

Alcohol - Drug Information

By BILL WEANT
Tri-County Mental Health Center

While social drinking is now more accepted among women, inebriation is not. Alcoholism is often treated as a disgrace.

Women's drinking is often described in the professional and popular literature as hidden or closeted. She is lonely, isolated, female alcoholic who is often too guilt-ridden to seek assistance for her problem.

It is believed that a woman's drinking problem remains hidden because signs of her drinking are often overlooked or denied by the husband, family and friends.

Long before a woman becomes socially isolated as a result of alcoholism, there are danger signals. If she were to heed their warning and seek help early, her

chances for recovery would be very high.

These danger signals may occur more frequently as the illness progresses.

Using alcohol to handle stress. Needing drinks before entertaining, going to a party, or meeting a difficult client.

Making decisions based on availability of alcohol, or insisting on drinks with a given event, all regardless of inconvenience or appropriateness.

Experiencing memory lapses, called blackouts, for periods of time in which she was drinking.

Becoming rigid in drinking or insisting in a certain span of time for drinks before dinner.

Ensuring supply by hiding or carrying her own supply.

Feeling self-conscious about drinking. Lying about how much she had consumed.

Feeling that drinking is out of control.

Controlling public drinking by holding back at the party and drinking in private.

Frequent changes in moods, a sudden habit of chewing gum, mints, or using mouthwash when she did not use it previously.

The onset of heavy drinking for a woman is usually after a life crisis, as opposed to a man's social drinking leading to alcoholism.

Regardless of the activating event or circumstance, alcoholism is the same for everyone and may lead to death if not recognized and treated.

This series is prepared by Bill Weant, substance abuse education consultant with the Tri-County Mental Health Center, 418 East Statesville Ave., Mooresville. If you have a question concerning alcohol or other drugs that you would like answered in a future column, please call 663-3591.

Aid Offered Youths

If your youth group has been needing money to accomplish a worthwhile project, this may be your chance.

Funding is available to assist youth groups or organizations in Mooresville and Iredell County in developing innovative community

projects. If your youth group is planning a worthy project for young people, you may be able to receive a mini-grant from the N.C. Youth Advisory Council to assist you.

Some \$6,500 is available to North Carolina organizations composed of youth, ages 13 to 18, who want to implement a new program that will benefit their peers. The average grant awarded is \$500.

Applications will be accepted three times during the fiscal year: Sept. 4, Oct. 21 and Jan. 8.

Applications will be screened by the State Youth Council Board of Directors approximately two weeks after the deadline and will be reviewed by the Youth Advisory Council before grants are made.

In addition to the mini-grant funds, a \$500 grant will be awarded this year to a rural community youth organization that wishes to implement an education/welfare-oriented program for their peers. The additional money has been contributed by Imasco U.S.A. of Rocky Mount.

Interested persons should contact the Youth Advisory Council and the State Youth Council are affiliated with the Youth Advocacy and Involvement Office in the N.C. Department of Administration.

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Iredell, Rowan Dairy Show Leaders

Rowan County animals dominated the eight-county Southwest District Junior Dairy Show held recently at the Iredell County Fairgrounds. Rowan boys and girls took home three of five breed grand-champion awards, three best-of-breed positions and 13 places in junior and senior fitting and showmanship.

Iredell captured one breed grand championship, three spots in divisional best-of-breed and three fitting and showmanship awards.

Lincoln entered the fifth breed grand championship, placed two animals in divisional breed competition and received three fitting and showmanship awards. Catawba took a senior fitting and showmanship first place.

Other counties represented in the show were Cabarrus, Cleveland, Davidson and Mecklenburg. Nearly 150 dairy animals were exhibited by 75 youngsters.

Grand champions by breed: Tonia Foster of Rowan County, Ayrshire; Greg Hager of Rowan County, Brown Swiss; Julie Hoyle of Lincoln, Guernsey; Ruth Knox of Rowan, Holstein; and Janet Colaninger of Iredell with the Grand Champion Jersey.

Iredell led all counties in the number of animals with 50 exhibited by 29 individuals. Rowan was a close second with 39 animals and 20 exhibitors.

Rowan, Junior champion; Greg Hager, Rowan, Senior champion and grand champion.

Guernsey: Bryan Sigmon, Lincoln, Junior champion; Julie Hoyle of Lincoln, Senior champion and grand champion.

Holstein: Debbie Cloer of Iredell, Junior champion; Ruth Knox of Rowan, Senior and grand champion.

Jersey: Toby Gallier of Iredell, Junior champion; Janet Colaninger of Iredell, Senior and grand champion.

Junior division winners in fitting and showmanship by breeds: Ayrshire, Tonia Foster of Rowan, first place.

Brown Swiss: David Overcash, Rowan, first place; Greg Hager, Rowan, second place; and Randall Foster of Rowan, third place.

Guernsey: Julie Hoyle, Lincoln, first place; Bryan Sigmon, Lincoln, second place; and Renee Bridges of Cleveland, third place.

Holstein: Tonia Foster, Rowan, first place.

Champions by breed: Ayrshire, Senior champion and grand champion, Tonia Foster, Rowan.

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"One of these days I'm going to visit!"
St. Mark's Lutheran Church!

Visitors are always welcome, but during the summer months—June, July, and August—we are extending a special invitation to join us on the 4th Sunday of each month for Visitors Sunday. We're going out on our way on those Sundays to make you feel welcome. Everyone will wear a name tag and we will have one for you too. Please join us on June 28, July 26, and August 23 to share in a special worship service.

Worship Service—11:00

SUNDAY SCHOOL FOR ALL AGES—9:45

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Less Litter Is A Glass-Recycling Plus

Grassroots efforts throughout the Carolinas have helped the Carolina Glass Recycling Program increase the number of glass bottles and jars recycled from 1 million per month to 8 million monthly. Here are a few examples:

A Boy Scout troop in Chapel Hill operating a recycling center is working with a glass recycler who is providing trailers and transportation. This recycler, A.J.A., Inc. in Thomasville, has similar arrangements with other organizations.

Sheltered workshops in Albemarle, North Wilkesboro and Greenville have begun glass recycling projects, attracted by fund raising and training benefits.

A rescue mission in Asheville assisting homeless, alcoholic men has begun recycling as a fund raising effort that provided meaningful activities for residents.

Mecklenburg County is sponsoring a growing curbside recycling program that includes glass.

A Charlotte recycler, Republic Alloy, has created a network of glass recycling with bars, hotels and restaurants. This effort is serving as a model for other cities.

A joint promotion with Food Lion grocery stores placed recycling messages on grocery bags in 25 Carolinas stores.

The program has provided support for activities of the Governor's Task Force on Litter in South Carolina.

An annual student recycling and beautification competition by Keep North Carolina Clean and Beautiful was sponsored this year by the Carolina Glass Recycling Program, which was instrumental in adding a glass recycling category.

The Great Glass Caper education program, which teaches elementary students about recycling, has been made available to elementary schools in the two states.

"With this kind of grassroots, our program will continue to grow," Jim Heinburger, manager of the Carolina Glass Recycling Program, said. "We're very encouraged by what we're accomplishing, but we believe the next year will be even greater."

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Youth-In-Government Day

If you are a high school student and would like to try your hand at running state government, Youth Involvement Day is designed for you.

During Youth Involvement Day, Oct. 26, students will "step up" with top state officials and work along side them for the day.

Activities will begin on Oct. 25 with a workshop on government followed by dinner and a dance sponsored by the Raleigh Youth Council. The next day students will meet their state government counterparts at breakfast, after which they will leave for a day of work.

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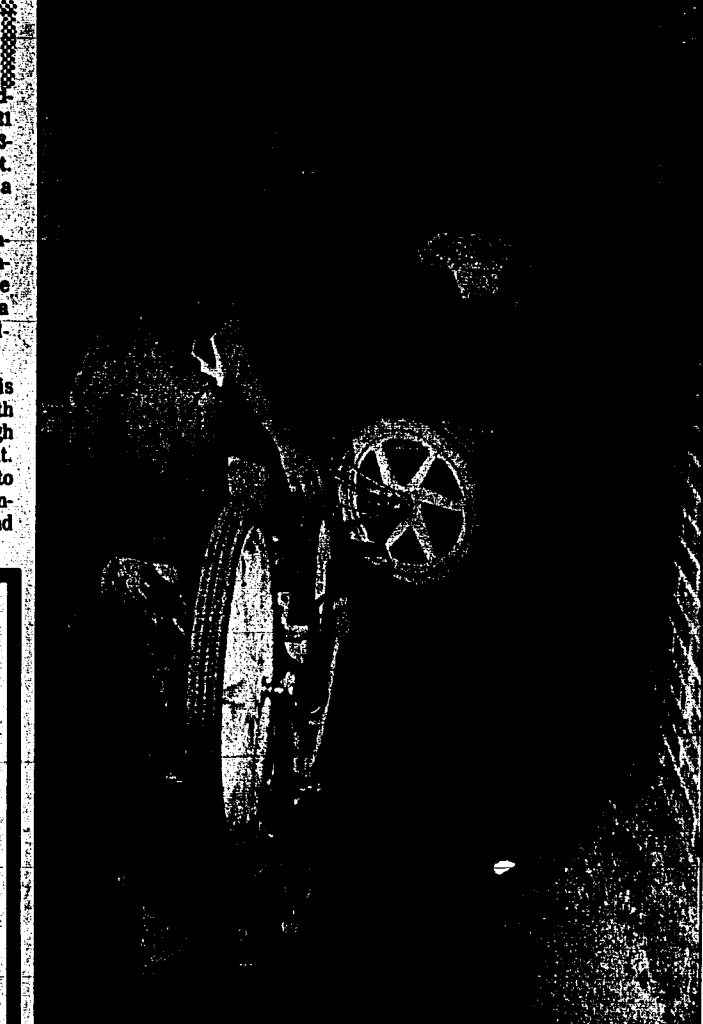
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Timely Reminder Of Good Idea

Bicycle registration is a precaution for all seasons, and it is a service the Mooreville Police Department offers all the time. It is an especially good idea right now, before school begins. More children will use their bikes in coming weeks, and more bikes will become "misappropriated." Lt. Tom Cross assists Taylor Brinkley and Sascha Mintz, both 12, as they record color, make or other distinguishing features of their two wheelers, and have identifying numbers stamped on them. Police see the registration as a deterrent to theft, and as a way to return recovered stolen bicycles to their owners.

Counsel On Aging

By Anna Rice, Outreach Director
Phone 663-5112 or 873-5171

For several years, counsel volunteers behind the scenes have served as advocates for the nursing home and rest home population in Iredell County. These folks, appointed by county commissioners, have been working through the Area