



SOUTH HOKE -- Students at South Hoke Elementary school are preparing for the first physical education demonstration day of the year. The school is one of eight in the state chosen to demonstrate physical education. [Photo by C. Wasko]

P. E. Day Announced

South Hoke School is busy in preparation for its first physical education demonstration day of the year. It will open its doors to school personnel from neighboring counties and other visitors December 6. This will be the first of six demonstrations held at South Hoke School this year. These programs are designed to demonstrate new and exciting ways to improve a school's health and physical education program.

This is the second year that South Hoke School has used its facilities as a demonstration center. It was selected along with seven other schools across the state to serve as a physical education demonstration site. These schools are working in cooperation with the President's Council of Physical Fitness and Sports and the North Carolina State Department of Public Instruction.

In order for a school to qualify as a demonstration center in physical education, it must meet certain criteria established by a visiting team from the State Department of Public Instruction. The main features that this team is looking for are administrations and staffs that are aware of the needs for a strong health and physical education program, good facilities which must include indoor space for physical education and a program based on the needs of the children.

Wayne Mills is serving as Physical Education Coordinator for South Hoke School. This is his first year as coordinator at South Hoke. Mills works closely with Loria White, elementary schools physical education coordinator for Hoke County Schools.

This year's programs will consist of demonstrations by eight classes. The second, third, and fourth

grade classes will present a variety of activities which will include game skills and rhythms. The main theme of this program will be building bodies through basic movement skills.

Mr. Mills invites all parents and friends of the school to visit South Hoke School during these demonstration days. The demonstrations will be December 6, January 10, Feb. 7, March 7, April 4, and May 2 between 9:00 a.m. and 12:00 noon.

Teachers participating in the first program will be: second grade: Mrs. Eunice Torry, Mrs. Jeanette Jordan, Miss Sallie Mac Johnson, third grade: Mrs. Miriam Letie, Mrs. Linda DuBois, Mrs. Bonnie Rose, Mrs. Dianne Monroe, fourth grade: Mrs. Bobbie Doby, Mrs. Darlene Clark, and Mr. Mayo Arnold.



AUTUMN HAY -- This is a familiar scene around Hoke County this time of the year as farmers bale hay for winter fodder. The picture was taken in a field just off Highway 211 north of McCain. [Photo by Charles Blackburn]

That Wet Kiss In The Morning May Be From 'Hearing-Ear' Dog

By Barbara S. Moffet
National Geographic News Service

Dogs are lending their acute sense of hearing to the deaf. In the tradition of seeing-eye dogs, "hearing-ear" dogs are alerting their masters to a variety of sounds: doorbells, baby cries, alarm clocks, smoke detectors, and burglar alarms. More than 25 dogs have been sent to homes of deaf people around the country by the American Humane Association in Denver. 20 more are in training there.

Because the dogs don't guide



Only the newspaper gives the thinking man so much to think about as it probes into the background of each day's happenings.

their masters, just about any size will do. Intelligence and a pleasant personality are important.

"We've trained everything from a mixed dachshund to a full-blooded golden retriever," said Robert White, program director. The canine recruits usually come from animal shelters, so there is an almost endless supply.

Dogs are provided to the deaf free, but training can cost \$1,800 per dog, the National Geographic Society says.

Turning a dog into a sentry of sound can take as long as five months. First the dog learns to obey simple commands. Then it is taught to be sensitive to certain sounds.

The dogs alert their masters by running to the source of the sound, then to their masters, and back to the source. For wake-up duty, smaller ones are taught to jump on the bed and lick the deaf person's face, while larger dogs are restricted to a firm nudge with their noses.

The dogs are "custom-trained." A deaf mother in Dallas requested that her dog be able to recognize the cry of her baby. The dog, an Australian shepherd, was trained with a tape recording of a baby played next to a doll in a crib.

Unfortunately, when the dog reached his new home, the real baby just didn't sound the same. The dog was quickly retrained at

home, and soon was dutifully informing the mother when her baby began to whimper.

"The dogs become very aware," White said. "They seem to develop a sixth sense, the way they pick up small things like a teakettle whistle."

One dog learned so well that it began notifying its owners when the television was too loud and when the furnace and air conditioner came on. They decided to put up with the annoyance.

Hearing-ear dogs often new independence for the country's 1.8 million deaf people and could ease the minds of parents of deaf children. A canine companion, for instance, is taught to warn a youngster if something threatening is behind him and to lie down in front of a child until a speeding car passes.

The American Humane Association program is a three-year pilot project financed with private contributions. If successful -- and if money is available -- the program will branch out into 10 centers around the nation. The goal is to provide a dog to every deaf person in the country who wants one.

Dogs that fail to qualify as hearing-ear dogs might become companions to other people in need.

"These dogs hold a great deal of promise for disabled and older people," White said.

Foolproof Tests, 'Fingerprints' Guard Against Fake Turquoise Gems

By Robert C. Radcliffe
National Geographic News

Science has put the bite to a notorious wooden nickel -- fake turquoise jewelry.

An Arizona analytical chemist has learned how to fingerprint turquoise, determining whether a stone is natural, doctored up, or an outright fake.

His technique of reading stones' makeup has proven what police, gem dealers, and jewelry makers long have known: An awful lot of those turquoise rings, bracelets, and necklaces being sold during the ongoing boom in American Indian jewelry are not what they seem.

They are low-grade stones dyed and treated to look like good turquoise, or tiny chips of turquoise glued together and polished to appear to be a single gem, or made in Hong Kong glass.

Mines in five states produce most of the greenish-blue stones in America -- Arizona, California, Colorado, Nevada, and New Mexico, the National Geographic Society says. Almost all is made into Indian jewelry, a growing business of \$750 million a year in New Mexico alone.

Dr. Michael Parsons of Arizona State University at Tempe says about half of the hundreds of stones he has analyzed are not turquoise at all, but look-alikes of little value or clever or crude imitations.

Of stones that are genuine, only 3 to 5 percent are "natural gem grade" turquoise, about the same percentage found in mining.

Turquoise is a hydrous phosphate of aluminum and copper, formed through the eons by water seeping through rock. It's usually found in arid regions, seldom in

mines deeper than 100 feet. We call the semi-precious gem turquoise thanks to the French who, among others, thought it came from Turkey. But the trade routes led farther East, to mines in Persia.

In the ancient world, Egyptian pharaohs prized the stones, sometimes sending thousands of miners under guard to the Sinai Peninsula to find them. In the New World, prehistoric Indians used turquoise for pendants, beads, mosaics, and carved figures.

One Indian legend credits a mythical mountain of turquoise with radiating blue color to the sky. However, natural "sky stones" are dull looking, waxy in luster, and may be soft and breakable.

Body oil and excessive soap may add an unwanted green to the blue stone. The amount of greenness a stone takes on, contrary to an old Indian story, does not indicate the degree of a spouse's unfaithfulness.

Nature's shortcomings have not stopped man from "improving" stones -- and their value -- deepening the color, and adding luster and hardness, with mutton tallow, butter, ear wax, Prussian blue dye, or liquid plastics.

Such stabilized turquoise can make beautiful jewelry. But selling it as natural, untreated turquoise is against federal law and the statutes of at least nine states, with violators subject to \$5,000 fines.

In his pioneering analysis technique, Parsons aims a powerful electron beam at the stone, stirring up radiation which is then read and analyzed with help from a computer. Since every stone's chemical makeup is slightly different, identities are as individual as fingerprints.

Certificates with "fingerprint" descriptions already are helping



STRANGE VEGETABLE -- Bob Gatlin holds an unusual plant harvested last week from his garden. He says it was growing in a row of collards. It has a collard top, but the root is all turnip. He thinks it's either a purple top turnip or a rutabaga, but isn't sure what to call it. The plant came from Morris Plant Farms and was grown by Roger Dixon, retired Hoke County Register of Deeds, who tends the garden with Gatlin.

Cold Weather Brings Danger Of Frostbite

Cold weather is back again and with it comes the health hazards that accompany subfreezing temperatures. An ever present winter danger in most of the United States is frostbite.

Frostbite is, naturally, more of a problem in the northern states, but even in most of the south there are occasional periods of weather cold enough to nip unprotected noses and cheeks.

The American Medical Association points out that frostbite can be very painful, can result in amputations and can leave the victim hypersensitive to cold for the rest of his or her life. In some ways the damage of frostbite is similar to a burn. Injuries to both deep and shallow tissue are comparable. First degree frostbite, like sunburn, is an injury to surface skin. It is likely to attack ears, toes, fingers, cheeks or nose. Second degree frostbite produces blisters as in second degree burns. In third degree frostbite the damage is deep and much of the frozen part may be lost.

Prevention is the best protection. This means being properly dressed in warm clothing, waterproof shoes, and heavy, dry socks, with good covering for head and ears. Keep clothing dry from both outside moisture and perspiration, and avoid tight clothing or garters that may restrict circulation.

Motorists traveling across country in subfreezing weather are advised to have heavy clothing and shoes in the car, in the event of a breakdown and a necessary hike for help. If your auto is stalled in snow

or ice some distance from help, it may be safer to stay in the car than to walk a long distance in extreme cold in light clothing.

The first signs of frostbite are "pins and needles," prickly feeling, and then numbness. The affected part will turn white or grey and later red. Groups such as the military often use the buddy system outdoors in severe weather. Each buddy watches the other's face for signs of frostbite.

First aid possibilities are limited. Thawing of the tissue as soon as possible is the first consideration. This can best be accomplished by getting indoors into a warm room. Treat the frozen part gently and do not rub or massage it. The old technique of rubbing snow or ice water on the frozen spot does more harm than good by delaying thawing.

Medical treatment is needed promptly. Control of the severe pain is required, and antibiotics and antitetanus injections may be needed if the skin is broken. Often the frozen skin will eventually slough off.



police, museum directors, gem dealers, and customers to detect fraudulent and stolen turquoise.

LEGALS

NOTICE
SANDHILLS MENTAL HEALTH CENTER, INC.

Bids will be received by the Sandhills Mental Health Center, Inc. for a 1978 model compact automobile.

Bids will be opened in the office of the center at Pinehurst, N.C. on December 14, 1977.

For additional information and a copy of the bid package contact:

Larry J. Crawford
Business Manager
Sandhills Mental Health Center, Inc.
Pinehurst, N.C. 28374
Tel. 919-295-6167

31C

PUBLIC NOTICE
CITY OF RAEFORD
HOKE COUNTY
NORTH CAROLINA
IN THE MATTER OF
PLANNING

Mr. Charles A. Connell
132 West Elwood Avenue
Raeford, N.C. 28376

You are hereby notified that an application is now pending before the Raeford Planning Board and the City Council, asking the said Boards to rezone r-8 residential property to c-1 commercial, as property is to be used for office building.

Said property beginning at a stake in the northern edge of Elwood Avenue, the southeast corner of the lot here described, and lying 80 feet west of the southwest corner of the Post Office lot; thence North parallel with Magnolia Street 117 feet to a stake; thence in a western direction parallel with Elwood Avenue 120 feet to a stake in the eastern edge of Magnolia Street; thence in a southern direction with the eastern margin of Magnolia Street and the A&R right of way in a southeasterly direction 146 feet to a stake in the edge of Elwood Avenue; thence with the northern margin of Elwood Avenue in an easterly direction 10 feet to the BEGINNING point, and being the same property conveyed to Paul B. Davis and wife, Doreen May Davis, by deed dated April 16, 1946, and recorded in Book 85, page 190 of the Hoke County Public Registry to which reference is hereby made.

A public meeting will be held by the Raeford Planning Board at 7:30 p.m. December 13, 1977 in the Council Room of City Hall. All interested citizens are hereby requested to attend this public meeting and express your views and opinions for the benefit of the said Boards.

This public notice to be published on November 24th, and December 1st, 1977.

John K. McNeill, Jr.
Mayor

On Behalf of Raeford City Council
Raeford Planning Board
By: Stanley Koonce, Chairman

30-31C

CREDITOR'S NOTICE
NORTH CAROLINA
HOKE COUNTY

The undersigned, having qualified as Executrix of the Estate of Glenn W. Wood, deceased, late of Hoke County, this is to notify all persons having claims against said Estate to present them to the undersigned on or before the 17th day of May, 1978, or this Notice will be pleaded in bar of their recovery. All person indebted to said Estate will please make immediate payment to the undersigned.

This, the 17th day of November, 1977.

Lillian C. Wood
Center Drive
Raeford, North Carolina 28376
MOSES, DIEHL & PATE, P.A.,
Attorneys
127 W. Edinborough Avenue
Raeford, North Carolina 28376

29-32C

EXECUTOR'S NOTICE
IN THE GENERAL COURT
OF JUSTICE
SUPERIOR COURT DIVISION
STATE OF NORTH CAROLINA
HOKE COUNTY

Having qualified as Executrix of the estate of T.B. Lester, Jr. of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said T.B. Lester, Jr. to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 14th day of November, 1977.

Lorena A. Lester
Donaldson Ave.,
Raeford, N.C. 28376

29-32C