

West Craven Noticeboard

DRIVERS NEEDED

Drivers are needed to transport people for the Council on Aging from Vanceboro to appointments with doctors. Mileage will be paid. Contact Camille at 638-2118.

YOUTH BASKETBALL

The Craven County Recreation and Parks Department is holding registration for youth ages seven through 18 from Vanceboro, James W. Smith and West Craven Middle schools. The league will consist of four divisions — mites, 7-9; midgets, 10-12; juniors, 13-15 and seniors, 16-18. Games will be played at Vanceboro and West Craven Middle School beginning in December. To sign up or for more information, call 636-6606.

MINT MUSEUM

The Craven County Arts Council is offering an overnight bus trip to Charlotte to experience the splendor of Egypt's most phenomenal pharaoh in the exhibition "Ramesses the Great: The Pharaoh and His Time." The bus will depart New Bern the morning of Nov. 30 and return Dec. 1. The cost of the tour is \$99 per person for double occupancy or \$127 for single occupancy. The cost includes transportation, overnight accommodations at the Radisson and a ticket to the exhibition.

The tour is limited to 36 people and all seats will be reserved in the order that deposits are received. For more information, call 638-ARTS or send a check to the Craven Arts Council, P.O. Box 596, New Bern, N.C., 28560.

ARCHERY

Learn and experience the challenge of archery. Craven County Recreation and Parks Department is seeking currently organizing archery classes in New Bern beginning this fall. Classes will be available for youth, adults and senior citizens. In interested in participating or for more information, contact Eddie Games at 636-6606.

WRESTLING

The Craven County Parks and Recreation Department will offer children's wrestling this year. Coaches are also needed. For more information, call the department at 636-6606 or Tom Marsh after 7 p.m. at 636-3344. The program will start in November.

FALL PROGRAMS

The Twin Rivers YMCA began the second session of fall programs Oct. 31. Programs will include low impact aerobics, CAM II fitness classes, small-fry gymnastics (ages 2-5 years), after-

school gymnastics (ages 5-14 years), men's 4-on-4 basketball, basic exercise and stretching and more. Please call the YMCA at 638-8799 to pre-register for more information.

CIVIL WAR EXHIBIT

The New Bern Historical Society is sponsoring a special exhibit of Civil War, also known as the War Between the States, at the Attmore-Oliver House Museum through Dec. 16. The exhibit is open from 1 to 4:30 p.m. Tuesdays through Fridays. A fee is charged.

HOLIDAY COOKERY

Holiday cookery will be the topic of a Nov. 30 presentation scheduled by the Craven County Agricultural Extension Service. At 10 a.m., Elizabeth Braddy, home economist with the N.C. Egg Association, will demonstrate holiday food ideas including holiday recipes, garnishes and food gifts. The program will be held in the demonstration kitchen of the Agricultural Center in Industrial Park, New Bern. There is no charge by registration is required by Nov. 9. To register, call the Craven County Extension Service at 633-1477.

BASKETBALL COACHES

Youth basketball coach volunteers needed two two days a week between 4 and 6 p.m. Knowledge of basketball skills and genuine interest in children required. Contact Twin Rivers YMCA at 638-8799 for more information on these coaching positions.

CUB SCOUTS

A Cub Scout pack will begin early this month on Monday afternoons. Boys in the first through third grades, volunteer leaders and committee members are needed. Contact Twin Rivers YMCA for more information at 638-8799.

YOUTH BASKETBALL

Youth basketball pre-registration is now being conducted for youth ages 5 through 12. Games will be on Saturday mornings beginning Jan. 7. Call or come by the Twin Rivers YMCA at 638-8799 to pre-register a child.

SEEK-A-SENIOR

The Twin Rivers YMCA Seek-A-Senior program is a referral service promoting odd-job employment of active older adults who are 55-years-old or older by community members needing work done at reasonable rates. Call the YMCA at 638-8799 to find resources for hiring seniors to do such work as maintenance and repair, sewing, house-sitting and

babysitting.

TRAVEL CLUB

Would you like to travel to do some out-of-town shopping, but need transportation? The YMCA Travel Club is planning two out-of-town trips to Jacksonville on Nov. 25 and Dec. 2. The YMCA van will leave the YMCA parking lot at 9 a.m. Please call 638-8799 to reserve a spot. A maximum of 10 spaces are available.

MEN'S BASKETBALL

The Craven County Recreation and Parks Department is sponsoring a men's basketball league for the 1988-89 season. All games will be played at J.T. Barber Junior High School. For more information, call Carol Baker at 636-6606 between 8 a.m. and 5 p.m. Mondays through Fridays.

ORIENTATION

An orientation for Big Brothers-Big Sisters of the Lower Neuse is planned for Nov. 28 at 5 p.m. in the classroom of the Family Services Center and the Marine Corps Air Station at Cherry Point.

SUPPORT GROUPS

The Stoke Support Group will meet Nov. 28 from 2 p.m. to 3 p.m. at the AHEC Building at Craven Regional Medical Center. The film "In Support of Caregivers" will be shown by Lorri Wetherington.

The Alzheimers Support Group will meet Nov. 30 from 3 p.m. to 4 p.m. at the AHEC Building at Craven Regional Medical Center. The topic will be the SPECT brain scan and will be presented by Libby Koplner, manager of nuclear medicine at the center.

The Cardiac Support Group will not meet in December.

HOOP CLINIC

A youth basketball clinic will be held Dec. 17 at Twin Rivers YMCA. New Bern Senior High School basketball coach Art Paschal and his players will help in the boys' clinic, ages 5-12 from 9 to 11 a.m. Kim Briel, WCTI sports reporter, will be on hand for the girls' clinic from 11 a.m. to 1 p.m. for girls ages 9-12. To register for the clinic by Jan. 7, contact the YMCA at 638-8799.

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AT ISSUE

Should Congress Ban AIDS Discrimination?



YES

Dr. Frank Lilly was a member of President Reagan's Commission on AIDS. He is professor and chairman of the department of genetics at Albert Einstein College of Medicine in New York.

Do you favor a federal law banning discrimination in the workplace against people infected with the AIDS virus?

Yes, strongly. Nearly 600 experts from diverse AIDS-related fields testified before the AIDS commission; many referred to AIDS-related discrimination as a very severe problem that must be addressed if we are to make progress in controlling the disease. We recommended federal legislation that would extend to the private sector existing anti-discrimination regulations for groups doing business with the government. The White House wants to leave the problem to the states, but that approach has not helped much with any other discrimination problem.

Should the federal government fund experimental AIDS treatment programs, such as AZT treatments?

Actually, AZT is no longer an experimental treatment in many ways. It works remarkably well for a lot of people, proving that AIDS is a treatable disease. However, we need more and better treatments for AIDS. Why is AIDS more urgent in this respect than other diseases? Only because, unlike most all other diseases, AIDS is increasing at a truly scary rate. Left untreated, it is among the most expensive diseases to care for. Even though AZT is also expensive and thus accessible only to the wealthy and the very well insured, it is a bargain for the government, which will end up paying most of the bill either way.

Should the results of tests for AIDS virus infection be kept confidential?

Of course. One's medical history has always been considered to be confidential, and there are no public health grounds for making an exception for AIDS. Even when it is deemed necessary to inform the previous sex partners of an AIDS virus-positive person that they may have been exposed, this should be done without identifying the individual. Loss of confidentiality often leads to discrimination and fear of discrimination keeps infected people from coming forward to be diagnosed, treated and counseled about how to avoid spreading the infection further.

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NO

U.S. Sen. Steven D. Symms (R-Idaho) is a member of the Senate Armed Services, Budget, Environment and Public Works, and Joint Economic Committees.

Do you favor a federal law banning discrimination in the workplace against people infected with the AIDS virus?

We need a common sense approach when dealing with employees with AIDS. Many working Americans have genuine fears about the unknowns of AIDS and those fears must be addressed.

So far, the focus of the AIDS issue has been on the rights of the AIDS carrier. However, the hype regarding the "victims" must not outweigh the rights of the greater public. We must ensure the safety of the vast majority of workers who do not have AIDS.

The fact is that AIDS is a serious disease that could affect morale and, more importantly, the safety of the workplace. Employers, rather than the federal government, should look out for the productivity and safety of ALL employees.

Should the federal government fund experimental AIDS treatment programs, such as AZT treatments?

The taxpayers shouldn't have to bear the cost of treating AIDS or any other disease. Similar attempts at socialization of treatment in other countries have failed miserably. However, I do support research initiatives which will allow production of medicines to combat the menace that AIDS poses to the public health.

Should the results of tests for AIDS virus infection be kept confidential?

One effective way to prevent the spread of AIDS is through testing. And the confidentiality of those results is certainly at the forefront of the debate. However, there are many ways to define confidentiality. I don't think the results should be tattooed on carrier's arms or posted on a bulletin board in the workplace. However, the spouse and any other sexual partners must be notified, so the progress of the disease can be traced and stopped before more people are infected.

When dealing with the confidentiality question of AIDS testing, Washington politicians must not ignore the real public health risks of this deadly disease in order to cater to special interests. **ll**

Estrogen Helps Relieve Menopausal Symptoms

By B. PEACOCK, M.D.

Menopause is the medical term for what is often referred to as "the change of life" in women. More simply and accurately, it is the end result of the normal aging process of reproductive potential, and the end of normal menstrual cycles. Ninety-five percent of women experience this "change" between the ages of 45 and 55. Women who require surgical removal of their ovaries prior to this time enter menopause.

Hot flashes and a number of other symptoms are associated with these physical changes. To relieve these symptoms, consideration is often given to hormone or estrogen replacement therapy. Many women, although plagued by these symptoms, are reluctant to inquire about, or take hormone treatment, for fear of developing cancer or other illnesses.

Quite a bit of information is known about hormone therapy. Although some cases of uterine cancer were previously related to estrogen treatment, we now know that if given both of the normal female hormones (estrogen and progesterone) in the proper amounts, one's risk of developing a tumor does not increase. Very few women would not be candidates for hormone replacement, primarily those with recent breast or uterine cancers.

Following estrogen replacement, studies have shown that patients experience no increase in high blood pressure problems over normal levels, no increased risk of clotting disorders or diabetes, and no increase in heart attacks. Estrogen in fact probably has a beneficial influence and likely decreases the risk of heart attack in many women.

If we consider again the symptoms which may warrant treatment, they generally develop from inadequate circulating estrogen levels. Overweight women tend to have less severe symptoms than smaller women, because increased fatty tissue allows other hormones to be changed into estrogen, and relatively higher levels are main-

tained.

About 75 percent of all post menopausal women experience some degree of hot flashes, and they may begin up to five years before menses actually end. Dryness and irritation of the vagina, leading also to discomfort with intercourse, and an occasional leakage of urine may develop, since these tissues are responsive to estrogen.

A variety of psychological symptoms may also develop, and some may be due to a lack of estrogen. Osteoporosis (or thinning of bone) is common after menopause — more so in small, thin, white or oriental women, or women whose ovaries were surgically removed at a young age. This bone loss can lead to compression fractures of the spine, causing decrease in height, along with severe back pain. And, more seriously with increasing age, osteoporosis may well lead to hip fractures, which can develop into serious illness.

Any of these symptoms mentioned would warrant estrogen replacement, if not contraindicated, at any time just prior to or after menopause. Regarding osteoporosis, if significant bone loss has already occurred, it cannot be replaced. However, the process of losing the bone tissue can be stabilized.

The most common form of estrogen treatment is oral estrogen for the first few weeks of the month, adding progesterone for at least 10 days near the end of the month. Some women will have menstrual type bleeding when they are following this regimen. If this is undesirable, a smaller amount of progesterone can be added daily to prevent the excessive stimulation and cancer risk from estrogen alone, and prevent bleeding during the month.

A newer form of estrogen replacement therapy, the transdermal patch, has also become popular. No real advantage to this method has been shown, however, except for the convenience of only having to apply it twice a week instead of every day. Progesterone should still be

taken when a patient is using this method.

Patients will usually be started on the lowest available estrogen dose, and increased as needed to alleviate symptoms. Those patients without a uterus no longer run the risk of uterine cancer, but they still have menopausal symptoms at the appropriate time. Adding progesterone to even these patients' regimen may be desirable, since it is a normal female hormone, and it may have a protective influence on breast changes. Studies have not yet proven its advantage, however.

Other hormonal or medical treatments are available to those patients unable to take estrogen, and usually offer at least some

symptomatic relief and inhibition of bone loss.

In conclusion, menopause is a normal process, but estrogen and progesterone treatment can make it a much more tolerable one. Women experiencing menopausal symptoms should not hesitate to consult their gynecologist about their problems, and about treatment options for estrogen replacement.

Next: Hair Loss

This weekly column is provided by the management of Beaufort County Hospital and its medical staff. Questions and comments may be sent to Pamlicare, Washington Daily News, 217 N. Market Street, P.O. Box 1768, Washington, N.C. 27889. Dr. Brenda Peacock is an obstetrician/gynecologist and has an office in Washington at the Washington's Women Clinic.



Bragging Rights

On two recent outings, Vanceboro School of Martial Arts competed in the Craven County Brag Rights Tournament. Franke Ipock, men's green belt, finished first in fighting and third in kata. Joseph Ipock was third in kata and fourth in fighting in the Pee Wee Division. Chris Drake was first in kata and second in fighting. David Altry was first in kata and first in fighting in the men's white-belt division. David Mack was fourth in kata and fourth in fighting in the men's white-belt division. In the Pee Wee Division, Chris Mack was fourth in fighting. At the 13th annual Battle of the Carolinas, Ed McGovern, a fourth-degree black belt, placed third in the Kata Master Division. Greenbelt Frankie Ipock placed in the fighting category. Joseph Ipock placed second in the kata section of the Pee Wee Division. In the Junior Division, Steven Bradley placed third in fighting.

Soil & Water

By MICHAEL HARRIETT
ASCS Staff

Now is the time to plan for tree planting or reforestation. January through March is the best time to plant trees in Craven County.

Most reforestation is done with loblolly pines. Seedlings, which cost \$22 per 1,000 (\$24 with delivery), can be obtained by filling out a form from the N.C. Forest Service.

Site preparation is the first step in tree planting. The objective of site preparation is to reduce competition from other plants and trees without removing or destroying the topsoil and organic matter. It can be done several ways.

Among them are disking and furrowing with a fire plow, drum chopping, pushing and piling unwanted trees and vegetation, and prescribed burning. Prescribed burning and drum chopping used together is one of the most effective methods of site preparation.

The recommendation of loblolly pines is seven feet by 10 feet, a plot that allows 622 seedlings per acre. On wet and low quality sites, bedding is used to improve drainage and make planting easier. Pines planted on beds in wet areas also benefit from improved nutrition and soil aeration.

If seedlings are planted in an area that has had trees harvested off of it within the previous year the seedlings should be treated with chemicals to protect them from the Pales weevil.

Quality seedlings should have a collar diameter of at least 1/4 inch, stiff and woody, and have a maximum top length of 14 inches and a root system between five and nine inches.

The seedlings roots must be kept moist prior to planting. The roots should not be exposed to the sun, wind, heat, drying or freezing at any time until planted. No roots should be exposed to the sun or wind for more than 10 minutes.

Cost sharing is available for tree planting through the Agricultural Stabilization and Conservation Service office at \$30

per acre. There are also state and federal programs that are available for cost sharing on tree planting.

The N.C. Forest Service has a list of local private contractors that do tree planting and soil preparation. Those interested in learning more can contact the forest service or the Soil Conservation Service.

WHEAT PROGRAM

The 1989 Wheat Program will have the following provisions:

- A 10 percent acreage reduction requirement.
- No paid land diversion.
- An 0/92 provision will be offered.
- A target price of \$4.10 per bushel.
- A national average loan rate of \$2.06 per bushel.

FEED GRAIN PROGRAM

The 1989 Feed Grain Program will have the following provisions:

- A 10 percent acreage reduction requirement.
- No paid land diversion.
- An 0/92 provision will be offered.
- A target price of \$2.84 for corn, \$2.70 for grain sorghum, \$2.43 for barley, 85 cents for oats and \$1.40 for rye.
- A national loan rate for corn of \$1.65 per bushel.
- Oats will not be subject to cross compliance provisions.

CROSS COMPLIANCE

Cross compliance will be required for all program crops except oats. Oats may be planted in excess of their base unless the farmer is enrolled in the oats program, in which case he can plant 95 percent of his base and leave 5 percent for ACR.

SOYBEAN LOAN RATE

Producers may receive a loan on their 1988 soybeans at \$4.83 per bushel.