

County farms eroding 9 tons per acre

**By Donnie Harris
District Conservationist**
Hoke County was the 99th county established in North Carolina with a total of 243,840 acres. Of these acres, 92,000 belong to the Fort Bragg Military Reservation, 72,459 farmland, 48,762 cropland, 1,057 pastureland, 21,046 woodland and the remaining are urban and land in other uses.

Each acre in the county is vulnerable to soil erosion if adequate protection is not applied. Soil erosion occurs mostly on agriculture land, especially cropland. Hoke County farmers are losing an average of nine tons of soil per acre per year off cropland fields from wind and water erosion.

Most of our soils can stand to lose five tons per acre per year and still be productive. Once we begin to lose more than five tons the process of erosion is removing valuable topsoil from the fields year after year and causing a reduction in available

plant nutrients for crop development.

The most valuable layer of growing material is being lost through the process of erosion. Most of our cropland suffers from wind and water erosion. Large fields in the southern part of the county may have large dust clouds blowing across the fields during the months of March and early April.

The dust storms cause damage in a number of ways: Soil Erosion, plant nutrient reduction, crop damage, soil moisture reduction and sediment deposit in field ditches and next to wood edges.

With most of Hoke County being a sandy type of soil, some farmers are beginning to plant deep sandy cropland fields to coastal bermuda grass for pasture or hayland use. These deep sands cause field crops to suffer from drought conditions during hot dry summer months if no artificial irrigation is available.

This condition will directly affect crop yield as well as farm pro-

fit.

Farmers that have studied the market on beef and hay production may realize that their potential farm profit is greater when utilizing deep sandy fields as grassland and not as cropland.

Many of these fields are planted to soybeans which may only produce 10-15 bushels per acre. With the cost of seedbed preparation, planting, fertilizing, liming, cultivating and harvesting the crop, farmers may not be making any profit from their efforts.

Today's farmers are going to have to recognize the need for changes in their operation to increase production and decrease waste.

High interest rates may continue to increase in the future causing farm operation expenses to increase.

With this, there is a decrease in farm profit.

Farmers today are going to have to be better managers of their

operation in order to increase their farm profit.

It is important that they recognize the need to reduce soil loss and make those management changes in operations as needed for a possible increase in farm profit.

For more information on soil erosion contact the Hoke Soil and Water Conservation District Office.

Guin receives promotion

Neil R. Guin Jr., son of Martha A. Guin of Raeford, has been promoted in the U.S. Army to the rank of specialist four.

Guin is a medical specialist at Fort Bragg with the 82nd Airborne Division.

He is a 1982 graduate of Hoke High School.

Lion Candy Sales

The Lions Club of Raeford is now selling Halloween Candy. Sales will be going on thru October 31. The candy is an assortment and sells for \$2 a bag. All profits go to the blind and visually handicapped. Here Lion Ashwell Harwood sells candy to Steve Maxwell.

Depression wide spread

**By Charles Blackburn
Duke Univ. Medical Center**
Preliminary results from nationwide surveys indicate that more than 15 million Americans may be suffering from depression without realizing it, according to a Duke University Medical Center psychiatrist.

Dr. William Zung said the data tends to support an earlier study at Duke in which hidden or masked depression was diagnosed in 143 of 1,000 patients seen at the medical center's Family Medicine Clinic.

"Clinical depression is more than a case of the blues," Zung said. "Other symptoms may include forgetfulness, a persistent loss of appetite, the inability to sleep and constant fatigue or restlessness."

The problem is, many people fail to make the connection between these symptoms and clinical depression, Zung said.

"That's why we speak of it as being hidden or masked. The patient senses that something is wrong, but he doesn't know what."

"Most of us occasionally have insomnia or feel tired, but we don't have these and other symptoms of depression over a long period of time, and they don't occur in clusters," he said.

According to Zung, the condition is found in children as well as adults, with the highest incidence in people ages 25 to 44. Twice as many women as men are diagnosed as having the disorder.

"In certain cases, depression may be associated with a chemical imbalance in the brain or a change in body chemistry," Zung said. "Research indicates that there are different kinds of depression, each requiring its own specialized type of treatment."

Antidepressant drugs are often used successfully to treat depression, according to Zung, "but you've got to identify it before you can treat it."

Zung has been participating in three nationwide projects from which he is assembling data about depression. All three are aimed at alerting physicians as well as lay people to a common medical problem.

Many older Americans among the more than 1 million who participated in this year's National Health Fair Program took a version of the Zung Self-rating Depression Scale. The scale has been used as a diagnostic aid by general practitioners and psychiatrists for more than 20

Health Hints

years. It has been translated into 30 languages.

"We know that clinical depression is under-recognized and therefore under-treated among older Americans," Zung said. "This was an effort to identify the problem and let people know that they can change the way they feel about themselves and life."

He described the Self-rating Depression Scale as a diagnostic tool for monitoring "the emotional vital signs" of a patient. It consists of 20 statements, each of which relates to a specific characteristic of clinical depression in four basic areas: physical, psychological, psychomotor and mood.

The patient rates them according to how applicable they are to his or her life during the preceding two weeks. He can check one of four boxes with headings ranging from "None or a little of the time" to "Most or all the time." Examples include: I get tired for no reason; I have crying spells or feel like it; I am restless and can't keep still.

By using a simple scoring method, the physician can use the scale in conjunction with his own clinical observations to gauge the patient's emotional state.

The scale was given to television viewers last May through a Lifetime Cable Network special on psychological problems called "Your Mental Health." Some 18 million homes nationwide subscribe to the network, and viewers were asked to complete the scale and send it to Zung.

He is also compiling data from hundreds of physicians participating in the National Depression Evaluation Program, which is seeking to evaluate the usefulness of the Self-rating Depression Scale in the everyday management of depression.

"The scale is proving useful in evaluating therapy as well as screening for depression," Zung said, noting that those who are successfully treated tend to score better when given the scale again.

Materials in the program include a taped interview with Dr. Zung by well-known comedian Buddy Hackett about recognizing masked depression in general medical practice. During the interview, Hackett talks about his own battle with depression and how Dr. Zung helped him overcome it.

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8 OZ. PACKAGE
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Star-Kist Tuna
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Diet Coke mello yello
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2 LITER
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Lite Beer
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Jesse Jones Franks
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20 years service

Mell Harris recently completed 20 years of continuous service at the Raeford Plant of Burlington Industries. Harris has had several promotions since he began his employment with the local firm. He presently works in the Weave Department as a Loom Technician. In recognition of his loyal service, he was presented a certificate, pearl pin and gift by Plant Management.

