

# Prepare Pets For Traveling

**Dear Doctor:** We will be taking our dog on vacation with us soon. Will most motels accept us and her? If we have to leave her in the motel for several hours, what can we do to be sure she won't cause a commotion by barking?

**Answer:** Some motels welcome pets as guests and some don't. Most travel publications — the AAA books, campground guides and travel guides — have pet listings.

It is wise to check ahead if you have any doubts. But don't leave your pet in the car overnight. Barking varies with the individual animal.

Tranquilizers may be used to allay the pet's anxiety.

Some owners are hesitant to use such medication but quieting the animal prevents the onset of bronchitis, which may be caused by excessive barking, or other ills triggered by overexcitement.

## You And Your Pet

Tranquilizers also eliminate vomiting and carsickness.

**Dear Doctor:** My cat likes to nip on my houseplants. I have been told they are poisonous. If this is so, what plants should I watch out for?

**Answer:** Best advice is to keep your plants and pets separated. The many plants that are poisonous or cause a sensitivity reaction are too numerous to mention here. Sensitivity really is the bigger problem; just by rubbing their heads against the plants, cats can develop redness and swelling around the face and ears. This is also true for the shrubby outdoors.

**Dear Doctor:** My dog was injured recently. I think he was struck by a car. He bit me when I tried to help. What should I have done?

**Answer:** Apply basic first aid techniques: 1. Before anything else, try to muzzle the animal. A strip of cotton cloth or gauze may be used: wrap around the muzzle, cross underneath it and tie behind the ears.

Muzzling will not interfere with the animal's breathing.

2. Treat the most serious problem, probably bleeding, to keep the animal from going into shock.

If there is an obvious fracture, splint with rolled up newspapers or clothing to ease the pain and discomfort.

3. Gently move the animal to a stretcher which can be improvised from a coat, rug or plywood. Then keep him warm until he can be seen by a veterinarian.

(Provided as a service by the North Carolina Veterinary Medical Association. Do you have a question about pet care? If so, send it to "YOU AND YOUR PET," 112 Johnston Street, Smithfield, N.C. 27577).



**JUMP-FOR-HEART** — Prizes were awarded recently to Scurlock students who participated in Jump-for-Heart and collected enough money to qualify. In order to receive a patch, a student had to collect between \$15 and \$24. Students turning in \$25-\$99 received a T-shirt. Any individual turning in over \$100 received a windbreaker. The team turning in the most money (\$200 minimum) received warm-up suits. Shown here are from left to right: first row: Lamont Melvin, Tarsha Murchison, Yondell McCrimmon, Matthew Wallace, Terence Shumate, Lisa Simpson, Jeanne Morris, Aprille Williams. Second row: Mark Wamsher (winning team), Keith Konkol (winning team), Andrea Smith, Lynn Salzer, Christy Butler, Jennifer Lindsay, Wanda Janos, Ed Baker (winner of windbreaker) Third row: Len Howard (winning team), Dawn Williams, (winning team), Carol Ann Dees, Fay Peterkin, Lance Bain, Steven McKoy. Not shown: Torrance Monroe and Jennifer Sullivan.

## Tornado Season Arriving In NC

The tornado season will be arriving soon in North Carolina, according to the National Weather Service.

Weather officials urge all residents of the state to familiarize themselves with severe weather danger signs and safety procedures.

"The prime months for tornadoes in North Carolina," said Robert E. Muller, Meteorologist-in-Charge of the NWS office at Raleigh-Durham, "are March, April, and May. They can occur at

other times, but are most common during those months."

Recognizing this fact, Governor James B. Hunt, Jr. has proclaimed the week of February 27th through March 5th as **TORNADO AWARENESS WEEK** in North Carolina. In a cooperative effort, the National Weather Service, the Division of Emergency Management in the N.C. Department of Crime Control and Public Safety, and the N.C. Department of Public Instruction plan to stage a statewide tornado drill sometime during that week.



**LOST DOG**—This Irish Setter was found in the Bowmore area of Hoke County. He is a 3 year old male and is thought to have jumped off of a vehicle in that area. When the dog was picked up his foot was hurt.



**GOOD HOME NEEDED**—This 2 year old male Weimaraner is in need of a good home. The dog has had all of its shots. This dog is a "woman's dog", it is shy of men but makes a good watch dog. If interested in adopting this dog contact William Hales at the County Health Department.

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Our new expanded office hours will be  
Monday-Friday 9 a.m.-5 p.m.  
and by appointment

# RABIES

## Hoke County Dog Vaccination Clinics

North Carolina Rabies Law states that all dogs over four months of age shall be vaccinated against rabies. Failure to have your dog vaccinated for rabies is a misdemeanor and upon conviction shall be subject to a fine or imprisonment in the discretion of the court (G.S. 106-387).

**VACCINATION FEE OF \$4.00 PER DOG**  
**THE THREE YEAR VACCINE WILL BE GIVEN BY**  
**DR. RUSSELL J. TATE, VETERINARIAN**

TOWNSHIP	LOCATION	TIME
Antioch Stonewall McLauchlin	Friday, March 4, 1983	
	Dixie One-Stop	2:00-2:30
	Dundarrach Trading Davis Bridge	2:45-3:15 3:30-4:00
McLauchlin McLauchlin McLauchlin	Monday, March 7, 1983	
	Brown Hendrix Service Station	2:00-2:30
	Brooks Store, Rockfish Newton's Service Station	2:45-3:15 3:30-4:00
Raeford Raeford	Wednesday, March 9, 1983	
	McNeill's Grocery Store, 401 South Tyler Town, McCollum Texaco Station	10:00-10:30 10:45-11:15
Quewhiffle Quewhiffle Quewhiffle	Thursday, March 10, 1983	
	Ashley Heights Feeds	2:00-2:30
	Lee Moss Pure Oil Station, Buchan Farm Five Points Calloway's Station	2:45-3:15 3:30-4:00
Quewhiffle	Wednesday, March 16, 1983	
	Parks Grill, Montrose	2:00-2:30
Raeford	Friday, March 18, 1983	
	Hoke County Health Department	3:00-5:00
Allendale	Wednesday, March 23, 1983	
	McCormick's Station, Duffie	2:00-2:30
Raeford	Friday, March 25, 1983	
	Hoke County Health Department	10:00-12:00
Raeford	Saturday, April 3, 1983	
	Hoke County Health Department	9:00-12:00

William C. Hales, Dog Warden  
HOKE COUNTY HEALTH DEPARTMENT  
Raeford, N.C. 28376  
875-3717

## Auto Insurance Rates Reduced

The North Carolina Insurance Commissioner's Office announced today that following hearings, auto liability property damage and medical payment coverages along with physical damage insurance rates, will be reduced.

According to the two orders issued Friday, one order reduces rates for property damage for policies ceded to the Reinsurance Facility by 13.7%, and reduces medical payments coverage ceded to the facility by 9.4%.

The second order reduces rates for comprehensive coverage by 8.4% and collision coverage by 11.8%.

The order came following a second set of hearings. According to Ingram's staff the second set of hearings were scheduled because the rates should be reduced, however, it was not possible to reduce those rates in the first hearings on the Rate Bureau's filing.

The second set of hearings allowed the Insurance Commissioner's staff more time to produce additional evidence.

Actuaries were able to develop calculations which showed that the Rate Bureau's loss projections were grossly inaccurate, over a period of four to five years.

The Insurance Commissioner's actuaries were able to compare the Rate Bureau's predictions of losses to what actually occurred.

These reductions will mean a savings to North Carolina motorists of more than \$32 million dollars.

The first order stated that the Rate Bureau utilized calendar-year data for physical damage for the year ending December 31, 1980, as the experience based on which future premiums, losses and expenses for rates for the period beginning January 1, were suggested.

In December of 1982, data for the 1981 calendar year was produced by the Insurance Service Office under contract to the Rate Bureau. The testimony introduced in the latest hearing showed that losses divided among insured cars are increasing for the period from the end of 1980 to the end of the third quarter of 1982.

However, further evidence showed that companies achieved significantly better underwriting results in recent years for physical damage insurance than the Rate Bureau's calculations predicted.

Conclusions in the order stated that present rates being charged

and collected for comprehensive and collision insurance are excessive, in that the rates, together with the income generated from the investment of loss reserves, loss adjustment reserves and unearned premium reserves, will lead to a rate of return for insurance companies which would be excessive.

Both orders stated that within a reasonable period of time, not to exceed forty-five days from the entry of the final order, present rates for property damage and medical payments coverages for auto insurance policies ceded to the Facility, and the charging or collection of present rates for comprehensive and collision insurance for private passenger (non-fleet) automobiles is improper, and shall not be charged or collected.

The order further states that no later than forty five days from the date a copy of the orders are received by the Rate Bureau and the Facility, the reduced rates shall be implemented on all new and renewal policies written on or after the 45 day date of service on the Rate Bureau and Reinsurance Facility.

The order was delivered to the Rate Bureau and the Facility on Friday.

## Exercise Decreases Risk

by Carol Turkington  
Duke University Medical Center

Jogging is not an insurance policy against coronary heart disease, but it can effectively lower your risks of dying from heart attacks, according to Dr. R. Sanders Williams. Williams is a cardiologist at Duke University Medical Center.

"There are some harsh realities to face in the United States today," Williams said.

"The U.S. ranks third above 22 other nations in coronary disease deaths," he added.

To him, the most tragic part of this high death rate is that it is too often premature.

Although doctors have not found precise reasons for the development of heart disease, they have formulated a list of risk factors, which indicate who might develop the disease.

If a patient is over 50 years of age, smokes, and has high blood pressure, diabetes, psychological stress and a high-fat diet, his chance of developing heart disease is 10 times greater than a person

### Health Notes

with none of those factors. And the list is cumulative — the more factors a person has, the greater his risk.

"There's something we do wrong about the way we live in the U.S., and it's not entirely genetic," Williams said. "A Japanese citizen has a very low risk of heart disease, but if he comes to the United States and lives here 20 years, he assumes a risk very much like that of a native American."

"We don't understand exactly why people develop heart attacks, but that doesn't mean you can't do something about it," he said. "Our forefathers had no choice over their lifestyles. We have a greater choice."

Two areas where people have the biggest choice are diet and lifestyle, he said. Diet is part of controlling the risk. Williams advocates limiting total calories, salt intake, cholesterol and saturated fats. He favors chicken and fish over red meat and eggs. But the cardiologist considers exercise the most important part of the plan.

"Exercise is the keystone in treatment because it has an effect on other risk factors," he explained. "Exercise reduces stress and tension, it breaks down cholesterol, it increases blood circulation."

But a person doesn't have to exercise every day for the rest of his life. Vigorous exercise 30 minutes three times a week is enough to maintain a good, healthful lifestyle.

"Exercise enough so you are breathing more rapidly but can still carry on a normal conversation," he said. "And keep at it."

"The encouraging thing is that persons who don't want to become marathon runners can still lower their chances of developing the disease by even a very modest level of exercise."

Williams said that it is difficult to determine whether life is prolonged with exercise, but the quality of life can be improved.

"It is possible, with exercise, to achieve a greater degree of health than you have known for years. Know your risks and don't kid yourself," he said.

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