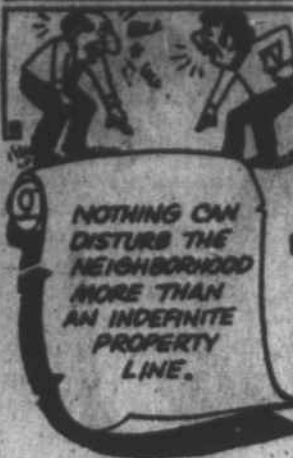




Lumbee Regional Development Association's Lumbee River Native American Center for the Arts Dancers and Singers will be performing at Robeson on Parade Nov. 5 at 8 p.m. at the PSU Performing Arts Center. The event is being sponsored by Strike at the Wind.

PUNCH LINE OF THE WEEK



NOTHING CAN DISTURB THE NEIGHBORHOOD MORE THAN AN INDEFINITE PROPERTY LINE.



THE GOOD WORD from the Bible

May God be gracious to us and bless us and make his face to shine upon us. That they may be known upon earth, thy saving power among all nations. Psalms 67: 1, 2

MY SINCERE THANKS!
I appreciate all those who voted for me Tuesday night at the LREMC annual meeting.

Your vote helped re-elect me and I am grateful. I promise to continue to serve the members honestly, openly and fairly.

ALTON V. DUDLEY
LREMC Board of Directors
District #6



Mr. Alton V. Dudley, hard work who was recently chosen as "Teacher of the Year," 1982-83 at Union Elementary School, was honored by his fifth grade homeroom with a surprise social on October 21, 1982. Being quite proud of their teacher, several of the parents of the homeroom class decided to do this to show Mr. Jacobs their appreciation for his dedication and

Provided refreshments were the following parents: Mr. and Mrs. William L. Jacobs, Mr. and Mrs. Jerry Lowry, Mr. and Mrs. Densel Locklear and Mr. and Mrs. Tyrone Locklear. Mrs. Linda Sampson, School Lunchroom Manager, provided delicious punch.

Mr. Jacobs is shown above.

GREATER MEAT SAVINGS

BO'S SUPER MARKET

3 BO'S STORES: LUMBERTON, FARMERS RD. GODWIN AVE. PEMBROKE, UNION CHAPEL RD. FOOD STAMPS WELCOME. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. HOME SOLD TO DEALERS.

FRESH GRADE A FRYERS LB. 43¢ 2 TO BAG	SCOTTISH FRESH LINK PORK SAUSAGE 10-LB. BOX 15⁹⁹	SCOTTISH FRESH PUDDING 10-LB. BOX 6⁹⁹	BONE-IN SHOULDER ROAST LB. 1⁷⁹	BONE IN CHUCK ROAST LB. 1³⁹	BONELESS RUMP ROAST LB. 2³⁹	SIRLOIN TIP ROAST LB. 2³⁹	ARMOUR STAR GRADE 'A' HEN TURKEY 8-14 LB. AVG. 69¢ LB.
SPECIAL SMOKED SAUSAGE 10-LB. BOX 14⁹⁹	HEAVY WESTERN BEEF CUBE STEAK LB. 2⁵⁹	BONE-IN CHUCK STEAK LB. 1³⁹	LEAN BONELESS STEW BEEF LB. 1⁸⁹	WHOLE RIB EYES 8/10 AVG. CUT FREE 2⁹⁹ LB.	FRESH BAKING HENS 4-6 LB. AVG. 49¢ LB.	FRESH GROUND BEEF FAMILY PACK 99¢ LB.	
FULL CUT ROUND STEAK LB. 1⁹⁹	BONE-IN ROUND STEAK LB. 1⁷⁹	SHOULDER ROUND STEAK LB. 1⁷⁹					

Thank you for your support at the REA Election.
REGINALD OXENDINE

NEW All Purpose MIRACLE AIR PUMP Patent Pending
Attaches To Your Electric Drill!

This clever little air pump fits your 1/4" or 3/8" electric drill. Develops 90 psi. Enough pressure to pump up auto tires, bicycle tires, air mattresses, footballs, etc. Makes a great gift! All metal construction. One year guarantee.

Send check or money order for \$15.95 + \$2.00 postage and handling (total \$17.95) to Miracle Pump, P.O. Box 308, Middlebury, CT 06762.

"End Inflation Worries."

Health News ...

Tingling, Numbness In Hands Will Return Again and Again

BY DR. ROGER R. ROFF
Doctor of Chiropractic

Dear Doctor: I am suffering from what I understand to be a "neuromedial disturbance." I say I "understand" but I don't!

Simply trying to reduce or prevent the tingling and numbness is not a solution. Nor is immobilization a desirable goal. The only proper goal is restoration of use.

First my hands started "going to sleep." Then I lost strength in one hand.

The writer of the above inquiry was referring to the median nerve which passes through a sheath in the wrist or carpal area.

Pressure on the nerve there can cause what is called the carpal tunnel syndrome - tingling, numbness, loss of strength in the fingers.

And, if is one of those "sure as the sun will rise" problems.

What I mean frankly, is that this is a problem that is going to keep returning, and with greater intensity, just as surely as the sun rises, if no effective treatment is obtained.

There are many contributing causes to the "carpal tunnel syndrome" ranging from low thyroid to menopause.

I'm not going to comment on the advisability of surgery for this condition, except to say that Chiropractic has proven ever so effective in unlocking nerve pressure and restoring vital nerve flow.

I urge anyone who has this condition or notices occasionally tingling in the fingers or numbness of a hand that frequently goes to sleep, CALL NOW AT 738-0693 FOR AN APPOINTMENT. MOST ALL INSURANCE COMPANIES PAY OUR CLAIMS.

ROFF OFFICE OF CHIROPRACTIC
4902 Pennsylvania Ave.
Lumberton, N.C.
Phone 738-0693

KELLOGG'S RICE KRISPIES 13-OZ. BOX. 1³⁹	OVEN GOLD HAMB. BUNS 8-CT. 2/99¢	ARMOUR TRIPE 24-OZ. 2⁰⁹
KELLOGG'S PRODUCT 19 8-OZ. BOX 1⁰⁵	OVEN GOLD HOT DOG ROLLS 8-CT. 2/99¢	FROSTY MORN LARD 4-LBS. 1⁶⁹
KELLOGG'S RAISIN BRAN 20-OZ. BOX 1⁶⁹	OVEN GOLD BROWN & SERVE ROLLS 12-CT. 2/99¢	SPECIAL CRISCO OIL 16-OZ. BTL. 95¢

MERITA COOK BOOK BREAD 1 1/2-LB. LOAF 2/99¢	KRAFT MACARONI & CHEESE DELUXE DINNER 14-OZ. 99¢	COKE'S or PEPSI 32-OZ. BTL. 6/\$1⁹⁹ PLUS DEPOSIT	FOX DELUXE PIZZA 11 1/2-OZ. HAMBURGER, SAUSAGE, PEPPERONI, COMBINATION 89¢	SHEDD'S SPREAD QUARTERS MARGARINE 1-LB. 3/99¢
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CHARMIN TOILET TISSUE 4-ROLL \$1⁰⁹	CAMPBELL'S TOMATO SOUP NO. 1 CAN 4/\$1	TODDLER PAMPERS 12-CT. \$2¹¹	SHASTA DRINKS 16-OZ. 4/\$1	SPECIAL Carnation MILK 13-OZ. CANS 2/99¢	JIFFY CORN MUFFIN MIX 8 1/2-OZ. 4/99¢	MARK RITE IODIZED SALT 26-OZ. 4/99¢	DAYTIME PAMPERS 30-CT. \$3³⁵
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DUKE'S MAYONNAISE QT. 99¢	LUZIANNE RT BAG COFFEE 1-LB. \$1⁶⁹	20-LB. NO. 1 WHITE POTATOES \$1⁸⁹	SPECIAL LUX SOAP 3 BARS \$1⁰⁰	SHAWNEE SELF-RISING FLOUR 5-LB. 89¢
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HI-DRI PAPER TOWELS JUMBO ASST. 59¢	SPECIAL CLOROX LIQUID 1/2-GAL. 69¢	CHATHAM CRUNCHY TEXTURE DOG FOOD 89¢
MARCAL LUNCH NAPKINS 120-CT. 53¢	EASY ON SPRAY STARCH 15-OZ. 89¢	CHATHAM CRUNCHY TEXTURE DOG FOOD 89¢
NEW FREEDOM MAXI PAD 30-CT. \$3⁴⁹	SPECIAL DRANO 18-OZ. \$1⁰⁰	FIELD TRIAL CHUNK DOG FOOD \$1⁰⁰