

Son Of A Gun

By Joe Lanier

This is a big week for me, for on Saturday, January 21st, I will be celebrating the one thing I am sure I did right. I have made many blunders and mistakes over the years, but here, there was no mistake. I was right. And I am fortunate. This big day is my 22nd wedding anniversary, and 22 years is just the beginning. The only way I can enjoy my marriage to Donna more is with more time. It is impossible for me to find more pleasures on a day-to-day basis, so the only way is extended time.

She is not a domestic engineer, though her capabilities far exceed any job description of such. This ERA title for a wife is too cold, too impersonal. She is my partner in life, not an engineer, and to call her one would be an insult.

I can think of no better title, name, or what-have-you than "Donna" - just plain Donna. To me that five letter word is a mixture of the names. Like honey, sugar, sweet, darling. And it is perfectly blended and designed to intoxicate Joe Lanier. Donna is always there with a kind ear, a loving touch, an understanding smile, a willingness to share, is willing to try, always giving, and is an honest sounding board for my ideas. She is the keeper of our budget (I never know our bank balance), a very tidy housekeeper, and an inspiration.

Before I get too mushy, I'll give you an example of her ability to change a day around. The other morning I was sitting around with a case of the lazies. Had plenty of work to do, but one of the signs I was working on was not fitting together as I had pictured it in my mind. So I was sitting around doing nothing, but Donna was cleaning the house, whistling a

tune, working at a pace that exceeds mine at any time. As I watched her, I thought to myself. Look how Donna is working. How can she enjoy her work so. The same thing day after day. At least yours is always different though it might not be working just right. Well, I got up and went to rearranging the sign. Soon Donna was finished with her chores and was by my side helping and every so often making some silly remark. Her ability to come up with these silly remarks and to enjoy the laugh, is a treasure. A treasure I wouldn't trade for riches. When I try to describe Donna, or express my feelings for Donna, it is one of those times this old country boy finds he is just not educated enough. He can't reach back and come up with those long, multi-purpose words a scholar uses so fluently. So. Just the standard. Happy anniversary, and I love you.

Cordell Johnson was telling me the other day his four year old son goes to Grandmama's each morning before going to nursery school. And Grandmama lets him have the run of the house. He can make all the noise he wants to except at 8:05 in the morning when Grandmama tunes in to WTRQ to hear that handsome man-about-town give the local news. One morning last week, just before the local news came on, the youngster accidentally knocked the radio off the counter. It fell to the floor and broke into several pieces. Grandmama said, "Now look what you have done! You have broken the radio." The four-year old said, "Well, at least we won't have to listen to Joe Lanier this morning." Son-of-a-Gun.

Mrs. Kirby Whaley spent Thursday with her mother, Mrs. Bostic, who has been a shut-in for several months.

Cedar Fork Homemakers
The Cedar Fork Homemakers Club met at the Community Building for their January meeting with eight members and one visitor, who joined the club.

Mae Spicer, Home Agent, discussed projects to take place during the coming year. It is planned to get names from Whaley's Rest Home and send cards and visit with them. Hostess Mrs. Stanley Raynor served drinks, cookies and cheese puffs.

Ruritan Club
The Cedar Fork Ruritan Club met at the Cedar Fork Community Building. Mrs. Norwood Raynor, Mrs. Bryson Thigpen, Joan Foster and Helen Edwards prepared the dinner and served the members.

They made plans for Ladies night and to serve and entertain the senior citizens of the community in May. Two Ruritan members will be sponsored to attend the National Convention. Clark Jones, Artist in Residence at James Sprunt, sang and played three instruments, the hammered dulcimer, autoharp and fretless banjo.

Nation Leader To Address Kenansville Chamber

The guest speaker for the first annual meeting of the Kenansville Area Chamber of Commerce to be held January 27th will be J. Roy Fogle. Fogle has been very active in Chamber of Commerce management, industrial development, employee and labor relations, and government affairs throughout his career. On January 1 of this year he took office as President of the National Association of Development Organization (NADO). A leader who is very concerned about economic development, Fogle served in 1977 as chairman of the Balanced National Growth and Economic Development Policy Committee of NADO. He was also a leader in the recently completed North Carolina Balanced Growth and Economic Development Conference held in Charlotte January 7-9. Fogle has also been selected by President

Jimmy Carter to be a leader of the White House Conference of Balanced National Growth and Economic Development to be held January 29 - February 2 in Washington, D.C.

Born and reared on a farm in southwest Oklahoma, Fogle is very concerned about the problems of today's farmers. He attended Arkansas State University on a football scholarship. At Arkansas State he lettered in three varsity sports and was collegiate wrestling champion and captain of his college wrestling team. During the Korean conflict, Fogle served in the U.S. Marine Corps.

Since 1968, Fogle has served as Executive Director of the Neuse River Council of Governments which is headquartered in New Bern. The Council is a voluntary association of county and municipal governments in a nine-county area including Duplin County and Kenansville.

The key challenge of the Council is to bring local governments together to seek the most cost-effective ways of solving problems and providing governmental services as efficiently as possible. In 1972 he served as State president of the N.C. Association of Regional Councils.

This annual meeting of the Kenansville Chamber will be held at 7:30 p.m. at Bill Brown's Restaurant in Kenansville on January 27th. Annual reports will be presented and the 1978 plan of work will be revealed. Officers for 1978 will also be sworn in.

Anyone wishing to attend should contact either Ray Johnson at the Bank of North Carolina, Mrs. Violet Phillips at H.E. Phillips' law office, or Woody Brinson at the Chamber office located at the Kenansville Town Hall.

Red Cross Meeting

The semi-annual meeting of the Duplin County Chapter of the American National Red Cross will be held on Thursday, January 26, 1978, at 4 p.m. in the O.P. Johnson Education Building in Kenansville.

Alice S. Scott Ph.D.—R.D. Speaks On Nutrition

CHOLESTEROL

Cholesterol has received a great deal of attention because of the association of elevated blood cholesterol levels with atherosclerosis and coronary heart disease. Cholesterol is a natural constituent of animal tissues, body cells and fluids. The cholesterol present in the body comes from two sources: cholesterol in the food consumed and cholesterol synthesized in the body, primarily by the liver.

It is estimated that the average American consumes 500 to 800 milligrams (mg) of cholesterol per day and that the body produces about 1,500 mg daily. The U.S. Dietary Goal is to reduce cholesterol consumption to about 300 mgs. a day.

The effect of dietary cholesterol on serum cholesterol is still up for debate. Some studies show that dietary cholesterol has no effect on serum cholesterol levels. Other studies indi-

cate that diets reduced in cholesterol and saturated fat and increased in polyunsaturated fat will reduce serum cholesterol levels as well as other lipid levels in the blood, thus reducing the risk of coronary heart disease.

Individuals with a family history of coronary heart disease should consider decreasing their cholesterol and saturated fat intake. To reduce the cholesterol intake, cut down on the consumption of egg yolks and organ meats (liver, kidney, sweetbreads and heart.) Other animal products such as shellfish, beef, dairy products, lamb, pork, chicken and animal fats contain cholesterol. Foods from plant sources have no cholesterol and are low in saturated fat. I am not suggesting that you stop eating any foods, but that you eat in moderation.

Deaths—Funerals

IDELLE M. BRANCH
WARSAW - Mrs. Idelle M. Branch, 75, died Sunday. Funeral, Rhodes Funeral Home chapel. Burial, Martin family cemetery.

BOB J. NORRIS
BEULAVILLE - Bob Jim Norris, 75, died Monday. Funeral, Community Funeral Home chapel. Burial, Albertson Cemetery.

Surviving: widow, Mrs. Tessie A. Norris of Beulaville; daughter, Mrs. Geraldine N. Rhodes of Beulaville; sons, Norwood of Pink Hill, Allen and Jimmy of Kinston, Gene and Jackie Norris of Beulaville; sisters, Mrs. Jim Albertson and Mrs. Murphy Simpson of Beulaville; 15 grandchildren; six great-grandchildren.

ELLIE R. POPE
MAGNOLIA - Ellie R. Pope, 81, died Friday. Funeral, Magnolia Methodist Church. Burial, Magnolia Cemetery.

Surviving: widow, Mrs. Annie Williams Pope; daughters, Mrs. Myrtle Thornton of Clinton, Mrs. Elma Drew of Magnolia, Mrs. Shirley Rudy of Goldsboro, Mrs. Faye Fingers of Kings Mountain; sons, Dennis and Bromley Pope of Magnolia; brothers, L.E. and Sam Pope of Magnolia; 19 grandchildren; 17 great-grandchildren.

MRS. LACY SALMON DAVIS
WALLACE - Mrs. Lacy Salmon Davis, 95, died Sunday. Funeral, Wallace Pentecostal Holiness Church. Burial, Rockfish Cemetery.



Beulaville News

Albert Carter was in Kenansville Friday afternoon. Mr. and Mrs. W.V. Oxley went to Camp Lejeune on Saturday.

Mrs. Herman Smith and Mrs. Perry Williams shopped in Jacksonville Saturday.

Vic Oxley was in Warsaw Friday afternoon. Mr. and Mrs. Russell J. Lanier have returned to their home at Wrightsville Beach after spending several days at their home in Beulaville and visiting her mother, Mrs. Clyde Brinson.

Mrs. Bill Carroll and Mrs. Willie Jones visited with Bessie Sandlin in Jacksonville Saturday.

Vallie Oxley visited Ellis Turner and Mrs. Edgar Turner Friday.

Mrs. Roy Sanderson visited her daughter, Mr. and Mrs. Worley Raynor in Jacksonville.

Lottie Cottle, Adell Matthews and Pauline Hunter shopped in Jacksonville Thursday.

Mrs. Willie Jones visited Harry Horne in Duplin General Sunday.

Mr. and Mrs. Hallie Guy remain in Washington with Mrs. Guy's mother, Mrs. Lilley, who has been critically ill.

Vallie Oxley and Leslie Susan made a business trip to Wallace and Kenansville Monday.

Mr. and Mrs. Clifford Whaley celebrated their wedding anniversary quietly at their home.

GOLDEN ANNIVERSARY INVITATION

The family of Mr. and Mrs. Walter Rhodes request the presence of their many friends and relatives at the celebration of their Golden Wedding Anniversary on Sunday, January 29, 1978, at their home from three until four o'clock.

School Menu
Monday, Jan. 16 - Vegetable Beef Soup, Peanutbutter Sandwich, Orange Wedge, Frosted Cake Square

Tuesday, Jan. 17 - Hamburger on Bun, French Fries, Mixed Fruit, Cinnamon Bun

Wednesday, Jan. 18 - Barbecue Chicken, Green Beans, Apple Sauce, Rolls, Peanutbutter Delight

Thursday, Jan. 19 Work Day Friday, Jan. 20 - Vacation Day Monday, Jan. 23 - Hot Yumbo Sandwich with Cheese, French Fries, Sliced Peaches, School-made Cookies

made Cookies Friday, Jan. 27 - Spaghetti with Crackers, Cabbage, Jello with Fruit, Sweet Roll

Potters Hill News
Mr. and Mrs. Norman Whaley visited Sonny Boy Quinn Thursday at Veterans Hospital in Fayetteville.

Mrs. Ebbie Howard of New Bern visited Mrs. Norman Whaley, Gloria Fountain and Mrs. Alton Taylor Thursday.

Mr. and Mrs. Willard Price made a business trip to Kinston Monday.

Mr. and Mrs. Albert Miller visited Sonny Boy Quinn in Veterans Hospital Thursday.

Mrs. Edsel Quinn was in Kinston Friday on business.

Mrs. Norman Pierce of near Catherine Lake visited Mrs. Dorrell Worley Tuesday.

Willard Price made a business trip to Kinston Wednesday.

Mr. and Mrs. Rod Peacock and children of Dublin, Ga. were called home Thursday due to the sudden death of their mother, Mrs. R.L. Quinn Wednesday. They returned to their home Monday.

Mrs. Lloyd Andrews of Wallace spent the weekend with the Quinn children.

Maggie Price is spending several weeks with Mr. and Mrs. Bobby Prince in Florence, S.C.

Mrs. Ellis Turner and Edgar Turner were in Beulaville Friday. Mrs. W.V. Oxley visited with them.

Mrs. Henry Edwards, Leader, and Mrs. Mark Quinn, Co-Leader of the Brownies, attended a workshop for Brownie Leaders at the Scout Hut in Beulaville Thursday. Sandy Thomas of Goldsboro was the speaker and gave instructions.

Mrs. Homer Bostic and daughter made a business trip to Jacksonville Thursday.

Lori Bostic, daughter of Mr. and Mrs. Homer Bostic, celebrated her first birthday Friday. Kimberly Ball helped her celebrate and was served cake and ice cream.

Jonah Whaley celebrated his birthday quietly at his home Friday.

Cedar Park News
Mr. and Mrs. Forrest Brinson spent the weekend with Mr. and Mrs. Del Patrick and Suzanne in Greensboro.

Mrs. Harrison G. Foster spent Thursday in Jacksonville with her husband, a patient in Onslow Memorial.

Mr. and Mrs. Forrest Brinson visited Mrs. Anthony Pierce in Fountainville Thursday.

Mrs. Harrison G. Foster was in Jacksonville Friday with her husband, who underwent minor surgery in Onslow Memorial.

CAR OVERTURNS ON RAIN-SLICK CURVE

Near Pin Hook on Highway 50, about six miles south of Chinquapin. The Chevy Nova, owned by Craig Gray of the Pin Hook community, overturned Saturday about 1:30 a.m. and collided

with a car that was parked in the front yard of a dwelling. Chinquapin Volunteer Rescue Squad was called to the scene and transported the injured to Pender Memorial Hospital.

(Photo by Dolan Brown)



CHINQUAPIN VOLUNTEER RESCUE SQUAD

The Chinquapin Volunteer Rescue Squad celebrated their 5th year as an organized squad in December. The Squad started standing rescue duty at midnight, December 15, 1972, and continues to serve the communities around

Chinquapin. There are 14 of the charter members who are still active. The cake in the photo was prepared by Mrs. Andy Wood of Chinquapin. It was decorated with a replica of 409, the ambulance of the Chinquapin Volunteer Rescue Squad.

(Photo by Dolan Brown)



DUPLIN FIRE LEADERS

Outgoing and incoming officers of the Duplin County Firemen's Association at the annual installation banquet January 3rd, include, from left to right, Keith Phillippe, State Director of Fire Service Training, who was the guest speaker, outgoing president

Robert E. Boone; new president R.P. Wood; new secretary-treasurer Tony Braswell; new vice president Milo Pickett; and outgoing secretary-treasurer Roscoe Rich. Ray Vernon, outgoing vice president, was not present.



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Fabric reg. 2.00 yd. 1.36 yd.

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