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Chiropractic CENTER

NERVE AND SPINAL DISORDERS
 X-RAY ANALYSIS
 MOST INSURANCE ACCEPTED

HOURS
 Mon-Fri 9am-6pm
 Sat 10am-5pm
 Sun 12pm-12am


DANGER SIGNALS OF PINCHED NERVES

1. Headache, Dizziness
 2. Neck Pain
 3. Pain Lower Arms, Shoulder Pain
 4. Numbness in Hands or Feet
 5. Pain Between the Shoulders
 6. Pinched, Joint Stiffness
 7. Lower Back Pain, Hip Pain

EMERGENCY HOME NUMBER
 DR. WOODROW W. BECK, JR. 738-3125

FREE INITIAL CONSULTATION

OFFICE
 739-5751
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Penalty For Early Withdrawal
 * DEPOSITS INSURED UP TO \$100,000 BY FSIC

THE COACH'S CORNER

Ken Johnson

All Work And No Play Make Jack A Dull Boy

Even the one room school out in the country use to let them out into the school yard to run and romp around and come back in and settle down and go back to their school work. If an administrator does not know this he ought to be fired. Last week's Raleigh News and Observer had two articles i.e. "Bennet says federal report card shows schools are improving." The other article "N.C. Schools rank low in national survey." Physical fitness has been thrown out the door when superintendents allowed physical education in Robeson County, Lumberton, and many others including PSU to be dropped, also Campbell. The one unit of P.E. is only required of 9th graders, the Sophs, Juniors and Seniors don't get any. So they sit in their seats, watch TV, get fat, frustrated, turn to drugs, sex and anything unhealthy, the easy way out. Coaches are largely responsible for this but administrators have sided with them including college presidents. The administrators think these kids can do better school work if you take the "frills out," like P.E., band, intramurals, swimming and if you are going to improve the schools every school needs a swimming pool, shop and home ec in every Jr. High School. You cannot get better grades when you take physical fitness out of the curriculum. "A sound mind in a sound body," is the principle to go by. Not computers. The Observer articles did not mention physical fitness at all. Bennet never mentions physical fitness, neither does the N.C. superintendent, neither does the new curriculum of Public Instruction of basic courses. If we want better schools it is a must to meet the needs, interests of students. There is no sense to be busing kids to shop course when the rest of the US has shop and home ec at every jr. high school. The "middle school concept" is just one way of avoiding meeting the needs of vocational training for those who are not going on to college. On the moral side-ignorance is being imposed on students by the principle of omission. I would like to see some principles of commission by improving physical fitness which improves mental fitness. A sound mind in a sound body is the practical imperative and we all could live by it. It takes proper leadership!

Prospect FHA Sponsors Annual Sweetheart Ball

The Prospect Chapter of Future Homemakers of America celebrated Valentine's Day by sponsoring the annual Sweetheart Ball.

The participants were: Anissa Bullard, daughter of Mr. and Mrs. Aubray Bullard, fourth runner-up; Sherry Locklear, daughter of Mr. and Mrs. Bobby Locklear, third runner-up; Anita Locklear, daughter of Mrs. Annie N. Locklear, second runner-up; Angie Goins, daughter of Mr. and Mrs. Rufus Goins, first runner-up; Terry Barton, son of Mr. and Ms. George Barton, second runner-up; Jamie Collins, son of Mr. and Mrs. Jamie H. Collins. Ms. Glenda Chavis, daughter of Mr. and Mrs. Wallace Chavis was crowned by Trina Locklear-Queen 1985.

Mr. Kevin Locklear, son of Mr. and Mrs. Stanford Locklear was crowned King by Mark Kinta- King 1985.

Talent was presented by Annie R. Locklear, Helene Locklear and Maria Hunt. Chapter Advisor is Mrs. S.E. Wesson.

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CENTER CUT BONE IN
CHUCK ROAST
99¢ LB.

<p>SHORT RIBS..... \$1.59 LB. RIB EYE STEAK.... \$3.99 LB.</p>	<p>8 TO 10 LB. AVG. CUT FREE WHOLE RIB EYE \$2.99 LB.</p>	<p>HOLLY FARMS WHOLE FRYERS 49¢ LB. LIMIT 4 PLEASE</p>	<p>10 LB. BOX FRESH PORK Link Sausage.... \$12.99 10 LB. BOX SMOKED Sausage..... \$12.99</p>
<p>SHOULDER ROAST \$1.39 LB.</p> <p>SHOULDER Round Steak..... \$1.59 LB. FAMILY PACK LEAN BONELESS Stew Beef..... \$1.89 LB.</p>	<p>CHUCK STEAK \$1.39 LB.</p> <p>FRESH MARKET STYLE Back Bone..... \$1.59 SELECT Beef Liver..... 79¢</p>		

<p>2 OZ. FROSTY MORN Franks 99¢</p>	<p>8 OZ. FROSTY MORN Bologna \$1.39 LB.</p>	<p>12 OZ. FROSTY MORN Bacon \$1.19</p>	<p>LUNDY WHOLE BACON SQUARES 69¢ LB.</p>	<p>LUNDY FRESH Roll Sausage 79¢ LB.</p>	<p>LUNDY FRESH Pork Picnic 79¢ LB.</p>	<p>LUNDY FRESH WHOLE Pork Ham 99¢ LB.</p>
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<p>#300 CAN VAN CAMP PORK & BEANS 3/\$1</p>	<p>7 1/2 OZ. TOM'S POTATO CHIPS Plain, Bar-be-cue, Sour Cream & Onion. BUY 1 GET 1 FREE</p>	<p>10 OZ. MR. P's PIZZAS SAUSAGE, COMBINATION, PEPPERONI, HAMBURGER 2/\$1</p>	<p>14 OZ. PARADE FRESH ORANGE JUICE 99¢</p>
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<p>17 OZ. STOKELY Early Peas 3/\$1</p>	<p>14 OZ. KRAFT MACARONI & CHEESE DELUXE Dinner \$1.09</p>	<p>1 1/2 LB. LOAF CERTIFIED WHITE Bread..... 2/99¢ 12 OZ. PARADE FROZEN Orange Juice..... 79¢ NO. 1 CAMPBELL'S Tomato Soup..... 4/\$1 16 OZ. JACKSON Saltine Crackers... 59¢</p>	<p>15 OZ. GORTON'S Fish Sticks..... \$1.99 14 OZ. SHOWBOAT Spaghetti..... 3/\$1 12 OZ. SPAM Luncheon Meat.... \$1.49 13 OZ. MR. CLEAN Cleanser..... 89¢</p>	<p>6 1/2 OZ. STARKIST CHUNK EIGHT Tuna 59¢</p>	<p>4 ROLL GENERAL Bathroom Tissue 59¢</p>
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<p>15 OZ. EATWELL Mackerel 59¢</p>	<p>17 OZ. DELMONTE Fruit Cocktail 79¢</p>	<p>SOFT PLY PAPER TOWELS 2/\$1</p>	<p>Rinso 42 OZ. RINSO DETERGENT 99¢</p>	<p>25 LB. FIELD TRIAL HI PROTEIN Dog Food \$3.99</p>	<p>61 OZ. CLONEX 2 ALL FABRIC Bleach \$2.19</p>
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32 OZ. 6-PACK
Pepsi Or Mountain Dew
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79¢

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