

## Two Chances

The North Carolina Chicken Cooking Contest sponsored by the North Carolina Poultry Processors Association, is held annually in cooperation with the NATIONAL CHICKEN COOKING CONTEST (sponsored by the National Broiler Council). Five finalists selected from the North Carolina entries to the national contest will compete in the state cook-off to determine North Carolina's representative to compete with the other state winners in the nation for FIVE CASH PRIZES (\$10,000 -1st prize, \$4,000 - 2nd prize, \$3,000 -3rd prize, \$2,000 -4th prize and \$1,000 -5th prize). The five state finalists will each receive a trip to the state cook-off location plus other prizes and the state's winner will receive an expense paid trip to the national contest set for August 18, 1982 in Dallas, Texas. To enter, write a recipe using whole chicken or any part or parts for approximately four servings. Attach this to an official entry blank; OR, write your name, address and telephone

number on the front page of the recipe and mail to: Chicken Contest, Box 28158, Central Station, Washington, D.C. 20005. Entries must be received by April 1, 1982.

The FIRST ANNUAL NORTH CAROLINA TURKEY COOKING CONTEST is sponsored by the North Carolina Turkey Federation. The contest is open only to residents of North Carolina. Finalists chosen from the contest entries will compete for FIVE CASH PRIZES - (\$500-1st prize, \$250 2nd prize, \$50 each 3rd, 4th, and 5th prizes.) To enter, write a recipe for approximately 4-8 servings featuring any TURKEY PART OR PARTS (Recipes for whole bird will not be accepted). Attach to official entry form; OR, simply write your name, address and telephone number on the front page of the recipe and mail to: Turkey Contest, North Carolina Turkey Federation, P.O. Box 2431, Raleigh, NC 27602. Entries must be mailed by August 1, 1982.



This sign was spotted on Highway 17 north of Vanceboro this week. Yes, it does read Regular \$1.229 per gallon and that does mean gas. The general trend is to experience a downward turn in gas prices. Citizens of this area are waiting for the price of gas to be competitive with Greenville and Kinston, where we understand that gas has been selling for \$1.199 for a long time.

Sprouts are rich in vitamins A, B, and C and can be grown in the home from just about any seed, grain or legume.

Have a favorite pattern that is so worn it's beginning to fall apart? Press it onto fusible interfacing. There are several products on the market just for this purpose.

The USDA says that one grocery bag in three brought home from the supermarket is filled with non-food items.

Driving on ice and snow? Carry a bag of "kitty litter" in the trunk in case you get stuck. It provides great traction.

When dieting, don't skip meals or eat only a token breakfast or lunch. Skipping meals may lead to unwise snacking.

## A Pain In The Back Is Not Normal

By: Steven I. Cohen, D.C.

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How many people do you know who complain of back pain? How many of your friends and relatives cannot do their best at their jobs, their sports, or just enjoying life because of gnawing pain in their backs? Back pain is not a condition to "learn to live with." Backache is not normal.

To help us understand back pain and what causes it, let us look at some typical incidents. Mr. Jones's car was struck from behind. He suffers back pain. Mr. Miller lifted a heavy box at work. He suffers back pain. Mrs. Smith is expecting a child. She suffers back pain.

Not all back problems are due to severe strains or dramatic accidents. Unexpected, awkward and off balance movements of any kind can cause back pain and sciatica. For instance, stepping off a curbstone or lifting a pencil from the floor can cause back pain. This is because the pain may be the symptom of a spinal disorder compounded by a structural weakness.

Persistent or recurrent aches in the lower back and legs may suggest a possible lower spinal or pelvic problem. Most often this requires a structural correction of the cause in order to relieve the condition. Although drugs may hide the pain temporarily, the spine and sacroiliac must be aligned to the proper position for normal function.

**It Pays to Advertise**

# I'm Proud of My Grandchild!

Happy  
Valentine's  
Day



Christian Wade Orland  
Mr. & Mrs. John Clark



Brad Piner  
Mr. & Mrs. J.T. Wilson



Alison Williams  
Mr. & Mrs. J. T. Wilson



Nicole Provost  
Mr. & Mrs. Garland Taylor



Christopher Hale  
Mr. & Mrs. Carlyle Waters

To someone  
dear...

Happy Valentine to  
Margaret Waters, the  
sweetest Mother on earth.  
We Love You.  
Barbara & Garland



Mammy you're our  
favorite girl. To us more  
precious than tons of  
pearls; So may you find  
this Valentine's Day. Lots  
of love and happiness  
coming your way.  
Billy and Ruth, Jax.,  
Fla.

To a great Mom!  
Happy Valentine's Day  
Alan Forrest

Carolyn, Happy Val-  
entine's Day, and may  
many treasures soon find  
their way to your door.  
Ruth

Just a tiny Valentine's  
message to a dear mother  
named Debra Lewis.  
I'm glad you're my  
mother!

Barbara Forrest

Lisha, Meredith, and  
Stephanie, Please be my  
Valentine!

"Ill" & "Pop"

Dearest M.L.,  
Happy February 14th...  
Look to this day! For it is  
life, the very life of life...  
for yesterday is already a  
dream, and tomorrow is  
only a vision; but today,  
well lived, makes every  
yesterday a dream of  
happiness, and every  
tomorrow a vision of  
hope.

USAF Res.