

## Local Firm Low Bidder

Carolina Turf Co. of Raeford, submitted a bid of \$44,273 for apparent low on maintenance and repairs of playground equipment in family housing project at Ft. Bragg. Savannah District Army Engineers' estimate was \$43,122.

Second low bidder was the Daniels Company of Southern Pines, with an offer of \$44,444. The other two firms bidding on the work were Ballard Paint Co. of Lillington, with a bid of \$59,400; and W. W. Snow Sales, Inc., of Fayetteville, third low with their bid of \$54,175.29.

Contract time for repairing and / or replacing damaged playground equipment in family housing area at six locations on Ft. Bragg military reservation is 120 calendar days.

The Engineers also announced that bids will be invited Sept. 10 on electrical rehab work in area 7 of the North Wherry Housing project at Ft. Bragg. Specifically the job calls for updating panel boxes in 23 boiler rooms. A bid opening is scheduled for Sept. 27.

Estimated cost of the contract is between \$25,000 and \$100,000. Contract time is 90 calendar days. All plans and specifications cost \$10 and may be obtained by contacting the Savannah District Engineer, P. O. Box 889, Savannah, Ga. 31402.

**CROSS OF DEATH** - Cross bearing one light for each Hoke County highway fatality was erected Friday by Hoke County Jaycees to begin a multi-phase safety program. Cross is on side of U. S. 401 south near bus station.

### HOME REPAIR

To save money on home repair costs, paint galvanized iron gutters with latex paint or prime with metallic zinc paint. Keep gutters securely fastened to the house and free of materials that can clog downspouts, advises W. C. Warrick, extension housing specialist, North Carolina State University.

**THE OLD HITCHING POST** - The old hitching post has changed over the years. Students used to tie their ponies to a hitching post. Now they chain their bicycles to trees. This scene is near Upchurch School.

## Family Planning And Health

Dear Mrs. Riggsbee:

I just finished reading a booklet on family planning and understood most of it, but I have one question. In a paragraph headed "Improper use of a method," it says, "The woman may douche too soon after the sex act, even though there is no need to douche at all." I don't understand this. I thought the sooner you douche the better, as far as protection against pregnancy is concerned. And why would there be no reason to douche at all? Thank you.

Mrs. C.H.

Dear Mrs. H.:

First, let me state that it is the accepted opinion of a large majority of physicians that douching is not a necessary part of "feminine hygiene" at all. In fact, it may deprive the vaginal mucous membranes of their normal secretions and thereby invite irritation. Douches should be taken on the advice of a physician only, for specific reasons - such as a vaginal discharge due to infection, etc.

Douching after intercourse has, according to most medical opinions, no contraceptive value. If a woman wishes to douche after intercourse for personal reasons, the douche should be postponed at least six hours after intercourse so that no sperm cells might be washed up into the uterus. I hope this answers your questions.

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Dear Mrs. Riggsbee:

I read your column every week and have learned a lot from it. I am not married yet, but when I am I will plan my family.

Right now I am writing to ask you if it is possible to have "female trouble" if you have never had sex relations with anyone? Sometimes I have such pains in my abdomen. Do you think I have these

pains because I don't have sex relations?

J.T.

Dear J.T.:

It is possible for a woman or girl to have female trouble (disease, pain, or discomfort associated with any of the female organs) whether or not she has had sex relations.

In reply to your second question: Deliberately entering into a sexual relationship in order to attempt to improve your health would be a very foolish course of action, in my opinion. The wise thing to do is to see a doctor, preferably a gynecologist (female specialist) if possible - and find out what is causing your pain. Don't worry and suffer in secret, and don't prescribe your own remedies, either. That's what doctors are for.

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Dear Mrs. Riggsbee:

Is family planning only for people with large families already? I asked my doctor about birth control after my baby was born and he said I had plenty of time before I had to worry about that.

Even though we only have one child, we want to wait a few years before having our second, and we don't want more than two. Isn't that what "Family planning" means?

Mrs. S. deV.

Dear Mrs. deV.:

"Family planning" does mean the spacing of children as well as the limitation of family size. If you and your husband prefer to wait before having your second baby, you certainly have every right to do so.

Unfortunately, some doctors - for religious or other reasons - not only do not suggest a method of birth control after a mother has a baby, but they actually discourage using one even when she asks about it, as your doctor did.

If you wish to postpone having your next baby, you should see a doctor about a birth control method before resuming sex relations. If your own doctor will not prescribe a method for you, make an appointment at your health department.

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Address letters and requests for a free booklet on birth control to:  
Mrs. Gloria Riggsbee, 123 West Franklin Street, Chapel Hill, North Carolina 27514

### Sales Tax Report

The state Department of Revenue lists \$488,310 as 1972-73 gross collections of sales and use tax in Hoke County. Gross retail sales are listed as \$23.4 million.

Results of quarter ended June 30 show \$42,677 net collections, \$428 cost of collections and \$42,249 net distributable proceeds. Per capita distribution in Hoke County was \$35,363 and in Raeford \$6,886.

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Emigrating from the Old Country, 19th century Finns brought their saunas, hot air bathing, to the melting pot of America.

### Weekly Health Tip

By Walter Coley



"It is clear that drugs can promote and preserve good health when they are taken on the advice of a physician, or according to directions on the label," says Today's Health magazine. "However, drug abuse - taking drugs without professional advice or direction - can injure vital parts of the body: the liver, the kidneys, the heart, the brain. Abuse of certain drugs can also lead to drug dependence, either psychological or physical. It just makes sense that drugs should not be imposed upon the body's intricate chemical balance unless they are prescribed by professional medical personnel."

**HOKE  
Drug Co.**

PRESCRIPTION CENTER

## College Students

**MEREDITH**  
Linda Kay Teal  
Kim Jordan  
Lynn Currie  
Jane Barnes  
Missy Upchurch

**N.C. STATE U.**  
Robert Dickson  
Ann Howell  
Sammy Young  
Skip Autry  
Mike Conoly  
Danny McGougan  
Joe McGougan  
Jimmy Maxwell

**LOUISBURG COLLEGE**

Lee Gillis  
Jerry Tucker  
Stan Winberry  
Gary Culp

**MARS HILL COLLEGE**  
Linda Barfield

**UNC WILMINGTON**  
Judy McDougald

**LEES CRAE, Banner Elk, N.C.**  
Jimmy Wood

**WESTERN CAROLINA**  
Jean Stephens Daniel  
Julia Augustoni

**ELON COLLEGE**  
David Wood  
Frank Williamson

**PEACE COLLEGE**  
Becky Hood

**GARDNER WEBB**  
Jeff McNeill

**WAKE FOREST U.**  
Mike Jordan, grad. school

Bill Senter, Law School  
Anna Jordan  
Anderson Hostetler  
Kelly Jordan  
Eddie Barefoot  
Stephen Ellis  
Allen Wood

**UNC-CHAPEL HILL**  
Ronnie Huff - Law School  
Tom Howell  
Jasper Clark  
Watson McNeill  
Sally Austin  
Mary Margaret Sawyer

**UNC GREENSBORO**  
Evelyn Brown

**PEMBROKE**  
Joel Lancaster

**APPALACHIAN STATE N.**  
Carlton Niven Jr.  
Caroline Niven  
Debbie Leach  
Sharon Ashburn  
Sharon Currie  
Wanda Grant  
Steve McNeill - Graduate School  
Debbie Inman  
Steve Plummer  
Mark Heath

**ECU GREENVILLE**  
Barbara Plummer  
Robert Clark  
Reba Best  
Pam Peoples  
Betsy Postel  
Gail Conoly  
Kathy Currie  
Sallie Mac Johnson  
Jim Crissman

Please call in students omitted.

## Magistrates Court

The following cases came before the magistrate last week.

Ernestine McDougald Malloy, Fayetteville, fail to comply with license restriction, \$25 fine and costs.

Calvin Ray Stackpole, Fayetteville, speeding and safety inspection certificate violation, \$10 fine and costs. W. Roy Downing, Fayetteville, worthless check, \$41 restitution and costs.

Ten dollar fines and costs for passing violations were assessed Charles Scotty Jones, Burlington; Philip Leroy McMillan, Aberdeen; Jerry W. Nelson, Asheboro; Hubert William Major, North Miami, Fla.; Randolph Scipio, Charles Heights, S. C.; and William James Westervelt, Fayetteville.

Costs only were assessed Ronald Beall, Greenville, for failing to give audible warning with horn before passing.

Assessed \$10 fines and costs for speeding were Charles W. Harris, Columbia, S. C.; Stephen Alderman McLean, Wagram; and James Wesley Hunt, Laurinburg.

Paying \$5 fines and costs for speeding were Kennard Fletcher, Hamlet; Lewis Sheperd Jones, Fayetteville; Charlie Davis Jr., Fort Mill, S. C.; Margaret Spell Carter, Charlotte; Lavinia Wade Patterson, Raeford; Billy W. Castleberry, Chattanooga, Tenn.; and Jack W. Farris, South Plainfield, N. J.

Delfin Denasio Hill, Fayetteville, fail to drive on right side of road, \$10 fine and costs.

Mollie Bullard, Stonewall Township, public intoxication, \$3 jail fee and costs.

Donald McLean, Tar Heel, public intoxication, four days in jail retroactive to date of arrest.

Assessed costs only were Timothy Arthur Davis, Baltimore, Md., stop sign violation; Thelma Louise Leslie, Aberdeen, unsafe movement; Frances Sugar Solomon, 606 S. Main St., unsafe movement; Wilson H. Presley, Red Springs, inspection violation; Jesse

Seneca Moore Jr., Reidsville, inspection violation; Willie Smith McLaurin, R. Springs, fail to reduce speed to avoid accident; Billie Edens, Antio Community, fail to reduce speed to avoid accident; Bernice Medlin, J. Southern Pines, fictitious license plate; Bobbie Locklear, Rt. 3, Raeford, drive left of center; Earl Junior Gibso Raeford, consume intoxicating beverage in public; Deborah Sue Riddle, 20 Harris Ave., improper left turn causing an accident.

Ronald Galvaston Marshall, Maxton inspection violation, costs only.

Shelton Ray McLamb, Clinto license violation, \$25 fine and costs. Walter Woodrow Hale Jr., Ft. Bragg inspection violation costs only.

Johnnie B. Black, Monroe, too far for conditions, costs only.

Roylee Junior Murchison, Rt. public consumption of intoxicating beverages, costs only.

## Two Injured

Two people were injured and one man was cited following a two-car accident on rural paved route 1124 a Bowmore Sunday at 8:15 p.m.

Driver of one vehicle, Elbert Adams of Baltimore, Md., sustained minor injuries and a passenger in his car Lizzie McLaughlin was taken to Scotland Memorial Hospital by Morrison Ambulance Service. Adams car was totalled.

Cited for DUI and failure to reduce speed was driver of the second vehicle Roscoe McLaughlin of Raeford. According to State Highway Patrolman K.W. Weston the Adams vehicle had slowed for a left turn when it was allegedly struck from the rear by the McLaughlin car. McLaughlin's vehicle received an estimated \$1,000 damage.

## Come See Your Airport

Paul Rose, of Rose Aviation Invites the Citizens of Raeford and Hoke County To Come Out And Look Over Your Airport

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- \* Lighted Runway
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**Rose Aviation**  
RAEFORD AIRPORT  
TELEPHONE 875-6521

## School Bells mean School Bills.

Yes, it's that time of year again . . . getting the children ready for school or college. That usually means added expenses . . . clothes . . . shoes . . . school supplies . . . or tuition that might stretch your budget this year. Our professional budget counselors will be glad to talk to you about your money needs and arrange a loan for the extra cash you need. Give us a call or drop by and see us today.



Dennis Stewart, Manager

TELEPHONE 875-4111

103 N. MAIN STREET

RAEFORD, N.C.



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