



**REPORT FROM  
U.S. Senator  
JESSE ★★  
HELMS**

WASHINGTON—At one time or another, almost all Americans give some thought to what is commonly described as "big government." But just how big the federal government really is—well, this is something almost beyond comprehension, even when one looks at the cold, hard arithmetic of it.

Dozens of statistical reports flow across my desk each week. I saw one a few days ago that pointed out that the cost of operating the federal government this year will exceed \$2,500 for each man, woman and child in the United States.

Another report—and this one was prepared in detail—disclosed a survey of 48 businesses in the United States, and the cost to consumers of the federal controls imposed upon just these 48 companies. The total cost of federal controls—and I would emphasize again that this report covered only 48 companies—was \$2,600,000,000 last year.

WHO PAYS?—But, you say it doesn't affect you? Think again. The \$2.6 billion spent last year by these 48 companies to handle the federal red tape actually came out of your pocket, and the pocket of every other American buying the products of these companies.

New controls imposed by the federal government last year alone resulted in an extra \$666 being tacked on to the price of every new car. Federal controls added thousands of dollars to the cost of every new house being built in America. And so on.

EPA—The Environmental Protection Agency is by far the most costly federal agency insofar as the consumer is concerned.

The Washington Post, which published an account of the study, indicated that the \$2.6 billion cost was probably low, because, as the newspaper put it, no attempt was made to measure "secondary effects such as productivity losses, delays and foregone opportunities."

Had all of the adverse effects been calculated, the newspaper said, the cost of federal regulations would run into "tens of billions of dollars." And that involves only 48 of the nation's thousands upon thousands of businesses!

SMALL BUSINESS—Consider the awesome impact upon the small businesses of America. Many of them are going out of business completely. They have no way to cope with the deluge of federal red tape, regulations and guidelines pouring out of Washington, D. C.

The same thing is happening to our schools, colleges and universities. One day, I hope the University of North Carolina will let the people of our state know precisely how much it has cost to deal with HEW and Secretary Califano these past few years.

I recall seeing some figures a year or so ago indicating that it cost Duke University an average of \$500 per year per student just to comply with federal regulations and red tape.

Sometimes I am criticized for voting against the continuation of such a federal dictatorship. I will always believe, however, that if enough Members of Congress would vote to cut the federal government down to size, and eliminate a great deal of these controls and red tape, our nation could quickly regain its stability and its strength.

One thing is for sure: We are headed for disaster now. But if we can just get a more sensible Congress, and a more sensible Executive Branch, we can reverse our present course. This we must do, before it's too late.



**COMPLETE TRAINING**—Thirteen students recently received certificates of completion for the CETA Stenographer program during ceremonies at College of The Albemarle. The program, sponsored by the Employment Security Commission, was taught at the community college in Elizabeth City. Shown with their instructor, Joan Hatcher (far right) are, first row, left: Sherryl Bullock, Rosa Johnson, Pam Griffin, Teresa Watkins, and Geraldine Williams; second row: Edna Trapp, Celeste Gray, Gloria Layton, Bette Rakestraw, Priscilla Daniels, Henriette Cartwright, and Verna Barr. Not present was Phyllis Simpson. Griffin, Layton and Trapp are residents of Edenton. (COA Photo).

**Jaycee Tennis Classic**

The Aulander-Millennium Jaycees are sponsoring the 1979 Eastern Carolina Tennis Classic July 6-8. The event will be played on the Aulander public courts.

Cumin Brittenham of Aulander is tournament director. He said events include men's doubles and consolation tournament. Silver trays will be given to the first and second place

winners in each division. All participants will receive a shirt and program.

Play begins at 2 P.M. on July 6 and a cocktail party is planned for July 7.

The deadline for entries is June 30. Additional information can be obtained from Brittenham at P. O. Box 40, Aulander, 27805 or by calling 345-1311.

**88,000 Complete Course**

Mike Overton, boating safety representative for the Wildlife Resources Commission, reports that 88,000 students in the junior high schools throughout the state have recently completed a boating safety education course.

habits are formed. Subjects covered include: boat operation, emergency procedures, personal flotation devices, navigational aids, rules of the road, water skiing safety, and weather.

The boating safety course, is offered by the N. C. Wildlife Resources Commission. The objective of the course is to reach the fundamentals of safe boat operation to young people before dangerous operating

**At Graduation**

Mr. and Mrs. M. M. Perry spent last week in Richmond attending the graduation of their granddaughter, Perry Elizabeth Shelly, from the Collegiate Schools.

**Creative Cooking From The Herald**

Continued From Page 1-B plastic bag.

A friend of mine is very fond of bananas and often stirs up this simple and inexpensive loaf. So, use those very ripe bananas in the fruit bowl to make this delicious bread. Nuts may be added if desired, she says. This mountain gal calls her loaf Nanner Bread.

**Nanner Bread**  
3 medium ripe bananas  
1 cup sugar  
1 egg  
1½ cups all-purpose flour  
¼ cup melted butter or margarine

1 teaspoon baking soda  
1 teaspoon salt

Mash bananas. Stir in other ingredients. Turn batter into buttered and floured loaf pan. Bake one hour at 325 degrees. Makes one large or two small loaves. For small loaves bake about 45 minutes.

We meant to include this recipe for Strawberry Dessert Mold a week or two ago when local berries were plentiful. There are still

some in the market if you would like to make up this colorful mold which serves 8 to 10.

**Strawberry Dessert Mold**  
2 pkgs. (3 oz. each) strawberry gelatin  
¼ cup sugar  
1 cup boiling water  
1 pint strawberries, chopped  
1 can (approx. 1 lb.) crushed pineapple, undrained

1 banana, mashed  
1 cup sour cream  
Strawberries for garnish  
In a bowl, blend gelatin

and sugar; pour boiling water over gelatin, stir until dissolved. Stir in strawberries, pineapple and banana. Chill until partially set. In a chilled bowl with chilled beaters whip sour cream until doubled in volume (about 5 minutes with electric mixer at highest speed). Fold sour cream into gelatin mixture.


Pour mixture into 8-cup mold. Chill until firm. Unmold onto chilled plate. Serve garnished with strawberries. Makes 8 to 10 servings.




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