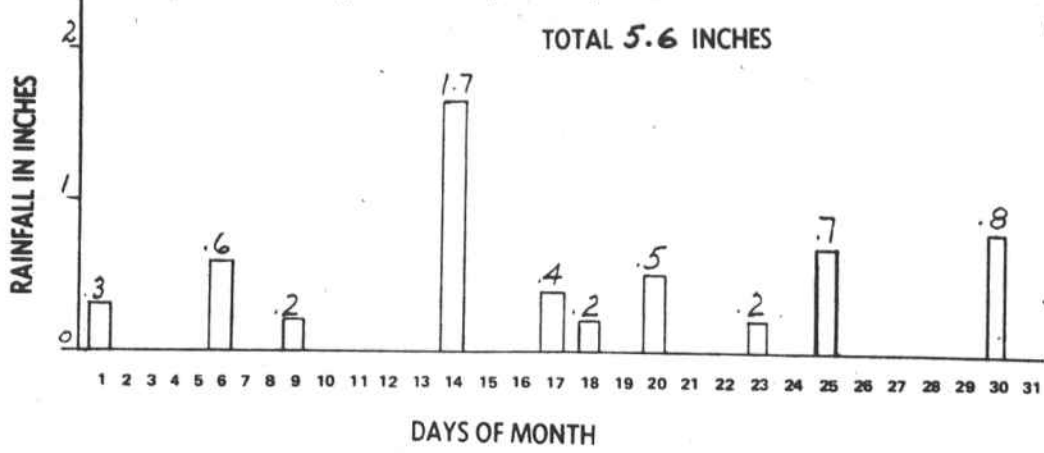


RAINFALL, RAEFORD, N. C., DEC. 1977



DECEMBER RAINFALL -- December was an average month for rainfall, in Raeford according to *The News-Journal* weather watcher, with a total of 5.6 inches for the month. That compared to 5.3 inches in December of 1974, 6.4 in 1975, and 5.2 for the month in 1976. This year, Wednesday, Dec. 14, was the wettest day of the month, with total precipitation measured at 1.7 inches.

Walters Retires At Burlington

Malcolm E. Walters, maintenance technician, retired officially from the Raeford Plant of Burlington Menswear on December 23, it was announced this week.

Walters has been with Burlington for some 26 years. He started out as a tractor trailer driver and retired as a maintenance technician with an assignment in the boiler room.

"Make," as he is referred to, has plans to maintain a sizeable garden in the spring which will cover some 1 to 2 acres. This employee's contribution to the Raeford Plant's successful operation is invaluable and will be missed, a spokesman said.



WALTERS RETIRES -- Malcolm E. Walters, maintenance technician, retired officially from the Raeford Plant of Burlington Menswear last month. He is shown receiving his Bible at retirement from Jack Bradford, plant manager (right), and Max Hodges, plant engineer (left).

Wilson orders \$100 worth of groceries from Taylor, agrees to pay for them, but instructs that they be delivered to Johnson. Who is legally obligated to pay for the groceries?

If no credit is extended to Johnson, Wilson's promise to pay for the groceries is binding. However, the following case is different.

Hudson says to Turner: "Buy \$1,000 worth of merchandise from Barker, and if on resale you suffer a loss I will indemnify you." Turner does as requested, and as a result of the transaction he sustains a loss of \$200.

The agreement constitutes a contract of indemnity and when made orally remains valid.

This Is The Law

In this case, Wilson must pay. The agreement is not a suretyship or guaranty contract. Although Johnson received the groceries, he has no obligation to pay for them. Wilson bought the groceries from Taylor and made a gift of them to Johnson.

Merchant Bowling

Earl's Widens Lead

Going into the new year, Earl's Electric has a five game edge over the County Line Plaza in the Raeford Merchant Bowling League action.

Last week, Earl's whitewashed Raeford Auto four games. The Plaza gang took three out of four from Melton's Heating. Hunt's Trucking rolled up four wins over McMillian Grocery.

Mark's Food, on the move, took four from the Barbers. John's Short Shop swept three out of four from the Airco Machine Shop.

The high series last week went to Martin Stenzel, for Earl's Electric, with a 594 series, and that included a 223 game. The high 200 went to Everett Bowen, for Hunt's, with a 233 game. Others over the 200 mark included Harold Campbell, for Hunt's, with a 222; Leon Burton, for the Plaza gang, with a 212; James Nixon, for Hunt's, with a 211; Thad Marks, for Marks', with a 210; Alex Kelly, for the Plaza, with a 208; Frank Dees, with a 204 for Airco Machine Shop; Jesse Taylor with a 202 for Hunt's; and David Gibson, for John's, with a 200.

This week's schedule: The first and second place teams, Earl's Electric and the Plaza crew, meet head-on. Hunt's battles John's Short Shop. Mark's Food tangles with Airco Machine Shop. The Barbers will try and find the winning way again when they face Raeford Auto. And Melton's Heating takes on McMillian Grocery.

Team Standings

Team	W	L
Earl's Electric	52	20
County Line Plaza	47	25
Hunt's Trucking	44	28
Marks' Food Store	40	32
Hollingsworth's	39	33
John's Short Shop	38 1/2	33 1/2
Airco Machine	38	34
Melton's Heating	26 1/2	45 1/2
McMillian Gro.	23	49
Raeford Auto	12	60

Top Ten Bowlers

Name	Avg.
J. Taylor (Hunt's)	180
H. Walters (Hunt's)	178
B. Powell (Earl's)	177
T. Ham (Barbers)	174
T. Marks (Marks')	172
J. Nixon (Hunt's)	170
E. Bowen (Hunt's)	170
B. Hendrix (John's)	170
W. Dickerson (Marks')	170
H. Campbell (Hunt's)	169



Read 1 Peter 4: 12-16

"God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16)

The enterprising young man had constantly been warned about his reckless driving, but he paid no heed. "Don't worry. Nothing will happen to me," he boasted to concerned acquaintances.

But one night, after attending a party, he was speeding along the roadway as usual when he lost control of the vehicle and crashed into a wall. He was badly injured and had to be hospitalized for several weeks. A terrible price to pay for carelessness! However, during that period when he endured great physical pain, he reflected on his folly and realized that he had narrowly escaped death.

In like manner, some of us travel carelessly along the road of life, paying little or no heed to the warning signs given in God's holy word. Oftentimes it takes a mishap that brings suffering, physical or otherwise, to awaken us to our spiritual needs.

God loves us and has no desire for any to perish. Despite our indifference, our disobedience, and our negligence, God loves us with an everlasting love.

PRAYER: Dear Father, how much do we love You? We live so carelessly. Forgive us and teach us Your way, for Jesus' sake. Amen.

THOUGHT FOR THE DAY
God disciplines because He loves.

--copyright--
THE UPPER ROOM
--Veronica Fonrose
(San Fernando, Trinidad)

The Veterans Administration reported the nation's veteran population stood at 29,840,000 at the end of September 1977. In September 1976, VA said the nation's living veterans totaled 29,667,000 individuals.

Recreation Bits

The Hoke County Parks and Recreation Commission is sponsoring a Ladies Volleyball League. All interested females from the 11th grade up to "unlimited" are invited to get involved. Teams will be arranged and will play one night a week beginning Jan 16, 7:30 p.m., Gibson Gymnasium.

Teams will be limited to 10 members each. If you have a team already arranged please try to have all your teammates available. Everyone present will be put on a team, so it is not imperative to already be a member of an organized team to attend.

Contact your friends and neighbors and make plans to get involved in the league action. Remember January 16, 7:30 p.m., Gibson Gym. For further questions call the Hoke County Recreation office.

Youth Basketball Begins

Remember, registration for all Hoke County Parks and Recreation programs is now taking place at the Recreation office, 875-5603, or 125 W. Elwood Avenue. Winter Schedules may be picked up at the Recreation office. All programs are based on the first come first serve basis, so don't be late.

Men's Volleyball

Men's Volleyball action resumes competition Thursday, Jan. 5. 7:30 Raeford Four Square Church/Raeford Jaycees
7:30 Southern Planning and Construction/Jammers
8:30 Kiwanis/Fuzz Busters
8:30 Howell Drug/Hoke County Jaycees
9:30 First Baptist Church/Western Auto

Register Now

The Hoke County Parks and Recreation Commission will sponsor four youth basketball leagues beginning in January. Organizational meetings will be held at 3:45 p.m. at Raeford Elementary Gym with the following schedule:

Jan. 3 Girls 9 - 12.
Jan. 4 Boys 7 - 9.
Jan. 5 Boys 10 - 11.
Jan. 6 Boys 12 - 13.

Christmas Seal Reminders Mailed

Christmas Seal reminders are currently being mailed to local residents who may have forgotten in the holiday rush to send their Christmas Seal donation to the Lung Association.

"Often in the hectic days before Christmas, people misplace or put aside their Christmas Seal appeal letter," said Mrs. Richard Neeley, Honorary Christmas Seal Chairman for Hoke County. "For that reason reminders are mailed to those who have not responded in some way. Even though the holiday season is about over, it is not too late to send in your Christmas Seal contribution. The Mid-State Lung Association, which serves Hoke County, desperately needs our continuing support to meet the increased demands of their program of work in the local communities."

Out of every dollar received by the Lung Association, 90 percent stays right in North Carolina to be used in community and patient service projects, such as respiratory breathing equipment for lung patients, smoking withdrawal clinics, lung screening tests, plus other projects that develop during the year.

Educational material is provided for local schools, public health departments, hospitals, physicians offices, and business firms. Medical research is also being conducted right here in North Carolina at Bowman Gray Medical School, Duke University Medical School, and at the University of North Carolina.

The remaining 10 percent is used by the American Lung Association in the national program of medical research and to provide local affiliates with up-to-date educational information relating to lung diseases which affect children and adults. Particular emphasis is placed on asthma, chronic bronchitis, emphysema, tuberculosis, air pollution control and smoking as related to lung diseases.

Contributions may be mailed in the return envelope that accompanied your Christmas Seals or sent directly to Mid-State Lung Association, P.O. Box 1187, Aberdeen (28315). Be sure to note if it is a Christmas Seal contribution or a special memorial donation. Remember, every contribution, no matter how small or how large, it's 'A Matter of Life and Breath.'

Get In Shape With Moderate Exercise

Well, North Carolina, another year is upon us. And as we pull out our list of New Year's Resolutions, pausing briefly to allow our eyes to focus on the paper after 24 hours of televised football, we notice the same promise we made ourselves last year. "This year we get into shape -- start exercising."

For a moment, just like last year, our heads are dizzy with the zeal to improve our health and become physically fit. Visions of lost weight, firmer stomachs, a single chin, and the ability to leap staircases in a single bound without huffing and puffing, dance in our heads. We are nearly overcome by the urge to begin our exercise program as quickly and vigorously as possible. Wait a minute -- hold on!

Being one year older and one year wiser and quickly regaining our senses we realize that change will not come overnight. We also know that after another twelve months of relative inactivity and two weeks of solid holiday eating the best thing is to enter our fitness program gradually.

Being sensible people, we keep the following guidelines in mind:

- Establish a regular program. Walking for one hour three times a week brings more benefit than

exercising to exhaustion once a week.

- Learn your limitations. Whatever activity you can do for an hour and still feel you could continue to do for another hour is well within your limits of physical endurance.

- Increase your level of activity gradually. If you are accustomed to walking, you should only run for one or two minutes at a time, at a comfortable pace. If you usually play double tennis, play singles for only ten to fifteen minutes and build from there.

- Avoid physical activity on a full stomach. Do not exercise sooner than two hours after a full meal.

- Include proper calisthenics in your program. Few sports strengthen all your muscles equally. Calisthenics do and they are also a good way to warm up.

- Warm up and cool down slowly. Take four or five minutes at the start of each session to stretch muscles and bend joints before they are worked vigorously. Toward the end of the session, slow down your speed, decrease the intensity of your exertions, and end up by walking five or ten minutes before you stop altogether.

Here's hoping for a healthy new year!

FLIP THE SWITCH ON ENERGY WASTE!

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