



In 1934, great curtains of dust were carried across the continent from the "dust bowl" of Oklahoma to the Atlantic Coast.



The International Red Cross was founded by Swiss banker Jean Henri Dunant in 1863 after he watched the battle of Solferino in 1859.

Attention Diabetic Patients:
If you have Medicare or Private Insurance, You may be eligible to receive your:

Diabetic Supplies!
at No Cost to You.

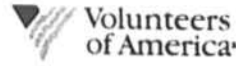
Toll Free 1-888-466-2678
Diabetic Supply Program (No HMO patients, please)

Make this a dream come true.



Your gift to Volunteers of America helps families in our community stay together, and have happier, healthier, more secure lives.

Volunteers of America—changing lives, restoring hope. Please call us at 1.800.899.0089 or visit www.volunteersofamerica.org.



There are no limits to caring.

Let a turkey stand about 15 minutes after it's cooked before you carve it. This firms the bird up a bit.

The wings of some moths have "eyespots" that may scare away an enemy, while the bumblebee moth looks so much like a bumblebee, predators avoid it.

BECK *Serving Robeson County Over 15 Years*
CHIROPRACTIC CENTER

- Specializing In Auto Accident Injuries
- Most Insurances Accepted
- "APPOINTMENTS PLEASE"
- Free Initial Consultation

OFFICE: 739-5751
Emergency Home Number
Dr. Woodrow W. Beck, Jr.: 738-3126

AUTO ACCIDENTS
WRONGFUL DEATH
PERSONAL INJURY

DWI & TRAFFIC OFFENSES OF ALL KINDS

Free Initial Consultation

Call 24 Hours A Day, 7 Days A Week

RONNIE SUTTON
Attorney At Law

"PROTECTING YOUR LEGAL RIGHTS"
208 Union Chapel Road
(910) 521-4797

Why we're doctors for the Locklears.

Thomas Locklear:

"I can get my annual physical. They have dermatology services to treat any skin problem. They do their own X-rays and lab work. And they accept all kinds of insurance."

Zoe Locklear:

"I can get my yearly exam. Plus, the kids can see the same doctor. I can get nutritional information for the whole family."

Matthew Locklear:

"I can get all my forms filled out for baseball."

Elizabeth Locklear:

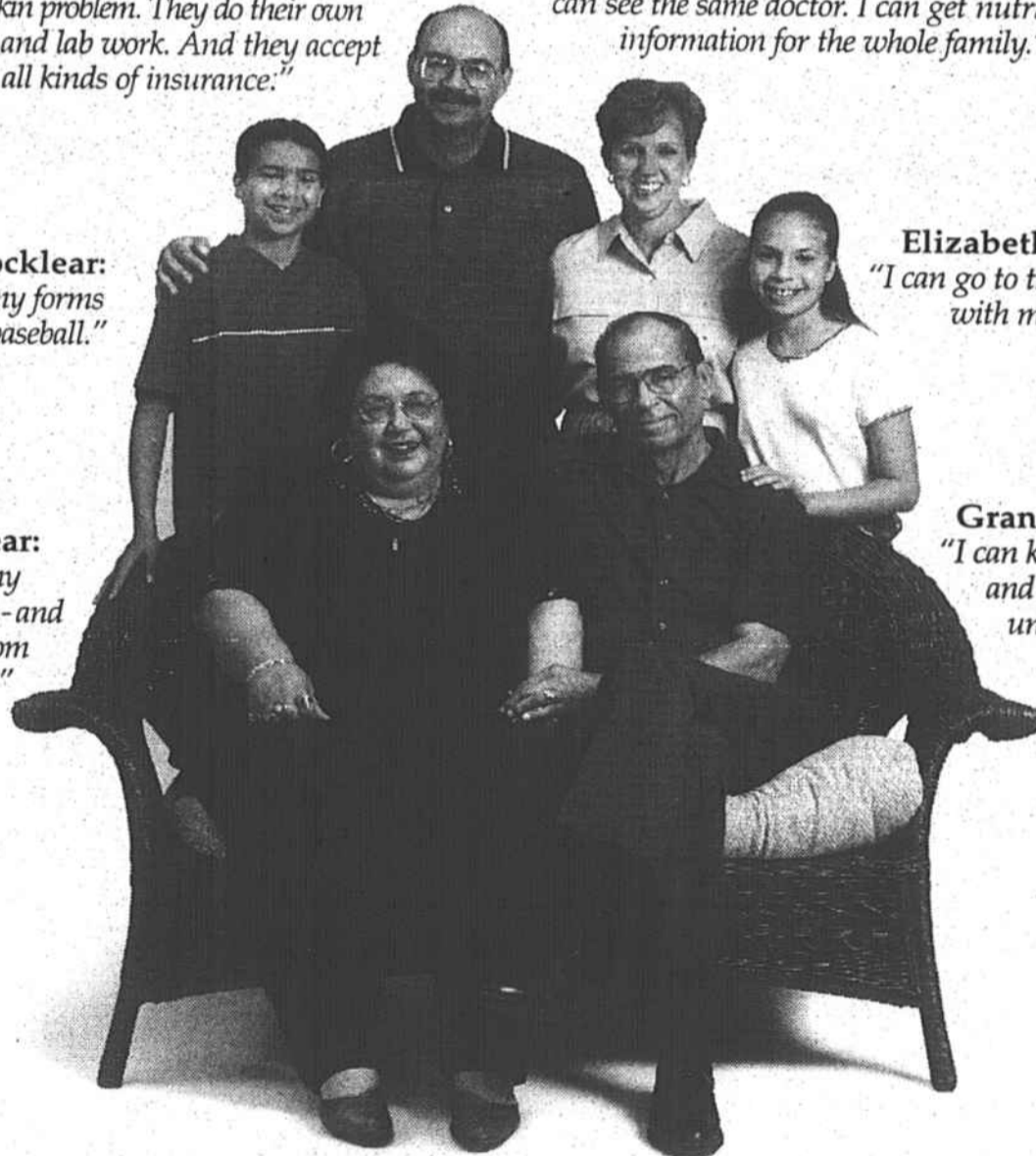
"I can go to the fitness center with my mom."

Grandma Locklear:

"I can make sure my diabetes stays in check - and keep my allergies from slowing me down."

Grandpa Locklear:

"I can keep my cholesterol and blood pressure under control."



If there's one thing the Locklears believe in, it's getting the proper health care. If there's one thing they don't believe in, it's driving all over the place to do it.

That's the reason they come to a FirstHealth Family Care Center. And maybe it's the reason you should bring your family here, too.

We're the place to go for all your family's health care, from the youngest to the oldest. In many cases our family practice physicians can even perform procedures you'd normally have to see another specialist for, such

as dermatology or women's services. And we're backed up by the entire FirstHealth network of hospitals, specialists and other health care professionals.

So the next time you need health care for your family, make an appointment at a FirstHealth Family Care Center near you.

FirstHealth
FAMILY CARE CENTERS
www.firsthealth.org

For an appointment at the FirstHealth Family Care Center in Pembroke, call 521-6029.

SINCE CHRIS KLUG'S KNEE SURGERY, IT'S ALL BEEN DOWNHILL. FAST.

How much does it cost to have knee surgery done at Olympic level standards? Which for Chris Klug in Salt Lake City in 2002? He'll be the first on your TV screen. For more on preventing and treating sports injuries, contact the American Academy of Orthopaedic Surgeons.

AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS
1-800-824-BONES www.aaos.org
Getting you back in the game.

ASK WHAT YOUR COUNTRY CAN DO FOR YOU.

Your patriotism has already told you what you can do for your country. Now it's time for you to ask what your country can do for you. It's a question the Air Force Reserve loves to answer. For a commitment of as little as one weekend a month and two weeks a year, you will receive everything you need to take your life above and beyond including:

- Challenging missions that build endurance, mental stamina and confidence
- Expert training on the latest systems and equipment
- Great benefits that will last a lifetime
- The satisfaction of serving your community and your country

Call 1-800-257-1212

AIR FORCE RESERVE
ABOVE EVERYONE

Visit our web site at www.afreserve.com