

Area Incidents

Jewelry, Guns, Shampoo Taken

The Raeford Police Department received the following complaints in recent weeks, Police Chief Leonard Wiggins reported.

A juvenile shoplifter was reported Monday at the A&P. The child allegedly took a \$1.09 bottle of shampoo. The case was turned over to the juvenile authorities.

John C. Smith reported Monday a \$150 bicycle was stolen from his property at 215 E. Fifth Ave.

Lawanda E. Parker, Rt. 1, Red Springs, reported Saturday her 1976 Ford was taken from Edinborough Shopping Center. The keys were in it and the doors were unlocked. The value of the car and its contents totaled \$1,315. The car later was found in a ditch on SR 1105, and John L. McLean, Rt. 1, Box 99, Red Springs, was charged with unauthorized use of a conveyance.

Macks reported a juvenile shoplifter stole a \$4 earrings-and-necklace set Saturday.

Macks reported theft of \$7 worth of jewelry Thursday. Mary Ellen Locklear, Box 201, Shannon, and Glenda Gail Locklear, Rt. 4, Box 295, Red Springs, were charged with larceny.

Walter McLeod of the Raeford Post Office reported Thursday someone during the night of December 16 stole \$5 from the coin box of the copying machine after breaking into the box. The damage

to the box was estimated at \$200.

Margaret Roper of 402 W. Fifth St. reported December 16 someone broke into her home and stole \$7 in change, a calculator, a gold necklace, and some albums. The value of the stolen property totaled \$123.

Mrs. Lida Jordan, manager of Gingham Addition, Ltd., reported December 16 three females entered the store, looked around, then left. Mrs. Jordan said a blazer and a blouse totaled at \$149 total were missing after they left.

A shoplifter took a \$2 necklace at Macks December 15. Jeffrey Henderson, Rt. 2, Box 895, Red Springs, was arrested on a charge of larceny. In District Court last week he pleaded guilty to the charge and was fined \$100 and ordered to pay court costs.

The sheriff's department reported the following.

Marshall Lloyd Parks, Rt. 3, Raeford, reported he found Sunday two windows of Parks Store shot out. The damage was estimated at \$500.

Louise Smith Williams, Rt. 1, Raeford, reported December 13 a .22 pistol was stolen from her house.

Francis Thomas, Rt. 3, Raeford, reported Saturday someone stole two beagles valued at \$250 each

from his dog pen.

Samual Lomax, Rt. 1, Raeford, reported December 16 someone stole the \$50 battery from his car while it was parked near Buie's Funeral Home while he was at work.

Helen McAllister, Rt. 1, Lumber Bridge, reported Sunday someone broke into her mobile home. Nothing was believed missing.

Clearance Woods, Rt. 1, Aberdeen, reported December 10 someone stole the four wheels, valued at \$125, two old tires worth \$20 and two newly recapped tires worth \$70 from his car.

Benjamin James Kinlaw, Fayetteville, reported December 16 someone broke into his sister's house on U.S. 401 north of Raeford, between December 13 and 15, ransacked it, and stole \$925 worth of property: a riding lawn mower, two clocks, garden tools, a rifle, and a pistol.

A car owned by Nettie R. Scott of Anderson, S.C., reported stolen December 16 at Ft. Bragg was found destroyed by fire later the same day on Vass Road.

Henry Lee Dockery, Rt. 1, Raeford, reported December 11 someone broke into his house and stole a \$549.95 color television set and a \$119.95 eight-track tape deck.



AT CHRISTMAS PROGRAM -- The South Hoke Senior Citizens' annual Christmas program was given Monday at the Neighborhood Center Nutrition Site. Here are the people just before the program started. Among those attending were Priscilla Maultsby, director, and Louise Morris, site manager. [Staff photo].

From N.C. Medical Society

Advice On Holiday Drinking

The holiday season is party time. When the party's over, you've had too much to drink and you need to get home, what's the best advice?

The North Carolina Medical Society says to wait until you sober up or let someone else drive you home.

Many people believe hot coffee, a cold shower or a jog around the block will act as an antidote to the alcohol and help you sober up. Not true.

Hot coffee will make you a wide-awake drunk.

A cold shower will make you wet and cold.

A jog around the block could be hazardous to your health. You could trip and fall, or get run over.

Time is the only method of sobering up.

An ounce of alcohol, one drink or one beer, take approximately one hour for your body to eliminate.

The best thing to do is let someone sober drive you home.

Now the morning after becomes

a painful reality. You need a reliable hangover cure.

At last, modern medical science has found the perfect failproof, 100% effective cure. You guessed it: preventive medicine! The only way to cure your hangover is before it happens! Don't drink!!! if you don't drink too much, you won't get a hangover. It's that simple.

The following "cures" DO NOT WORK!

1. Vitamins: Some say super-doses of vitamins will build up your body's ability to fight off the hangover. It doesn't work.

2. Tranquilizers: The only thing you might accomplish this way is an overdose of tranquilizing drugs on top of the overdose of alcohol.

3. Drink alcohol: "A bit of the hair of the dog that bit you," they call it. Of course if you drink enough, today's cure can be tomorrow's hangover.

4. Oxygen: Inhaling pure oxygen is supposed to help your system oxidize the alcohol. It doesn't work. In fact, your hangover is partly the result of oxidizing

alcohol.

5. Exercise: Suffering may help your guilt feelings, but your hangover will survive the exercise better than you will.

6. Stuff yourself with a gigantic breakfast, and if you keep it down, you will still have your hangover -- plus a very full feeling.

7. Drink something disgusting: After you concoct the awful drink and manage to swallow it, the taste is supposed to make you forget your hangover. Drinking alcoholic beverages tends to dehydrate the body. Putting any liquids back into your system may seem to help.

8. Don't think about it: If you ignore your hangover, it will go away. It will, but very slowly.

Lie still: Don't get out of bed. Millions of Americans use this cure...to the tune of \$42 billion lost in the workforce every year. Too bad, because this cure doesn't work.



COOKING SCHOOL -- These boys and girls, shown with Minnie Simmons, were in school Monday at the Agricultural Extension Service learning from Mrs. Simmons how to fix dough for cookies and pies and how to make cookies and pies. Mrs. Simmons is an aide in the Extension Expanding Nutrition Program. The boys and girls who attended ranged in age from 9 to 15. The oldest was Mrs. Simmons's daughter, Valerie, who is in one of the pictures. In the photo of four are: L-R, Andre Walker, Felicia and Ernestine Ham, and Iris Beatty. They are making icebox cookies. In the other photo, making rolled biscuits are: L-R, Alvin Beatty, Stephanie McGregor, Tameca Walker, Valerie Simmons, Galene Green, Barry Fellows, and Michael Walker. At the table in the rear are: Mrs. Simmons, Tracy Fellows, Audrey Saunders, Tameca Beatty, and Michelle Ham. They are making cookies. Other students were arriving at the school as the photographer was leaving. The children learned to make rolled-out, drop and jam biscuits from the basic biscuit mix they also learned to make; and basic pie mix and cookies from it. [Staff photos].

Accent On Agriculture

The American farmer supplies this country -- as well as many other nations around the world -- with the highest quality food grown anywhere on earth. This abundance has been possible only because of the farmer's outstanding productive capacity and his reliance upon the latest in technological advances.

Interest in better nutrition by people all over the world has put even more emphasis on high quality food during the past few years.

Farmers recognize their responsibility in meeting this challenge and are obviously succeeding in this direction. Farmers support policies

and programs to assure consumers of wholesome products, to provide consumers with full product information, and to require new food products to meet the same quality and health requirements as existing food products.

As consumers, we all desire an abundance of the very highest quality food possible. For this to be realized, however, it is necessary that a reasonable balance be maintained between the techniques of food production and the higher food costs brought about by regulations. The consumer must realize that someone must pay for additional costs caused by government regulations.

Farmers are concerned that excessive government regulations in the area of pesticides, animal implants and others that relate to food quality will seriously hamper their ability to produce adequately for a hungry world.

Government policies should support expanded research programs to enable those in agriculture to continue producing the world's most wholesome food.

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