

Climatic conditions sited as cause for Duckweed problem in Perquimans River

County Commissioners learned Monday that the North Carolina Department of Environmental Management feels climatic conditions over the past two years are the cause for the Duckweed problem in the Perquimans River.

R. Paul Wilms, Director of the Division of Environmental Management, stated in a letter to Randy Keaton, dated January 22, 1987, that his department has reviewed all the information pertinent to duckweed blooms in the Perquimans River near Hertford.

Mr. Wilms stated that the department's study included examination of water chemistry, climatological, and point and non-point source data.

The letter states that duckweed is very common in the organic rich and sluggish waters of North Carolina's coastal plain, and that it responds rapidly to conditions found in mill ponds, ponded areas, and tidally influenced streams such as the Perquimans River during the summer months.

Wilms stated that given time to establish and without sufficient flushing, duckweed forms mats which shade underlying water, thus eliminating competition from algae for nutrients.

Wilms' letter went on to state that several factors contributed to the large bloom of duckweed in the river during 1985 and 1986. The weed com-

monly occurs in the upper reached of the Perquimans watershed, and that low rainfall has prevented normal flushing of duckweed through the system. Periodic flushing generally prevents such build up, and without proper flushing several factors have combined to stimulate growth of the weed.

The location of the Hertford WWTP may have also added to the growth of duckweed during the low flow conditions. According to Wilms low flow conditions cause less dilution of ammonia. Duckweed thrives on ammonia which stimulates aquatic growth.

Salt content in the water during 1985 and 1986 were also found to be below the level necessary to limit

growth of Duckweed.

In conclusion Wilms stated that a review of all available water quality data on the Perquimans River indicated no major changes in the water quality, and that climatic conditions over the past two years have such that 'natural flushing' of the system has not occurred. Low amounts of rainfall have also resulted in less dilution of nutrient waters from the Hertford WWTP causing or contributing to increased Duckweed growth. Wilms stated that his department will continue to evaluate data for trends in the water quality of the Perquimans River, and indicated that more rainfall is needed to eliminate Duckweed from the river.

The Commissioners adopted on Monday a resolution congratulating Jim 'Catfish' Hunter on his election into the Baseball Hall of Fame. The Board will present the resolution to Hunter at a later meeting.

The Board also met Monday with members of the Board of Education over breakfast at Union School to discuss the school facilities needs survey. The commissioners were asked to support the survey which calls for \$10 million dollars worth of projected improvements for school facilities in the future. After much discussion the commissioners decided to discuss this matter at a later meeting.

Stan Winslow reviewed with the

board the low maintenance landscaping plan which will be implemented at the Agricultural Extension Building. The plan includes landscaping the area around the building with several varieties of dwarf holly plants. Winslow also invited the board to attend to workshops sponsored by his office concerning farmers and stress. Winslow stated that there would be two workshops held. The dates for the workshops are February 9th. and February 17th. They will be held at the extension office. The public is invited to attend.

There being no further business the meeting was adjourned.

Fire Dept. holds banquet

The Winfall Fire Department held their annual ladies night and awards banquet on Saturday, January 31, 1987, at the Winfall Community Building.

Mr. Lewis Evans of Farm Bureau Insurance Company was the guest speaker, and three awards were presented during the banquet.

The three awards presented during the evening were Outstanding Young Firefighter, Fireman of the Year, and an award for Meritorious Service.

Mark Symons was presented the Outstanding Young Firefighter of the Year award, and Richard 'Red' Copeland received the award for Fireman of the year. The award for Meritorious Service was presented to

Mr. Thomas Nixon, Perquimans County Commissioner. The award for meritorious service is presented each year to an outstanding person who has donated time and service to the Winfall Fire Department. The recipient does not have to be a member of the fire department.

Also during the evening Wayne Winslow was sworn in as chief of the 23 member department, and members of the department were presented a silver dollar by the Mayor of Winfall, Lloyd Ray Morgan. It was reported at the banquet that the department is averaging 2 calls a month, and they were congratulated by everyone present for their outstanding contribution to the Winfall community.



Pictured above are winners of awards presented by the Winfall Fire Dept. at their annual awards banquet. Left to right are Thomas Nixon, Meritorious Service Award, Richard 'Red' Copeland, Fireman of the Year, and Mark Symons, winner of the Outstanding Young Firefighter Award.

Elizabeth City man killed in accident

A Pasquotank County man was killed and charges are pending in an accident which occurred Monday morning near Allen's Mobile Station on Highway 17 South.

Drayton McCall, 42, of Elizabeth City, was killed at approximately 5:30 a.m. on Monday morning when the car he was driving collided with a tractor trailer rig on Highway 17 south of Hertford.

According to N.C. Highway Patrolman, W.M. Long, Mr. McCall was traveling on U.S. 17 South at the time of the accident. The tractor trailer which was driven by Mr. Cecil Daniel Clinton of Bladenboro N.C. was leaving Allen's Mobile station making a

left hand turn onto the highway. Long stated that the tractor driven by Mr. Clinton had made it's way into the north bound lane, but the trailer apparently had not cleared the left lane when the collision occurred.

Long stated that the accident is currently under investigation, and that no charges had been filed in the case as of press time Tuesday.

Mr. McCall was pronounced dead on arrival at Chowan Hospital in Edenton. Mr. Clinton was apparently uninjured.

Trooper Long also reported that a pickup truck not involved in the initial accident also glanced off the the car that McCall was driving, but did not receive any extensive damage.

American agricultural crisis causes financial problems and stress for county farmers

BY PAIGE L. UNDERWOOD
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This is the second article of the series on 'American Agriculture Crisis Causes Financial Problems and Stress for Farmers'.

Farmers experience pressures from all directions, while all of us must contend with inflation and recession or the death of a family member, farmers have added uncertainties like weather and commodity prices that directly influence their livelihood.

Stress can be defined as energy in a blocked or chaotic state. It is an absence of calm, free-flowing energy that promotes harmony and balance in a person's body, mind, and soul.

Arts program receives Governor's award

On January 19th, Governor Jim Martin presented awards to sixteen public school systems across the state including Perquimans County that have been named winners of the Governor's Programs of Excellence in Education Awards for 1986-1987. These school systems were recognized for offering innovative programs in areas such as the arts, high technology, discipline, and teaching practices.

Winning programs were chosen by an eight member committee appointed by Governor Martin. School districts were judged on the basis of need, planning by personnel, appropriateness of objectives and strategies, and the effectiveness of evaluation procedures.

Perquimans County received the Governor's award for the K-12 Visual Arts Program. The K-12 visual arts program has as its goal to build a strong community awareness of visual arts and their balance with other areas of the curriculum. The program has achieved its goals through a joint effort of two art teachers, Debra Coates, and Joan Mansfield. They have provided numerous opportunities to students to participate in county wide projects. The program is also seen as a direct result of the school board's commitment to provide every educational opportunity

When the free-flow of energy is tied up in a person's body, the muscles knot up and keep the person tense. Then the person can experience aching muscles, stomach problems, diarrhea or constipation, shortness of breath, cramps and fatigue. When under stress, some people have trouble relaxing, concentrating, making decisions or sleeping. Others find under pressure they smoke more, drink more or eat too much or too little. A good clue that a person is stressed, is when they have difficulty being flexible or adapting to changing circumstances.

Some of the changing circumstances for a farmer may be not being able to make enough money

which results in needing to find an additional job. Employment opportunities are limited and there's a feeling then, that one may not know how to make money a different way. The question is, when to turn; who can help; how will the bill be paid?

Everyone experiences stress in different ways. There are not two people who would react the same. Women are different from men (they both have the same pressures but they react differently). It is most important that the line of communication stay open between a man and wife. If and when a man withdraws as a reaction to stress, a wife and family must become more supportive and involved. Often a wife will look for help and then the husband will turn more to her. This make a

double burden on the wife because she has both the financial burden and the struggle to keep the husband going. The wife becomes the "stress manager". She can help with transactions, business, and communication.

By recognizing the early warning signs of stress, farm family members can begin early to regain personal health and self-esteem. And they can attempt to improve the emotional well-being of the entire family by admitting and owning up to the fact that there is a problem.

Talk to friends, family members and resource people. Some of the early warning signs of stress are: irritability over trifles, impatience, frustration, depression, angry blow-ups, difficulty controlling emotions, cold-

shoulder rejection and low self-esteem. Also, other red light signals may be, rising blood pressure, rapidly beating heart, clenched teeth, aching neck and shoulders, sweating hands and feet and dropping sexual interest.

To reduce the pile up of too many stressful events at one time, some situations can be controlled by planning ahead, setting priorities, saying no to extra commitments, simplifying life by trimming luxuries and meeting basic needs.

Also, shift from worrying to prob-

lem solving, turn crisis into challenges, notice and recognize accomplishments rather than failures. Set realistic goals and expectations daily and give up trying to be perfect.

All of this is easier said than done. Make every effort to control attitudes and responses day-in and day-out. Rest, exercise, eat balanced meals, think positive, and mediate 30 minutes a day.

Brochures on Stress Management are available at the Perquimans County Extension Office.

Services available to head injury victims

RALEIGH—Human Resources Deputy Secretary Ruby T. Hooper, R.D., today announced a special cooperative effort between DHR's CARE-LINE and the North Carolina Head Injury Foundation, Inc.

Hooper added that this initiative will increase public awareness of existing services for head injury victims and their families.

"Head injuries are a serious health problem in North Carolina and across the nation, resulting in death, disability, and intensive hospital care for hundreds of thousands of Americans," Hooper emphasized. "Many other victims are unable to return to a normal life because of serious physical, psychological, communication, and vocational problems."

Susan Crocker, Director of the Office of Information and Referral, said that the CARE-LINE is a toll free telephone service which operates Monday through Friday, from 8 a.m. until 5 p.m. CARE-LINE is equipped with a TDD (telecommunications device for the deaf) to assist persons who are deaf or hearing impaired.

The North Carolina Head Injury Foundation, Inc. (NCHIF) is a non-profit organization formed in 1982 by health professionals and the families of head injury victims. The Foundation acts as an advocate for victims

of head injuries and their families and helps coordinate a statewide network of local support groups. Other services offered by the Foundation include, a Resource Library which maintains printed materials and video tapes as well as an equipment pool which includes a variety of items which are available at no charge to those with head injuries.

Dr. Catherine Brown, past President of NCHIF, and the Chief of Speech and Hearing Services at Whitaker Rehabilitation Center in Winston-Salem, pointed out that head injuries frequently result in serious medical complication requiring lengthy hospital care, intensive rehabilitation, and emotional support to deal with family stress.

"Head injuries can lead to losses in memory, the senses, mobility, communication, and mental functioning," Dr. Brown said. "These burdens often make it difficult for victims to function adequately in day-to-day living."

For more information on the North Carolina Head Injury Foundation, local support groups, or other sources of assistance call the Foundation at (919) 722-6890. In addition, citizens may call CARE-LINE toll-free from anywhere in North Carolina at 1-800-662-7030, Monday through Friday 8 a.m. until 5 p.m.



Above are left to right: Joan Mansfield and Debra Coates. Ms. Mansfield and Mrs. Coates are shown with the award which was presented to the Perquimans County School System for their K-12 Visual Arts Program. Ms. Mansfield teaches art at Union School, Hertford Grammar School, and Central School. Mrs. Coates teaches art at the High School.

School board develops facility needs survey

The Perquimans County Board of Education met last Wednesday, January 28th, in a special session to review and make changes to the 1986-1987 School Facilities Needs Survey for the county.

According to A. Craig Phillips, Superintendent of Public Instruction, the objective of the school facilities needs survey is to identify the cost of providing a safe, attractive, functional learning environment for all our students.

The survey includes such things as replacement of temporary facilities, replacement of obsolete facilities, and renovations to buildings which are suitable for long range use. The survey is designed for long term planning of capital outlay expenditures.

Pat Harrell, Superintendent of the Perquimans County Schools, reviewed with the board the county's survey which he had completed. The survey includes long range projects, with the board planning projects to be done as far off as the year 2000.

The board of education stated that they felt priority should lay with renovations or replacement of Central

School in Winfall. The school system hopes to replace Central School with a new facility that will house as many as 450 students.

The total cost of those things the board felt were necessary under the guidelines of the survey came in at just over \$10 million dollars.

The Board also looked at and reviewed a proposed drawing of the school office building which will soon be under construction. The new building will be constructed to include the school system offices as well as storage facilities for dry food items.

Mr. Harrell reported to the board that the Union School cafeteria project is completed and it is scheduled for final inspection any day. He also stated that the hood system in the cafeteria is working fine, and the students are back eating lunch in the facility.

The board also planned to get together with the County Commissioners for breakfast at Union School on Monday, February 2nd. to discuss the school facility needs survey.

There being no further business the meeting was adjourned.

Taxpayers urged to choose preparer carefully

Taxpayers should choose a return preparer very carefully and should beware of preparers who buy or discount the amount of a taxpayer's refund, the Internal Revenue Service advises.

The IRS has been alerted to "refund buyers" who are receiving assignments of income tax "refund buyers" who are receiving assignments of income tax refund claims. The refund buyer discounts the amount of the refund and has the address shown on the return changed so that the refund goes to the refund buyer's address instead of the taxpayer's address. When the refund check is received by the refund buyer, he cashes it. The entire practice is illegal.

Any person who is an income tax return preparer who endorses or otherwise negotiates a refund check

(other than his or her own) is subject to a \$500 penalty.

In addition, the administrative processing of a return with an invalid or incorrect return address could cause potential problems for the taxpayer in the future and the "refund buyer" does not timely forward official correspondence, interest and penalties may be assessed to the taxpayer's account.

The IRS advises taxpayers to avoid dealing with "discounters" or "refund buyers," and report any individual or business engaged in this illegal practice to the IRS by calling the toll-free number, 1-800-434-1040.

Refunds on returns filed in January or February only take 4 to 6 weeks to process. A 50 percent discount is a steep rate of interest to pay for such a short wait.

ketmen, processors and retailers to pull in the same direction for the good of the industry. We have that opportunity with the new \$1.00 per head check-off. If the industry is going to compete with other products, it is a must that we work together," says NCCA President Dana Tugman, Laurel Springs, N.C.

Key speaker for the Monday session will be Jim Darazdsi, Executive Vice President of Rocco Enterprises, Harrisonburg, Va. Darazdsi will speak on "Merchandising Challenges for the Beef Industry."

Also speaking at the conference will be Dr. Monte Rouquette, Jr., director of the Texas Agricultural Experiment Station in Overton, Texas. Rouquette will speak on "Efficient Forage Utilization Challenges." Dr. Harlan Ritchie, professor of animal science at Michigan State University will speak on "Retained Ownership of Feeder Cattle."

Cattlemen's convention scheduled for February

The new tax law, merchandising cattle and beef promotion are three of the topics to be addressed at the 36th annual conference of the North Carolina Cattlemen's Association. The conference will be held February 9 and 10 at the North Raleigh Hilton in Raleigh.

Dr. J.W. Looney, Dean of the University of Arkansas School of Law, will speak on "The New Tax Law and Challenges for the Beef Industry," at the Tuesday morning session. Also speaking at the Tuesday morning session will be Jeanne Sowa, Director of Beef Advertising and promotion for the Beef Industry Council-National Live Stock and Meat Board, Chicago. Ms. Sowa will speak on "New Extended Challenges for Beef Promotion, Research and Education."

"The cattle industry has embarked on a new and challenging program in beef promotion and education. It has not been easy to get producers, mar-