

## Thumb Sucking Bad On Teeth

A lot of children suck their thumbs and it is not a good habit for a child to get into to say the least.

Dentists are unanimous in their view that if the habit is continued into the school years it may affect the position of the incoming teeth and the shape of the jawbone.

Why do adolescents suck their thumbs? Some dentists say it gives them pleasure -- a kind of security. Of course, all parents know first hand that the natural tendency of a child is to put things into its mouth.

So thumb sucking could be considered sort of a reflex action, especially when a child is tired.

Hardly anybody can deny that a toddler tucked in its crib with his favorite blanket or teddy bear in hand -- gingerly mouthing his thumb -- is an angelic sight. It's only natural to assume that sooner or later the habit will become tiresome, and usually it does. But when the practice is carried past the ages of two or three, then it's time for concern.

One thing, according to Dr. Ted Oldenburg, head of the Pediatric Dentistry Department of the UNC School of Dentistry, parents should not magnify the issue of thumb sucking to their children. He said if you are too aggressive in trying to get a child to stop, it can become an attention-getter. Dr. Oldenburg is not too keen on appliances to cover the thumb or fingers.

His choice is a fixed orthodontic appliance if a device is, indeed, called for. The frustration of a cover over the thumb or fingers could accelerate an emotional problem a child might have. One way to attempt to handle the problem of thumb sucking is to try to motivate the child to stop the habit by making a game of it -- with accompanying rewards.

Rather than helping to eliminate the habit, scolding and punishing may create anxiety and increase dependence on thumb sucking as a pacifier. If you are worried about your child's thumb sucking, see your dentist. He can advise you concerning ways to help a youngster overcome this pattern.

## Upchurch Alumni Hear History, Have Banquet

The Upchurch High School Alumni Reunion held September 4-5 got started with a picnic on the playgrounds of the former high school, now Upchurch Junior High School.

The alumni enjoyed one another with laughter, hugs, kisses, along with hot dogs, chips, ice cream and cookies. There were hundreds of people, from "babes" to "senior citizens."

The historical program was greatly enjoyed by everyone in the auditorium. They were entertained with singing by the alumni choral group, all former Upchurch High students. Musicians were Dr. Willie McNeill and Mrs. Arthur B. Kemp. The speaker was Henry McKoy, and the history was given by Mrs. Alberta Holt McPhatter. The closing song was "Upchurch Alma Mater." Then the former students traveled to the gym and saw a basketball game between alumni of Upchurch and of Anne Chestnut High of Fayetteville. Upchurch won.

Sunday morning, Upchurch alumni representatives attended Silver Grove and Rockfish Grove churches, presenting each church with a Certificate of Appreciation. The alumni also extended thanks

### How to Take Medicine

Taking medicine prescribed for you is important and should be taken exactly as your physician prescribed. Since some prescription medicines can be dangerous if taken improperly, Dr. Donald Moore, a Coats family physician, offers these suggestions as regards taking medicine:

•First, store medicine in a cabinet away from children. Keep only those medicines that you are currently using.

•Destroy old prescriptions because many drugs lose their potency or become chemically changed over a period of time.

•Never take medicine in the dark; it's too easy to make a mistake.

•Keep medicine in the original container to avoid confusing it with other medicines. And keep medicines away from the bedside table. Make it necessary to get up and walk across the room to get it. It's too easy to overdose accidentally by repeating it during the night when you are sleepy.

•Some foods interact with drugs to cause uncomfortable, even life-threatening reactions. For instance, nibbling cheese with a dose of tranquilizers can cause depression, convulsion and coma.

•When you are taking drugs for depression or high blood pressure, avoid aged and fermented foods like beer, salami, wine and pickled herring.

•Each time you receive a new prescription, ask your physician about the drug's side effects and interactions.

•If you have more than one container of pills or capsules to take, make sure one is closed before taking the other.

•When pouring from the bottle, keep the label facing up so that if anything drips down the side of the bottle it will not discolor the label and make it hard to read.

•Avoid using medicine for children that is disguised as candy. The child may like it so much that he will find the medicine and take the whole bottle. (A service of the North Carolina Assembly of Family Physicians.)



W. Curtis Fitzgerald

## Religion Seminar To Be Held Here

"RELIGION IN AMERICAN LIFE" will be the topic of a Humanities Seminar to be held in Hoke County on Tuesday evenings from 7 to 9 p.m. beginning September 28 and continuing each Tuesday evening for a total of four weekly sessions.

The seminar will be led by Professor W. Curtis Fitzgerald of the Department of Philosophy and Religion at North Carolina State University.

Two topics will be discussed in the seminar: civil religion and recent religious movements and cults.

In contrast to a particular religion usually identified with churches, synagogues, and the like, there exists in America a more generalized religion which is identified by such terms as democratic faith, "the American way," and the religion of the republic.

The seminar will examine the historical development and the current extent of civil religion and discuss the issues raised by its relation to a particular religious faith.

In the second part of the seminar, some of the variety of recent religious movements in America will be considered. These include the pentecostal-charismatic movement, adventism, the Jesus people, the Unification Church of Rev. Sun Myung Moon, and the People's Temple.

Social factors which contribute to the success of such groups and the relation of these groups to "mainline" culture and religion will be discussed.

Professor Fitzgerald will conduct the first and fourth sessions personally but will withdraw from the seminar during the middle two weeks in order to encourage discussion of the topic by the individuals themselves.

These two sessions will begin with the presentation of a professionally produced videotape featuring Professor Fitzgerald.

The tapes are designed to spotlight key issues and trigger the discussion period which follows.

This Humanities Seminar is being sponsored by the School of Humanities and Social Sciences and the North Carolina Agricultural Extension Service.

Any person desiring to participate in the seminar should call Ellen Willis at the Hoke County Agricultural Extension Service 875-3461. Deadline for registration is September 24. There is no charge to the public. Any individual desiring a Continuing Education Unit (CEU) credit for attending the seminar is required to pay a \$5 registration and transcript fee at the first session.

Teachers desiring credit should contact their local school coordinator to determine if the seminar has been approved for teacher recertification.

## HELPING PEOPLE TO LIVE WITH



Ellen Willis  
Home Economics Extension Agent

### Schedule

Tuesday, September 21, 1982, 12:10 p.m. - Business Girls Extension Homemakers Club Meeting.

Tuesday, September 21, 1982, 2:30 p.m. - Raedeen Extension Homemakers Club Meeting.

Tuesday, September 21, 1982, 7:30 p.m. - Philippi Extension Homemakers Club Meeting.

Thursday, September 23, 1982, 5:00 p.m. - North Raeford Extension Homemakers Club Meeting.

Hint: Scrape dishes before loading them into the dishwasher so you won't have to rinse them. If they need rinsing, use cold water.

### CHECK REFRIGERATOR TEMPERATURE

When you take the time to put

your food in the refrigerator, you'll want to be sure your fridge is cold enough to slow the growth of food-poisoning bacteria.

And these bacteria do grow very slowly if the temperature is 40 degrees Fahrenheit or below.

There is usually little variation throughout the refrigerator's food compartment, although the space directly under the freezing unit is slightly colder.

If milk kept in your refrigerator is "ice cold" this probably means your refrigerator has a temperature that's cold enough to slow bacterial growth.

But a fluctuation of just a few degrees can have a dramatic effect on the eating quality of food.

Only a one or two degree rise in temperature can cut the storage

time of some foods in half.

By the same token, if your refrigerator temperature is lower than 40 degrees you can extend storage time.

If you want to double check the exact temperature of your refrigerator, place a thermometer on one of the shelves.

### CHANGING A WILL

It may become costly to change a will just for the sake of change -- but there are many times when changing a will may become necessary. For example, your family situation might change.

There may be new family members whom you would like to share in your estate -- or some of the heirs named in your will may die before you do.

So in the case of marriage, divorce or death of a spouse, a will should be updated. In addition your financial situation may change.

If the types and amount of property you owned when your will was written have changed, you may want to change the plan for distribution.

Or your ideas may change and you may want to distribute your property differently for personal reasons.

One more thought -- if you happen to move to another state, your old will may not be in compliance with state laws of your new home.

### CLEANING CHROMIUM

Plumbing fixtures, appliances and even some furniture are chromium plated. And they need gentle care, because chromium is easily scratched by abrasive household cleaners and metal polishes.

Fortunately, a rub with a damp cloth, followed by polishing with a dry, soft cloth is usually the only cleaning that chromium requires.

Even sticky chromium responds to a wash with detergent and water. A liquid household cleaner or baking soda on a cloth should remove gummy build-up. For real stubborn stains, make a paste of whitening and household ammonia. Apply the paste with a soft cloth and rub.

If whitening is not familiar to you, you can buy it at art, paint and hardware stores. To sum up when you clean chromium, do keep in mind what I said earlier.

Beware of abrasives. They will scratch.

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THURSDAY & FRIDAY  
SHRIMP BASKET  
(about 20 shrimp)  
with FF, Slaw & Hushpuppies  
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## School News

### Seniors Have Chance At Governor's Seat

High school students from Hoke County and from throughout the state have the opportunity to try their hand at running state government for a day.

They can "become" governor, lieutenant governor, state attorney general or any one of a number of state officials and work alongside their counterparts during annual Youth Involvement Day activities in Raleigh, Nov. 2-3.

### School Officials Hear State Rep. At District Meet

State Rep. Lura Tally told, area school leaders about the problems and priorities which the next General Assembly will face when it convenes in Raleigh in January 1983.


The occasion was the South Central Regional District Meeting of the North Carolina Association of School Administrators in Pembroke on Wednesday, September 15.

The drive-in meeting was, at 4:30 p.m., at Pembroke Senior High School and the agenda included a discussion of membership services and benefits and an opportunity for Association members to participate in the development of the organization's 1983 Legislative Platform.

Among those attending from Hoke County will be: Don Steed, Dr. Simpson, Jack Burgess, Marilyn Semones, Clara Pope, Harold Livingston, Emma Mims, Mary A. McNeill, John McAllister, Earl Oxending, Harold Gillis, and Raz Autry, Willie Horsley, Linwood Huffman and Cohilda Lyons.

The North Carolina Association of School Administrators is a statewide professional association for principals and assistant principals, for supervisors, and for superintendents and assistant superintendents.

The organization has a membership of approximately 2,000 public school leaders.



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November 2, 1982

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# Happy Rosh Hashanah!

**SEPTEMBER 18th**



As we approach the High Holiday Season, we would like to extend our best wishes for a Happy New Year to all of our Jewish friends. We appreciate your patronage and hope that we may continue to serve you throughout the coming years.



In Observance Of  
This Holiday  
**WE WILL BE CLOSED**  
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