

Health Fair Slated During National Nutrition Week

Northeastern Rural Health Development Association, the Department of Public Health and Tideland Mental Health are cooperating to sponsor a Health Fair to be held at the former Tyrrell County Hospital on March 9 and 10, during National Nutrition Week.

The decision to sponsor a Health Fair was made in November, 1978, following a meeting of a group of local citizens interested in the promotion of good health practices in Tyrrell County. This steering committee for the Health Fair agreed to accept active roles in its implementation.

Mrs. Emily Amburn, of NRHDA agreed to serve as chairman of the fair. Other committee members are Mrs. Barbara Owens, Mrs. Gene Leith, Mrs. Elva Keiser, home economics teacher; Mrs. Teresa Edwards, social worker, Mrs. Mary Etheridge, Mrs. Lucy Barrow, nutritionist, Mrs. Peggy Godwin, Title VII Nutrition site manager; Leroy Wollard, local minister and three students,

Jane Walker, Cornell Alexander and Phil House. This committee agreed that several needs of the community should be set through this project.

Giving consumer an opportunity to view the health services available to them on the site and those accessible through referral was found to be a primary objective. The health education focus would be on nutrition. "Better Eating for Better Living" was chosen as a theme.

The committee decided to concentrate on particular areas of nutritional information. Those areas covered will be: nutrition in youth and the teen-ager and nutrition as it relates to hypertension, diabetes, obesity, aging and nutrition as it relates to hypertension, diabetes, obesity, aging, dental health, mental health and pregnancy.

Personnel will be on hand to assist with questions in each area of the building. Exhibits, books, pamphlets, posters and films will convey the good nutrition message. A sampling of the

films to be shown includes: NUTRITION: THE INNER ENVIRONMENT - Rafer Johnson, gold medal winner emphasizes that what we eat influences how we look, act and feel; EATING ON THE RUN - how to eat properly, even while running is shown in an amusing way; NUTRITION FOR ATHELETES - excellent

contemporary film giving step-by-step instruction in nutrition; JUST A LITTLE OUT OF SHAPE - points out some little known facts about weight reduction; and EAT TO YOUR HEARTS CONTENT - a film on cholesterol narrated by Tony Randall.

The starting point of the fair will be the Health

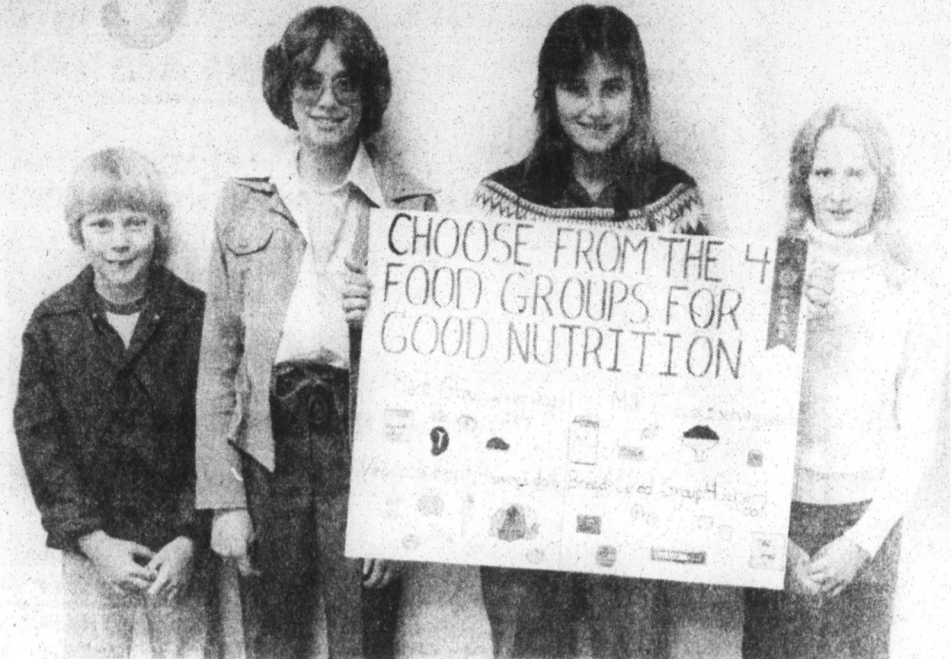
Education Center. Entrance to the center will be from the alleyway leading from Martha Street. Leaving the Health Education Center, the fair visitor will go to Albemarle Family Practice for height, weight and blood pressure reading as desired. In this same area the visitor may see the dental offices and the pharmacy. Leaving

that section of the building, the visitor will go the x-ray unit, then on to Tideland Mental Health and finally the Department of Public Health.

Friday, March 9 has been designated as School Day and all of the students in Tyrrell County will be coming to the Fair.

The general public is invited to attend the fair on Saturday from 9:30 A.M. to 5 P.M.

Much nutritional information and many aids to achieve good health will be available to the public. It is the sincere desire of the sponsoring agencies and the Health Fair Committee that every person in Tyrrell County take advantage of this opportunity.



CONTEST WINNERS—Winners of the Poster Contest for the Health Fair to be held March 9-10 in Columbia are pictured above. They are: Michael Wynns, second place; Jane Walker, co-ordinator of the poster contest; Heidi Roughton, first place; and Scarlett Gibbs, third place. (Photo: Luke Amburn)

Letter To The Editor

Please pardon this form letter. We are trying to contact all of the news media in Northeastern North Carolina in an attempt to publicize the Vocational Clubs of America (VICA) Leadership and Skills Contests, which will be held at Rose High School on March 21, 1979.

A school in your news media area is eligible to take part in the nineteen leadership and skills contests. Skill contests will be held in the following areas: Auto Mechanics, Carpentry, Drafting, Graphics, Electrical Trades, Machine Shop, Maintenance and Welding. In the leadership area, contests will be held in Job Interview, Prepared Speech, Club Business Procedure, Extemporaneous Speaking, Display, Opening and Closing Ceremony, Safety and Miss VICA.

The theme of this year is "America's New Professionals". Winners of the district contests are able to compete on the state level at Wilmington, North Carolina. The winners there may go to the national contests in Atlanta, Georgia.

It is my personal feeling that the skills which these high school students will exhibit merit recognition. We want the public to come and witness the competition. We ask you to help us get this information to the public in your area.

This is a District I contest.

Counties covered in District I include: Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Gates, Hertford, Hyde, Martin, Pasquotank, Perquimans, Pitt, Tyrrell and Washington. All schools in the cities and counties which have a vocational program are eligible to participate if they are VICA members of the state and national organization.

Please write or call if we can provide any further information. We hope that you would be willing to interview a vocational teacher or teachers in your area about these contests; if so, please contact your local school or let me know.

Sincerely,
C.B. West, Instructor
Industrial Cooperative
Training

Crisis Grants Are Approved

Rep. Walter B. Jones announced the approval of the Community Services Administration of Crisis Intervention grants. These grants are to assist low-income families who experience substantially increased energy costs and/or face life or health threatening situations caused by winter-related energy emergencies, as per revised regulations published in the Federal Register January 22.

They include: \$13,269 to Economic Improvement Council, Inc., in Edenton.

Letter To The Editor

I receive the Herald in Florida and I read with dismay your attack on Mayor Harrell in the February 22 issue.

Isn't Mayor Harrell serving for a second, elected term? Some people must think he is doing a pretty good job. I am sure he has some faults, but as far as I

know he is honest and serves to the best of his ability which seems to measure up well enough when compared to our former fine mayors. He hardly deserves such a violent, front page reprimand.

Esther Crisanti
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New Scout Handbook Is Outdoor Resource

THE OFFICIAL BOY SCOUT HANDBOOK

Eagle Scout Tim Baxter (left) of North Brunswick, N.J., and Joseph L. Merton, national director of Boy Scouting, review one of the first copies of the new ninth edition of "The Official Boy Scout Handbook." The Handbook is one of the all-time best-sellers—more than 60 million copies have been sold since the first edition in 1916.

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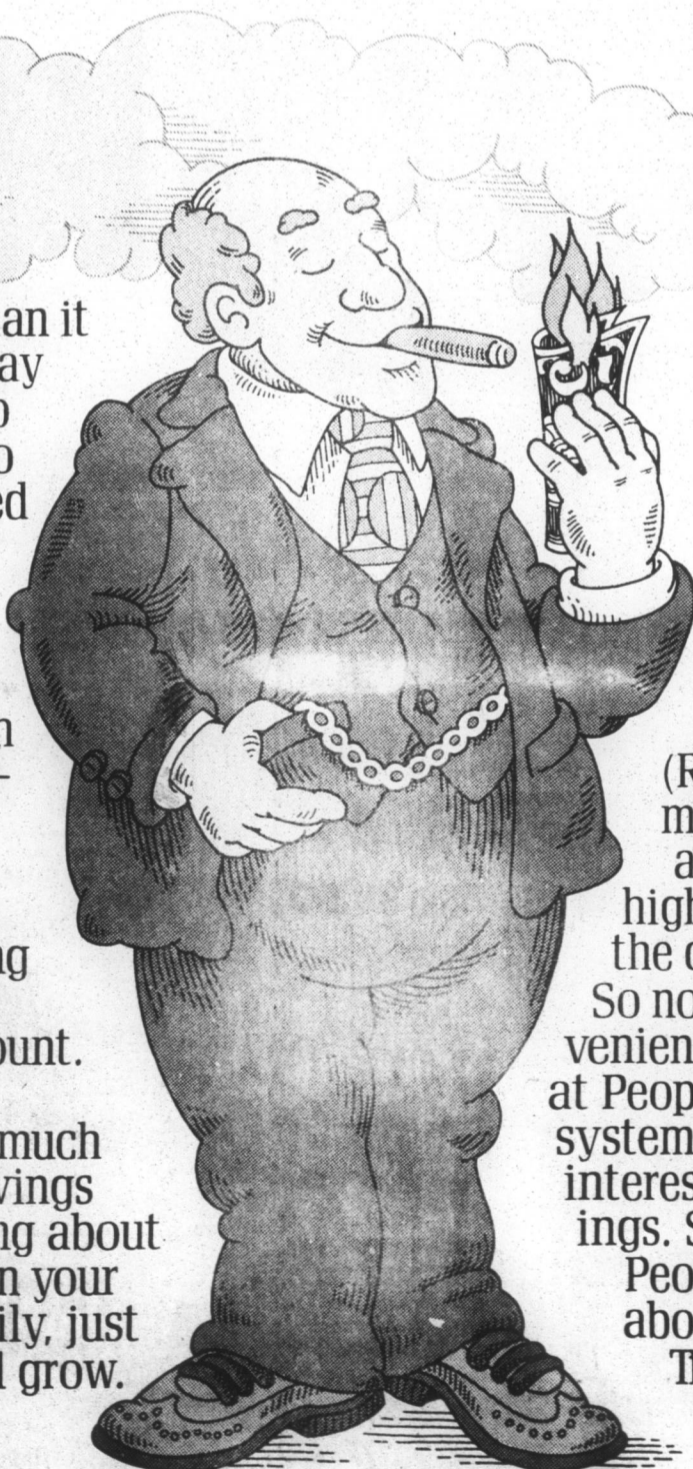
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	10	3,000	3,882.06	882.06
	20	6,000	6,882.22	2,182.22
\$50	5	3,000	3,400.30	400.30
	10	6,000	7,764.11	1,764.11
	20	12,000	13,364.44	4,364.44
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