

SHARING COURTESY AND RESPECT—Third grade classes at D.F. Walker participated in a flag raising ceremony Friday morning to share with their guest their love for this country.

## Crape Myrtles Given By Foundation

Free Crape Myrtles will be given by the National Arbor Day Foundation to new members joining during November, 1982.

to promote fall tree planting.

plant trees because the roots or more during November. establish themselves over the winter and support faster tree growth in the spring," John Rosenow, foundation ex-National Arbor Day Foundation is making this special offall planting are often 68410, by November 30, 1982. overlooked."

Crape Myrtles can be pruned as 15-20 foot trees or as informal hedge. They have beautiful red blooms throughout the summer and

early fall. Two one-to-two foot trees will be shipped this fall, postage paid, with enclosed planting instructions. The trees are guaranteed to grow, or they will be replaced free by the Foundation.

The National Arbor Day Foundation, a nonprofit organization, is working to improve the quality of life throughout the country by en-The free Crape Myrtles are couraging tree planting. The part of the Foundation's effort Foundation will give two free Crape Myrtles to new 'Fall is an excellent time to members contributing \$10.00

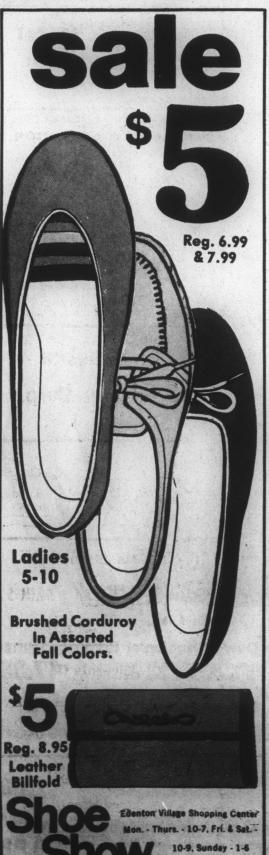
To become a member of the Foundation, and to receive the free trees, a \$10.00 membership contribution ecutive director, said. "The should be sent to FREE **CRAPE MYRTLES, National** Arbor Day Foundation, Arbor fer because the advantages of Lodge 100, Nebraska City, NE

#### Tax Refund

Continued From Page 2-B

check, or anyone knowing the whereabouts of a person on the refund listing should contact Norma Chilton toll-free at 1-800-822-8800 any weekday between 8 A.M. and 4:30 P.M.

The individual from this area having undelivered refund checks is Alexander Bond of Edenton.



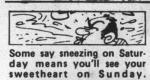
#### Courtesy And Respect For The

The third grade classes at Walker School have been working on courtesy in all areas this year. However, special emphasis has been on courtesy and respect for the flag. To practice what they have learned, they held a flag raising ceremony Friday morning, November 12, in front of the school. The students at Walker and several invited guests attend-

Flag

ed the ceremony. Special guests who participated in the program were Mr. John Becker who sang two selections and fifteen members of the John A. Holmes High School Band who presented a short program of patriotic songs.

It was a very enjoyable and impressive ceremony. Those who attended left with a feeling of pride in these third grade students who had shared their love for their flag and country.



# Governor's Award For Fitness And Health Begins This Month Gov. Jim Hunt today an- Sponsored by Blue Cross ment of such programs by said. "They showed that pany pays." nounced that competition for and Blue Shield of North other employers.

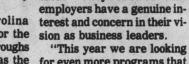
the Second Annual Gover- Carolina and the Governor's nor's Award for Fitness and Council on Physical Fitness Health in Business and In- and Health, the award is dustry begins this month. The designed to recognize competition is open to all employers who promote North Carolina business and fitness and health for their industrial firms and other employees at the work site in the competition last year

and to encourage the develop-

NINE POINTS-Michael Spear of Route 3, proudly displays the nine point deer he shot

other employers. Forty North Carolina employers competed for the first award in 1981. Burroughs Wellcome Company was the winner of that first award. "The caliber of the entries

was outstanding," Gov. Hunt



"This year we are looking for even more programs that promote employee fitness at the work site," Hunt said.

Thomas A. Rose, president Since healthier employees use organization. fewer medical services. health and fitness programs at the work site may also have a favorable influence on the health insurance rates a com-

Employee programs implemented between October 1, 1981 and October 31, 1982 are eligible for this year's competition. Entries must be

received by December 28.

The award will be of Blue Cross and Blue Shield presented by Gov. Hunt at a of North Carolina, said, "Pro- ceremony in Raleigh January moting health and fitness at 27. The award will go to the the work site can go a long organization selected as havway toward helping hold ing the best overall program down health costs as well as promoting employee fitness. increasing productivity and A panel of health and fitness decreasing absenteeism. experts will select the winning

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