

### Treating Alcoholism

Many people drink alcohol in moderation. But, heavy drinking puts the body in real danger. Over a period of time, large doses of alcohol can be physically destructive, reducing a person's life span ten to twelve years, and causing damage to the heart, brain, liver and other major organs.

To help people know how to spot the danger signs of a drinking problem, and what to do about it, the U.S. Department of Health and Human Services has a booklet called *Treating Alcoholism*. For your copy send \$2.25 to the Consumer Information Center, Dept. 157K, Pueblo, Colorado 81009.

How do you know when drinking becomes a problem? Although it's hard to draw lines between social drinking, problem drinking, and alcoholism, generally speaking social drinking becomes problem drinking when it repeatedly harms the drinker or the family or friends.

If you answer any of the following questions positively, it may be time for you to do something about your own drinking behavior.

Does your personality or behavior change after you've been drinking? Do you get drunk often, or have you ever been arrested as a result of drinking? Do you have family or job problems because of drinking? Do you ever drink before you go to work? Do you drive a car while you're drunk, or have you been injured while intoxicated? Have you been advised to stop or reduce your drinking by a physician? Do you have financial problems because of drinking?

One sign of alcohol becoming a more serious problem is the need to drink increasing amounts of alcohol to achieve the same effects that once took place after just a few drinks. This eventually leads to loss of control over drinking, "Blackouts", or the inability to remember what happened while drinking, are another symptom of serious drinking.

One way to test just to see just how much you depend on drinking and how much you can control it, is to try to stop drinking for 30 to 90 days. If you have trouble doing this, you may have a drinking problem.

For many people, programs in the community are the best source of help. For example, Alcoholics Anonymous, listed in your local telephone directory, is a voluntary fellowship of alcoholic people whose sole purpose is to help themselves and each other get sober, stay sober and mend their lives. Membership is open and free of charge to anyone who needs help.

When you order *Treating Alcoholism* (\$2.25), you also receive a free copy of the *Consumer Information Catalog*. Published quarterly by the Consumer Information Center of the General Services Administration, the free *Catalog* lists over 200 selected free and low-cost federal consumer booklets.

### Legal Notice

STATE OF NORTH CAROLINA  
DURHAM COUNTY  
EXECUTOR'S NOTICE  
TO CREDITORS  
AND DEBTORS


Having qualified as Executor of the estate of LULA S. JACKSON, this is to notify all persons, firms and corporations having a claim against LULA S. JACKSON, deceased, to present them to the undersigned within six months from the date of first publication of this notice at P.O. Box 1932, Durham, N.C. 27702 or same will be pleaded in bar of their recovery. All persons, firms or corporations indebted to said LULA S. JACKSON, please make immediate payment.

This 9th day of January, 1982.  
Mechanics and Farmers Bank,  
Administrator  
Estate of  
Lula S. Jackson  
P. O. Box 1932  
Durham, N.C. 27702

PUBLICATION DATES:  
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 <p><b>PRICE BREAKER COUPON</b></p> <p>SAVE 40c</p> <p><b>THRIFTY MAID SUGAR</b></p> <p><b>99c</b></p> <p>5-LB. BAG</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER</p> <p>COUPON GOOD THRU SAT., JAN. 16TH</p>	 <p><b>PRICE BREAKER COUPON</b></p> <p>SAVE 46c</p> <p><b>SUPERBRAND GRADE 'A' WHITE LARGE EGGS</b></p> <p><b>39c</b></p> <p>DOZ.</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER</p> <p>COUPON GOOD THRU SAT., JAN. 16TH</p>	 <p><b>WHILE SUPPLIES LAST!</b></p> <p><b>GENUINE DIAMOND 14KARAT GOLD FILLED JEWELRY</b></p> <p>ON 14KARAT GOLD FILLED 16" CHAINS</p> <p><b>YOUR CHOICE OF 12 ELEGANT DESIGNS</b></p> <p><b>999</b> 29.95 VALUE</p> <p>EACH PLUS TAX</p> <p>SPECIALLY PRICED AT JUST 199 WITHOUT TAPES</p> <p>With Only \$100 In Our Register Tapes</p>
 <p><b>PRICE BREAKER COUPON</b></p> <p>SAVE 50c</p> <p><b>PILLSBURY FLOUR PLAIN &amp; SELF-RISING</b></p> <p><b>49c</b></p> <p>5-LB. BAG</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER</p> <p>COUPON GOOD THRU SAT., JAN. 16TH</p>	 <p><b>PRICE BREAKER COUPON</b></p> <p>SAVE 60c</p> <p><b>STARKIST TUNA</b></p> <p><b>39c</b></p> <p>6 1/2-OZ. CAN.</p> <p>LIMIT 1 PER CUSTOMER WITH COUPON AND \$7.50 OR MORE ORDER</p> <p>COUPON GOOD THRU SAT., JAN. 16TH</p>	

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 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>PINKY PIG WHOLE OR RIB HALF PORK LOINS</b></p> <p>8-17 LBS. AVG.</p> <p><b>\$1.08</b></p> <p>SLICED FREE!</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>HOLLY FARMS GRADE 'A' FRYER THIGHS</b></p> <p><b>88c</b></p> <p>LB.</p> <p>FRYER BREAST ... \$1.10</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>PINKY PIG ECONOMY CUT PORK CHOPS</b></p> <p><b>\$1.08</b></p> <p>LB.</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>WESTERN RED DELICIOUS APPLES</b></p> <p><b>18¢</b></p> <p>FOR <b>29¢</b></p>
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### MEAT VALUES

W-D BRAND U.S. CHOICE BONELESS N.Y. STRIP STEAKS	LB.	\$3.98
W-D BRAND U.S. CHOICE BEEF SHORT RIBS STEW BEEF	LB.	\$1.78
W-D BRAND U.S. CHOICE BEEF ROUND BONE SHOULDER ROAST	LB.	\$1.98
W-D BRAND LEAN GROUND ROUND	LB.	\$2.38
PINKY PIG LOIN HALF PORK LOIN	LB.	\$1.28
PINKY PIG CENTER CUT PORK CHOPS	LB.	\$1.88
PINKY PIG COUNTRY STYLE SPARERIBS	LB.	\$1.58
PINKY PIG COUNTRY STYLE BACKBONES	LB.	\$1.48
1-LB. PKG. W-D BRAND REG. OR THICK BOLOGNA	1/2 LB. BEEF	\$1.39 / \$1.49
1-LB. PKG. W-D BRAND SALAMI OR SPICED LUNCHEON MEAT		\$1.79
12-OZ. PKG. W-D BRAND REG. FRANKS	1/2 LB. BEEF	\$1.19 / \$1.29
12-OZ. PKG. SUNNYLAND HOTEL SLICED BACON		\$1.29
12-OZ. PKG. OSCAR MAYER ROUND OR SQUARE VARIETY PACK		\$1.89
ALASKAN SNOW KING CRAB CLUSTER	LB.	\$1.79
1-LB. CUP OLD HICKORY PORK BBQ	8-OZ. CUP	\$1.99 / \$1.09





 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>W-D BRAND CHOICE BEEF BONELESS SIRLOIN TIP ROAST</b></p> <p><b>2.38</b></p> <p>LB.</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>FLORIDA TEMPLE ORANGES</b></p> <p><b>10.99c</b></p> <p>FOR</p>
 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>PINKY PIG SLICED QUARTER PORK LOINS</b></p> <p><b>\$1.38</b></p> <p>LB.</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>SUPERBRAND FUDGE BARS • TWIN POPS</b></p> <p>• ICE CREAM SANDWICHES • TOFFEE BARS • ORANGE CREAM • CREAM POPS • ICE CREAM BARS</p> <p><b>\$1.29</b></p> <p>PKG.</p>

### PRODUCE PATCH

<b>HARVEST FRESH CARROTS</b>	2-LB. BAG	<b>69c</b>
<b>HARVEST FRESH RED GRAPES</b>	1-LB. BAG	99c
<b>HARVEST FRESH YELLOW ONIONS</b>	3-LB. BAG	99c
<b>HARVEST FRESH SWEET POTATOES</b>	1-LB.	39c
<b>1/2-GAL. JUG SUPERBRAND APPLE JUICE</b>		99c

### FROZEN FOODS

<b>EDWARDS CONDENSED LEMON PIE</b>	34-OZ. SIZE	<b>\$2.99</b>
<b>10-OZ. PKG. ASTOR GREEN PEAS OR CUT CORN</b>		2 FOR \$1.09
<b>24-OZ. DIXIANA BABY LIMAS</b>		\$1.59
<b>20-OZ. PKG. FROZEN SHOE STRING POTATOES</b>		59c

 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>HICKORY SWEET SLICED BACON</b></p> <p><b>\$1.28</b></p> <p>1-LB. PKG. 2-LB. PKG. \$2.35</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>U.S. CHOICE BEEF WHOLE OR HALF BONELESS N.Y. STRIPS</b></p> <p>7 TO 16 LBS. AVG.</p> <p><b>\$2.58</b></p> <p>SLICED FREE!</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>W-D BRAND WHOLE HOG SAUSAGE</b></p> <p><b>\$1.29</b></p> <p>1-LB. PKG. 2-LB. PKG. \$2.57</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>FOX DE LUXE FROZEN PIZZA</b></p> <p>ALL VARIETIES</p> <p><b>78c</b></p> <p>11-OZ. SIZE</p>
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 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>DIXIE DARLING CAKE MIX</b></p> <p><b>59c</b></p> <p>18 1/2-OZ. BOX</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>CRACKIN' GOOD SALTINES</b></p> <p><b>59c</b></p> <p>16-OZ. BOX</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>LILAC LIQUID DETERGENT</b></p> <p><b>59c</b></p> <p>32-OZ. BTL.</p>	 <p><b>PRICE BREAKER SPECIAL</b></p> <p><b>CRACKIN' GOOD POTATO CHIPS</b></p> <p><b>79c</b></p> <p>8-OZ. BAG</p>
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Crossdale Shopping Center 3600 N. Duke Mall Avondale Drive Shannon Plaza 810 Liberty St. 3700 Chapel Hill Rd. University Mall-Chapel Hill