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Virginians rebelled against
 their British governor 100
 years before the American
 Revolution.

CB Club Election

Mt. Mitchell C.B. Club held its annual election Sunday afternoon, February 27, at Bald Creek Elementary School to elect the following new officers for the coming year:

President, Carl Penland;

Vice President, John Ollis; Secretary, Lillian Moore; Treasurer, Freddy Penland; Sergeant at Arms, Allen Arrington; Board Members, Max Shuford, Kenneth Phillips, Brooks Boone, Johnny Griffin, Ted Golden, Virgus Anglin, Donald Woody.

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Pros and cons of using the Pill

Question: I'm aware of the "flap" over the Pill. But what do experts say, today? Answer: Obstetricians and Gynecologists are claiming that the risk-benefit ratio is "exceedingly favorable" for women on the Pill. Reportedly, there's a much lower death rate for women using the Pill than from that of pregnancy itself. But there's a warning:

If pregnancy occurs too soon after stopping the Pill, the risk of birth defects apparently increases. So, it is cautioned that the Pill-user who wants to become pregnant do so only after re-establishing her regular menstrual period. But be sure to ask your doctor for his opinion.

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Tips For Better Burley Tobacco

BY WM. BLEDSOE
 County Extension Chairman

An abundant supply of healthy plants produced at the right time is a necessary requirement for a successful burley crop. Over the past few seasons, an adequate supply of plants ready for early setting has just not been available in western North Carolina. If transplanting is delayed until the latter part of June, the crop will not mature early enough to take advantage of favorable fall curing weather. Late-harvested tobacco will usually cure poorly.

Most plant bed failures are caused by 1. poor location, 2. improper fumigation, 3. excessive fertilizer, 4. excessive seeding rate, 5. poor covering, 6. failure to control diseases and insects, 7. failure to make a daily check on problems that may arise, and 8. failure to water.

LOCATING THE BED
 Choose a good soil. A deep, well drained loam or silt loam is considered best. Avoid low wet areas. A bed sloping to the south or east will usually produce earlier plants. Avoid areas that are known to be heavily infested with white clover or morning glory seeds as methyl bromide will not give effective control. Locate the bed near a permanent, disease-free water supply. The bed site

should be at a convenient place on the farm so that daily inspections can be made easily.

SOIL PREPARATION

The bed should be turned and disked in preparation for fumigation. Clods, roots, rocks and lumps of soil should be removed. Work the bed until it is in good condition and leave the surface smooth. Methyl bromide gas can be applied in the spring. Better results are obtained with fall treatment. The gas does not penetrate wet or water-logged soil and it will not successfully kill weed seed in extremely dry soil. The best time to treat is after a rain just when the soil is dry enough to be in good working order. The temperature of the soil should be 50 degrees F. or higher. Ditch or plow a furrow around the bed to prevent surface water from carrying weed seed and diseases into the treated area. Be sure to follow directions on methyl bromide can as to length of time to gas and air out bed before seeding. Gas left in soil can kill tobacco seed too.

FERTILIZATION
 Avoid over-fertilization. Apply 50-75 pounds of 12-6-6 plant bed fertilizer for a 100 x 9 foot bed. The lower rate is suggested for the heavier soils and the higher rate for the lighter, sandier soil types.

Heavier rates can result in fertilizer injury and loss of stand. The 50-75 pound rate of fertilizer is usually sufficient to produce excellent plants without further application of nutrients of any sort. In seasons of excessive rainfall, some of the fertilizer nitrogen may leach below the root zone. If the plants show symptoms of nitrogen deficiency (slow growth and pale yellow color of the leaves), a topdressing of 3-5 pounds of nitrate of soda for each 100 x 9 foot bed may be applied. Symptoms of cold injury, fertilizer injury, or diseases should not be mistaken for nitrogen deficiency. Excessive use of nitrogen will cause plants to be too tender and succulent to live well at transplanting.

SEEDING

Beds may be seeded after the first of March. Nylon covers will produce plants earlier than cheesecloth. Many growers who use nylon report excellent results from seedings made after the middle of March. Sow certified seed of a recommended variety. Use new seed each year. Old seed may germinate for several years but they tend to be less vigorous with each passing season. Use 2-3 level teaspoons of seed for each 100 x 9 foot bed. Seeding too thin will result in short, bushy plants that are difficult to handle and set. Stands that are too thick will result in weak, spindly plants that do poorly at transplanting.

COVERING

Most covers are applied flat and pegged directly to the ground over a thin mulch of clean straw or pine needles. The mulch is necessary to prevent the cover from sticking to the ground after a rain. Beds will suffer less cold injury and insect damage if covers are carefully applied with no openings left at the edges. Covers may be made of cheesecloth, plastic, nylon, rayon, or polyester. The synthetic materials will produce plants a little earlier (3-5 days) than cheesecloth.

DISEASE, INSECT CONTROL

The three most common diseases in burley beds are blue mold, anthracnose, and damping off. All three of these diseases can be controlled by spraying or dusting with any of the fungicides containing ferbam, zineb, maneb, or metiram. Treatments should begin when plant leaves are about the size of a dime or quarter and should continue at weekly intervals until transplanting is complete. The most troublesome plant bed insects are slugs, cutworms, fleabeetles, and aphids. Slugs can be

controlled by using prepared baits containing metaldehyde or mesurol. Baits containing dylox will control cutworms. Orthene spray will control aphids and fleabeetles.

Examine Plant Beds daily for water needs, disease and insect injury, and damaged or loose covers.

WHEN TO WATER

The most critical period in plant production occurs when seed are germinating. If the

soil surface dries out at this time or if a crust forms, the seed will die and the stand will be lost. The soil surface should be kept moist by daily watering until the stand is established. More plant bed failures occur from lack of water during the period when seed are germinating than from all other causes combined. All consistently successful plant producers have facilities for watering.

Health Department

March 1, Tues., Maternal Health-Ms. Kingham	12:30- 3:30
March 2, Wed., Eye Clinic-Dr. Powell	8:00-11:00
By Appointment only	
March 3, Thurs., Maternal Health-Ms. Kingham	8:00-11:00
March 4, Fri., Child Health-Dr. Pope	9:00- 3:00
March 7, Mon., Immunization Clinic	8:00-11:00
March 7, Mon., Nurse Screening	9:00- 3:00
March 8, Tues., Child Health-Dr. Cort	8:00- 1:00
March 9, Wed., Pap Smear Clinic-Ms. Taylor	12:30- 3:30
March 10, Thurs., Family Planning-Dr. McGahey	8:00-11:00
March 11, Fri., Child Health-Dr. Pope	8:00- 2:00
March 14, Mon., Immunization Clinic	8:00-11:00
March 14, Mon., Nurse Screening	9:00- 3:00
March 14, Mon., Maternal Health-Ms. Kingham	4:00- 6:00
March 15, Tues., Maternal Health-Dr. Hemphill	8:00-11:00
March 17, Thurs., Maternal Health-Dr. McGahey	4:00- 6:00
March 18, Fri., Eye Clinic-Dr. Payne	8:00-11:00
By Appointment only	
March 19, Sat., Maternal Health-Ms. Kingham	8:00-11:00
March 21, Mon., Immunization Clinic	8:00-11:00
March 21, Mon., Nurse Screening	9:00- 3:00
March 23, Wed., Orthopedic Clinic, Avery County	8:00-11:00
March 24, Thurs., Family Planning-Dr. McGahey	8:00-11:00
March 28, Mon., Immunization Clinic	8:00-11:00
March 28, Mon., Nurse Screening	9:00- 3:00
March 29, Tues., Child Health-Dr. Cort	8:00- 1:00



REPORT FROM
U.S. Senator
JESSE HELMS

WASHINGTON—Teddy Roosevelt surely must be spinning in his grave.

During the past several weeks, I have often found myself wishing that Teddy could come back and confront those who are demanding that the United States give away the Panama Canal. I'm not sure that Teddy would speak softly; he might be sorely tempted to use his legendary big stick on various "spokesmen" who are going out of their way to distort history.

The effort obviously is being carefully orchestrated to confuse what is really a clear-cut issue. The Panama Canal is U. S. property. The American people have sacrificed to buy the property, build the Canal, and to assure its operation for two-thirds of a century.

Now there are highly-vocal forces in our country who would have us hand over the Panama Canal to a leftwing dictator in Panama.

EDITORIALS—I have been astonished at editorials published almost simultaneously in some of the big-city newspapers around the country. These have been based on a lengthy "review" of the Panama Canal give-away—a review reportedly written by self-serving functionaries in our own State Department and handed to various public figures for release to the press.

The erroneous statements in this document are incredible. Yet, editors of a number of major newspapers around the country rushed into print, advocating that the U. S. surrender the Panama Canal—without bothering to check a single fact.

This has happened, sad to say, in our own state. There were a dozen historical errors in just one paragraph of an editorial appearing in a major North Carolina newspaper.

RESPONSE—As I said at the outset, it would be fine if Teddy Roosevelt could come back and speak for himself in connection with how the United States acquired the property in Panama, and built the Canal there. Since he cannot, some of us are responding to the editorials for him.

Fortunately, this is one issue which the majority of Americans obviously understand. The respected Opinion Research Corporation of Princeton, N. J., recently conducted a poll, and reported that 75% of the American people oppose the proposed Panama Canal give-away. Only 12% favor the proposal. The remaining 13% either have no opinion or are undecided.

I have joined in a lawsuit to remind the U. S. State Department that, under the Constitution, only Congress can dispose of property belonging to the American people. For years, Henry Kissinger attempted to by-pass Congress; now, the new Secretary of State, Cyrus Vance, is doing the same thing. Kissinger and Vance are close personal friends, and obviously Mr. Vance intends to try to continue the discredited Kissinger policies.

MISTAKE—It would be a tragic mistake for the United States to give up its sovereignty in Panama. Aside from the peril of turning over the Canal to a leftist dictator in Panama (who has locked arms with Castro in Cuba), the American consumers might want to bear in mind that it could have disastrous economic effects if the Communists ever decided to shut down the Canal.

Most of South America wants the United States to keep the Canal. Contrary to what the give-away crowd says, the Panama Canal can accommodate 99 per cent of the ships in the world. It is vital to defending the Free World.

For my part, I believe the American people are correct in their overwhelming opinion that the U. S. should keep the Panama Canal. We bought it; we built it; it's ours.

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