

# PUBLIC NOTICE

Notice is hereby given that the Edenton-Chowan Board of Education will submit the Annual Program Plan under Education of the Handicapped Act, Title VI, Part B as amended by PL 94-142. This plan will be open to interested parties for review and comments for three (3) days during the month of August, 1979, in the Superintendent's office, County Office Building, East King Street, Edenton, North Carolina.

Dates for review are Monday, Tuesday, Wednesday, August 13, 14, 15, 1979.



Senator Robert  
**MORGAN**  
Report to the People

### DOUBTS ABOUT SALT II

The SALT II Treaty, which is this country's arms control agreement with the Soviet Union, is now being discussed in the Senate Armed Services Committee, of which I am a member.

We have heard testimony from Secretary of State Vance, the generals who are the Chiefs of Staff and others from the Carter administration who feel that the Senate should ratify the treaty. There has also been testimony, much of it from retired military men, who oppose it.

Some disturbing facts have emerged. Since the SALT I Treaty was signed in 1972, the Russians have added 4,000 Intercontinental Warheads to their arsenal; we have added about 700. If we permit this trend to continue, they will soon pass us.

Almost everyone believes that there should be some limitation on nuclear weapons. The SALT II Treaty, if its terms can be verified, would at least place some limits on the Russians and allow us to modernize and protect our missiles from a first strike.

But I am afraid that the treaty could be harmful to the nation unless we move to add what weapons we need for our adequate protection and to keep pace with Russia.

A few years ago, we had a clear superiority in the field of nuclear weapons. We now have allowed the Russians to catch up and the two powers are virtually equal, each having enough missiles to destroy the other.

We cannot afford to sit back, if SALT II is ratified, and feel that because we now have a treaty we can do nothing and feel safe. Being lulled into a state of security might be the most dangerous path we could pursue.

## Only Healthy Should Dive, Experts Say

Skin diving enthusiasts are gaining thousands of new recruits each summer. Americans of all ages and both sexes are spending summer weekends exploring lakes and streams from the vantage point of the fishes.

From the medical standpoint, physicians say that diving makes demands on the body which are unlike those met above the surface.

"Whoever makes the fewest persons uneasy is the best bred in the company," Jonathan Swift

Navigating under water is heavy exertion. Those with respiratory problems or heart and blood vessel disease should not attempt it, the American Medical Association reminds. Diving is ruled out for those with perforated ear drums. Ear plugs are for surface swimming only and should not be used for diving because of water pressure.

Asking your doctor to evaluate your fitness for diving is a precaution that will pay dividends. Along

with good health, the potential diver should be a better than average swimmer.

Never dive alone. Use a buddy system and be certain that your buddy is competent and trustworthy. Learn to use artificial respiration and see that your buddy knows. Plan your dives. Know where you are going, how deep and how long you can stay under. Work out a system of underwater communication signals. Never dive when

you are overly tired or not feeling well.

Use quick release buckles on weight belts and scuba harness. You may need to surface quickly. Watch out for boats. The power boat skipper may not know you're there.

Watch your depth. Pressures mount rapidly as you descend. Don't hold your breath while ascending. Air will expand inside your lungs, and should be allowed to bubble out as you are coming up.

# Big Value Discount Drug Center

EDGEWOOD SHOPPING CENTER  
Elizabeth City, N.C.  
9:30 a.m. - 7:00 p.m.  
Monday - Saturday  
Phone 338-8146

EDENTON VILLAGE SHOPPING CENTER  
Edenton, N.C.  
9 a.m. to 6 p.m., Mon.-Sat.  
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Phone 482-7491

 <p><b>Maalox</b> SUSPENSION Number one selling antacid <b>\$1.39</b> 12 oz.</p>	<p>ONE-A-DAY VITAMINS WITH IRON <b>\$2.89</b> 100's</p> 	
 <p>JOHNSON &amp; JOHNSON <b>SOFF</b> COSMETIC PUFFS Box of 260 <b>88¢</b></p>	 <p>REG. OR UNSCENTED <b>FINAL NET</b> 8 oz. bottle <b>\$1.84</b></p>	
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 <p>8 oz. bottle <b>AGREE SHAMPOO</b> Extra Gentle, Oily or Regular <b>\$1.29</b></p>	 <p>GULF LITE <b>CHARCOAL STARTER</b> <b>66¢</b> 32 oz. Reg. 89¢</p>	
<p>8 OZ. <b>AGREE CONDITIONER</b> Reg., Extra Oily or Extra Body with Balsam <b>\$1.09</b></p> 	 <p>53 QUART <b>THERMOS COOLER</b> <b>\$17.88</b> Reg. \$22.88</p>	
<p><b>SUMMER CLOSEOUT</b> ALUMINUM FRAME COTS CHAISE LOUNGE BON BON LOUNGE STYROFOAM COOLER NORELCO LICKETY SPLIT ICE CREAM MACHINE GALLON PLUS PITCHER <b>1/3 off</b></p>		<p><b>RUBBERMAID SHELF LINER</b> WITH TACK BACK ADHESIVE <b>88¢</b></p>  <p>2 LITER Pepsi • Diet Pepsi • Mountain Dew <b>88¢</b></p>
<p><b>NO NONSENSE PANTY HOSE</b> <b>1/2 price</b></p>		<p><b>NEW! HUBBA BUBBA BUBBLE GUM</b> Reg. 20 Per Pack Reg. or Mint <b>5 PACK 77¢</b></p>

## DON'T MISS IT

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## Three ways you can slow it down this summer.



Summer, when all the air conditioners are humming, is the time when our customers use more power than at any other time of year. To meet the demand this summer, you can be sure that we'll be doing everything we can to provide you with all the power you need. We'll be using our available units to capacity, and if necessary, we'll be buying power from our neighboring utilities.

If you pitch in by following the steps below, you can help us make it through the summer.

**1.** Don't overcool your home. Set your home air conditioner's thermostat at 78° or higher, or not more than 15° cooler than the temperature outside, whichever is the higher setting.

For every degree cooler than 78°, your air conditioner uses about 5% more energy. So a 73° setting means you're using 25% more energy than you would

at a 78° setting.

By watching your thermostat, you'll save energy at a time when it's most important.

And you'll save money, too. **2.** Do the big jobs early. Or late. We call it Hot Watch. The hours between 10 A.M. and 10 P.M. are the "peak load" hours, when the most electricity is being used and the chance of shortages is greatest.

So try to restrict your use of major appliances and hot water during these hours.

Do your baking and laundry before 10 A.M. Turn on the dishwasher just before you go to bed. Shower before 10 A.M. or after 10 P.M.

You won't be using less energy, but you'll be using it when we have power to spare. And that will reduce our need to build costly power plants.

**3.** Give your water heater a rest. It will save money and energy. With the exception of heating and cooling systems, the water heater is the biggest energy user in your home. So try your best to work it less.

Use your dishwasher and washing machine only for full loads. Wash clothes in cool or warm water instead of hot. Take showers instead of baths, and keep them short.

With your help we can save energy and make it through the summer. And that's important to all of us.

**Veeco**