

# The Fayetteville Press

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Mitch Colvin  
(910) 670-5186

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Fayetteville, NC

## VAL NEEDS YOUR VOTE ON ELECTION DAY TUESDAY, NOVEMBER 3RD! WHEN WE VOTE - WE WIN!



Our vote has demonstrated that it can change a nation. On Tuesday, November 3rd, we must use our vote to change Fayetteville. There is too much at stake in our community to sit this election out.

As we commemorate the 50th Anniversary of the Voting Rights Act and the March on Selma, we must honor the legacy of the people that fought and died for our right to vote.

In 1957, Dr. Martin Luther King delivered his “Give Us the Ballot” speech that laid the groundwork for our right to vote. In it, Dr. King said:

**"Give us the ballot and we will no longer plead to the federal government for passage of an anti-lynching law ...**

**"Give us the ballot and we will fill our legislative halls with men of good will ...**

**"Give us the ballot and we will place judges on the benches of the South who will do justly and love mercy ...**



Now that we have the ballot, we must use it. The issues we face in 2015 are as pressing today as they were in 1957. We must Vote for our children’s lives. Vote for economic opportunity. Vote for a better quality of life. Vote because OUR future depends on it. Vote for the change you want to see. VOTE!!!

In 2013, I lost the Mayoral race by only 260 votes. We can’t let that happen again. Every vote matters! On Tuesday, November 3rd, we have another opportunity to reshape the future of our city.

**Val**  
**APPLEWHITE**  
For Mayor

Vote Val Applewhite:  
A Mayor for All of Fayetteville.  
Contact INFO:  
Val Applewhite for Mayor  
Email: [valapplewhiteformayor@gmail.com](mailto:valapplewhiteformayor@gmail.com)  
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Paid For By Val Applewhite for Mayor 2015

**Re-Elect** LARRY O.  
WRIGHT, Sr.



**CITY COUNCIL Dist 7**

*Maintain The Momentum*

October 6th - Primary Election  
November 3rd - General Election

*Find me on Facebook: Larry O. Wright, Sr.*

## Re-Elect Councilman

LARRY O. WRIGHT, SR.  
For City City Council District 7

**He’s working hard for you on:**

- 1.Crime Reduction & Safer Communities
2. Sustainable Job Growth & Creation
- 3.Progressive Economic Development
4. Increased Family Recreation Options
5. Adequate programs centered around Youth Development.

**Larry Wright has a Vision for the  
Future of Fayetteville, NC!**

**Maintain The momentum by making the  
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\*20 Year Retired Military Veteran with Honors

\*Shaw University Graduate Theology and Philosophy, BA

\*Former President Fayetteville Cumberland County Ministerial Council

\*Homeless and Hunger Stand Down of Cumberland County “Chairman of the Board”

\*PWC Community Advisory Board

\*CEO/Pastor Heal The land Outreach Ministry Inc.

\*Former Board Member Falcon Children Home

\*First Faith Based Representative Cease Fire of Cumberland County  
[Healtheland min@aol.com](mailto:Healthelandmin@aol.com)

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Ready or not, flu season is here.

That means millions of Americans who haven't gotten a flu shot are taking chances with their health.

The flu virus, or influenza, is a contagious respiratory illness that can cause mild to severe illness, or even death. Flu complications kill up to 300,000 people a year in the U.S. alone.

The flu virus attacks the body by spreading through the upper and lower respiratory tract. The symptoms may be similar to a cold, but much more severe, making getting out of bed tough.

Congestion, sore throat, sneezing, coughing, headaches and chest discomfort are common to colds and the flu. But the flu can also cause high fever, body aches and weakness as the body's immune system tries to fight off the viral infection.

Severe flu cases can sometimes lead to life-threatening complications, such as pneumonia. The elderly, young children, pregnant women and people with compromised immune systems face the highest risk for serious flu complications.

The 2014-2015 flu season was especially bad in North Carolina. The state recorded its highest number of flu-related deaths in six years.

Once people catch the flu, it has to run its course. And antibiotics aren't effective in treating viral bugs like the flu. But antiviral flu medication, such as Tamiflu, can help reduce the severity and length of sickness.

Clifton Hawkes, M.D., is an infectious disease physician and the Infection and Prevention and Control Committee Chairman at Cape Fear Valley Health. He recommends the elderly, people with compromised immune systems, infants and pregnant women see their family physician at the first sign of getting sick.

Flu season typically lasts October through May, with numbers tending to skyrocket from December through February.

More than 40 million flu vaccine doses have already shipped this season. Manufacturers expect to produce another 130 million.

In the meantime, there are some simple tips that can help lessen the chance of getting the flu:

• Wash your hands with soap or sanitizer. It rids the hands of germs, even if it doesn't actually kill them.

• Use antibacterial wipes to clean commonly handled items, such as cellphones, door handles, computer keyboards and mice.

• Use saline nasal solution or a humidifier to keep nose mucous membranes moist. They trap invaders and microbes.

• Get plenty of exercise and sleep. The body's immune system needs to be in tip-top shape to fight off infections.

• Avoid shaking hands. If you do, wash your hands immediately afterward.

• Don't eat food with your hands. Utensils keep viruses on your hands away from your mouth.

Flu Shot Locations

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## City Council District 6

*Elect* **RICHARD KIMBALL**

## City Council District 6

**Will Work to Lower Crime**  
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**Help Young People**  
**Improve Recreation Facilities**  
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Paid for by The Committee to Elect Richard Kimball

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# Community Spot-Lite

## The Audacity of Hope,

I recently saw an old friend Julian Stackhaus, who had disagreed with my efforts to change the Market House emblem as the logo for this great city. While we disagreed on the significance of this effort; I respected his opinion because of his work and his audacity to run for Sheriff of Cumberland County in 2010. We were able to chat and sort out our opinions as to its significance. I felt we both shared the common experience of having the audacity to challenge the status quo.

While many communities around our state have witnessed Black candidates take the helm of leadership in five major positions in our justice system; Sheriff, Chief of Police, Clerk of Court; District Attorney and Register of Deeds Fayetteville has yet to see this progress despite it being a democratic community with approximately 45% African American registered voters.

While we commonly hear criticisms of the black community not doing enough to address black on black crime; and other issues I remind those with this response that the origin of these issues is subject to debate. Understandably it's more complex than this article and a true diatribe should include Social Scientist and Psychologist true to their training rather than their funding. However, I believe the inclusion of Blacks in these key leadership positions of our Justice system directly allows us to better address community problems.

Since the cities' inception, these key positions of our Legal and Justice System have never been inclusive of an African American. Perhaps the history of the Sheriffs race has been a deterrent and discouraged potential candidates for these positions. Given that history, it certainly does not encourage one to attempt to integrate that club.



by Atty Allen W. Rogers  
(910) 433-0833

As it relates to the Sheriff, the history of these candidates is very telling in how receptive the community has been to black leadership. Troy Williams a former narcotics officer and sheriff deputy, who at that time was a Democrat, had the audacity to run for Sheriff. His campaign led to a more than a four-year criminal investigation of his efforts alleging improprieties that were never substantiated. James Bowser, a former Major in the Sheriff Dept, preceded Troy Williams. While Bowser worked just below our former Sheriff his audacity to run was not very well received in spite of his experience and family legacy as a loyal Democrat. Major Bowser lost the Democratic primary and his job; while the Republican opposition the late Dan Ford was hired as Chief Jailer. The Democratic challenger Bowser needing a few years until retirement was left unable to work until his retirement. These both speak to our lack of progression as a community and the party loyalty that is requested but hardly demonstrated. While I love our current Sheriff, these facts are painfully true and is the history being told in the community. As an adult, I've always said let's not just have these discussions in private let's be open and candid as we seek to demonstrate the integrity that we ask of our youth.

Julian Stackhaus, a retired FBI agent and a truly qualified candidate was not taken very seriously by his community and suffered a defeat. He was not tall enough; his speech was different, and many asked was he really from our community. Of course, the race included Jeff Marks a corrections official thought by many to be a spoiler.

Chuck Kimble, 2nd in line in the Police Dept ran an exemplary campaign but lost and is now Chief of Police at Fayetteville State University. Once again Jeff Marks was a candidate as well but after having sustained permanent injuries in an unfortunate accident he was again regarded as a spoiler.

Because the current second in command is Major Innis Wright, it was rumored that with sustained patience we might have one seat at the table. It's not clear what Major Wrights intentions are however as we draw closer to another election political discussions flow in our sidebars. There appears to be little evidence that Major Wright is a serious candidate for the position.

While I have much confidence in our current leadership, I would be remiss and deceitful not to exclaim that the Black community seeks to have representation at the table with those who govern this community and not merely in a supporting role. I am but one voice. I'm often reminded by my colleagues that my open expressions on these controversial issues are uncomfortable. However when black on black crime is so often regarded as a major factor in the quality of life in our city, it seems only responsible that we seek to have black leadership at the table with those empowered to address our justice system.

In my life's journey, I have learned that insanity is doing the same thing and expecting a different result. Believing that there are Black candidates that offer leadership that could effectively take this community forward and create greater opportunities, and a better quality of life is but one reason to rally for new inclusive leadership. If not now, when? The Audacity of Hope to believe that while the Black community is clearly defined as a part of the problem of the ills of this great city, can that leadership as well be a part of the solution? That is my hope, and I dare to believe it to be a "Truth."

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\*Publisher - JJ Jones

\*General Manager  
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\*Sales Manager  
Dwight Brown

\*Editor - Jae McKrae

\*Staff Writer - Fred Whitted

\*Account Executives  
Dr. Don Reid

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# Senator Ben Clark October 18, 2015 Highlights of the NC General Assembly 2015 Long Session

It took a long eight months to wrap up this year's legislative "long session," much longer than is typical. Having completed my second long session as your state senator, I can say without hesitation that no two legislative sessions are the same! My first long session was a whirlwind, with major legislation being passed out of the chambers of the General Assembly in seemingly rapid succession on a wide range of issues including elections, taxes, transportation funding, healthcare and teacher pay structure.

This long session was quite the opposite; it lasted two months longer than projected and didn't ramp up to breakneck speed until the final two weeks. Nevertheless, there were still major changes made in a number of areas, though this legislative session may be remembered as much for what wasn't accomplished as for what was.

At the start of the year, I was elected by my peers in the Senate Democratic Caucus to serve as one of the caucus officers. I valued this vote of confidence shown to me by my peers in only my second term in the Senate. In this capacity I have a greater vantage point from which to view the caucus operations and set the agenda. Additionally, early in the year a group of Democratic Senators and Representatives formed the Main Street Democratic Caucus to work with members on both sides of the aisle to pass legislation aimed at job creation and economic development in both rural and urban communities.

The 2015 session brought about some positive changes, negative changes and some unfinished business. Along the way, I fought for the supported causes that were beneficial to our district and I opposed those that were counter to the wellbeing of the district.

### The Positive:

I was a part of the successful effort on a number of key legislative economic initiatives that will be a boon to the district. Legislation was passed and signed into law that will provide additional sales tax revenue for use in supporting education and economic development in the district.

Additionally we were able to pass legislation that will provide over \$330 million for economic development grants to bring businesses into our state to create new high-wage, high-demand jobs and to incentivize existing businesses to expand. Our economic developers should find this new capacity very useful in attracting business to our district, which is well positioned for economic expansion.

Another positive for our district was the passage of legislation, which I fully supported, to restore the Historic Preservation Tax Credits, which was highly sought after by the city of Fayetteville. This tool is vital to the revitalization of downtown areas across the state. Bringing businesses back to downtown is a key tenant in urban renewal and we've now equipped municipalities with the resources to facilitate that effort.

I'm also pleased that we passed legislation that will bring body cameras to local police departments. Body cameras will be significant enhancement in our local police departments' efforts to promote responsible community policing and provide additional protections for police and citizens alike.

With regard to healthcare, our citizens will benefit from changes made to Medicaid that will be phased in over the next few years. A new Medicaid reform package was passed this session that will create efficiencies in the way we provide medical care to the poor, aged and disabled. I will be the first to say the reform package was not perfect, but we maintained funding for the Community Care of North Carolina (CCNC) which is very important to our district. CCNC is an oversight entity that is nationally recognized for its management of Medicaid insurance programs. CCNC will continue to support the State's efforts to create a more holistic, quality care program for our Medicaid consumers.

On the personal income tax front, a major state income tax deduction has been restored, the medical equipment tax credit. I opposed the elimination of this deduction during the previous legislative session. I was fully supportive of restoring it during the 2015 session given that it will greatly benefit many of the senior citizens in our district, many of whom are on fixed incomes.

As is often the case, some legislative victories are only secured after much persistence, despite the nonpartisan nature of a given problem and seemingly universal desire to resolve the issue. In the summer of 2013, the Fayetteville Observer published an article titled "Bitter Pills: The Painkiller Epidemic - Where do we go from here?" It was a summary of a



Senator Ben Clark

five part series on prescription painkillers that explored the impact that a national epidemic is having on our state, our city and most importantly, our veterans returning from war. Upon learning of the problem, I was able to convince the Program Evaluation Division of the General Assembly to include the issue into its work plan and to make recommendations for legislation to mitigate the problem. Ultimately, after an arduous two year effort, I was successful in getting legislation passed by the General Assembly. The legislation that passed into law requires several actions be taken to address the problem:

1%State agencies and occupational licensing boards must adopt and adhere to the North Carolina Medical Board's Policy for the Use of Opiates for the Treatment of Pain

1%The state must implement specific measures to improve the Controlled Substances Reporting System access and utilization.

1%The state will expand its monitoring capacity by establishing data use agreements with the Prescription Behavior Surveillance System.

1%The state will establish a Prescription Drug Abuse Advisory Committee, comprised of professionals committed to combating the problem. This committee will develop a statewide strategic plan and see it through to implementation

These are major steps that will facilitate efforts to the prescription drug abuse epidemic within our community. Our war veterans, who are affected at higher rate have served us honorably at home and abroad. This legislation goes a long way toward responding to these needs and I'm proud that we were able to get this done.

The importance of the military community and the extent to which it is woven into the fabric of our economy and culture is of no secret to the members of our district. Many

elected officials in state government have often claimed they want North Carolina to carry the banner as the most veteran friendly state in the nation. Finally, we are beginning to make good on that claim; legislation passed this year creates a cabinet level post in state government for a Department of Military and Veterans Affairs. No area in the state will benefit more from the establishment of this department than Fayetteville and Fort Bragg.

### The Negative:

While Medicaid reform was passed in the long session, unfortunately, Medicaid expansion was not. The failure of the legislators across the aisle to support Medicaid Expansion provisions of the Affordable Care Act continues to cause me great displeasure. In the state, each year that North Carolina rejects Medicaid expansion, hundreds of thousands of our most vulnerable citizens go without the healthcare that would be provided to them by the federal government at no or minimal cost to the State with the additional benefit of more economic growth. I have filed bills to expand Medicaid to meet this need. Yet I have met with stiff resistance from the Republican majority.

Unfortunately, the legislature passed new legislation that provided for greater intrusion into the healthcare of women. Now, when a woman makes the difficult decision to have an abortion, the provider performing the procedure will be required to send a report to the state for recordkeeping that includes a copy of the ultrasound of the woman's fetus taken just prior to the abortion. Additionally, in a separate bill, lawmakers eliminated a pregnancy prevention program run in Fayetteville that provided education for teens regarding how to make good choices and prevent pregnancies.

Additionally, to my chagrin, legislation that I opposed that discontinued food stamps for certain childless adults became law. While the food assistance amounted to only a few dollars each day and was paid in full by the federal government, some of my colleagues across the aisle believed taking this assistance away would encourage these folks to get a job. The reality is not nearly so simple; in the most rural parts of the state, there simply are not enough jobs for everyone that desires to work. This small amount of food assistance cost the state nothing but provided some food security for many who have limited other options.

The majority party continued their never ending penchant for making changes to the State's election laws. This time, they have pushed the primary dates for all 2016 campaigns up to March 15, 2016 and moved the filing dates into December 2015 under the pretense of saving counties money. Is it a coincidence that this legislation was jammed through during the final days of session with court rulings challenging the constitutionality of the current legislative and congressional districts looming over the horizon? The courts may deem the current districts to have been configured be based on race, which would violate previous Supreme Court rulings and require some districts to be redrawn, however the earlier primary dates would pose a challenge in implementing any changes based on such court rulings.

### Unfinished Business:

I have proposed a study of the North Carolina General Assembly itself. Most people and programs within a work context are evaluated and the General Assembly should be no different. Over the next six months members of the Program Evaluation committee of which I have been a member since my first year in the senate, will study ways to improve the work that we do. Hopefully, the recommendations that result from this study will be adopted and help the legislative body as an institution to provide better, more timely and more efficient service to the citizens of our state.

Most importantly, we must return public education in the state of North Carolina to a position of preeminence. Doing so means taking care of those who take care of our students, our teachers. The current budget provided the second of a two-part raise for beginning teachers and a one-time \$750 bonus for veteran teachers and most state employees. However, in the short session, meaningful raises for ALL teachers and state employees will be my top priority. We must move quickly in raising teacher pay levels to the national average as well as per pupil spending for our public school students.





# Shirley Dancy

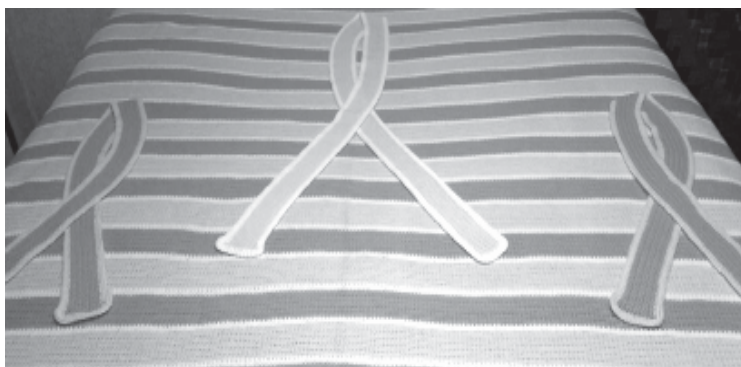
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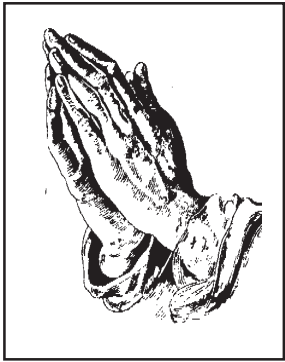
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*Thank you for allowing us to share the TNI story!*

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# Church News & More

## Top Principal Honor Goes to High School Administrator

### Melody Chalmers, principal of E. E. Smith High School

**Fayetteville Area PR Alliance** – Melody Chalmers, principal of E. E. Smith High School, was announced today as the Cumberland County Schools’ 2016 Principal of the Year (POY). The announcement came during the school system’s Principal of the Year Brunch.

Chalmers now moves on to compete with other local award recipients from the Region IV Sandhills/South Central Region of the state. After the state selection process is completed, one principal will be selected as the 2016 Wells Fargo Principal of the Year.

The 17-year education veteran has served as a school administrator for 10 years and started her career in the field after receiving a bachelor’s degree in English Education from North Carolina A & T University in 1998. Seven years later, she obtained a master’s degree in School Administration from Fayetteville State University. Throughout her career, she has received numerous educational recognitions and certifications, along with presenting at various state-wide conferences.

As an administrator, Chalmers said she takes pride in grooming future effective educational leaders. “Developing leaders to assume leadership roles in and outside of the school are integral to the legacy I want to leave behind. During the 2014-2015 school year, four of my best faculty members were moved to assistant principal positions at different schools in the



county. While their transition to formal leadership roles was a great loss for our students, I am proud that I was part of their leadership development and that the opportunities they were afforded to lead at our school, prepared them to reach their goals ... I encourage aspiring administrators in my school to be involved in the school improvement process, innovative in their approach to creating systems for increasing student achievement and responsive to managerial issues. I provide a support system for them to take risks with the understanding that I will be there to guide them when mistakes

are made to mitigate negative effects. I take this responsibility seriously and am humbled to know that by actively supporting my faculty in achieving their professional goals, I am preparing the next generation of leaders to lead our schools.”

As the CCS’ Principal of the Year winner, Chalmers received the following:

Principal of the Year Award from the Cumberland County Board of Education

Cash award and floral arrangement from the CCS

Engraved desk clock from Herff Jones

Commemorative Principal of the Year ring from Jostens

\$5,000 check for school use from LaFayette Ford

\$1,000 check for personal use from LaFayette Ford

*A weekend stay in the Presidential Suite at Embassy Suites – Fayetteville/Fort Bragg*

All seven POY nominees [Michele Cain (Cumberland Road Elementary), Monica Carter (Long Hill Elementary), Melody Chalmers (E.E. Smith High), Jeanna Daniels (Beaver Dam Elementary), Felix Keyes (New Century International Elementary), Suzanne Owen (Rockfish Elementary), and Tonjai Robertson (Anne Chesnutt Middle) ] received a mounted certificate/plaque from the Cumberland County Board of Education, a cash award and one unit of professional credit from the CCS, an iPad Mini from the CCS’ Technology Department, and a professional photograph from Lifetouch Photography.

This year, as a show of appreciation, the names of all CCS’ principals were entered into a drawing to receive two fragrance baskets from Belk and Macy’s in Cross Creek Mall and five \$50 gift cards to the Renaissance European Day Spa from Beasley Media Group, Inc.

The regional Wells Fargo Principals of the Year, who will be announced in January 2016, will receive \$1,000 for their school and \$1,000 for personal use. The 2016 State Wells Fargo Principal of the Year can expect to receive \$3,000 for his/her personal use and for his/her school. The winner will be announced in the spring of 2016 at a state-wide awards event.



### Helping Teachers Learn

(NAPSI)—For many of the more than 3 million teachers in America, the busy back-to-school season and beyond is made easier and more successful thanks to an educational conference.

It’s a way to learn about teaching, meet with peers, hear from experts, share ideas and reflect on leadership performance. What’s more, because the Conference on Educational Leadership is from ASCD, participation can be applied toward continuing education and academic credits.

ASCD offers many other professional development resources for educators, including professional development books and the flagship magazine, Educational Leadership. Its short-format Arias publications are great for quick, actionable, professional development and teaching strategies. Teachers can find them at [www.ascd.org/ascdarias](http://www.ascd.org/ascdarias). All the organization’s resources are designed to help every educator excel in learning, teaching and leading.

#### Learn More

For further facts on the upcoming conference, teachers and school administrators can go to [www.ascd.org/CEL](http://www.ascd.org/CEL). To learn about all ASCD books and publications, educators can visit [www.ascd.org/books](http://www.ascd.org/books).



The Light Of Jesus In The Community  
Sunday  
Worship Services: 8:15 A.M.  
& 11:00 A.M.  
Sunday School: 9:45 A.m.

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Wednesday  
Bible study: 12:00 P.M.  
Prayer: 6:30 P.M.  
Bible Study: 7:00 P.M.  
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**Worship Services**  
Church School 9:00 a.m.  
Sunday Morning Worship Service - 10:30 a.m.  
Midweek Services - 11:30 a.m.  
Bible Study - Wednesday - 6:30 p.m.

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### NATURAL CURES FOR THE BODY

#### INTRODUCTION

## Building a New Life

We are all in the construction business, whether or not we have thought of ourselves as builders. You and I are constantly building. We may be working to build a business, a strong family, our spiritual development, or some other goal. However, it is most important to realize that in all that we do, we are constantly building a life and character. We are also building all our circumstances and experiences, too.

What you build today by your thoughts is the pattern that determines your tomorrow. Fortunately, we can always pull down and get rid of whatever we have built poorly or unsatisfactorily. If we do not like our present condition, we can always start rebuilding our world. Right now!

Regardless of the type of building materials you choose, you must take into account—and abide by—the results they bring. If you want a house made of stone, you cannot use sand to build it.

You cannot use negative thoughts and attitudes toward life and get positive results. We build with our thoughts and feeling as well as with our hands. If our thoughts and feelings and the work of our hands are not in harmony with the true pattern of life, then we get a structure that is weak and faulty.

God is the architect of life, and His pattern is always good, true and beautiful. For too long we have built our lives by ourselves, without following God’s pattern. And our pattern has constantly come out wrong.

We need someone who understands the building process and structure; someone who knows what materials are needed; someone who knows how to pick and mix building materials for the best results. We need a teacher now!

If we want to build a house, we don’t call God—we call a builder. God has somebody here for your every need, but we have to ask, seek, and knock.

\*The Fayetteville Press Newspaper would like to apologize to the Staff & Members of Emmanuel Bible College for the typing errors made in the text of the Natural Cures for The Body story placed into the Sept/Oct 2015 Edition. We are reprinting the story error-free this edition.