

Serious Problem Of Alcoholism In N. C.; Is It Fact Or Fancy?

By MARY ELLISON TURNER (First In A Series)

CHAPEL HILL — What is alcoholism . . . how can it be prevented . . . how serious a problem is it today in North Carolina? These and related questions were considered at the fifth annual Summer School of Alcohol Studies at the University of North Carolina here the other day.

Representing communities statewide, 93 students and 16 discussion leaders and resource people participated in the School, sponsored by the Department of Health Education, School of Public Health, N. C. Department of Mental Health and the State's alcoholism programs.

Local law enforcement officers, prison and probation officers, ministers, social workers, hospital personnel, vocational rehabilitation workers, and representatives of local alcoholism and public health programs participated. They investigated elements causing the illness's development, including alcohol, the individual, and environment.

Dr. Fred Ellis, pharmacology professor here, discussed alcohol as the agent of the illness, explaining its anesthetic tendencies. Its main action is brain depression, concentrating on the higher centers that control judgment, inhibitions, self appraisal, muscle coordination and the automatic functions of breathing and heartbeat, he revealed.

"The apparent stimulation that a mildly intoxicated person feels," Ellis continued, "is due to the depression of the inhibitions."

Dr. Nicholas Stratas, a psychiatrist, said the individual or alcoholism host has normal feelings. "Most people growing up learn to identify, face and solve their personal problems through reason," he noted. "However, other acceptable ways of doing the same thing are fighting and running away, satisfying society but not the individual."

Dr. Norbert L. Kelly, Director of the Education Division of the N. C. Department of Mental Health in Raleigh, discussing alcoholism's socio-cultural bases, illustrated that society sanctions and encourages alcohol's use. Hence, it is socially acceptable to drink "when tired—for relaxation, when worried—to relieve tensions, and when happy or sad."

According to Dr. John Ewing, a psychiatrist here, alcohol changes the victim's self-feeling. "Alcoholics generally have been forced by outside forces," he noted, "into accepting rigid codes for themselves. They are usually

inhibited, extremely self-critical, and have trouble interacting with others. Alcohol then releases these rigid controls and allows the person to interact with people more easily.

"As the illness develops, it begins to require more alcohol to produce the desired feeling. Then social, economic, family and other problems begin to infiltrate, causing additional discomforts and tensions."

Discussing treatment of the illness, Worth Williams, executive director of the Greensboro Council on Alcoholism, noted there exist several groups of people whose thoughts about alcohol differ including the temperance group, the avoiders, and the activists.

"Finding people in time to give them the early help needed is also one of the vital problems," he said, indicating most likely case finders are school teachers, employers, ministers, doctors, public health nurses, welfare case workers and law enforcement officers.

Williams defined an alcoholic as "a person dedicated to avoidance of discomfort by reliance on this chemical." He urged community support and action in an effort to combat the problem.

Dr. and Mrs. Ernie Diaz and children, Elaine and David, of Miami, Fla., are here for a visit with Mr. and Mrs. B. D. Ratterree. Mrs. Diaz is niece of the Ratterrees.

Alison Bargar and Deborah Paladino of Jamestown, New York, arrive today by plane for a visit with Miss Bargar's grandparents, Mr. and Mrs. E. W. Griffin.

They will return to Jamestown July 14th in time to see Alison's sister, Nancy, board a plane for Spain. A rising high school senior, Jane Bargar will enroll in language school for eight weeks in Spain.

Julia Ratterree of Harrisburg, Pa., is here for a visit with her grandparents, Mr. and Mrs. B. D. Ratterree.



TOP BEET GROWER — Kevin Bridges, son of Mr. and Mrs. Bobby C. Bridges of route 1, holds a three pound, nine ounce beet which measures 16 and one-half inches. The beet came from the Bridges garden.

Harrington In Bell Post

A. C. Harrington has been named Service Supervisor for the Gastonia Group of Southern Bell Telephone Company of which Kings Mountain is a part. The announcement was made today by W. D. Bailey, Jr., Southern Bell's District Plant Manager.

Harrington began his telephone career in Charlotte and has served the Company in Salisbury, Statesville, Gastonia and Mount Holly. He returns to Gastonia from Charlotte, where he has been serving as Internal Auditor in the Accounting Department.

Educated in the Taylorsville school system, he served in the U. S. Navy during World War II. Married to the former Pat Ross of Mount Holly, the Harringtons have two children, Michael and Carol. Harrington and his family presently reside in Mount Holly and plan to move to Gastonia in the near future. While in Mount Holly he was a member of the First Baptist Church, where he was a Sunday School teacher and member of the choir, and has served as Assistant Scout Master. He was a director of Mount Holly Recreation Association, a member of the Chamber of Commerce and of the Volunteer Fire Department. He is also a member of the Gastonia Masonic Lodge No. 369 A. F. & A. M.

Local Student At Institute

Joseph Daniel Dyke of 31 Elm Street is among 50 of the brightest high school boys in the country who are getting their taste of university life as they take part in an all-expense-paid six week's course of study in science and mathematics at the University of North Carolina in Chapel Hill.

Dyke is the son of Mr. and Mrs. Elbert J. Dyke, Jr. and is a student at Kings Mountain high school.

The exclusive summer program, sponsored by the National Science Foundation, has over 400 qualified applicants each year. But only the top ten per cent is selected to participate.

Those selected receive instruction by a number of university professors well-known for their teaching and research ability.

Each student takes a mathematics course and a course in either biology or chemistry.

An integral part of the summer program, which ends July 21, is devoted to small discussions, demonstrations or research equipment, and tours of various research laboratories, which are conducted by UNC professors in the fields of mathematics, physics, chemistry, zoology, botany, geology, pharmacy, medicine and dentistry.

Only one of its kind in the state, the program was initiated six years ago and has a proven record of success.

Among the first 100 students who participated in the program five years ago, 16 won valuable Morehead scholarships and 11 were Phi Beta Kappas. Many earned highest honors in their chosen majors. Others attended universities out of state and received recognition there.

Mrs. Beatty's Rites Conducted

Funeral rites for Mrs. Ethel Church Beatty, 66, wife of Ben Beatty, were held Wednesday at 4 p.m. from the Tabernacle of Love, interment following in Mountain Rest cemetery.

Rev. Jerry Grigg and Rev. Floyd Hollar officiated at the final rites.

Mrs. Beatty died Sunday morning at 9 a.m. in the Kings Mountain hospital after several week's illness. A native of Buncombe County, she was daughter of the late Mr. and Mrs. Tom Church.

Other survivors include two daughters, Mrs. C. R. Wood and Mrs. Leroy Wood, both of Kings Mountain; a sister, Mrs. Mollie Townsend of Asheville; six grandchildren and 10 great-grandchildren.

Miss Glenda Kay Carroll, a graduate of Woodrow Wilson high school of Middletown and served in the U. S. Army for three years. He is employed by Friendly Corporation in Middletown.

A November wedding is planned.

Fireplugs in England are underground.

Finland is referred to as the land of a thousand lakes.

One of the lesser known provisions of the new tax law allows persons 65 or older, a tax-free privilege in selling their homes if the adjusted sales price is \$20,000 or less.

A square mile is 640 acres. The only mammal with true flight ability is the bat.

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Society

Miss Cora Felton Bass will arrive today from Colerain, N. C. to visit Mr. and Mrs. Névette Hughes. Miss Bass is a former music teacher in the Kings Mountain school system.

Dr. and Mrs. Ben T. Jackson and children, Benny, Leigh, Kimberly and Jill left Kings Mountain Sunday for Jacksonville, Fla. to visit Dr. Jackson's parents.

The Jacksons will return to Kings Mountain next week and Mrs. Jackson and children will be here for several weeks with Mr. and Mrs. J. R. Davis. Dr. Jackson came from their home in Boston, Mass., this weekend to accompany his family on the vacation trip to Florida. Mrs. Jackson is the former Jean Davis, daughter of Mr. and Mrs. Davis.



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