

# Programs Help Patients Recover At Home

The home health programs in North Carolina are helping many people recover from long illnesses in the comfort of their own homes, the North Carolina Council of Home Health Agencies says. The rest of the council's message follows.

For some patients, home health programs may allow an early release from the hospital. For others, the program may eliminate

the need for placement in a nursing home. Instructions and supportive counseling can be given in how to care for the loved one at home.

Skilled nursing care and other health services are provided under a physician's supervision by your local home health agencies. Call a home health agency in your area for more information. Being home can be good medicine. We may be able to help you stay there.

## Hoke 4-H Horse Club To Meet December 8

The second meeting of the Hoke County 4-H Horse Club will be held on December 8, at 7:30 p.m., at the Hoke County Library.

An informational meeting was held in November with 23 persons attending.

The club is open to all youth 9-19 regardless of sex, race, color or national origin. Adults interested in working with the groups are also urged to attend. Parents are asked

to accompany their children, if possible.

The 4-H horse program is designed to give youth educational experiences to learn more about horses, their care, and riding. The program also offers competition in horse shows, horse quiz bowl teams, horse judging, horse demonstrations, and public speaking.

For more information, call the 4-H office at 875-2162.



**DISTRICT OFFICERS** -- Bertha Hendrix of Rt. 2, Raeford, was elected 1982 Southeastern District International chairman of the North Carolina Extension Homemakers Clubs at a meeting in Burgaw November 12. She is holding a copy of the international magazine "The Countrywoman." The cloth in front of her bears the Homemakers Club seal painted on fabric by Ollie Augustoni of the Philippi club. The staff photo was taken Monday in the Hoke Extension Service conference room.



**SCURLOCK TOTEMS** -- Scurlock School Fourth Graders and art teacher Martha Warren are shown with the totem poles the students made shortly before Thanksgiving with their art teacher's instruction. Martha Warren also teaches art to the Third Grade students. The students in the photo are in Mrs. John Butler's class. [Staff photo.]

### ENERGY SAVING WAYS!

With AUTOMATIC DRYERS

- Dry clothes in consecutive loads. This cuts down on the energy consumption required to heat up the unit, plus, an already warm dryer shortens drying time.
- Dry full loads—but don't overload. Clothes that can tumble freely will dry faster and with fewer wrinkles.
- Sort clothing into loads of light or heavy fabrics for the most efficient and fastest drying.
- Make use of your automatic drying cycle if your dryer has one. This cycle shuts the machine off when it senses that the clothing is dry, avoiding overdrying and energy waste.





Mrs. Adcox [center] receiving retirement Bible. At left is Cecil Bond, manager of the Raeford plant, and at right is Nancy Hodges, yarn manufacturing superintendent.

## Thelma Adcox Retires After 26 Years

Thelma W. Adcox recently retired from the Raeford Plant of Burlington Industries after 26 years continuous service.

Mrs. Adcox had worked for the local plant for a period of 20 months prior to her continuous employment date. During her employment, Mrs. Adcox had worked primarily as a Spinning Tender,

however, she served as an instructor for a period of about three years at one point in her career.

During retirement Mrs. Adcox hopes to enjoy life and do some traveling. She has two children who are currently employed at the Raeford Plant: Jerry Adcox, Spinning Department, and Janet Baker, Industrial Engineering Department.

## Inflation-Fighting IDEAS

TIPS TO HELP YOU  
A GOOD DEFENSE

A first step in your defense against soaring energy prices can be proper insulation levels, sealing and caulking.

The next step should be checking your heating system. Even if your primary defense—the system itself—is in good shape—you can make your defense even more impenetrable by adding on a heating pump.

Why does a heat pump work well with a natural gas or oil fuel furnace? That's because your home furnace works most effectively at very cold outdoor temperatures (below 30°F). A heat pump, on the other hand, is most efficient at relatively warmer outdoor temperatures (above 30°F).

When both a heat pump and furnace are used together—experts at Carrier Air Conditioning point out—your control system can then choose between furnace and heat pump depending on indoor and outdoor temperatures. The system will then select the most economical operating mode to meet your comfort needs.

Since an add-on heat pump system uses less energy—your heating bills will take a marked drop almost immediately. In addition, heat pumps provide efficient central air conditioning.

With this type of defense, you'll be able to score important points for your home team...and your home heating and cooling budget.

I LIKE CALLING  
NORTH CAROLINA HOME

### LEGALS

of a 60 foot wide unnamed street; thence as said right-of-way N 17-25 E 100 feet to the BEGINNING, containing 0.46 acre, more or less, and being a portion of that tract of land described in Deed Book 169, at page 467, Hoke County Registry.

Five percent (5%) of the amount of the highest bid must be deposited with the Trustee pending confirmation of the sale.

Dated this 12th day of November, 1981.

Substitute, Trustee:  
William L. Moses  
Post Office Drawer 688  
Raeford, N.C. 28376  
Telephone: (919) 875-2137  
32-33C

### LEGALS

IN THE GENERAL COURT OF JUSTICE  
SUPERIOR COURT DIVISION  
BEFORE THE CLERK  
NOTICE OF SALE

STATE OF NORTH CAROLINA  
HOKE COUNTY

**ADMINISTRATOR'S NOTICE**

Having qualified as Administrator of the estate of Johnny Pridgen, Jr. of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Johnny Pridgen, 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 16 day of November, 1981.

Mary Frances Pridgen  
Route 1, Box 653A  
Red Springs, N.C. 28377  
31-34C

### LEGALS

IN THE GENERAL COURT OF JUSTICE  
SUPERIOR COURT DIVISION  
STATE OF NORTH CAROLINA  
HOKE COUNTY

**ADMINISTRATOR'S NOTICE**

Having qualified as Administrator of the estate of Gladys Pridgen of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Gladys Pridgen 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 10 day of November, 1981.

Pearlie Pridgen  
Route 1, Box 653A  
Red Springs, N.C. 28377  
31-34C

### LEGALS

NOTICE OF SERVICE OF PROCESS BY PUBLICATION

STATE OF NORTH CAROLINA  
HOKE COUNTY

IN THE DISTRICT COURT

VERA EVERETT THOMPSON  
Plaintiff

vs.

JAMES W. THOMPSON  
Defendant

**TAKE NOTICE** that pleading seeking relief against you has been filed in the above entitled action. The nature of the relief being sought is as follows:

Absolute divorce on the grounds of more than one (1) years' separation.

You are required to make defense to such pleading not later than the 30th day of December, 1981, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This the 19 day of November, 1981.

DUNCAN B. MCFADYEN, III  
WILLCOX & MCFADYEN  
P.O. Box 126  
Raeford, N.C. 28376  
(919) 875-4065  
30-32C

### LEGALS

NOTICE OF PROPOSED BANK MERGER

Notice is hereby given that United Carolina Bank, Whiteville, North Carolina has made application to the Federal Deposit Insurance Corporation, Washington, D.C. 20429, for its written consent to merge with The Bank of Raeford, Raeford, North Carolina.

This notice is published pursuant to Section 18 (c) of the Federal Deposit Insurance Act.

Any person wishing to comment on this application may file his comments in writing with the Regional Director of the Federal Deposit Insurance Corporation at its Regional Office, Eighth and Main Building, 707 East Main Street, Suite 2000, Richmond, Virginia 23219. If any person desires to protest the granting of this application he has a right to do so if he files a written notice of his intent with the Regional Director

IN THE GENERAL COURT OF JUSTICE  
SUPERIOR COURT DIVISION  
STATE OF NORTH CAROLINA  
HOKE COUNTY

**EXECUTOR'S NOTICE**

Having qualified as Executor of the estate of Alfonso Jacobs of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Alfonso Jacobs 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 5th day of November, 1981.

Marie Jane Jacobs  
Route 1, Box 121F  
Raeford, N.C. 28376  
29-32C