

Escapes Aired In District Court

(Continued from page 1)
 plus cost. Bass gave notice of appeal.
 —Mary Wilcox Blake of Rt. 4, Raeford was found guilty of exceeding a safe speed and fined cost.
 —Harry Truman Hardin of Red Springs was given a prayer for judgement on the charge of an expired registration plate upon the payment of cost.
 —Michael Koliba of Texas was found guilty of obstructing and interfering with a public officer while on duty. He was given a 90 day sentence which was suspended for three years and fined \$150.00

plus cost.
 —Roy Lee Monroe Jr. of Shannon was found guilty of drunk and disorderly conduct and sentenced to 30 days in jail. He was also fined \$10.00 plus cost.
 —Linda Faye McNeill of Fayetteville was found guilty of speeding (70-55) and fined \$15.00 plus cost.
 —James Kemp Posey of Rt. 2, Raeford was found guilty of obstructing and interfering with an on duty officer. He was given a 90 day sentence which was suspended for three years and he was fined \$150.00 plus cost.
 —Gennia Sanders of 110

Stewart Street, Raeford, was found guilty of assault with a deadly weapon. She was charged with driving her 1972 Pontiac off the highway and intentionally hitting a victim. She was sentenced to no less than 12 months and no more than 12 months in the Hoke County jail, but the sentence was suspended for 3 years and she was fined \$300.00 plus cost.

—Luke Sturdivant of Rt. 3, Raeford was found guilty of larceny by trick and sentenced to 90 days which was suspended for 3 years. He was fined \$50.00 plus cost.
 —Alexander McArn of Rt. 3,

Raeford was found guilty of four counts of passing worthless checks. He was sentenced to 30 days, but the sentence was suspended for one year. He was instructed by the judge to pay full restitution plus cost.

—Dallas Eugene McKnight of Rt. 2, Raeford was found guilty of assault on a female and sentenced to no less than two years and no more than two years at the N.C. Department of Correction. The sentence was suspended for three years with supervised parole and he was instructed by the judge to secure an appointment with the mental health center.



Safety Winner — Alvis Willis, second shift Winding Technician, is the Safety Suggestion Winner for the month of February. He suggests that rubber be attached to the end of the yarn trucks, covering the protruding area so that there is protection for your legs if you bump into the rail. For this winning suggestion, Alvis will receive either a \$25 gift certificate or the same amount toward the purchase of safety shoes.

FAA Suggests Airport Zoning

(Continued from page 1)
 have parachuting if for no other reason than to say the airport was being used," said Altman.
 However, Altman also said that if an airport commission was formed and they decided the jump school was affecting the safety around the facility it would be their duty to regulate hours for parachuting or even move the landing zone if that became necessary.
 "If the jump school is interfering with the safe and efficient use of the airport or curtailing airport activity then it should be handled as a problem," state aeronautics official Jay Pate said.
 If an airport commission is formed, it would be their duty to handle that problem, he added.
 All three of the state and federal officials said the Raeford Airport has the potential to attract industries if the improvements are made and rules and regulations are set up and followed.
 Some airports have become priceless with the development of rules and regulations, and the airport here, if handled properly can also become a priceless commodity, Altman said.
 The study committee will meet again in three weeks to discuss possible rules and regulations to be set up and to decide whether an airport commission should be established.

CP&L Seeking Boost In Rates

Almost 3,300 Carolina Power and Light (CP&L) customers in Hoke County can look for at least a 15.75% hike in electric utility bills, if a recent request by the firm is approved.

If approved by the North Carolina Utilities Commission, the hike will mean about a \$11 per month increase in the average residential electric bill.

"In recognition of the depressed economy, we are requesting the lowest increase that will allow us to meet our customers' current needs and continue our construction program to meet future demand," said Norris L. Edge, vice president for rates and service practices.

He said the company has not had a significant increase in its basic rates since December 1981, which was based on 1980 costs, and that current rates are simply inadequate to cover the present cost of providing electric service to customers.

The company's request would

increase annual revenues by approximately \$164.9 million, and would be subject to examination and hearings later this year with new rates going into effect in the early fall, said Edge.

Under the proposed rates, the percentage increase for different customer classifications would vary with residential rates increasing by an overall average of 15.75%. The percentage increase for residential customers would be lower for low-use customers and higher for customers using more electricity, particularly during the summer.

The increase for a residential customer using 1,000 kilowatt-hours a month would average about \$11.00 monthly, with the increase slightly more in the summer and slightly less in the winter, said Edge.

A monthly residential bill for 1,000 kilowatt-hours would increase from \$63.54 to \$74.36 in the

winter and from \$65.01 to \$76.36 in the summer.

The addition of the new 720,000 kilowatt Mayo Unit 1 coal-fired generating plant in Person County, the cost of financing ongoing construction on Unit 1 of the Shearon Harris nuclear power plant in Wake County, and the total cost of fuel burned to meet customer demand of electricity are the primary reasons for the company's request, he said.

"In order to meet our customers' needs for electricity, we must incur substantial costs that can only be recovered through the price of the service we provide," said Edge.

CP&L provides electric service to about 760,000 customers in a 30,000 square mile area covering much of central and eastern North Carolina, the Asheville area, and the northeastern quarter of South Carolina. About 69% of CP&L's total sales are to retail customers in North Carolina.

Nightly Routines Help Sleep

by Parker Herring
 Duke University Medical Center

That one third of our lives adults are rumored to spend sleeping doesn't have to be exactly eight hours per night for everyone, according to Dr. William Zung.

Zung, a psychiatrist and professor in Duke's psychiatry department, has actively researched sleep patterns. He said one of the mysteries of sleep is that not everyone needs eight hours each night.

"The right amount of sleep for each person depends on individual genetic makeup," he said. "Some people only need five or six hours while a small percentage of adults may actually need as much as 10 or 11 hours."

Zung suggests recalling how much sleep you needed when you were 13 or 14 years old. That amount probably is a good gauge for how much sleep you need as an adult, because biological factors have matured but time consuming

Health Notes

routines haven't set in yet.

"The average time it takes for an individual to fall asleep is about 15 minutes, give or take five or 10 minutes," Zung said. "If it takes longer than 30 minutes to sleep, then it's probably due to anxiety."

He suggests establishing nightly routines to help prepare for sleep. "Do things that tell your brain 'I'm ready to go to sleep now,'" Zung said. "Take a bath or read nightly before going to sleep."

Because the brain is always awake, even when the body is asleep, Zung said it's better to read something instead of lying in bed, thinking about the next day's activities. The brain will continue to worry about daily problems while the body sleeps.

Zung also said there are five common factors which may destroy sleep: excessively noisy surroundings, a very hot room,

chronic use of hypnotics, caffeine and too much alcohol before bedtime.

"Many people think of alcohol as a sedative but it's not," he explained. "One drink may make you relax, but too much alcohol can bring on seizures."

Zung suggests five habits which may improve sleep patterns: sleep only until refreshed, establish regular arousal time, maintain steady daily exercise, eat light bedtime snacks and read before going to sleep.

We all function by individual biological clocks, he said, with most of us eating, sleeping and drinking in cycles of 90 minutes.

"It is possible to set your inner alarm clock to wake you up each morning," Zung said. "It's all a matter of tapping into your biological clock. Everyone can be programmed to wake up to within 10 minutes of the time they set for themselves."

Carolina Power & Light Judged Safest

For the 10th consecutive year employees of Carolina Power & Light Co. have earned their company recognition as the southwestern utility with the safest working environment.

The Southeastern Electric Exchange, an organization of electric

utilities serving 12 southeastern states, has honored CP&L as the winner of the 1982 Safety Performance Award, based on job safety. CP&L has won the honor every year since 1973.

CP&L's 8,573 employees in the two Carolina's worked 15.9

million hours in 1982 with only seven injuries involving lost work time.

For the third consecutive year CP&L has also earned first place honors in the Fleet Safety Contest.

The awards will be presented to CP&L in late March at the SEE Annual Conference.



Sherry Matthews

Sherry Matthews Joins News-Journal Staff

Sherry Matthews has joined the staff of *The News-Journal* as a reporter.

During the last week she has been taking over the duties of Bill Lindau, who retired February 4.

Sherry is a recent graduate of the University of North Carolina at Wilmington and is a native of Turkey, North Carolina in Sampson County.

While in school, she majored in English and took several courses in communication.

She is the daughter of Mitchell and Gladys Matthews, who are in the farming business in Turkey.

Sherry will be covering the local governments, police, courts, the Hoke County Board of Education and doing human interest stories.

Rural Push Scheduled By Hoke Heart Assoc.

The week of February 20 has been designated Rural Heart Week, according to Ms. Charlotte Kelly, Rural Heart Fund Director of the Hoke County Heart Association.

"Our goal is to reach every home in our rural areas to leave educational material and to receive donations to the 1983 Heart Fund," she said.

"Because of the distance that many people outside of town must travel to get to a hospital, it is important that they know the warning signs of a possible heart attack and act immediately to help the victim," Kelly continued.

"This means calling an emergency squad for transportation or driving the person to the hospital." She listed the following signs of heart attack:

- Prolonged heavy pressure or squeezing pain in the center of the chest behind the breastbone;
- Pain spreading to the shoulder, arm, neck, or jaw;
- Pain or discomfort followed by sweating, nausea, vomiting, or shortness of breath.

"These symptoms may subside and then return, but don't wait. Get the person to a hospital emergency room at once," she said.

McFADYEN AND SUMNER
 Certified Public Accountants

Announce the Opening of an Office at
 706 Harris Avenue
 Raeford, N.C.

RAEFORD OFFICE HOURS
 Tues 9 - 5
 and by appointment

TELEPHONE 875-4243
 (Also a toll-free line to our Fayetteville office)

J.H. AUSTIN
INSURANCE

SINCE 1950
 AUTO — FIRE — LIFE
 CASUALTY

114 W. Edinborough Avenue Phone 875-3867

CUSTOMER SERVICE
 Dundarrach, N.C.
COMPLETE INSECT CONTROL
FROM THE HOME TO THE FARM
 •Federal Crop Insurance
 Route 1, Box 251-A Shannon, N.C.
 Phone 875-8912
 Lynn Ellis
 Richard McMillan 875-2493 Nights 875-5614

5 SHIRTS
 Laundered
\$3⁴⁹

MONDAY & TUESDAY
ONLY
 4 DAY SERVICE

Raeford Cleaners
and Launderers
 214 N. Main
 Raeford, N.C.

WHAT HAS
NERVES OF STEEL?

Good value is
why millions
keep coming
back to
H&R Block.

This year, there are more than 100 changes in the tax laws and forms. But at H&R Block, one thing hasn't changed ... fair prices! Just ask, and we'll give you a free estimate of the cost for preparing your return. You get a complete interview. Plus we doublecheck your return for accuracy. The new tax laws.

This year's number one reason to go to H&R Block.

H&R BLOCK
 Central Avenue
 Open 9 AM - 6 PM Weekdays, 9-5 Sat. Phone 875-5330
 APPOINTMENTS AVAILABLE