

Edenton, Chowan Recreation Report

Tennis Lessons
The second session of youth tennis lessons, July 14 - Aug. 6 is now filled. For those who are registered remember classes are Wed. and Friday mornings, 9: - 10:00 A.M. Registration fee is \$1.00 and one new can of tennis balls.

Water Ski Clinic
On Saturday, July 10 the Rec. Dept. and the Pembroke Ski Club will co-sponsor a Water Ski Clinic for grades 4-12. The event will begin at 10:00 A.M. Instruction at any level will be given to anyone that is interested in water skiing. There is no charge to participate but every participant must have a signed participant's release form before he or she may participate. These may be picked up at the Rec. Dept.

Beginning Clogging Class
The Rec. Dept. Agriculture Ext. Service and Chowan 4-H Club will tri-sponsor a Beginner Clogging Class. Classes will begin July 19 - Sept. 20, ten weeks; each Monday evening, 7:30 - 9:00 P.M. at the Recreation Center. Gene Baker will be the instructor. Registration fee is \$1.00.

Twenty-five will be the maximum number allowed in the class. Leather soled shoes are preferred. Anyone interested may register at the Agriculture Extension Office.

Sailing Lessons
Sailing Lessons will be offered July 19 - 31. Gil Burroughs will be the instructor. Classes will run in 3 day sessions - Mon. Wed. and Fri. and next on Tues., Thurs. and Sat. Times will be 9 - 11:00, 11 - 1:00, 2 - 4:00 and 4 - 6:00. Total instruction time will be 12 hours. Registration fee is \$5.00 for the course.

Aerobic Dance And Exercise
Aerobic Dance is held at the Rec. Center on Monday and Wednesday nights from 6 - 7:00 P.M. Saturday morning drop-in classes are also held from 10 - 11:00 A.M. Anyone interested in participating should come by at their preferred time. Janice Dillon is the instructor.

Girls Softball
TomBoys 2-0
Tarheels 0-2
Mite League
Heels 2-4
Cards 6-0
Jays 3-4

Robins Midget League
Lions 4-2
Tigers 1-5
Bears 1-5
Deer 6-0
Bucks 4-2
Elks 3-3
Glidin 2-4

Little League
JC's 13-1
Nat. Guard 8-4
Rotary 6-6
TG&Y 9-4
Fisher 3-10
Am. Legion 6-7
Texaco 3-10
Hardees 3-10

Jr. Babe Ruth
Hoke 6-0
Fisher 1-5
Optimist 2-4
Belk 3-3

Women's Softball
Ryland 7-5
Nixon's 10-2
Superstarlets 9-3
Beaver's 4-8
Blue Jays 1-12
Charlie's Angels 6-7

Men's Softball
Ryland 13-3
PicWic 13-2
Texaco 12-4
Millers 9-6
A's 13-3
Exxon 11-5
Natural 4-12
P.D. 10-6
Bears 6-9
Tyner JC's 3-12
Cotton Mill 3-13
Perry Holland 3-12
At. Forest 1-14

Governor's Waste Management Board To Meet, July 27

RALEIGH—The Governor's Waste Management Board will meet on Tuesday, July 27, at 10:30 A.M. The meeting will be held at the Albert Coates Local Government Center, 215 North Dawson Street in Raleigh.

The Public Information-Participation Committee will meet on Tuesday, July 13, at 2:00 P.M. in Room 415 of the Albemarle Building, 325 North Salisbury Street, Raleigh.

Careful Of Diets Under 800 Calories

RALEIGH — Current popular diets providing 800 or less calories per day can be dangerous or even fatal if used without close and continuous medical supervision both during and after the diet period, the state's health director said.

Dr. Ron Levine said individuals often respond differently to very low calorie diets. Even persons with no previous history of health problems have experienced medical complications after only a few weeks on very low calorie programs, he said. Medical complications can range from dizziness, nausea and weakness to collapse and even death.

"Consumers should carefully read the product labels and diet instructions to determine whether the program under consideration is 800 calories or less," Dr. Levine said. He warned that no one should follow a low calorie diet without being under close and continuous medical supervision.

This should include a physical examination and regular monitoring of blood and urine tests and/or EKG tracings," Levine said. The "refeeding" period following the low calorie diet can be a dangerous phase, according to Levine. "A rapid increase in calorie level can put a great strain on the heart's functions which could lead to more serious complications," he said. Reintroduction of food after a very low calorie diet should be done very gradually and under close medical supervision.

quality protein, lack of adequate potassium or lack of other minerals. The CDC concluded that the deaths were due to heart complications, probably caused by starvation.

"Those diets provided approximately 300-400 calories per day, and according to the investigation, apparently resulted in starvation for some users," Levine pointed out. Similar consequences may result from any dietary program with calorie levels as low as 400 per day when these are followed without careful medical supervision."

"I strongly advise citizens not to undertake any diet with 800 calories or less

unless there is careful medical supervision throughout the course of the diet and during the refeeding period," Levine said. He advised citizens who feel they need to diet to first consult with their physicians. "You should seriously consider using alternative methods of weight control involving dietary techniques which are known to be safe, which don't promote or depend upon swift and massive weight loss, and which rely on appropriate exercise and controlled calorie intake that meets the body's nutrient needs," Levine said.

Pension Checks Increase

More than 600,000 veterans and their survivors will be getting larger pension checks on July 1 — the result of a 7.4 per cent increase in the government's cost of living index.

Some 1.9 - million VA pensioners are affected in some way by the cost of living index. Pensions are paid to veterans totally and permanently disabled from circumstances unrelated to their military service. They are paid also to survivors of veterans who are in need. Unlike compensation paid to those disabled because of military service, pensions are affected by income from other sources.

The 600,000 who will get increases in June (payable July 1) are those who are receiving benefits under the "improved" VA pension plan inaugurated by Congress in 1979. The plan links VA pension rates to adjustments in social security payments. Before the change, an individual's pension was subject to reduction each time social security increased.

Pensions for veterans and survivors under the "old

New Food Town Stores

FOOD TOWN STORES, INC. today announced the signing of two leases for two new FOOD TOWN stores located in Virginia Beach, Virginia and in Elizabeth City, North Carolina. The store in Virginia Beach is 25,600 square feet located at 4318 Holland Road in Virginia Beach, Virginia. The store in Elizabeth City is 25,600 square feet located at 1515 W. Eringhouse Street in Elizabeth City, North Carolina. The opening date

has not been set.

FOOD TOWN presently operates 156 stores in North and South Carolina, Virginia and Georgia with new stores presently under construction in Washington, Jefferson, Jacksonville, Kernersville, Winston-Salem, and Raleigh, North Carolina; Roanoke, Lynchburg, Waynesboro, Esserville, Danville, Staunton, and Newport News, Virginia.

Yam Referendum To Continue

RALEIGH — The North Carolina yam referendum results have been tabulated and the vote is an overwhelming yes for continuing the assessment program for another 3 years. The vote has received a favorable majority of 88 per cent of the sweet potato growers. This will continue the assessment to finance the sweet potato growers self - help promotion program.

This vote was to increase the assessment to 5 cents per bushel of fresh market yams and 2½ cents per bushel for processed yams. This is the first increase in the 20 year history of the yam promotion program.

The increase in funds will be used in increased national promotion and advertising of North Carolina yams.



NEW DIAMOND STAR DESIGN

(Jewelry enlarged to show detail.)

Exquisite Diamond Star Cluster Rings and Pendants. Set with 8 fine quality full cut diamonds in yellow or white gold.

This new exclusive design is available in diamond sizes of ¼ ct. to 1 ct. of diamonds total weight.

Sale Priced from \$000-\$0000

DAVIS JEWELERS

Downtown Edenton

CUSTOM PACKERS

of
Belvidere, N.C.

Open Sat. 9:00 - 1:00

Phone 297-2191

Hamburger.lb. \$1.19

Pork Chops.lb. \$1.39

Link Sausage.lb. \$1.39

Also Freezer Specials

PRE—

JULY 4th Specials

THURS., FRI., SAT., MON.



MEN'S DRESS SHIRTS

REDUCED **20%**
ARROW • GANT • CAMPUS

MEN'S SUITS

REDUCED **20%**
BOTANY • WARREN SEWELL

BOY'S DRESS & KNIT SHIRTS

BUXTON • CAMPUS

20% OFF

Especially For The Ladies!

Dress Shoes & Sandals

Reduced **25%**

Red Cross • Bass • Beacon

SPECIAL GROUP MEN'S DRESS SHOES

½ OFF

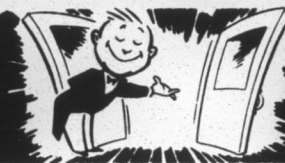
Prices From \$10 To \$30. Approximately 150 Pair.

ELLIOTT COMPANY

309 SOUTH BROAD STREET
EDENTON, N.C.

You are invited to attend our

GRAND



OPENING

Jim's Barbeque & Oyster Bar

Church Street Ext., Edenton, N.C.

Telephone 482-8787

In celebration of our Grand Opening, these special prices will go into effect on July 5th, and will remain in effect thru the entire month of July!

Large Barbeque Plate \$3.25

served with stewed potatoes, slaw, cornsticks

Small Barbeque Plate \$2.50

served with stewed potatoes, slaw, cornsticks

Hamburger Steak Plate \$3.25

served with vegetable of the day, potatoes, cornsticks

Fish Plate \$3.25

served with stewed potatoes, slaw, cornsticks

Shrimp Plate \$3.00

served with stewed potatoes, slaw, cornsticks

Barbeque Sandwich90

French Fries Lrg. \$.60 Sm. \$.45

Onion Rings \$.65

Soft Drinks \$.45

Beer \$.70 and \$.75

Take-out orders are welcome. . . Call ahead and let us serve you!