



ALBEMARLE SOUND RAILROAD BRIDGE GETS MARINE RADIO COMMUNICATION—James P. Ricks, Jr. of the Edenton Yacht Club, left, is shown presenting Robert L. Straight, Jr., right, Trainmaster for Southern Railway Systems, with a complete marine radio communication system. Mr. Ricks, an avid boater and former member of the Chowan County Emergency Medical Service, has long recognized the need for reliable communication, in the interests of both convenience and safety, between boaters and bridge tenders at both the Albemarle Sound Railroad Bridge and the Route 17 - Chowan River Bridge. It was through his efforts along with those of Chowan County Manager Cliff Copeland and Edenton-Chowan Chamber of Commerce Executive Jerry Hendee that the necessary arrangements have now been made. The Edenton Yacht Club donated the equipment for the railroad bridge installation. First District Representative to the N.C. Board of Transportation, Marc Basnight, advises that the Route 17 Chowan River Bridge will have similar marine radio telephone equipment within the next few months.

Edenton — Chowan Schools Menus

MONDAY—Breakfast-Fruit Juice, Cinnamon Bun, and Milk. Lunch-Frankfurter/Bun, Ketchup-Mustard, Baked Beans, Apple Sauce, and Milk. TUESDAY—Breakfast-Fruit Juice, Waffles w/Syrup, and Milk. Lunch- Beef-A-Roni, Green Beans, Cherry Cobbler, Rolls, and Milk. WEDNESDAY—Breakfast-Fruit Juice, Sausage Biscuit, and Milk. Lunch- Bar-b-cued Chicken, Buttered Corn, Prunes, Rolls, and Milk.

THURSDAY—Breakfast-Apple Sauce, Cinnamon Toast, and Milk. Lunch- Beef n'Gravy, Steamed Rice, Green Peas & Carrots, Pears, Rolls, and Milk. FRIDAY—Breakfast-Fruit Juice, Little Smokies, Buttered Grits, and Milk. Lunch-Deli-Turkey/Bun, Lettuce and Condiments, French Fries-Ketchup, Pineapple, Peanut Cluster, and Milk.

— NCNB —

Gas Emergencies

Martin Community College in cooperation with the Windsor Fire Department will sponsor a 12-hour course on "LP Gas Emergencies" to be held at the Windsor Fire Department beginning March 4, at 7 P.M.

The class will meet on Friday from 7-10 P.M. and Saturday, March 5, from 8 A.M. to 6 P.M. with Charles M. Dew of Wilson as the instructor. Area firefighters are encouraged to participate in this training.

The course will aid the firefighter in developing a basic understanding and a safe firefighting plan of operation when faced with emergencies involving LP gas and its equipment.

To pre-register for this course and for more information, please call the Division of Continuing Education at MCC at 792-1521 (Ext. 248 & 256) or the MCC - Bertie Campus at 794-4861.

Two Are Named To Dean's List

RALEIGH—North Carolina students have been named to the dean's list for the fall semester at Meredith College, Dr. Allen Burris, vice president and dean of the college has announced.

For a student to be named to the dean's list at Meredith, she must have a semester grade of at least 3.2 out of a possible 4.0 and must have completed a minimum of 12 semester hours and passed all courses taken at Meredith.

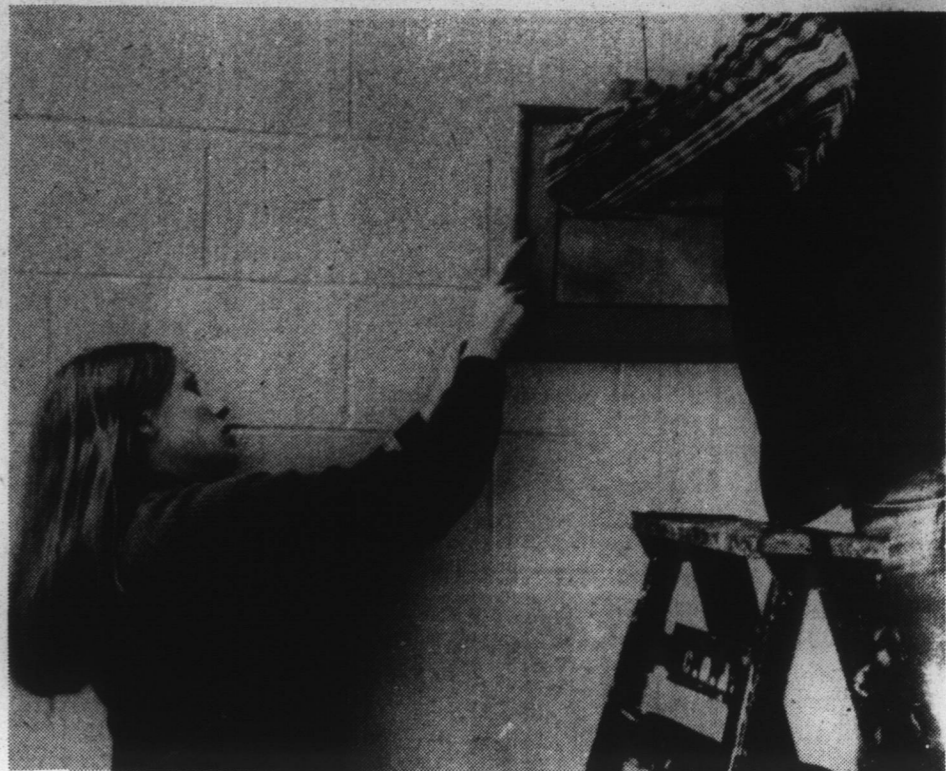
Sincerely, Bonnie D. White Feb. 17, chg. A "It is good to be merry at meals." English Proverb

Card Of Thanks

I would like to thank all who showed their concern with flowers, visits and all other acts of compassion while I was a patient in Chowan Hospital and since my return home. A special thank you to those great nurses on the second floor whose kindness I will never forget.

Sincerely, Bonnie D. White Feb. 17, chg. A

Gospel Singing at Rocky Hock Comm. Center On Saturday, February 19th From 7:30 until 10:00 P.M. Spreading God's Word in song are Donald and Janet Bunch Jesse and Faye Boyce as "THE APOSTLES" Come and Enjoy God's Word



FEBRUARY EXHIBIT—Dare artist Elizabeth Haskin directs Johnny Casper as he assists with the hanging of 18 of her watercolors that will be on display at College of The Albemarle during February. (COA Photo)

Haskin Exhibit In Elizabeth City

Kill Devil Hills artist Elizabeth (Betty) Haskin says she believes her use of color is the most important aspect of her art. Her exhibit of 18 watercolors, hung this week at College of The Albemarle, clearly emphasizes her statement.

The artist's utilization of subtle shading, combined with the rich warmth of complementary contrasts, creates an impression of quiet vibrancy in each piece. The viewer will find Haskin's work to be a source of lingering visual pleasure.

The exhibit is comprised of paintings of buildings and landscapes from three locales. "It is always with the best intentions that the worst work is done." Oscar Wilde

Many of them will be recognizable to local residents from the Nags Head, Edenton, and Jamaican sites from which they were executed last year. Haskin is a seven-year resident of Dare County. Her husband, D. E., is a furniture and cabinet maker whose products she describes as "magnificent creations."

The artist earned her bachelor's and master's degrees in fine art from Western Michigan University in 1970 and 1973, respectively. The exhibition is open to the public through February 21 from 8 A.M. until 9:30 P.M. each day. It is located in the main lobby of A-Building on the North Road Street campus.

Advice For Teenagers Appetites

Teenagers tend to have hearty appetites, and most parents with teenage children have an array of stories about their struggle to keep something in the pantry. The body's nutritional needs change markedly during the first ten years of life, but one of the most important steps to good nutrition occurs just a bit later when an adolescent begins to establish his or her own eating habits. The North Carolina Medical Society reminds you that teenage eating patterns are important, as well as awesome.

Teenage girls and boys reach their peak need for calories during the adolescent growth spurt. Then, after age 14 or 15, they need to start eating more iron-rich foods. Teenage boys tend to do better than girls in the nutrition department. Because they consume so much more

food than girls, they tend to get all the nutrients they need.

The Chowan River

Continued From Page 2-A nitrogen rich water off the property so the site can be reclaimed," said Robert F. Helms, director of the division. "We want to release the contaminated water during a period of high flow in the river and while the weather conditions are still unfavorable to algal growth."

Later in the year, the release of additional nitrogen into the river could lead to the growth of unwanted blue-green algae, which has plagued the river in recent years. The algae can mat together in streaks that hinder both commercial fishing and recreation and be aesthetically unpleasant.

"We believe that discharging the water now and reclaiming the site will be extremely beneficial for the river," Helms said. "It means that there will be one less source of nutrient input into the river."

Helms acknowledge that residual nitrogen could drain into the river for some time, but he said the reclamation program by the company will hold that to a minimum. "CF Nitrogen is doing a good job of reclaiming that site," he said. "They have worked with our staff every step of the way and done everything we asked of them."

Division staff members expect most of the nitrogen being released from the pond to be flushed out of the river before the weather gets warm enough to cause any additional algae problems.

The company began discharging on February 1.

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FARM REAL ESTATE spoken here. Federal Land Bank Association of Ahoskie Industrial Park Edenton, N.C. Phone: 482-4904 Thursdays 10A.M. - 12 Noon

Hollowell's Electrical Service Route 3 Edenton Alvin Hollowell Owner (Licensed Electrician) Phone 482-2608 For Free Estimates Call After 3:30 New Work Contractor

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INSIGHT INTO EYESIGHT DR. A. F. DOWNUM, JR. OPTOMETRIST

Smoke Gets In Your Eyes Smoke can affect your vision in a number of ways—all of them bad. Any smoker who gets uninhaled smoke in their eyes is aware of how irritating tobacco smoke can be. This is particularly true for contact lens wearers. In addition, there are a number of people who are allergic to tobacco and have some form of negative reaction to it—frequently affecting vision. There are also serious indirect effects of smoking on vision. For one thing, it can limit night vision. Both nicotine and carbon monoxide, both present in cigarette smoke, can reduce a smoker's vision at night. In some individuals, nicotine may cause blood vessels in the eyes to become smaller and this reduce the oxygen supply. Carbon monoxide effectively reduces the blood's ability to combine with and transport oxygen. In both cases, vision suffers. Studies also show that some smokers tend to have a narrower field of vision than non-smokers. This is of particular importance to drivers who need their peripheral or "side vision" to see oncoming autos and pedestrians. In the interest of better vision from the office of: A.F. Downum, Jr., O.D. 103 W. Eden Street EDENTON 482-3218

Views On Dental Health Richard N. Hines, Jr. D.D.S. Fellow of The Academy of General Dentistry Sweetening Your Breath If you're conscious of offensive mouth odor or someone close to you has mentioned it, the odor won't go away by taking "breath sweeteners" to mask it. You should let your dentist help you find out what is causing it and how the problem can be solved. Some foods can cause strong odors, but this is only temporary. When bad breath persists, however, it is usually because a health problem is involved. Decayed or infected teeth can cause bad breath, and so can infected gums. But more than bad breath is involved. Halitosis is a tell-tale symptom that something may be seriously wrong. Halitosis or bad breath may be caused by medical conditions, such as infected tonsils or problems with the digestive system or diabetes. Your dentist is not only trained to discover and treat dental problems, he is also trained to be on the alert for other medical problems that may need treatment by physicians. Whatever the cause of your bad breath, don't succumb to the lure of breath fresheners. Seek the help you need from your dentist. A public service with the aim of promoting better dental health education. From the office of: RICHARD N. HINES, JR., D.D.S., 437 South Broad St., Edenton Phone: 482-2776. "We Cater To Cowards"