

## Direct Deposit Saves

# Social Security News

People in the Fayetteville area who receive Social Security checks can easily arrange to have them deposited directly into an account at any financial institution, Jerry C. Kizzort, Social Security District Manager in Fayetteville, said recently.

Direct deposit can be made to an account in a bank, savings bank, savings and loan association or similar institution, or Federal or State chartered credit union.

Having checks deposited directly into an account has several advantages, Kizzort said. They include:

- The person does not have to stand in line to cash or deposit the check.

- Money is immediately available if the person is away from home.

- No check cashing problems.
- No chance of a check being stolen.

To arrange for direct deposit, a person should contact the financial

institution and ask for direct deposit form SF-1199. Completing the form only authorizes deposits, it does not authorize withdrawals from an account.

People considering direct deposit should ask the financial institution how it will handle direct deposit and whether there will be any charge for the service.

Once a person has his or her check deposited directly, he or she should continue to notify Social Security of any change in address or other event which may affect receipt of checks. This is important since Social Security needs a person's correct address so that notices can be sent properly.

For more information about direct deposit, get in touch with a financial institution or ask at the Fayetteville Social Security office, located at 111 Lamon St. The telephone number is 486-2551 for the Fayetteville area; 892-8340 Lillington-Dunn area; and 592-1220 Clinton area.



**HORNED TOMATO** -- This tomato growing a horn came out of Miller Cook's garden in Rockfish Monday morning.

# Family Health

By CLAY WILLIAMS

A service of the  
North Carolina Academy of Family Physicians

Reports of a sweltering heat wave in the Midwest bids fair to be only the first of similar scorches that can (and almost always do) hit any section of the country from now until the end of summer. That we have escaped a period of abnormally high temperatures and humidity so far is unusual because they often start in June.

Dr. Stephen Jones, an epidemiologist with the Center for Disease Control in Atlanta, pointed out that it takes about two weeks for the body to adjust to the high temperatures and high humidity of summer. He warned certain groups -- especially those with chronic disease problems such as heart conditions, high blood pressure, blood vessel and infectious diseases, and the elderly, to be wary of heat waves and take precautions to cope.

Jones said that when suffering through extreme heat and high humidity, your body has difficulty combating it by sweating. He said those suffering from heart disease are particularly vulnerable because it puts an extra burden on the heart. Simply put, the heart has to work harder to maintain a normal 98.6 body temperature as it attempts to compensate by pushing the heat to the skin's surface where it is evaporated by sweating. When evaporation does not occur, the body's heat control mechanism can go haywire and result in heat stroke.

Jones warned that heat stroke is a medical emergency and a life-threatening condition. He said when air temperatures exceed the normal 98.6 temperature of the body, the body's temperature mechanism is subject to fail caus-

ing sweating to stop, triggering a dangerous rise in body temperature. He cautioned that fans are of little or no use in aiding the sweat evaporation process because they replace hot air with hotter air.

Jones said elderly people who live in cities are more susceptible to extreme heat and humidity -- especially those who can not take care of themselves. In addition to those with chronic medical problems, blacks, alcoholics and people with mental illness are more prone to heat-related illness and death.

Hesitancy on the part of some of the poor and elderly to take measures to cope with extreme heat makes them even more susceptible.

He suggested opening windows or using air conditioners as about the only means of combating stifling heat. Health officials might well formulate a prior plan of action to aid the poor and elderly during a heat wave.

Jones advises the elderly and those with chronic health problems not only to stay in air conditioned quarters, but reduce activity and drink plenty of liquids -- even if you don't want it. The idea is not wait until you are thirsty. Sweating is nature's way of cooling your body, so water lost through sweating must be replaced. He said salt normally taken with meals is usually enough also.

As we ease into "dog" days, it is wise to remember that heat can kill. Even during so-called normal summers about 175 people die of heat related causes in the United States each year.

When a torrid period strikes, such as in 1980, that figure is subject to jump to an alarming high. Over 1,200 died of heat-related causes during the heat wave of 1980.

Already lives have been lost this year as a result of a heat wave in the Midwest. Chances are that those of us who live in North Carolina will have to weather oven-type heat before the leaves turn.

The time to prepare for it is -- now.



# Farm Focus

by Richard Melton  
Extension Livestock Agent  
Banks Wannamaker  
Extension Field Crops Agent

## LIVESTOCK ECONOMIC OUTLOOK

After two years of poor prices and high interest rates, hog producers have finally gotten a bit of a break. While interest rates remain relatively high, hog prices have improved.

The biggest reason for the improvement in hog prices since March have been the price of corn and a reduction in the national breeding and market herds. With breeding herds cut by 12 percent and market herds cut by 13 percent, the supply of hogs for growing-out and slaughter has been limited.

If they remain at their present levels established producers should be in a better position than they have been in two years. However, because of problems caused by those two years of poor prices and the present interest rates, very little expansion in the industry is expected.

Because of the lower numbers of slaughter hogs and lighter slaughter weights for cattle, supplies of red meat declined from January to June. That in turn played a major role in the price of fed cattle going from \$58.00 per hundredweight to \$73.00 per hundredweight. That increase in price has led to an increase in the number of cattle being placed on feed. Because of that, feeder cattle prices are expected to be down next month.

## WEATHER WATCH

With the hot, muggy type weather we've been having lately the potential for problems for poultry and rabbits has developed. If you have a farm chicken flock, raise quail, rabbits or whatever, you should be keeping a watch on your animals for signs of heat stress.

The first steps in preventing it are to make sure they have access to a shaded area and plenty of fresh water, as well as adequate ventilation. Make sure of these things and keep an eye out for it just in case.

Also, cattle and horses need attention. Make sure they have access to a shaded area and plenty of fresh water.

The first noticeable signs of heat stress will be fast, shallow breathing and excessive drooping. Keep an eye out for them.

## PLAN AHEAD

Cattle and horse owners should be making plans this summer for their winter grazing. Cattle producers who plan to sell feeder calves should especially plan some winter grazing.

By having winter grazing available they can further utilize the facilities they have, as well as not have to sell lightweight calves on feeder calf sales. Instead they would be able to carry their lightweights over until Spring and sell them on graded stocker sales.

Another tip for planning ahead is to pull your bull out of the cow herd now. That will help you to start grouping your calf crop. The importance of a grouped calf crop is easy to see at sale time. The biggest factor is that they will be more uniform in appearance over the group.

Also, if they all come within three months fairly early in the year, they will probably weigh more at sale time. That is, more than if they came at very different times of



**SHIRT TELLS** -- Henry Carpenter's shirt tells that his daughter is a Girl Scout and he's glad she is. The picture was taken Sunday morning as Carpenter and other parents were seeing their daughters off to Girl Scout camp near Kerr Lake. Any mother or father interested in devoting a few hours to Girl Scouting as a leader or assistant leader is advised to telephone 875-2881 or 875-8743. [Staff photo by Pam Frederick].

the year. Another important factor is that grouping them so that you will have several to sell at once will enable you to utilize graded sales, which will on the average net you a little more money for your calves.

## LEGALS

### NOTICE TO THE PUBLIC COLIFORM BACTERIA FOUND IN DRINKING WATER

During the month of June, coliform bacteria was found in drinking water samples from the Carolina Country Mobile Home Park water system above the limit as it appears in the "Rules Governing Public Water Supplies."

Coliform bacteria is an environmental bacteria which is found in the soil and intestinal tract of warm blooded animals. The presence of coliform bacteria in drinking water indicates that some contamination has occurred.

In an attempt to correct the cause of the contamination, we have done the following: We have flushed the water lines.

If you have questions about this notice, please contact:  
Davis K. Parker Jr.  
Duncan B. Parker  
Carolina Country Mobile Home Park  
100 Carolina Drive  
Raeford, N.C. 28376  
(919) 875-3800

14-16C

### LEGAL NOTICE BUDGET HEARING

The Sandhills Center for Mental Health, Mental Retardation, and Substance Abuse Area Board will hold a public meeting in the Conference Room, Administrative Building located at Seven Lakes, West End, N.C. on August 11, 1982 at 10:00 a.m. at which time the Sandhills Center proposed budget for the Fiscal Year 1982-83 will be available for review and discussion by the public.

Judy K. Gilmore  
Finance Officer  
14C

### IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION 82-E-56 82-S-109

### STATE OF NORTH CAROLINA HOKE COUNTY

#### ADMINISTRATOR'S NOTICE

Having qualified as Administrator C.T.A. of the estate of Edith Davis McColl of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Edith Davis McColl 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 12th day of July 1982.  
Randall Ashburn  
218 Wright St.  
Raeford, N.C. 28376  
13-16C

### IN THE GENERAL COURT OF JUSTICE DISTRICT COURT DIVISION FILE NUMBER: 82 CVD 214

### NORTH CAROLINA HOKE COUNTY

#### COMPLAINT

### COUNTY OF HOKE VS

J. AARON PHIFER AND WIFE, if any; HORNE LUMBER COMPANY, INC., all heirs at law, devisees, together with all their creditors and lienholders regardless of how or through whom they claim, and any and all persons claiming any interest in the corporation of Horne Lumber Company, Inc., Warren Pate, guardian ad litem for Horne Lumber Company, Inc., heirs at law, devisees, all lienors, creditors, and assignees of said heirs at law who may be minors, insane, or otherwise incompetent, the names and whereabouts of all such persons being unknown to the plaintiff.

TO: HORNE LUMBER COMPANY, INC., et al.  
TAKE NOTICE THAT:  
A pleading seeking relief against you has been filed in the above-

## LEGALS

entitled action and notice of service of process by publication began on July 29, 1982.

The nature of the relief being sought is as follows:  
**PROPERTY TAX LIEN FORECLOSURE.**

You are required to make defense to such pleading not later than forty (40) days after the date of the first publication of the notice stated above, exclusive of such date, and upon your failure to do so, the party seeking service of process by publication will apply to the court for the relief sought.

This the 22nd day of July, 1982.  
Hubert Wooten  
Attorney for Plaintiff  
Hoke County Tax Office  
Raeford, North Carolina 28376  
14-16C

### CREDITOR'S NOTICE

Having qualified as Executrix of the estate of Minnie Smith Chambers, 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 January 22, 1983 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This the 22nd day of July, 1982  
Elaine Calhoun - Executrix  
R. Palmer Wilcox  
Wilcox & McFadyen  
Edinborough Ave.  
Raeford, N.C. 28376

13-16C

### 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 Janie T. Monroe of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Janie T. Monroe 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 1st day of July, 1982.  
Lacy H. Koonce, Jr.  
Route 8 18 Trinity Dr.  
Lumberton, N.C. 28358  
12-15C

### NOTICE OF FORECLOSURE. UNDER AND BY VIRTUE OF THE POWER OF SALE contained in a certain Deed of Trust made by STEWART A. SMITH and wife, IOLA P. SMITH, to GEORGE H. BYARS, Asst. Loan Guaranty Officer, dated February 14, 1978, and recorded in Book 203, page 232, Hoke County Registry, North Carolina, DEFAULT having been made in the payment of the Note thereby secured by said Deed of Trust, and the undersigned, F. STUART CLARKE having been substituted as Trustee in said Deed of Trust by an instrument duly recorded in the Office of the Register of Deeds, Hoke County, North Carolina, and the holder of the Note evidencing said indebtedness having directed that the Deed of Trust be foreclosed, the undersigned SUBSTITUTION TRUSTEE will offer for sale at the Courthouse door, in the City of Hoke, North Carolina, at Twelve (12:00) o'clock, Noon, on August 3, 1982, and will sell to the highest bidder for cash the following real estate, situate in Hoke County, North Carolina, and being more particularly described as follows:

BEGINNING at an iron stake in State Road #1422, same point being North 83 degrees 45 minutes West 300.0 feet from the most northeastern corner of a tract of land conveyed to William H. Elliott, Jr., and wife, Frances H. Elliott and Alexander H. Thomas and wife, Juanita G. Thomas recorded in Book 175, page 475 of the Hoke County Public Registry of which this is a part, and runs thence a new line South 8 degrees 00 minutes West 436.0 feet to an iron stake; thence another new line North 83 degrees 45 minutes West 100.0 feet to an iron stake; thence another new line North 8 degrees 00 minutes East 436.0 feet to an iron stake in the original line that runs with State Road #1422; thence with State Road #1422 South 83 degrees 45 minutes East 100.0 feet to the Beginning.

This sale is made subject to all taxes, special assessments, prior liens or encumbrances of record against said property, any recorded releases, and all requirements of the Statutes.

A CASH DEPOSIT of 10% of the purchase price will be required at the time of the sale.

Hearing before the Clerk of

## LEGALS

Superior Court of Hoke County was held in connection with this foreclosure at 10:00 a.m., July 13, 1982 at which time the Clerk of Superior Court authorized this foreclosure as required by Statute, notice of said hearing having been previously given to the debtors as required by Statute.

DATED this the 13th day of July, 1982.

F. STUART CLARKE  
Substitute Trustee  
13-14

### NORTH CAROLINA HOKE COUNTY

#### CREDITORS' NOTICE

The undersigned, having qualified as Administratrix of the Estate of Alfred G. Bray, 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 16th day of January, 1983, or this notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 9th day of July, 1982.

Jacquelyn S. Bray  
5201 Glenham Drive  
Charlotte, N.C. 28210  
William L. Moses  
Attorney at Law  
127 West Edinborough Avenue  
Post Office Drawer 688  
Raeford, North Carolina  
28376  
Telephone: (919) 875-2137  
12-15C

### IN THE GENERAL COURT OF JUSTICE DISTRICT COURT DIVISION FILE NO. 82 CVD 171

### STATE OF NORTH CAROLINA COUNTY OF HOKE

#### NOTICE OF SERVICE OF PROCESS BY PUBLICATION

TERESA WHITE HALEY, PLAINTIFF

VS. SAMMY JOSEPH HALEY, DEFENDANT

TO: SAMMY JOSEPH HALEY TAKE NOTICE THAT:

A pleading seeking relief against you has been filed in the above entitled action.

The nature of the relief being sought is as follows:

"An absolute divorce on the grounds of one years separation". You are required to make defense to such pleading not later than the 24th day of August, 1982, and upon your failure to do so, the party seeking service against you will apply to the Court for the relief sought.

This, the 15th day of July, 1982.

HOSSETLER & McNEILL, ATTORNEYS  
BY: CHARLES A. HOSTETLER, Attorney for the Plaintiff  
Post Office Box 277  
Raeford, North Carolina  
28376  
Telephone: (919) 875-2142  
12-14C

### 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 Jesse Triplett Robertson of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Jesse Triplett Robertson to present them to the undersigned within 6 months from the 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 6th day of July, 1982.  
Martin A. Robertson  
Route 1, Box 81  
Aberdeen, N.C. 28315  
12-15C

### EXECUTRIX NOTICE STATE OF NORTH CAROLINA HOKE COUNTY

Having qualified as Executrix of the estate of Hershal Smith of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Hershal Smith 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 21st day of June, 1982.  
Florence W. Smith  
Route 4, Box 171  
Raeford, N.C. 28376  
11-40C

