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Family Planning And Health

Dear Mrs. Riggsbee:
I have recently read an article of yours in which you talk about abortion. Through my recent experience with abortion I can say that the descriptive information is true, but I would like to add a few words of my own. It is very important for women who are considering abortion to have good counseling and an understanding doctor. I was very lucky because I had the best doctor around and also had loving and understanding parents by my side, both of which helped very much. I

can't imagine going through an experience of that sort alone. The most helpful part to me, I think, was that after much soul-searching and hard thinking on my own, I was able to talk over the pressures and problems I had with my doctor and his trained staff. My abortion was done only after discussions with these professionals and my parents, and they were all a great comfort to me.

Having an abortion is not an easy decision to make, and I am truly grateful that I had such fine help in making what I can definitely see now, was the right decision. I thank God because I am a very lucky woman in many ways.

I hope you will print this letter. Maybe it will help someone else.

"Starting over"

Dear Starting Over:
Thank you for writing. You are absolutely right about the need for abortion counseling. The decision to have an abortion is not an easy one. Professional counseling can help the woman and the man explore their own feelings and their own situation in relation to whatever course of action is taken.

Now that the Supreme Court has declared abortion a decision between the woman and her doctor, more and more abortions will take place - and to the benefit of everyone the illegal abortionist will be put out of business. But just because abortions will be easy to obtain does not mean that that decision will be an easy one for anyone, and certainly no one should consider the availability of an abortion as a reason for not using a good method of birth control.

Excellent abortion counseling is available in many places in North Carolina and you are indeed lucky to be able to take advantage of it.

Caesarean Section and I was wondering whether or not that could have made the stomach muscles less likely to firm up. I would like to know also if exercises would help now.

I am a very active person and never more than 5 pounds over weight.

A.B.

Dear A.B.:
The Caesarean Section you had when you were 18 does not have any effect on your stomach muscles now. Doctors tell me that women tend to gain weight in the stomach and hips because of hormones - much like men tend to lose their hair because of changes in hormones. There is nothing you can take to correct this tendency.

Exercises may do some good but there are certainly no secret exercises for this particular problem. Sit-ups and waist bends are probably the best. Also, active sports such as horse-back riding and tennis are particularly good for this kind of problem.

Address letters and requests for a free booklet on birth control to: Mrs. Gloria Riggsbee, 214 W. Cameron Avenue, Chapel Hill, N.C. 27514

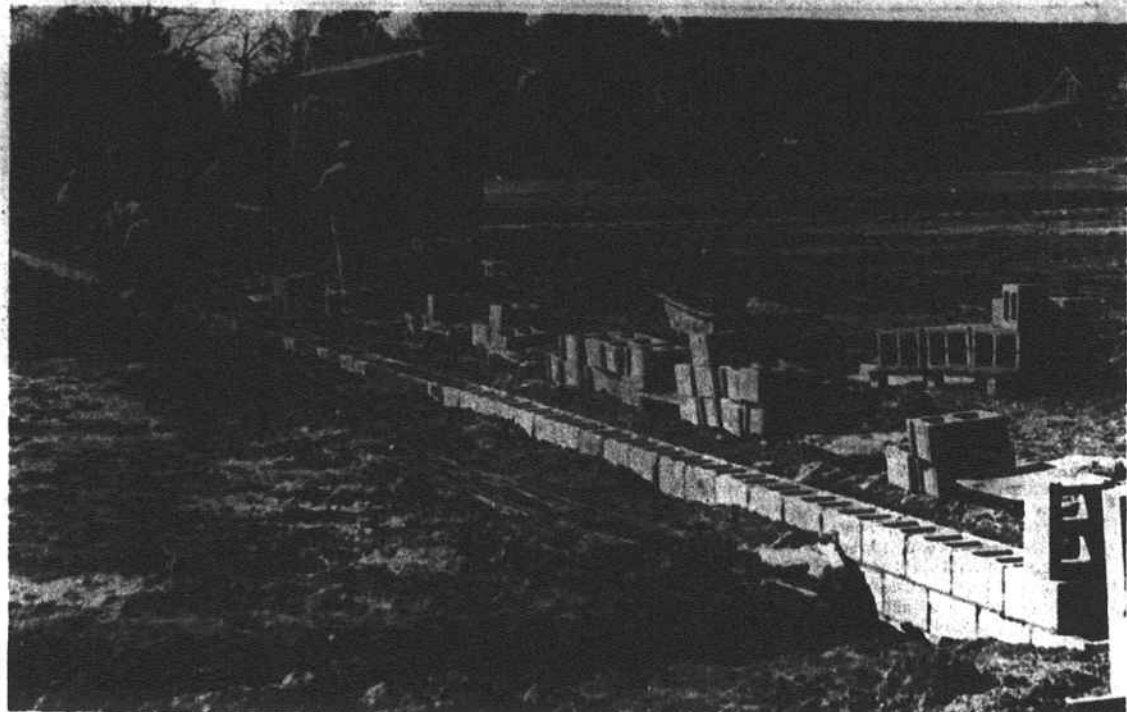
Universities Set Classes

The University at Ft. Bragg has announced the start of a new term beginning Monday and ending May 11. The classes, conducted by Fayetteville State University and North Carolina State, are open to civilians, military personnel and their dependents.

Courses are available in business, English, history, computer science, psychology, math, economics, textiles, education, foreign languages, music, and sociology.

Information and complete counseling can be acquired at the University Center, Armstead and Macomb Streets, Ft. Bragg, or by calling 396-8933.

Dear Mrs. Riggsbee:
I am 37 years old and I have done a pretty good job of keeping my figure except for my stomach. I have one son who is 18 years old. I was 19 when he was born and the doctor never once told me to exercise. I had my son by



CONSTRUCTION PROGRESS -- Brick Layers work on the north wall of the new Edenborough Shopping Center. The center will furnish 52,000 square feet of retail store space. Only A & P and Macks Variety Store have signed leases for store spaces.

TIPS FOR COTTON GROWERS FROM JIM CANDLER

First of a Series

Careful Preparation Pays Off.

Here it is, planting time again, and many of you are getting your planters ready so when the field conditions are right you can hit the field-running.

A lot of you will be banding a preemergence herbicide behind the packer wheel. Here are a few things to check before you hit the field.

—Check all your hoses. Make sure they are not old and caking, putting chips of rubber in your lines, clogging your nozzles.

—Check your nozzles. If they are brass, make sure they aren't worn down and oversized. They could apply more chemical than you desire.

—Check your pump. If it is old and worn, you won't get the necessary pressure.

After completing the above steps, be sure to use plenty of water. A good rule to follow is to use 1 gallon of water for every inch of your band. For example, if your band width is 14", shoot for 14 gpa.

Another point you'll want to

check is the price you're paying for your preemergence herbicide. When you use KARMEX diuron weed killer instead of the other leading preemergence herbicide, you'll save enough money to pay for your post sprays. Don't worry about sacrificing weed and grass control just because KARMEX costs less. You'll still get the weed control you need at a lower cost.

Finally, check the rate necessary for your field. The higher the OM content, the more KARMEX you'll need. Generally, 4/10 of a lb. on a 14" band does a pretty good job.

Get ready now for planting. Check your equipment and check your preemergence herbicide. You'll find KARMEX is still your best buy in cotton weed control.

Need further information?
Contact me—

Jim C. Candler,
your DuPont Sales
Representative,
Route 3 Box 1744L
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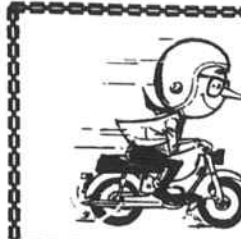
In the Raeford Merchants League, Webb's Tire Service maintains first place with 78.5 wins, 21.5 losses and .786. McNeill's Grocery is second with 62 wins, 38 losses and .620; WSHB is third with 54.5 wins, 45.5 losses and .548; House of Raeford is fourth with 52 wins, 48 losses and .520; Planning is fifth with 44 wins, 56 losses and .440; Howell's Drug is sixth with 42 wins, 58 losses and .420; Raeford Mobile Homes is seventh with 41 wins, 59 losses and .410; and U & I is last with 26 wins, 74 losses and .245.

Top Ten Bowlers
Jim Brittain of McNeill's grocery leads the pack with 187. Other top ten bowlers are Yank Gibbons Jr., Webb's, 186; Jesse Taylor, Webb's, 178; James Nixon, Webb's, 176; Bill Hendrix, Webb's, 175; Harold Campbell, Howell's Drug, 173; Thad Marks, WSHB, 173; Artis Gay, U & I, 173; Mackie Carter, Planning, 172; and Thomas Walker, McNeill's Grocery, 169.

College News

Belinda Daniels of Raeford was named to the dean's list at North Carolina A&T State University. To qualify for the honor, a student must achieve a 3.00 academic average.

Jeffery Otto Fletcher of Raeford will be among 604 students to receive degrees from Auburn University at the school's winter commencement today. Fletcher will receive his degree in education.



Away With Sports

BY DAVID CARNRIKE

Baseball season has arrived and Hoke County High baseball coach, Howard L. Smith, is looking for his 1972 last place Bucks to rise in league play.

The Bucks route to improvement is a simple one according to Smith. "We need better pitching and batting."

Coach Smith is hopeful he has a hero in young Gary Conoly. Conoly, who arrived this year at Hoke High, posted a 1.2 ERA in the Senior Boys League at Napus Naval Base, Italy.

Rounding out his possible pitching staff are Tyrone Tillman, Allan Thomas, Charles Scriven, and utility-man, John Wallace.

Smith has enthusiasm about the team's batting, but is depending on defensive playing. If experience means anything, the Bucks should stand somewhat of a chance in league play. Five players are returnees to the team. They are Bruce Hurst, catcher; Joe Corthren, first base, Donald Plummer, third base; Vanq Pennell, shortstop; and James McNeill, centerfield.

Defeated in Opening Game
Pinecrest collected 8 hits and 12 runs to defeat the Bucks in their opening game played at Pinecrest last Friday. Gary Conoly started for Hoke and pitched three innings, giving up 12 runs and 6 hits. Allan Thomas relieved Conoly and pitched 3 innings giving up two hits.

Batting for Hoke High looked good. They scored 6 runs with 6 hits. Pennell and Conoly collected the only extra base hits for the Bucks; both hits were doubles.

Carolina 500
Racing fans will again have the opportunity to see their favorite hero during the Carolina 500 Sunday at North Carolina Speedway in Rockingham.

David Pearson, Cale Yarborough, Bobby Allison, Buddy Baker and Richard Petty are rated early favorites to win the pole position when qualifying begins today.

Petty won the Daytona 500 and the Richmond 500 this year. Cale Yarborough was in the spotlight during the racing at Bristol International Speedway, and took a commanding lead before rain postponed the event after 50 laps last Sunday.

Hoke High Spring Schedules
Hoke High School Athletic Director, John Pecora, released the following schedules for spring sport activities:

BOYS TRACK - March 19, home, Pinecrest and Sanford; March 22, at Lumberton; March 26, at Lumberton; March 29, Division Meet at Sanford; April 3, home, Scotland and Sanford; April 7, Mid-Southern Meet at Southern Pines; April 9, home, Lumberton and Richmond; April 12, at Pinecrest; April 16,

home, teams to be announced; April 26, Conference Meet at Pembroke; May 4, Section Meet at Pembroke; May 11, Regional Meet at East Carolina University; May 18, State Meet at North Carolina State University.

GIRLS TRACK - March 21, home, Scotland, Camp Lejeune, Cape Fear, and Red Springs; March 28, home, Bowman, Scotland, and Red Springs; April 4, home, Scotland, Red Springs, and Union Pines; April 11, home, Bowman, Scotland, and Red Springs; April 13, at Cape Fear; April 13, at Camp Lejeune; April 18, at Cape Fear; April 25, home, Red Springs, Camp Lejeune, and Scotland; May 5, Eastern District Meet, home; May 11, State Meet at High Point.

BASEBALL - March 16, home, Pinecrest; March 20, at Laurinburg; March 23, home, Bowman; March 27, home, Laurinburg; March 30, home, Clinton; April 3, home, Laurinburg; April 6, at Clinton; April 10, at F.D. Byrd; April 13, at Sanford; April 17, home, Dunn; April 27, at Lumberton; May 1, home, Sanford; May 3, at Dunn; May 8, at 71st; and May 11, home, 71st.

BOYS GOLF - March 19, at Richmond; March 24, Conference Meet at Raeford; April 2, at Laurinburg; April 9, at Lumberton; April 16, at North Moore Home; April 24, at Sanford; April 30, at Pinecrest; May 1, Section Meet at Sanford; and May 14-15, State Meet at Chapel Hill.

TENNIS - March 15, at Sanford; March 20, home, Clinton; March 22, at Pinecrest; March 27, home, Laurinburg; March 29, home, Lumberton; April 5, at Richmond; April 10, home, Sanford; April 12, at Clinton; April 17, home, Pinecrest; April 26, at Laurinburg; April 27, Conference Tournament at Sanford; and May 3-4, State Section Tournament at Sanford.

Tennis
Hoke County High played two tennis matches before the release of the schedule. In the first, Lumberton beat Hoke 6 to 3, and in the second, Hoke defeated 71st 6 to 3. The first game results were Guy vs. Winberry, 6-2 and 8-3; Hostetler vs. Smith, 1-6, 6-4 and 6-3; Wester vs. Young, 6-2 and 7-5; Brooks vs. Beasley, 6-1, 5-7 and 6-2; Hutaff vs. Miller, 6-3 and 7-5; and Austin vs. Musslewhite, 7-5, 4-6 and 6-3.

In the doubles it was Guy and Smith vs. Winberry and Hostetler 8-5; Brooks and Wester vs. Young and Miller, 8-2; and Austin and Miller vs. Bailey and Hutaff, 8-6.

In the second match, the results were Winberry vs. Diggins, 8-5; Hostetler vs. Davies, 8-3; Miller vs. Dallas, 8-5; Young vs. Diggins, 8-3; Miller vs. Henry, 8-6; and Bendt vs. Austin, 8-5. Doubles for the second match were Winberry and Hostetler vs. Diggins and Diggins, 8-3; Davies and Dallas vs. Miller and Young, 8-4; Bendt and Ramsey vs. Austin and Miller, 8-4.

The first Brownie Girl Scout Handbook was published in 1951.

The first International Conference of Girl Guides and Girl Scouts was held at Oxford, England, in 1920.

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