

Public Schools

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 and Secondary Act, about 12 to 15 per cent of the funding for public schools came from the federal government. This Act included funds for the disadvantaged and handicapped, as well as funds for libraries and experimental programs. In 1966, North Carolina first expended tax money for kindergarten education and, within three years, the Legislature approved a statewide experimental Kindergarten program.

Continued efforts to improve the educational system in the 1970s included the establishment of eight regional centers throughout the state and the extension of the teachers' school term to ten months. By 1976-77, the kindergarten program no longer operated on an experimental basis, available by this time to all children in the state. The 1977 state legislature passed both the annual and competency testing programs to diagnose individual learning needs in grades one, two, three, six and nine and make sure high school graduates had the knowledge and skills to cope with everyday life.

The early 1980s find North Carolina's public schools in better shape than ever before. The state is spending almost \$2,000 on each student attending its public schools. More than 100,000 school personnel are employed statewide. North Carolina graduates 92% of its students and one of its chief concerns is to greatly reduce the number of students dropping out of school today. North Carolina's public elementary and secondary students are now scoring above the national average in all grade levels tested.

It's appropriate at this time to celebrate the "Year of the Public Schools" in North Carolina.

Holiday Blues

'Tis the season to be jolly, or so the old song goes. But the holidays may find some people singing the blues.

"Many people find themselves feeling lonely and when isolated, particularly when there is holiday activity going on all around them," says Dr. Leo Hawkins, extension human development specialist at North Carolina State University.

This is related to the high expectations people hold for the holidays. "The usual problems of living in a family are accelerated, especially around Christmas," the extension specialist says.

Because there is so much to be done, there is an increased need for communication, organization, rules and regulations. It is also a time to offer emotional support to other family members and to take care of self-esteem. These are often weak areas in the family, and problems become worse at a time when people are expecting more.

"There is also an increase in symbolic expressions during religious holidays. If a person is not accustomed to this type of expression, he may experience a sense of meaninglessness without realizing where it comes from," Dr. Hawkins points out.

More people are also under considerable economic strain this year. "Those who don't have the money either go into debt or feel frustrated," Dr. Hawkins says. Going into debt results in anxiety during the holidays followed by depression when the bills come due.

The holiday blues can be lifted if family members and friends are alert. "Try to notice if one person is quieter than usual and go to them. Be sure to include them in everything that's going on," Dr. Hawkins recommends. "Sometimes people don't realize what is happening until tempers flare or someone is crying. They would know if the were in the habit of listening, planning and checking with each other."

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 THE BEEF PEOPLE
 AMERICAN OWNED AMERICAN OPERATED

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 FROM OUR WINN-DIXIE FAMILY TO YOU AND YOUR FAMILY!
 WE'LL BE OPEN UNTIL 6 P.M. CHRISTMAS EVE.
 *CLOSED CHRISTMAS DAY.
 *OPEN REGULAR HOURS DEC. 26TH.

PRICE BREAKER COUPON
 5-LB. BAG DIXIE CRYSTALS SUGAR
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 COUPON GOOD THRU FRI., DEC. 24TH
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| \$1,000.00 | 100 | 100000:1 | 200000:1 | 400000:1 |
| 100.00 | 1000 | 100000:1 | 200000:1 | 400000:1 |
| 10.00 | 10000 | 100000:1 | 200000:1 | 400000:1 |
| 5.00 | 50000 | 100000:1 | 200000:1 | 400000:1 |
| 2.50 | 100000 | 100000:1 | 200000:1 | 400000:1 |
| 1.00 | 250000 | 100000:1 | 200000:1 | 400000:1 |
| 50¢ | 500000 | 100000:1 | 200000:1 | 400000:1 |
| 25¢ | 1000000 | 100000:1 | 200000:1 | 400000:1 |
| 10¢ | 2500000 | 100000:1 | 200000:1 | 400000:1 |
| 5¢ | 5000000 | 100000:1 | 200000:1 | 400000:1 |
| 2¢ | 10000000 | 100000:1 | 200000:1 | 400000:1 |
| 1¢ | 25000000 | 100000:1 | 200000:1 | 400000:1 |
| Total | 100000000 | 100000:1 | 200000:1 | 400000:1 |

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 17-LBS. & UP W-D REDI-BASTED GRADE "A" TURKEYS lb. 68c
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 CTN. OF 8 PLUS DEPOSIT **\$1.29**
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W-D BRAND U.S. CHOICE RIB ROAST
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PINKY PIG FRESH PORK SHOULDER PICNICS
99¢
 LB.
 HICKORY SWEET BONELESS HAM LB. **\$2.79**

STOKELY (MIX OR MATCH)
31¢
 *17-OZ. GREEN PEAS, WHOLE KERNEL OR CREAM STYLE CORN, 16-OZ. BEANS - FRENCH STYLE, REGULAR CUT OR SHELLIE

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