanent homes will be given, and pictures of them will be shown. The audience also will learn why some black children need adoptive homes.

Tarheel Health Watch

N.C. Medical Society SUNTANNING HARMS SKIN

Thousands of North Carolinians scrambling to get a suntan this summer should be aware that suntanning has no health value and might be harmful. The North Carolina Medical Society advises against suntanning.

Doctors are well aware that millions of Americans will ignore this advice. They will flock to swimming pools and beaches throughout the summer to bask in the sun. They will lie in the backyard, on the roof terrace, or in the nearest park. If you insist on getting a tan this summer, despite medical advice to the contrary, here's how to do it without burning.

On the first day of sunning, allow 15 minutes on each side. On the second day allow 20 minutes, 30 minutes the third day. By the third day the skin should begin to brown. Thereafter tan at the best pace for your own skin without burning. At the first sign of redness, get out of the sun.

It isn't easy to confine sun time to only half an hour on the first day of your vacation. But you can't stretch it very much. If you try to double the exposure time to hurry the tan, you'll burn and return from your vacation with peeling skin instead of a tan.

Time of exposure should also be adjusted to time of day. The sun's rays are hottest between 10 a.m. and 2 p.m. After 5 p.m. you aren't likely to burn much.

Creams and lotions can screen some of the rays and reduce the danger of burning, but if the cream should screen all rays there would be no tanning. You can still burn through creams if you stay out long enough. Also, water in the pool or perspiration washes away much of the cream in a short time.

Tanning removes most of the natural oils from the surface of the skin and many sunbathers find it helpful to use a cream or oil to relieve dryness.

Enjoy the outdoor life of the summer months. Don't overdo the suntanning.

Family Health

By CLAY WILLIAMS
A service of the
North Carolina Academy of Family Physicians

The Magic of Pets

Someone once said, "Happiness is a warm puppy." A move appears to be afoot around the country that gives the phrase new meaning.

Scientists are becoming increasingly aware of the tremendous benefit animals can have on the health of people -- young and old.

Take the elderly lady in a nursing home who sat in a wheel chair days on end with her head slumped -- seemingly oblivious to all and everything about her -- until, that is, someone placed a fluffy puppy in her lap. Her mood immediately brightens and she begins to recall the pleasures of a pet she owned as an 11-year-old girl. There have been similar reports of the effect animals have had on some mentally ill patients, heart attack victims and children suffering all sorts of illnesses and accidents.

The people-pet concept has been dubbed the Human/Companion Animal Bond. The idea is already off the ground in the High Point area. John Conrad, director of the High Point Council on Aging, has started a voluntary pet therapy program in area nursing homes.

According to Barbara Berry, a Greensboro registered nurse and pet-therapy consultant to the agency, the experimental program has met with notable success so far. Several nursing homes are being visited by volunteers bringing pet animals of all shapes and sizes.

Mrs. Berry pointed out that visits are kept short and occur mostly in the recreational area, but sometimes they occur in the rooms of bedridden patients.

Residents are encouraged to pet and play with the animals; though, usually, no encouragement is needed. A friendly wag of the tail, and the fun begins. Mrs. Berry said some patients sadly talk of having had to leave their pet behind when they moved into the home.

According to Mrs. Berry, the effect of pets appears to be most

remarkable among old people. She said one of the main problems the elderly have to deal with is loneliness. The lack of human companionship and the resultant loneliness have long been suspected of being a significant contributor to serious disease.

She said feelings of worthlessness and low self-esteem are chronic symptoms of old age, and these feelings are often intensified by being shut away in a nursing home. In such surroundings feelings enter a vicious cycle, and many of the elderly begin to withdraw from society and reality. When they withdraw from people, the lack of social contact often prevents them from developing and maintaining positive attitudes.

Then there are the negative non-verbal signals from other people. How many of us have emotionally withdrawn from the elderly because they no longer present what we believe to be a normal and healthy image. Mrs. Berry contends that it is almost impossible to mask these feelings.

It is commonly known that animals give unconditional love for all -- no questions asked -- and that is the true value of pet therapy. Mrs. Berry contends that pets provide a non-judgmental attitude toward their companion-people and give nothing but their best. They act as a social catalyst, initiating discussion about themselves and about the elderly's own experiences with pets in the past. In addition, they often bring comical relief to the sometimes tiresome routine of nursing homes.

Mrs. Berry said the possibilities for pet therapy are endless. As researchers and lay persons alike learn more about the human/companion animal bond, more applications and expertise will be found. The key to its success, growth and development, she suggests, is compassion -- a meaningful regard for human beings and their warm hearted friends.

Assessment Program Worries Some Growers

"As the flue-cured tobacco marketing season begins, a number of growers have expressed some concern regarding provisions of the new assessment program," John Sledge, president of the North Carolina Farm Bureau, recently indicated.

The program is part of the "No Net Cost Tobacco Program Act of 1982," recently passed by Congress, and is effective with the 1982 marketing season.

According to Sledge, producers who elect not to sign up for the assessment program this marketing season will not be able to reverse their decision for this marketing season. He said those

growers will also have "No Price Support" stamped on the warehouse sales ticket.

The Farm Bureau President emphasized, however, that in 1983 and in future years, growers who do not sign up will be subject to a penalty. He indicated this will amount to 75 percent of the average market price for the preceding marketing year. "In other words," he said, "based on projected average prices for 1982, a grower could be subject to a penalty of about \$1.30 per pound or more in 1983."



WINNER -- Shann L. Bethune, son of Mr. and Mrs. Louie Bethune of Fayetteville, won the Baby Contest held Sunday at the Mt. Sinai Holy Church of God. The Holy Church of God Convocation is being held at the church through Sunday. It opened Tuesday. Bishop John A. Jackson is presiding.

Food Town's 28-weeks Sales Up

Food Town Stores, Inc. released sales figures for the 28 weeks ended July 17, 1982, and for the most recent four weeks ended July 17, 1982.

Unaudited sales for the 28 weeks ended July 17, 1982, were \$483,032,680 compared to \$342,967,575 for the 28 weeks ended July 18, 1981, an increase of 40.8%. For the 4 weeks ended July 17, 1982, unaudited sales were \$72,496,157 versus \$49,232,450 for the 4 weeks ended July 18, 1981, an increase of 47.3%.

As of July 28, the company has 160 stores in operation.

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Of My Heart

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AND

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PORK CHOPS
\$1.39 lb.

CUBE STEAK
\$1.99 lb.

ECONOMY
BACON
1 lb. Pk. 99¢

CHEF BOY-AR-DEE
PIZZA
All Kinds 99¢

TROPICANNA
ORANGE JUICE
1/2 Gallon \$1.39

CHARMIN
4 Roll \$1.09

COBLE
ICE CREAM
5 qts. \$3.49

MILLER 6 PK.
BEER
12 oz. \$2.59

BANQUET
PIE SHELLS
2 to Pkg. 59¢

MELLO GOLD
SHORTENING
38 oz. \$1.39

10 SIZE
RINSO
\$1.29

STARKIST
TUNA
6 1/2 oz. size 79¢

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QUAKER STATE HD
MOTOR OIL
99¢ qt.

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