

Heat stroke means business

Heat stroke is peculiar. You'd expect our thirst mechanism to register "over-heat." But don't count on it. As you lose water, control over body temperature is lost. The road racer or footballer who passes up water during heavy workouts (a "nono"), can wind up staggering and glassy eyed from heat exhaustion. Then, if over-heating continues, the hypothalmus gland quits, body temperature shoots up, you stop sweating and finally lapse into heat-strokeinduced unconsciousness.

Drink plenty of water during workouts - early





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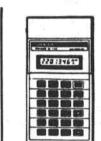
•4 Pencils Per Pack Eraser Cap

54

Mead

wirebound •70 Sheets # 055430

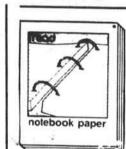
COMPOSITION



SHARP CALCULATOR

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•4 per Pkg.

Shetland Pro 1250 1250 Watts of Fast Drying

Power •3 Temperature Settings

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MEAD

COMPOSITION NOTEBOOKS

•3 Subject Theme Book # 069900

#06650 1.09

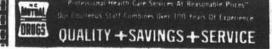
•150 Sheets

•200 Sheets # 05760

 3 Subject # 057490

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WELL MUTUAL DRUG



Two Caught For Food Lion Theft

Two Fayetteville men were arrested Saturday as a result of a shoplifting investigation, Raeford Police Chief Leonard Wiggins

John Calvin Monroe and Calvin Kent Williams, both of Fayet-teville, were arrested after police officers, aided by Hoke Sheriff's deputies, recovered some \$500 in merchandise that had apparently been taken from two local stores.

According to Chief Wiggins, the men were arrested after the Food Lion grocery store in the Raeford-Hoke Village complained of a shoplifter "We recovered \$311 in cigaret-

tes and consumable goods that belonged to Food Lion and \$197 in merchandise that was taken from Sky City," Wiggins said. According to Wiggins, one of

the men arrested in the shoplifting case was out of prison on a

"weekend pass."
"Monroe was apparently out of jail on a weekend leave," Wiggins said, adding that he had been previously charged with breaking and entering.

This case has not been closed,

Wiggins said.
"More arrest warrants may be issued in the near future," Wiggins

In an unrelated incident, a Red Springs man was arrested last Fri-day after apparently stealing a can "corned beef" from an area store.

Alvester Walton, 34, of Red Springs was arrested and charged with stealing one can of corned beef from Tucker's Grocery on East 7th Avenue, Chief Wiggins

said.

Earlier last week, a 14- year old juvenille was picked up after he apparently stole a \$4.98 box of candy from the A & P grocery store in the Edenborough Shopping Center.

According to Chief Wiggins, the youth was turned over to the juvenile authorities and is awaiting possible charges. The candy was also recovered.

On another matter, Mildred S. McLean of Raeford reported that someone had taken her pocketbook and the contents from her car while she was in the bank. Janet Pate of East Edinborough

Avenue reported that someone had siphoned \$10 in gas out of her husbands truck. Both these cases are still under

investigation, the chief said.

In county action, the sheriff's

reports indicate that Tony Blue of Rt. 1, Raeford was the victim of a

larceny on August 4. The report shows that someone

removed a lawn mower from Blue's utility shed. An investigation into the matter

is continuing, reports show. In an unrelated incident, Tim Murray of Rt. 3, Raeford reported that someone gained entry to his home through a rear window.

According to the report jewelry, a television, a radio and a camera were taken from Murray's home.

Paula Deanna Smith of Rt. 1 Lumber Bridge reported that someone had vandalized her car by scraping the paint off her vehicle.

No suspects have been arrested in this case, but an investigation into the matter is continuing, reports

. Around Lown

(Continued from page 1) how well the four ladies looked, and it would seem that they are in the best of health.

Yes, as we grow older, things like this bring back many fond memories of the past.

A couple of weeks ago in the item about the Highway Patrol, one thing I thought would be of in-terest was omitted. That is the different speed limits and the year that they were in force. In 1909 the limit was 25 mph; in

1925 it was 35 mph in 1935 it was 45 mph. I couldn't find where it was raised to 55 mph, but it must have been in the late 1930s. At one time many highways allowed 60 mph, but this was stopped during the gas shortage of 1974. It is now 55 mph in all states of the union.

The article that appeared last week in many daily newspapers about the suit in Robeson County against the school systems caused me to wonder how teachers or principals can have discipline in our schools.

The teachers of Hoke County start to work Friday and will be getting ready for the students who will start after Labor Day or maybe the week before. This is beside the point.

Every month or so during the school year, for the past few years, we have read in the newspaper or

hear on TV about some teacher or principal being taken to court by parents because they have abused their children. I would almost bet, giving odds, that for the most part the parents didn't even investigate why their kids were punished before filing a suit.

Maybe this is progress and why we need to add more hours and an extra month to the school term so that the children can learn. Back when I was in school you never heard of a suit because the kids were afraid to tell their parents they had been punished. The reason for this was that parents had taught their children to behave and show respect for teachers while in school. If they were punished, then they had done wrong and were given another, but

more severe paddling, when they got home. Parents backed the teachers and most children behaved and showed respect for teachers.

This is what we need today. Get behind our teachers and principals and let our children know that if they do something wrong they must be punished, not coddled and sided with against the school system In all my years in school I never

heard my parents condemn a teacher before the four children in our home. Yes I never reported any punishment I received in school, because it would have been worse at home. I hope this is understandable. It

has worked and should work again to bring discipline to our schools.

Rockfish News

by Polly Barnard

Morning Worship service at Tabernacle Baptist Church was held in the Fellowship Hall the past Sunday Morning due to the Construction on the new addition to the sanctuary. Worship service will continue in the Fellowship Hall until work is completed.

If work goes as planned it will be completed by October.

The Young Adult Sunday School class will go on a rafting weekend retreat this coming weekend. They will leave Friday weekend. The and return Sunday.

Tracy Garner and

daughter, Mrs. Sue Brown and children Tonya and Hannah visited Mrs. Alice Allen and other relatives in the area last Saturday.

Mr. and Mrs. Star W. Sessoms and Mrs. Rosa Cale of Raeford at-tended the Sub-Marine Veterans meeting at the home of Mr. and Mrs. Gadd, July 30 in Hendersonville, North Carolina. The meeting was well attended.

The next meeting will be Oc-

Tel. 875-2736

and Nags Head.

tober 1 at the American Legion Hall in Parkton. All Veteran Sub-Mariners are urged to attend.
Mr. and Mrs. E.T. Brock, Jr.
and daughter Jennifer spend several days last week at Manteo

Bobbie and Vickie McCulloch have returned to Birmingham, Alabama to begin school after having spent the summer with their grandparents Mr. and Mrs. Alton McCulloch.

The Community extends sym-pathy to the family of Mrs. Fred Cameron of Carolina Beach who died Friday July 12th. Funeral was Monday.
Mrs. Cameron was the former

Ophelia Townsend of Rockfish and sister of Mrs. Trena Koonce and Mrs. Walta Bostic. Miss Nellie McFadyen spent last

week with Mrs. Jeff Davis of near Lumber Bridge.

Mr. and Mrs. Daivd Durby of Kentucky spent the past weekend with their daughter, Mrs. Archie Barringer, Rev. Barringer and family. Mrs Barringer is still on the sick list.

Mrs. Lawrence Barnard and nephew Paul Dove of Cheraw, South Carolina attended the Dove Family reunion at the Womans' lub in Fuquay - Varina the past Sunday. Approximately 75 family member attended. Mr. and Mrs. Dwight English

and children Samantha, Heather and Kelley of Connelly Springs, North Carolina visited Mrs. Grace English the past weekend. Saturday they all visited Mrs. Wright Parker of Selma.

Miss Teresa Allen of Chesterfield, South Carolina spent the past week with the mother, Mrs. Alice Allen. She has accepted a job with the Vance County school system and will be moving to Henderson soon.

Miss Teresa Allen and Kathy Fowler spent a week recently visiting their cousin, Lt. Col. A.F. (Ret.) Iris Jackson of Orlando, Florida. While there they toured Sea World, Epcot and Disney World.

Mrs. Henrietta Tanna Visited Mrs. Minnie OuFlaw and family in Roxboro last week. While there they all went to Wrightsville Beach

for several days.

Mr. and Mrs. James Clark of
Columbia, South Carolina visited
Mr. and Mrs. David Gibson the past weekend.

past weekend.

Mr. and Mrs. Steve Durham and son, Brandon of Hillsboro spent the past weekend with Mrs.

Durham's mother, Mrs. Marie



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