

Crossroads Of Aging

August 6th will be Senior Citizens' Night at The Lost Colony for the ten county area, and it is hoped that a number will attend, either individually or in groups.

For the night in their honor, Senior Citizens' tickets are only \$2.00 (usual price \$3.50). Tickets must be ordered and paid for by July 26th to take advantage of the special rate.

To order tickets, write Program on Aging, Albemarle Regional Commission, P.O. Box 967, Edenton, North Carolina 27932. For information telephone 483-8444.

Persons attending may want to plan their schedule to include visiting the Wright Memorial and Museum, Fort Raleigh and the Elizabethan Gardens. The performance will be at 8:30 p.m. at the waterside Theatre.

For your comfort it is suggested that you take an insect repellent, a cushion and a wrap.

The Albemarle Program on Aging which began the first of the year under the auspices of the Albemarle Regional Planning and Development Commission is for all citizens regardless of economic level or race. Its primary purpose is to study the problems of the aged, coordinate existing programs and expand services. A special emphasis is placed on the utilization of volunteers especially involving the older citizens, as well as younger people to help serve the needs of the aged.

Recognition is due to the Economic Improvement Council, which works only with low income persons, for their work with the aged. The EIC began operation in 1965 and has worked effectively with senior citizens. Contributing significantly to the work with the aged is Mrs. Pattie Weston at the EIC Center in Elizabeth City. Mrs. Delleria Collins of Manteo has been named recently by the EIC as a ten county coordinator for their program with senior citizens.

Bloodmobile Will Visit Here
The Bloodmobile will visit here Wednesday, August 23. The unit will be at the Hertford Methodist Church from 12 noon till 6 p.m.

Pros, Cons of Organic Gardening Are Reviewed

By M. E. GARDNER
N. C. State University

We are reading more and more about organic gardening and the superiority of foods produced by this method of plant nutrition.

What is organic gardening? Simply stated, it is the production of food crops by the use of organic materials, such as animal manures, compost and plant residues, as contrasted with the use of commercial fertilizers.

Plants need a balanced ration just as animals. We usually think of a balanced fertilizer as containing nitrogen (N), phosphorus (P), and potassium (K) along with the minor or trace elements, iron, magnesium, sulphur and others. It is not possible to get this balance in an organic source with any degree of accuracy; so why take chances.

Animal manures vary widely in nutritive value, depending on the kind and how the animals were fed. Sheep and poultry manures contain more nitrogen than horse and cattle manures, but all of them are deficient in phosphorus and potash when we consider the total nutritive requirements of our plants for

maximum growth and production.

It is true that any organic material added to the soil will improve the physical structure and water holding capacity. However, unless you supplement the organics with commercial fertilizer, you cannot expect maximum plant performance.

Another point. Any organic material added to the soil must be broken down by soil microorganisms before it can be absorbed by the roots. In other words, within the plant all the elements have the same effect regardless of whether they were added to the soil as organics or as commercial fertilizers.

There are many soil types in North Carolina from coarse sands to heavy clays. Many of them will develop deficiencies of some of the essential plant food elements.

Education Law Benefits Segment Of Workers

The Education Amendments of 1972 extend additional economic benefits to a large number of executive, administrative and professional employees; outside sales people, and employees of preschool centers in the Southeast, according to the U.S. Department of Labor.

James E. Patching, Jr., regional administrator of the department's Employment Standards Administration (ESA), said that two sections of the new law amend the Fair Labor Standards Act (wage and hour law). The changes became effective July 1.

Section 906 (b) (1) extends the equal pay provisions of the Fair Labor Standards Act to executive, administrative and professional employees and to outside sales people.

The equal pay provisions of the Act require the same pay for men and women doing substantially equal work, requiring substantially equal skill, effort and responsibility under similar working conditions in the same establishment. Where discrimination exists, pay rates of the lower paid sex must be raised to equal those of the

higher paid sex.

Women will benefit more than men in the newly covered occupations, because, where sex discrimination is found, it is nearly always women who are discriminated against, Patching pointed out.

Equal pay investigations are carried out by almost 200 ESA Wage and Hour Division compliance officers located in some 100 cities in the eight-state Southeastern region.

Section 906 (b) (2-3) amends the Fair Labor Standards Act to extend minimum wage and overtime pay benefits to employees of nursery schools, public and private kindergartens and other preschool enterprises. Such employees now brought under the Act, unless otherwise exempt, must be paid at least \$1.40 per hour and not less than 1 1/2 times their regular pay rates for all hours worked over 40 in a workweek.

Patching said the number of preschool centers is increasing because more women with children are entering the workforce. Women now comprise about 39 percent of the nation's total workforce.

Frasier

At the Lion Country Safari in California two years ago wardens were having trouble finding a male lion to take over a pride of young females. The female lions had rejected a number of young, healthy males.

Almost as a joke, wardens turned to an old lion from a bankrupt Mexican circus, then about eighteen years old, equivalent to about seventy years for humans. To their amazement, Frasier, the old lion, quickly took over the pride. To their even greater astonishment, he sired thirty-five cubs in two years, stirring up great interest and even fan clubs.

Frasier died recently at twenty; and everyone at the Safari was saddened. The moral of the story is that one should never underestimate old lions.

A research study on child abuse showed that 87 percent of the children were abused by their parents or a parent substitute.

The above pictures show flooding of roads and cropland after heavy rains in Pollock Swamp Watershed before channels were constructed.

Channelization-The Farmers' Friend

(Continued from Page 1)

Flooding and to provide drainage. W.T. Modlin, a farmer who is also chairman of the Hertford County Board of Commissioners, has one channel on his place that he knows is 100 years old. A deed written in 1880 refers to a pine tree that still stands on the edge of the channel.

In modern times, the issue concerns both economics and a way of life. Ozell Sessions, a Negro farmer in the Ahoskie Creek Watershed, may have summed up the views of most of his neighboring farmers when he said, "Channelization offers me an opportunity to improve my economic level. At the same time, well planned channels can be designed and constructed to improve fish and wildlife habitat so that everyone has a better place in which to live."

To Mrs. Katie Weatherly, environmental aspects come first. She says: "You just don't have any idea what the project means to a woman. No more mud and gunk in the house. No more green slime in the shrubbery and flowers. Without the project we would have had to wade from the house to the road for at least a month."

She was referring to the Gum Rock Watershed Project in Tyrrell County, where the project protected many farmers' and landowners' but where others outside the project area were inundated in September, 1971, when Hurricane

Thought to Remember

You may have heard the story of the missionaries, Robert and Mary Moffat.

They had been working in a far mission for ten years and had not received a single convert.

A friend writing to them asked what they needed. "Send us a communion service. It will be needed," was their reply.

This is optimism — that wonderful asset that drives a person toward their goals. Without it—we would all end in failures. Optimism in a sense can be described as faith. And faith is as essential to each of us as the food we eat daily.

Look for the best, and you will eventually find the best. It was Tennyson who wrote these words:

She sees the best that glimmers through the gloom,
She turns the fruit before the blossom falls,
She hears the lark within the songless egg,
She finds the fountain where they wailed "Alone!"

Ginger dumped torrents of water on Eastern North Carolina.

W.B. White, a farmer in the Pollock Swamp Watershed in Chowan County and a commissioner of his drainage district, puts it this way: "The improvement of channels is essential in most Coastal Plain areas if farmers are to exist. In my opinion, the logical approach is through Public Law 566 — The Small Watershed Program. This provides total watershed development, including land treatment vital to reducing soil erosion."



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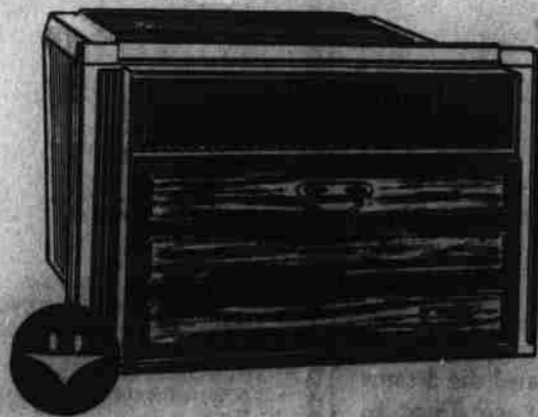
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Rev. L.W. Lowe Guest Of First Baptist Church

The Rev. L. W. Lowe, of Mt. Sinai Baptist Church Brooklyn, New York with his choir of 100 voices, will be the guests of the First Baptist Church on Sunday, July 30th. at 3:30 in the afternoon.

Rev. J. H. London, pastor, cordially invited the public to hear this special music.

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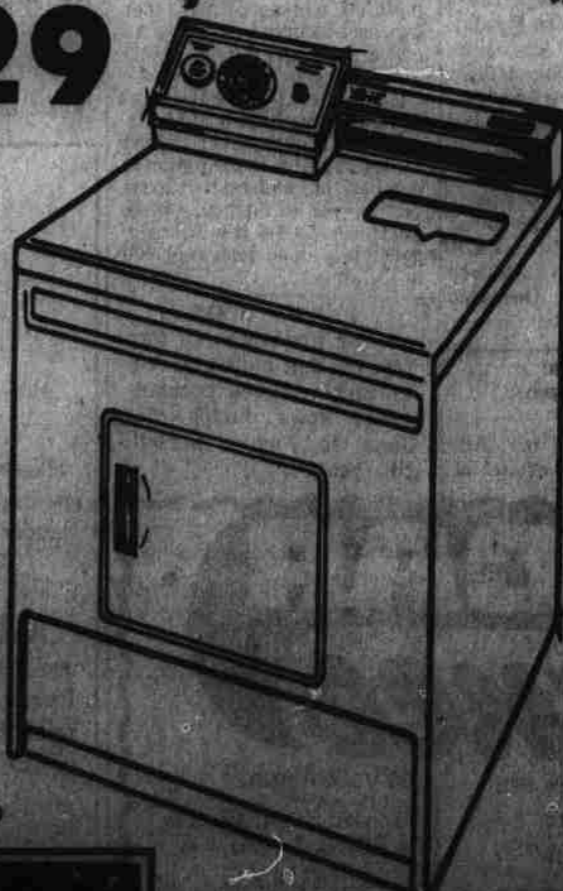
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