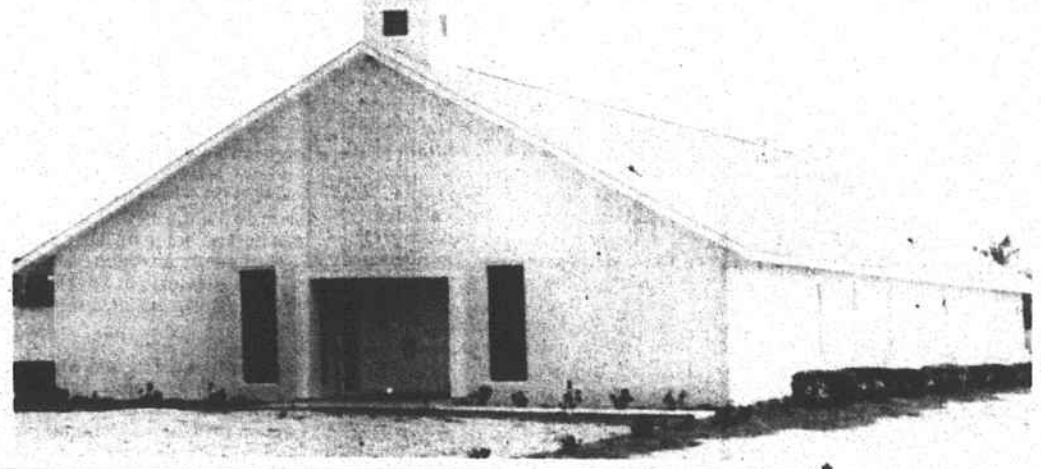




Special service

Members of the Living Faith Ministries Church had a special reason for happiness recently as their new church building celebrated its sixth month of existence. The building, located on NC 211 west of Raeford was built by members and helpers under the direction of Rev. Tex Deaton. Work on the structure started last August, and the building was dedicated on Easter Sunday. "Things just fell into place for us," Deaton said. The land for the building was donated to the church by the late Roy

Long and his wife Maude Long, and workers were available for construction. The church was originally formed in August 1983 and prior to building the present sanctuary, members gathered to worship in places like the old Pig and Chicken Restaurant, the Crumpler Funeral Home Chapel and the Woodman of the World Lodge. Membership has grown from 16 to over 40 during the past year and a half. "Truly, God has rightly blessed and supplied us as we have labored to build the building," Deaton said.



Treating high blood pressure could help for healthier life

May is National High Blood Pressure Month, and there are several things Hoke County residents can do to help control high blood pressure. Like exercise and a good diet, treating it can help you to a longer, healthier life.

Efforts to achieve good health and a longer life reflect a current trend among Americans today. People are exercising more, improving their eating habits, and giving up smoking. As a result, they feel better and are helping themselves to a healthier life.

For some persons, one way to achieve a long and healthy life is to take medication regularly. That's one of the things a doctor might prescribe if a patient has high blood pressure. When high blood pressure is not detected and treated, it makes a person especially susceptible to a stroke, heart disease, kidney disease or other disabilities.

Treatment on a daily basis, often with medication, sometimes by diet - usually for the rest of their lives - is what's required for people with high blood pressure. There is

usually no cure for the disease. But medication is only effective each day it's taken. If patients do not understand this aspect of the treatment regimen, they may think that a lowered blood pressure means it's been cured. That's not true. If they stop taking medication, their blood pressure will probably go back up again. High blood pressure must be treated one day at a time, every day.

In addition to medication, physicians often advise patients with high blood pressure to stop smoking, lose weight, reduce salt in their diet, and exercise more. This is good advice because it helps the medication work more effectively. If medication has been prescribed, the other measures usually can't control blood pressure by themselves. Sometimes patients make a mistake and choose to stop smoking or lose weight instead of taking their medication. That's a serious mistake - they should do all the things the doctor tells them, not just one or two.

Some diseases have obvious symptoms, such as a cough or a rash that can be treated. High blood pressure is not like that - it usually has no symptoms. But, some people think they should "feel" something, such as a headache or dizziness before they take their medication. They're wrong. They should take it every day even though they don't have symptoms.

Hayes assigned to Korean duty

Army Maj. Arthur J. Hayes, son of Arthur E. Hayes of E. Donaldson Avenue, Raeford, and Anastasia I. Hayes of Gainsborough Drive, Fairfax, Virginia, has arrived for duty in South Korea.

Hayes, assigned with the 1st Signal Battalion, was previously assigned in Norfolk, Va.

His wife, Mary, is the daughter of Lorence Schuster of Bogert Street, Beaver Dam, Wisconsin.

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