

Walk For Fun And Fitness

Join the Fun!
If you are an older adult and want to participate in this year's "National Senior Center Week Older Adults Walk for Fun and Fitness" come to the Perquimans County Senior Center on May 14.

Mayor Bill Cox and other community officials will lead the walk from the Senior Center downtown and back to Hertford Park. A shorter walk is also planned. The walk starts at 10 A.M. Those who participate will receive a special certificate signed by Governor Hunt at the end of the week.

For more information contact the Senior Center at 26-5695.

adjust your distance and pace accordingly next time. Take a few minutes each day and improve your present condition by increasing your speed and distance.

A minimum walk of 20-30 minutes every day at a brisk pace would be a good goal to aim for. Before walking, remember your "warm-up" exercises - a few slow, gently, stretching movements. When walking, relax, take comfortable strides, let your arms swing naturally and breathe deeply. Keep your head erect and back straight - good posture is always important!

Walking is the most popular form of exercise among older adults. Although not as strenuous as running, jogging, and swimming, walking can offer one's body many of the same benefits such as strengthening muscles, increasing the efficiency of the heart and lungs, controlling weight gain, relieving tension, improving digestion and elimination, and reducing blood pressure.

Walking is inexpensive, safe, simple and can be done almost anytime and anywhere. Begin today by walking a short distance at a comfortable pace. Notice how your body feels and

Land on the heel of the foot and roll forward off the toes - pointing them straight ahead. Loose, comfortable clothing is suggested. Remember that your body will warm-up during the walk so dress appropriately. Select shoes with good arch supports and elevated heels (approximately 1/2 inch high). The heel of the shoe should provide a good cushion to absorb the shock of landing on it. Jogging and running shoes are excellent walking shoes. Even a short walk at a moderate pace will cause the heart to beat faster and improve your breathing and circulation.

The health benefits of walking are many!

Save Our Hatteras Light

After more than a century of saving ships and sailors from the fury of the sea, the Cape Hatteras Lighthouse is now itself in danger. School children across the state are joining together to save this, the tallest lighthouse in America. This effort, which has been likened to the successful campaign which preserved the U.S.S. North Carolina as a continuing reminder of our rich heritage, will give all Chowan County citizens an opportunity to have a part in keeping our light shining for further generations.

In keeping with this patriotic cause, the Chowan County School Board has declared May 1-7 "Save the Lighthouse Week". During that time, school children will be selling "SAVE HATTERAS LIGHT" bumper stickers for tax-deductible contributions of \$1 or more. The money they

collect will be combined with that of other schools across the state to raise the \$1,000,000 needed to prove to the National Parks Service that North Carolinians are serious about saving their lighthouse.

Those children who participate in the fund raising effort will receive Junior Keeper of the Light certificates and a valuable lesson in civic responsibility and pride. Please take advantage of this opportunity to show your pride in Chowan County and all our rich North Carolina heritage by purchasing bumper stickers from these children May 1-7 so that we can all take pride in helping save the historic Cape Hatteras Lighthouse.

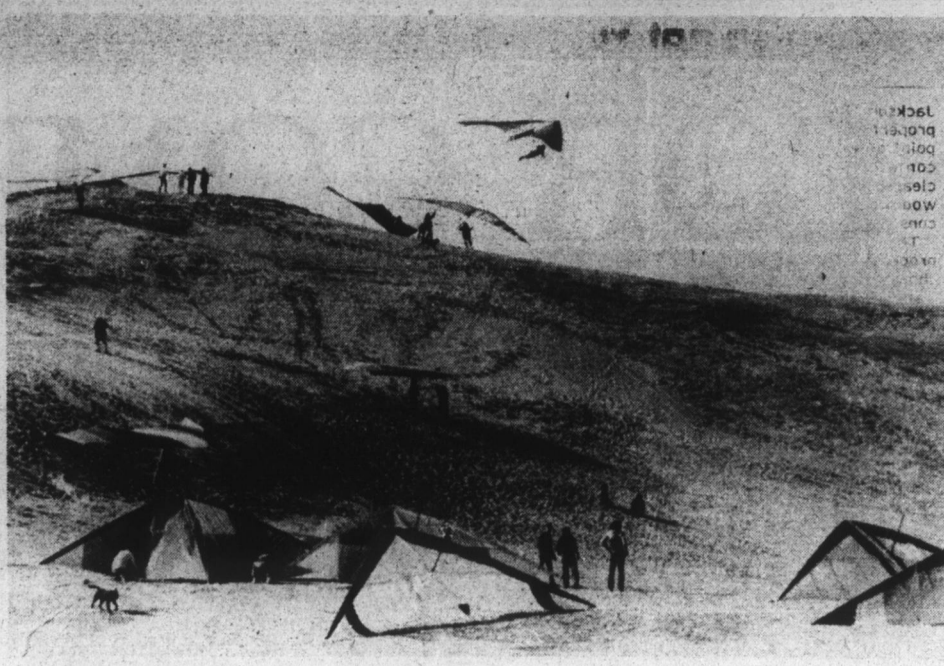
"Flattery is that which corrupts both the receiver and the giver." Edmund Burke



Careful, your love is showing.



Ben Riddick Jewelers
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JOCKEY'S RIDGE - Hang glider's practice for the tenth Annual Hang Gliding Spectacular.

Postal Consumer Protection Week

MAIL FRAUD

Medical promotions that promise some new hope but which often endanger the health of the buyer are still a major concern to the Postal Service, according to Postmaster James M. Bond.

"Buyers need to be especially careful," he said, "because postal inspectors and Postal Service attorneys find many promoters quickly change their address and the names of their products to circumvent the law." The postmaster made the announcement in connection with POSTAL CONSUMER PROTECTION WEEK, April 25 - May 1.

imbalance, impotency, forgetfulness, insomnia, wrinkles, and senility.

"Because of rising costs of medical attention, and possible unsuccessful attempts to reduce suffering," Postmaster Bond said, "the elderly are very often the prime victims of these schemes."

He said the promoters' ease in moving from town to town and state to state, then changing product names (but not the ridiculous claims in their promotional

pitch) makes it doubly difficult for the Postal Service to put them out of business permanently.

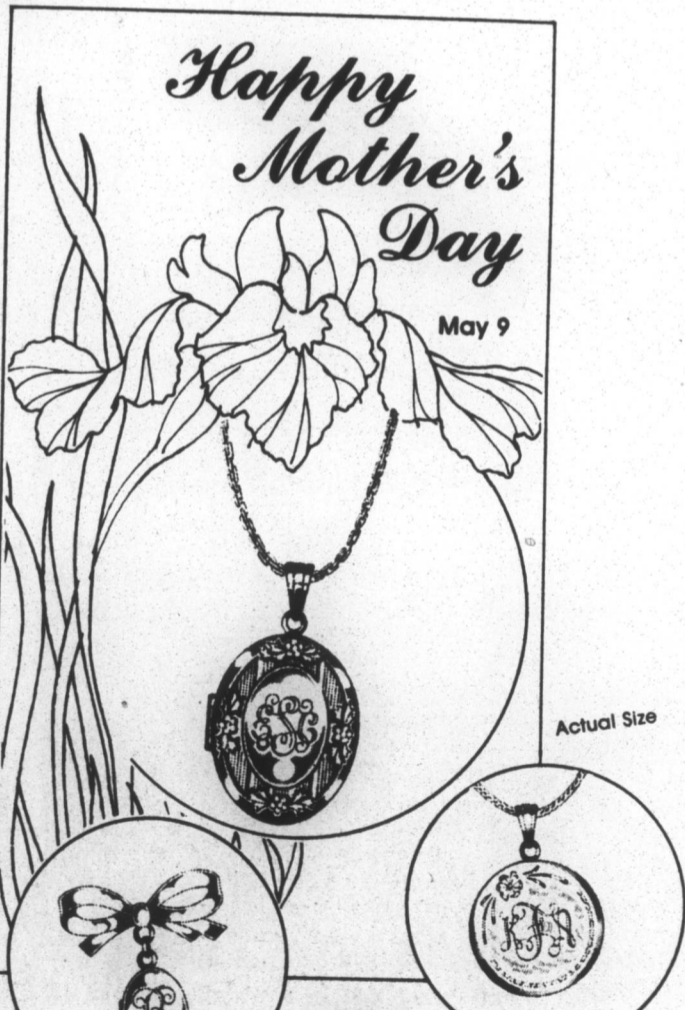
The Postal Service now has a brochure, "Do You Believe In Magic?" that warns consumers about claims that relate to medical fraud. Available at all post offices, the new brochure contains a postage-free reply card to share information or suspicions about such offers with postal inspectors.

Mothers Day Gifts

For that most important lady, we offer: Dresses, Blouses, Skirts and Pinehurst Lingerie.

Tarkington's
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Belk Tyler



The Complete Mother's Day Gift by ROMAN

Wish her a Happy Mother's Day now and forever! Select the keepsake locket Mother and Grandmother will always treasure. Let us personalize it at no charge for her alone.

BONUS - We'll add our special Mother's Day greeting card with envelope. ENGRAVED FREE

- 5461 Bow Pin with Locket \$8.50
- 5462 Floral Locket 18" \$10
- 5463 Antique Locket 24" \$15

Shop Monday Through Thursday 9:30 A.M. Until 5:30 P.M., Friday 9:30 A.M. Until 9 P.M., Saturday 9:30 A.M. Until 6 P.M. Phone 482-3221 Or 482-4533.

10th Annual Hang Gliding Spectacular

NAGS HEAD - The tenth Annual Hang Gliding Spectacular will be held here in Nags Head at Jockey's Ridge Park May 14-16. This gliding spectacular is distinguished by being the oldest continuously held hang gliding competition in the U.S. Staged from atop the highest natural sand dunes on the Atlantic Coast at Jockey's Ridge, the non-profit event is sponsored by the Dare County Jaycees and Kitty Hawk Kites.

end of the glider competition each day. Ultralights are essentially light weight airplanes which have evolved from hang glider and airplane technology. They take off on land or water under their own power. In the aviation industry, they are considered the sport aircraft of the future.

Francis M. Rogallo, inventor of the "Rogallo

wing" used in hang gliding kite construction today lives at Kitty Hawk and will take an active part in the annual event.

Information about competition and registration can be obtained from Hang Gliding Spectacular Coordinator, Mark Airey, at Kitty Hawk Kites, P. O. Box 340, Nags Head, NC 27959.

Duration, distance and target competition for more than 50 gliders will be conducted on May 14, and May 15, with May 16 as a rain date.

Mark Airey, director of the spectacular, explains, "competition will consist of both duration - target events and distance trials. Pilots will be trying to stay airborne as long as they can and still hit a target in the landing area about the size of a frisbee. Other flyers will attempt to see who can fly the greatest distance from the peak of Jockey's Ridge," he details.

The present Outer Banks hang gliding duration record is held by Pete Soule who flew his unpowered glider for 4 hours and 52 minutes last year.

Annual Reunion Held

Chowan High School classes of 1934 and 1935 met April 24 at Jimmy's Restaurant in Sunbury, N.C. for their annual reunion.

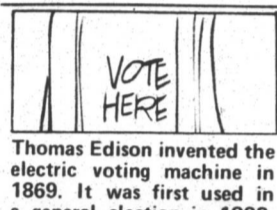
Wilbur J. Privott and Carey McNider presided over the meeting. Emmett P. Jones gave the invocation.

After dinner, each class member was given the opportunity to bring the others up to date on whatever activities or changes during the past year they had participated in. There was a moment of silence in memory of Mrs. Margaret White.

Those present were: Mr. and Mrs. Carey McNider; Mr. and Mrs. Hallett Perry of Hampton, Va.; John and Sara Trexler of Virginia

Beach, Va.; Mr. and Mrs. Ray Hollowell of Portsmouth, Va.; Mr. and Mrs. Murray Tynch; Mrs. Joe Webb; Miss Lourinda Ward; Mrs. Edith White of Edenton, N.C.; Mrs. Albertha Chappell; Mrs. Margaret Morris; Mr. and Mrs. Gordon Boyce; Mr. and Mrs. Wilbur Privott and Mr. and Mrs. Emmett P. Jones.

Mrs. Emmett P. Jones was asked to make arrangements for next year's reunion.



NOTICE

The Edenton-Chowan Board of Education will hold its regular monthly meeting at 8:00 P.M., May 3 in the Third Floor Conference Room of the County Office Building.

GOOD YEAR SALE ARRIVA RADIALS

Buy in Pairs, Save on all Sizes!

SAVE MONEY. SAVE GAS.

2 FOR \$88 P155/80R12 Blackwall Plus \$1.50 FET per tire. No Trade Needed.

- Steel-belted radial construction.
- Even its footprint tells you it's different.
- All Season Goodyear Arriva.

Blackwall Size	Pair Sale Price	Plus FET per tire. No trade needed.
P155/80R13	\$ 95.30	\$1.52
P165/80R13	\$101.80	\$1.67
P175/80R13	\$106.30	\$1.74
P185/70R14	\$126.30	\$1.85
P165/80R15	\$104.00	\$1.79

Other Sizes Also Sale Priced. Sale Ends Saturday.

RAIN CHECK - If we sell out of your size we will issue you a rain check, assuring future delivery at the advertised price.

STATE INSPECTION No. 4 DUE

HIGH PERFORMANCE RADIAL AT LOW PRICES! EAGLE ST

- Precise handling, dependable performance, comfortable ride
- Special tread design for positive traction on wet and dry roads.

\$66 Per Tire P185/70R13 FET \$1.91 No Trade Needed

Size: Raised White Letters	Sale Price Per Tire	Plus FET. No trade needed.
P195/70R14	\$77.15	\$2.24
P225/70R14	\$84.85	\$2.80
P225/70R15	\$86.50	\$2.89
P205/60R13	\$70.05	\$2.08
P235/60R14	\$86.85	\$2.69
P245/60R15	\$91.50	\$2.93
P255/60R15	\$96.25	\$3.08

Other sizes also Sale Priced.

\$53 Per Tire 700-15 Blackwall Tube Type, Load Range C, Plus \$2.61 FET. No Trade Needed.

\$72 Per Tire 750-15 Blackwall Tube Type, Load Range D, Plus \$3.54 FET. No Trade Needed.

Sale ends Saturday.

EAGLE PRIZE DRAWING

WIN A 1982 CHEVROLET CAMARO Z-28 (equipped with Goodyear Eagle Tires) OR A SET OF FOUR GOODYEAR EAGLE TIRES

IT'S FUN - IT'S EASY Nothing to Buy!

Entry forms available at Goodyear Service Stores and Goodyear Independent Dealers. Official Eagle Prize Drawing - rules outlined on entry form must be followed. Offer is void in state of Wisconsin and wherever else prohibited by law. Entries must be submitted before midnight 5-31-82.

GOOD YEAR CROYWOOD OIL COMPANY

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