

## Lamont Is Guest Speaker

By Murray L. Goodwin  
Agri. Ext. Agt.  
Dr. Bill Lamont will be the featured speaker at the 1982 Chowan County Vegetable meeting to be held on Friday afternoon, January 29 at 2 P.M. in the Oak Grove Community Building. (Vegetable farmers please put this date down now).  
Bill will talk about the latest in weed control for cantaloupes and watermelons. He will give the results of the extensive testing of Dacthal, Prefar, Saphalon, Alanap, and Paraquat, last year. These were tested in four or five places scattered from the Coast to Piedmont. One of these tests was conducted in the Joppa community on E. L. Hurdle farm.

He will present information about using plastic in growing cantaloupes. About half of the cantaloupes growing in New Jersey are grown on plastic. The use of plastic conserves moisture, controls weed and grass, and makes cantaloupes about a week to two weeks earlier.

Irrigating small plots with Drip Irrigation will be given.

Bill will give the results of watermelon variety tests conducted with Mike and John Pippins and Winbourne Brothers. Both of these tests were good tests. The tests involve 11 varieties. New varieties in tests include, Mirage, Royal, Charleston, Sweet Meat and Madera. Mirage is a long melon with dark stripes, beautiful cutting and high yield potential. This variety may have a place in commercial watermelon production in our area.

Our cantaloupe variety test was conducted on Lester Harrell farm with Carroll Bass. This was an

excellent test on moisture black sand and included 10 varieties. Nine of the ten varieties came up 100 per cent. New varieties include Super Star, Magnum 45, and Alaska. Magnum 45 may have commercial interest for us.

We will show pictures of Silver Chief Sweet Corn. This variety may compete with Silver Queen and Quick Silver. It has some real characteristics. This is an excellent eating corn, beautiful appearance in the crate and often has two nice ears on the stalk. About all of this variety comes off at one time.

### Planting Begins

Forestry personnel of the Albemarle Land and Timber District, the northern half of the North Carolina Region, have launched the 1982 planting season. Crews are busy reforesting almost 5,000 acres of company land and more than 900 acres owned by members of the Tree Farm Family program. Genetically improved tree seedlings grown at Weyerhaeuser's nursery near Washington, are being used for the reforestation program.

Carlton L. Reason of Jamesville will retire from Plymouth Wood Products at the end of this month with 11 years service.

Forestry personnel from Weyerhaeuser and other forest products companies in the area are undergoing co-operative refresher training at forest fire fighting schools by the North Carolina Forest Service. The schools cover such things as coordination of ground crews, air sup-

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## Alcoholism Awareness Week

### Highlight Problem Of Alcohol Abuse

Alcohol is established in our society as a food, a drug and a poison. While the majority of us enjoy occasional imbibing, some 13-million Americans are problem drinkers.

Alcoholism Awareness Week, January 17-23 is a time to focus special attention on the problems of alcohol abuse and alcoholism. Although alcoholism as an entity is well-known, it is little understood. It is a major personal health problem as well as a burden to society, yet alcohol education is lacking and research is poorly funded in comparison with similar other illnesses, such as cancer and heart disease.

Approximately 70 per cent of American adults drink alcoholic beverages with one out of every ten to twelve developing alcohol-related problems. The consequences of continued heavy drinking include physical, social, psychological and economic aspects. Currently, at least 10 per cent of all deaths are alcohol-related. Considering that alcohol acts as a poison in our system, it is not surprising that every vital organ in the body can be adversely affected by alcohol consumption. Brain disorders, muscle injuries and weakness, heart failure, gastrointestinal disorders and liver diseases are the major medical complications of excessive drinking. Heavy drinking during pregnancy has detrimental effects on the developing baby and can result in mental retardation and physical abnormalities.

Alcohol's role as a drug can be either beneficial or adverse. Mild alcohol intoxication can serve as a "social lubricant" enabling shy and inhibited individuals to loosen up a bit. Alcohol has even been utilized in retirement homes to facilitate social interaction. However, as a drug, alcohol can also be abused. Excessive drinking can lead to uncontrolled behavior. It may also be used by lonely, bored or unhappy individuals as a form of self-medication.

While alcohol may temporarily relieve the symptoms of such individuals, it is never a cure. Self-medication with alcohol may lead to alcoholism in addition to the underlying psychological problem.

Economically, problems with alcohol abuse cost our nation approximately \$60-billion annually. Included in this amount are reduced production due to workers being absent because of alcohol-related illness, health care expenses and motor vehicle accidents; approximately half of all automobile accidents are alcohol-related.

Alcoholism is obviously a monumental problem. Scientists worldwide are examining the puzzle of why individuals react differently to alcohol. Many believe that a genetic factor is involved. This could explain why children of alcoholics are five or six times more likely to develop alcoholism than people not having a family history of alcoholism. A genetic factor may also protect certain people from developing alcoholism. It is known that certain ethnic groups, Orientals for example, frequently become sick after consuming only a very little alcohol. Consequently, many are unable to drink enough to become alcoholic. This sensitivity to alcohol has been linked to abnormal liver enzyme. It is estimated that genetic factors could account for as much as 80 per cent of all alcoholism. The remaining 20 per cent is likely to have psychological or sociological roots.

The N. C. Alcoholism Research Authority, comprised of nine members appointed by the governor has contributed to making North Carolina a leading state in alcohol research. Through its support of training and research projects, the NCARA is aiming at the long-range goal of prevention. A greater understanding of alcohol and its effects may lead to an eventual reduction in demands for treatment and rehabilitation services, as well as reducing the personal tragedy of alcoholism.



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SEASONS GREETINGS	
WINN-DIXIE STORES THE BEEF PEOPLE THANK YOU 12-30-81	
Pampers	2.61A
Corn Flakes	.89E
Tide Det.	1.59A
Listerine	2.79A
D M Catsup	.89E
UncleB Rice	1.39L
Dawn Lig. Det.	2.49A
5-LB. Sugar	1.39E
2-LB. Carrots	.69E
Subbrand Qts.	.29E
Produce	1.79E
HS Sli. Bacon	1.49E
W D Bologna	1.39E
W D Sausage	1.29E
Hi-C Punch	.79E
Quaker Oats	.75E
Coffee	1.59E
Orange Juice	2.69E
6-2.69	.99E
Produce	.34E
Tomato Sauce	
1 at 3-1.00	.41E
Vienna Sausage	.79E
VB Cocktail	.43E
Tomatoes	
1 at 3-1.29	1.19A
Ivory Liquid	.99E
T M Juice	.69E
CG Saltines	.89E
Wesson Oil	1.17A
Cottonele	1.29E
16 Oz. Pepsi	.80H
Bt. Dep.	1.44H
Tax	38.12
TOTAL	

- 30-ct. Pampers
- 18-oz. Post Toasties Corn Flakes
- 49-oz. Tide Detergent
- 32-oz. Listerine
- 32-oz. Del Monte Catsup
- 2-Lb. Uncle Ben's Rice
- 48-oz. Dawn Liquid Detergent
- 5-Lb. Store Brand Sugar
- 2-Lb. Bag Carrots
- 1-Lb. Store Brand Margarine
- 10-Lb. Bag Regular Potatoes
- 1-Lb. Store Brand Bacon
- 1-Lb. Store Brand Bologna
- 1-Lb. Curtis Whole Hog Sausage
- 46-oz. Hi-C Fruit Drink
- 16-oz. Quaker Oats
- 1-Lb. Chock O Nut Coffee
- Ctn. of 6 6-oz. Frozen Store Brand Orange Juice
- 3-Lb. Yellow Onions
- 15-oz. Hunt's Tomato Sauce
- 5-oz. Armour Vienna Sausage
- 46-oz. V-8 Vegetable Juice
- 14 1/2-oz. Hunt's Whole Tomatoes
- 22-oz. Ivory Liquid Detergent
- 46-oz. Store Brand Pineapple Juice
- 1-Lb. Store Brand Saltines
- 22-oz. Wesson Oil
- 4-Pak Cottonelle Bathroom Tissue
- 8-Pak 16-oz. Pepsi Cola

FOOD TOWN	
LFPINC-SC-VA	
12-30-8	
Non-Food	
Grocery	2.61D
Non-Food	.89L
Non-Food	1.99D
Grocery	2.49D
Grocery	.99L
Non-Food	1.39L
Grocery	2.66D
Produce	1.39L
Perishbl	.89L
1 at 3-1.00	.34L
Produce	
Meat	2.59L
Meat	1.49L
Meat	1.39L
Grocery	1.39L
Grocery	.69L
Grocery	.80L
Perishbl	2.13L
Produce	2.61L
Grocery	.99L
Grocery	.53L
Grocers	.41L
Grocery	.79L
Non-Food	.59L
Grocery	1.35D
Grocery	1.10L
Grocery	.69L
Non-Food	.99L
Pepsi Product	.99D
Botl. Dep.	1.99L
Subtotal	.80H
4 per cent tax	39.95
Total	1.57
	41.52

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