

Extension Home Economic News

Prenuptial Plan
Love may be wonderful the second time around, but it can also be more complicated, especially if the new union involves children and property from earlier marriages.
As a result, some couples are making prenuptial agreements.

Classified Ads

MULTI-FAMILY YARD SALE - Back room Turner's Restaurant, Sat., Dec. 7 8:00 a.m. until 12-5-11-pd

TWO APARTMENTS FOR RENT - 2-BR, LR, Kit, & bath, Beulaville. Call Avon Oil Co., 298-3950 12-26-4t-pd

QUILTS FOR SALE - 1 Double Wedding Ring, 1-Star, 1-Pinwheel. All hand-quilted. Ruffled pillows. Also 1-used stereo, 1 used full-size bookcase bed, quilt-stand, 1 farm pump. Call 298-4943 or 298-3369. 12-12-2t-c-ma

LOST - 2 Kittens, 5 mos. old. One male with white on paws, under neck. One female tabby. If seen please call 298-0861. Reward. 12-5-11-pd-gr

FOR SALE - 1979 Mercury Monarch, Gray, 6-cyl, AC, new tires, runs good, stereo cassette. Call 296-0451 CTF

LOST - BASSET HOUND - DC Airport area. 2-year-old female, blue collar. Reward. 293-5181 or 296-0034. 12-5-11-nc

Legal Notices

NORTH CAROLINA DUPLIN COUNTY NOTICE OF SALE
As Administratrix of the Estate of Hettie James, deceased, I will offer for sale for cash on Saturday, December 7, 1985, at the hour of 10:00 A.M., at the residence of the late Hettie James, Route 2, Rose Hill, N.C., the following articles of personal property:
All household and kitchen furniture
1-1976 2-door Pontiac
Any other personal property of the late Hettie James
Advised this the 4th day of November, 1985.
Pearl James Devione, Administratrix of the Estate of Hettie James, deceased
Route 2, Rose Hill, NC 28458
Phillips & Phillips Attorneys At Law
P.O. Box 727
Kenansville, NC 28349-0727
12-5-4t-P&P-28

NORTH CAROLINA DUPLIN COUNTY NOTICE OF ADMINISTRATION
The undersigned, Mary Brodgen Mullis having qualified as Executrix of the Estate of Troy Dewitt Mullis, deceased, late of Duplin County, North Carolina, this is to notify all persons having claims against said estate to present them to the undersigned on or before the 14th day of May, 1986, or this Notice will be plead in bar of their recovery.
All persons indebted to said estate will please make immediate payment to the undersigned.
This 5th day of November, 1985
Mary Brodgen Mullis, Executrix of the Estate of Troy Dewitt Mullis
P.O. Box 355
Kenansville, NC 28349

William E. Craft Attorney at Law
P.O. Box 6
Kenansville, NC 28349
12-5-4t-WEC

NOTICE OF ADMINISTRATION
Having qualified on the 12th day of November, 1985, as Administratrix of the Estate of Walter R. [Sam] Davis, deceased, late of Duplin County, North Carolina, this is to notify all persons, firms and corporations having claims against the decedent to exhibit the same to the undersigned Lou Anne Davis Powers, Administratrix, on or before the 21st day of May, 1986, or this notice will be plead in bar of their recovery. All persons, firms and corporations indebted to the estate should make immediate payment.
This the 12th day of November, 1985.
Lou Ann Davis Powers, Administratrix Estate of Walter R. [Sam] Davis
P.O. Box 188,
Beulaville, NC 28518
Phillips & Phillips Attorneys at Law
P.O. Box 727
Kenansville, NC 28349
12-12-4t-P&P

PUBLIC NOTICE
Notice is hereby given that the audit of all County Funds for the year ended June 30, 1985, is on file with the County Finance Office, Room 221, Courthouse Annex, Kenansville, NC.
This notice is being done in accordance with Federal Revenue Sharing Regulations.
This the 27th day of November, 1985.
Russell Tucker
Finance Officer
12-5-15-c-RT

Among the issues that can be solved with a prenuptial agreement are these: How will assets or debts from a previous marriage be handled? Who will be appointed guardian of each child? How will property, including the principal residence, be distributed to heirs when one or both spouses die? Who gets the family heirlooms?
You will need to make your agreements before the marriage ceremony, and both parties will want to be represented by an attorney.
Review the agreement periodically and make changes as needed.

When Children Fight
When your children start annoying each other, what should you do? Well, don't do anything at first. Often children can settle their own squabbles, and that is good.
After all, the kids won't always have you around as a moderator, so they need to learn how to get along with each other on their own terms.
If things start to get too violent, though, you will need to step in and separate them. And you might want to isolate them from each other for awhile. Send each one to a different room for a cooling-off period.
Keep in mind that you can't keep children from fighting. It is all part of sibling rivalry, but you can try to help make life easier for all your children.
Try to make each child feel that he's special. Treat each one as a unique person and give each child some individual attention. If possible, give each child some space and possessions of his own. That may help to cut down on some of the family feuds.

Thinking Thin is Important in Weight Loss
There is more to losing weight than eating fewer calories. You have to learn to think thin, too.
This means that as you change your eating habits, you should use imagery to picture yourself in new roles or situations. No doubt about it. Mental rehearsal can be useful for getting a picture of how a thin person behaves.
Imagine yourself going to a size 10 rack and trying on clothes that fit, or imagine going to a family dinner and not overeating.
Then try to get involved in activities that take you outside of yourself. Instead of dwelling on the difficulties of losing weight, get involved in activities that you like and that can give you a chance to prove how effective you are. Volunteer at the local hospital, renew an old acquaintance or take a course in something that interests you.
Next, take care of some of the other problem areas of your life. Consider taking classes in stress management or time management.

Savings also come to consumers who look for bulbs that last longer.
Many consumers have found a good buy in lighting to be the new soft white light bulbs fromylvania. These are guaranteed by the company to last five percent longer than shorter-life bulbs without sacrificing light output. They also cost the same as those shorter life bulbs. The bulbs are available in wattages ranging from 25 to 100.

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Sam L. Parker Jr., M.D.
Rudolph I. Mintz Jr., M.D.
Samuel J. Gilmore, M.D.

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TRADE SHOW & SCHOOL
OVER 30 COMMERCIAL EXHIBITORS
December 12, 1985 8am-5pm
LENOIR CO. EXTENSION OFFICE
NC 11, 2mi. South of Kinston

Next Day Service

Quilts - Blankets
Bedspreads

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Warsaw, N.C.
214 N. Front St. Phone 293-4416

PIANO TUNING AND REPAIR
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Kenansville - 296-0219

WELDING SHOP
1 Mile North of Kenansville,
Hwy. #11
Bolts, Steel, Welding
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F & J SALVAGE
Cabinets, Doors, Windows, Bath Fixtures, Furniture, Tile, Ranges, Heat, Air, Water Heaters, Lots More.
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2717 W. Vernon Ave., Kinston
522-0806

Fresh Fish-Shrimp-Oysters
Small Line Of Groceries
call or come by
BILL SMITH SEAFOOD MARKET
Main St. 568-4193, Pink Hill.
Open 8:30 - 6, M-F. Sat. 8:30-5

Santa Claus
Arriving AT
Family Restaurant
Pink Hill N.C.
December 10th 6 P.M. Elderly People

Special Senior Citizens Nite
Fish and Shrimp Plates \$4.00 Ea.
Tea Tax Included.

Everyone Welcome
Bring The Kids!



Season's Greetings and best wishes for a happy and safe 1986.

Your Nationwide agent wishes you the happiest of holidays, and a new year full of health and joy.

D.L. Scott
Rt. 2, Scott's Store, Mt. Olive
Phone: 658-5222

Ethro Hill
Highway -11, Pink Hill
Phone: 468-3310

NATIONWIDE INSURANCE
Nationwide is on your side
Nationwide Mutual Insurance Company - Nationwide Mutual Fire Insurance Company
Nationwide Life Insurance Company - Home office: Columbus, Ohio

PEPPERELL CARPETS OUR 32nd YEAR

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For Sale By Owner - Well Maintained brick house near James Kanan School, 3 BR, 2 Ba, L.R., D.R., breakfast area and 2 car garage. Hardwood floors with carpet and all ceramic baths. Electric heat and central A.C. Range, Refrigerator and D.W.

\$48,000
Call
293-7022 or (704)963-4272