THE NEWS–JOURNAL PAGE 12 RAEFORD, NORTH CAROLINA THURSDAY, JANUARY 21, 1982

Area Incidents

Thermal Underwear, Tools Are Taken

The following were reported to the Hoke County Sheriff's Department. A 1979 Chevrolet owned by Jose Alberto Arroyo of Ft. Bragg was

Health Watch Advises

If one of your New Year's

resolutions was to start jogging, don't be deterred by the cold weather. While it may seem un-

pleasant, cold weather is not too

much of a problem and can even be

enjoyable if you take the right

found Sunday burned in a ditch on SR 1413 a quarter of a mile from the Rockfish-Wayside Road. Pamela Wansley Walters of Rt. 4. Raeford, reported Monday

someone broke into her house and stole a color television set, a box of tools, and a TV antenna rotor. A white man about 22 years old and 6 feet tall pumped \$23.86

Don't Overdress For Cold-weather Jogging

worth of gas into his vehicle at Short Stop 54 on Rt. 1, Parkton, and drove away without paying. Two socket sets valued at \$175

feel chilly at first, but as you warm up you will be surprised at how much heat your body will generate during exercise. As an example, a

study by Canada's National Re-search Council showed that the

amount of clothing needed to keep a resting person comfortable at 70

degrees will keep a runner com-

fortable at temperatures well below

freezing.

were stolen from Jerry's Auto

Repair, Rt. 2, Raeford, by someone who broke into his building, be-tween January 8 and 10.

A break-in was reported January 11 at Marvis Sturdivant's residence on Rt. 1, Raeford. Nothing was reported missing but about \$20 damage was done to a back window

damage was done to a back window by the intruder. The following were reported to the Raeford Police Department. Police Chief Leonard Wiggins said. Someone took a \$4.59 pair of thermal underwear from Macks Stores January 12 and ran but dropped it outside the door. No one has been arrested yet.

has been arrested yet. Mrs. Singletary of 506 Grant Ave. reported January 15 that on January 11 a clarinet and its case

January 11 a clarinet and its case valued at \$300 was missing from her car after she left it parked in Edenborough Shopping Center. Peggy Heath Cook, 211 W. Central Ave., reported January 16 someone took the battery, coil wire and FM converter from their places in their ere end be the utility. \$125.

ettes from Macks Monday. Law-rence Hailey of Rt. 1, Raeford, was arrested and charged with larceny.

If you are age 55 or older, you could be eligible for a once-in-a-lifetime exclusion of up to \$100,000 of gain on the sale of your home, or up to \$125,000 if you sold your home after July 20, 1981.

Service

relations.

Hope Mills.

Personnel

Airman Lewis D. Allen, son of Mr. and Mrs. Eddie H. Allen Jr. of

Rt. 1, Raeford, has been assigned to Chanute Air Force Base, III.,

after completing Air Force basic

In addition, airmen who com-

plete basic training earn credits

toward an associate degree in applied science through the Com-

The airman will now receive

specialized instruction in the

avionics systems field. His wife, Tammy, is the daugh-ter of Mr. and Mrs. Robert Dunham of 504 Brooklyn Circle,

Allen is a 1976 graduate of Hoke County High School, Raeford.

IRS TAX TIPS

Tax Benefits for Older Americans

munity College of the Air Force.

If you are age 65 or older you can take an extra \$1,000 tax exemption for age on your tax return.

If you receive a pension or annuity, you may have federal income tax withheld from the payments by completing a Form W-4P, "Pension, Annuity, or Sick Pay Recipient's Request for Federal Income Tax Withholding.

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Conten

The Barry Barry Barry Men making walking easier on Main Street Friday

Trees on East Prospect Avenue bearing snow-covered ice.

Snow photos in this edition

precautions. The biggest problem to avoid is the tendency to overdress. As the

temperature falls you might feel the need to throw on an extra sweat-shirt, heavy gloves, and just about anything else to ward off the cold

All these extra garments will do is weight you down and make your running more difficult and uncomfortable

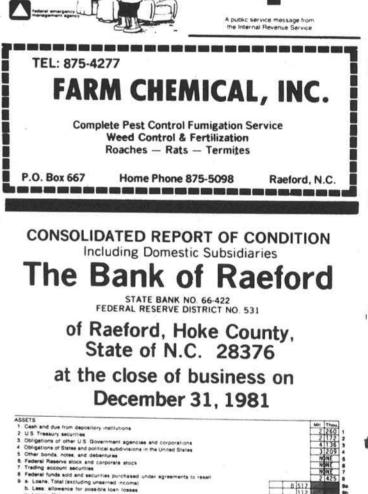
Actually, the key to winter running is to wear just enough to keep you comfortable. You might



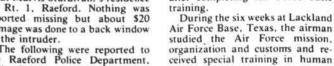


Trees decorated with snow and ice on snow-covered Old Farm Road.





ce for possible losn losses



in their car and left them while it was parked near the A&P in Edenborough Shopping Center. A&P employees saw two people at the car. Nothing was carried away but the damage amounted to about

Someone stole a pack of cigar-



Understanding the body's heat-ing priorities will give you the best clue as to how to dress for cold weather running. Its first priorities are to keep the head and torso warm. Should these areas begin to cool, extra heat is directed there by

On the other hand, if the head

the body's regulating mechanism. If the head and torso continue to cool, shivering begins -- the body's way of forcing the muscles to work and create heat.

like to fingers and toes. The important thing then is to wear a

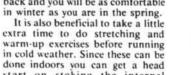
done indoors you can get a head start on stoking the internal

furnace. Also, after you have run, in any weather, it is a good idea to cool down gradually outdoors. Don't

just stop running, but take about ten minutes to walk around and stretch before going indoors.

and torso are kept warm, excess heat is available to send elsewhere,

warm hat and enough clothes to protect your chest, stomach, and back and you will be as comfortable in winter as you are in the spring. It is also beneficial to take a little



were taken Friday	This picture was taken on Edinborough Avenue.	 Lesser memory recorregies Bait permises furthing and furtures, and other assets representing benk premises Real setate owned other than bank premises Investments in unconsolidated subsidiaries and associated companies Customers' (lability to this bank on accestances outstanding
by Pam Frederick of The News-Journal staff.		15. Other easers 16. TOTAL ASSETS (sum of Hems 1 thru 15) LIABILITES TO Demand deposits of individuals, partnerships, and corporations To me and savings deposits of individuals, partnerships, and corporations To Deposits of United States Government Deposits of Distates and political subdrules one in the United States To Deposits of Toreign governments and official institutions Deposits of Toreign governments and official institutions
<pre></pre>	Only the female polar bear hibernates.	23 Certified and officers checks 24 Total Deposits (sum of same 11 thru 23) 4(1) Total demand deposits 422 Total time and savings deposits 423 Total time and savings deposits 25 Pederal hunds purchased and sacurities sold under egreements to repurchase 26 a Interest-bearing demand notes (note batinnes) issued to the U.S. Treasury 0 Other liabilities for borrowd money
	BLACK BART STOVES \$399.00 Plus Tax & Freight	27 Montgage indetitedness and leading for capitalized leades 28 Benir's leading on acceptances executed and outstanding 29 Other Laborities 30 TOTAL LIABUTTED leaduding subordinated notes and debentures! (sum of items 24 thru 29) 31 Subordinated notes and debentures EOUITY CAPITAL 32 Prefered stock a No anares outstanding NOVE 33 Common stock a No anares substanding NOVE 34 Common stock a No anares substanding NOVE 35 Common stock a No anares substanding NOVE
HOUSE & LOT FOR SALE In Raeford Area	ACCESSORY SPECIALS Flame Retardant Hearth Rugs \$19'5 - \$17'5 Hearth Tool Sets - \$29'3 -\$19'5 Flame Retardant Hearth Rugs \$40 '2 CORD - UPICK UP	Surprise
House & Lot For Sale In Ashley Heights	Safe-T-Flue Creosote Remover-'12'' - *10*' BAG COAL - KEROSENE BAG COAL - KEROSENE	 b Time certificates of deposit in denominations of \$100,000 or more c Other time deposits in amount of \$100,000 or more c Average for 30 calendar days for calendar month anding with report date a Cash and due from depository institutions (corresponds to item) 1 above) b # dates thore \$00 and exercise purchased under systematics to result (corresponds to item 8 above) c Totel team (corresponds to item & above) c Totel team (corresponds to item & above) c Totel team (corresponds to item & above)
SMALL DOWN PAYMENT	CUSTOM MADE CUSTOM MADE MOUNTAIN STONE HEARTHS & PROFILES CHIMNEY TOPS STAINLESS STEEL - WILL NOT RUST KEEPS OUT RAIN, BIRDS, ETC. 20% OFF	e Total deposits (corresponds to nem 34 above) I Foderal funds purchased and securities and under agreements to repurchase (corresponds to nem 25 above) G Other liabilities for borrowed money (corresponde to nem 36 above) N Total assets (corresponds to nem 16 above) NTT file reput and to leges to an authentic direct) and prefer the new director shore has the differr(1) specifies reput With the undersigned allicent), the heatly decises that the Report of Counties (inclusion the subporting stretutes) signing the reput With the undersigned allicent), and prefer the Report of Counties (inclusion the subporting stretutes) allowed with the undersigned allicent), and prefer the Report of Counties (inclusion the subporting stretutes) allowed with the undersigned allicent). I all the refer the Report of Counties (inclusion the subporting stretutes) and a lead of my tonoise and the stretute of the stretute of my tonoise.
Carolina Model Homes	FOR WOODSTOVES FATSO Coal or Wood Heaters Reg. \$19900 NOW \$17900 Chimney Sweep Service Professional Installation On All Types	BIONATURE OF OFFICERIES AUTHORIZED TO SIGNA REPORT NAME AND TRA VIOLATION AUTHORIZED TO SIGNA REPORT NAME AND TRA VIOLATIONALI AUTHORIZED TO SIGNA
FAYETTEVILLE, N.C. Call Collect 919-485-4111 or Write: P.O. Box 64849, Fayetteville, N.C. 28306	Stove & Fireplace Center	DOLATION OF BOALTON AND PROVIDE AND AND PROVIDE AND
	875-4261 631 W. Prospect Ave.	