

Three Attend Conference

Gail Bunch, Jo Ann Lowe and Elizabeth Ann Parrish, all of Chowan County, were among approximately 140 women from throughout the state who attended the North Carolina Farm Bureau Federation's fourth annual Women's Leadership Conference, March 16-17, in Raleigh.

The conference opened with a luncheon on March 16 and closed the following day with a luncheon. In between were informative classroom sessions, entertainment, and plenty of time for fellowship and exchange of ideas.

Mrs. Ruth Cherry of Edgecombe County, chairman of the N.C. Farm Bureau Women's Committee, welcomed conference participants representing every area of the state.

Conference sessions included: "Women and the Law", "Stress Management", "Involvement and Opportunities Through Farm Bureau", and "Health and Safety".

Farm Bureau President John Sledge praised the women for their interest and involvement in the organization. "We need the continued enthusiasm and leadership in Farm Bureau that women provide in making our organization the greatest and most effective farm organization in the world," he said.

The Farm Bureau women's program is designed to encourage county Farm Bureaus to provide additional leadership opportunities and to further enable women to be active participants in the total Farm Bureau program.

Yeopim Extension Homemakers Club Holds Meeting

The Yeopim Extension Homemakers Club held its March meeting at the home of Anna Goodwin with eleven members present and one new member. We were glad to have Madge Bunch as a new member.

The meeting was called to order by our president, Mary Julia Parrish.

Anna Goodwin read from Proverbs the 3rd chapter, verses 13 through 18 and led in prayer.

Several items of business were discussed.

It was reported that the Extension Homemakers District Meeting will be held April 6th at the Perquimans County High School. Those who would like to go should preregister by March 28th. Tickets are being sold for a hand-made quilt to be given away that day. Tickets are \$1 each.

Our club remembered Louise Goodwin, who has been sick.

Maryland Gaskins gave the program on "How to Dress to Look Thin" and it was enjoyed by all.

The next meeting will be held at the Extension Office, in the County Office Building, to learn about the computer. Each person going will take a dessert and a recipe.

We closed our meeting by saying our Club Collect.

Delicious refreshments were served by our hostess.

For And About Women

Thursday, March 24, 1983

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VOLUNTEERS ASSIST AT SWAIN SCHOOL—The above volunteers assisted as proctors at E. A. Swain School in the monitoring of giving State Annual Achievement Tests, March 15-17. The volunteers are: (left to right) Mrs. Novella Wilson, Mrs. Sheila Moore, Mrs. Delores Ward and Miss Doris Perry. The following volunteers also assisted as proctors in giving of these tests: 4th grade - Mrs. C. DeVine, Mrs. D. Farless, Mrs. Mary Griffin, Mrs. Katherine Busby, Mrs. Stanley Wright, Sr., Mrs. P. Williams, Mrs. R. Roberts and Mrs. Debbie Owens; 5th grade - Mrs. Martha Ashley, Miss Christine White, Mrs. L. Bass, Mrs. Campbell, Mrs. Stallings, Miss Ella Holley, Mrs. Sheila Moore and Mrs. Robert Turner; 6th grade - Ms. Mary Lewis, Ms. Betty Boyer, Ms. Delores Ward, Ms. Deborah Peele, Ms. Carolyn White, Ms. Gloria Griffin, Ms. Pat Waff, Mrs. D. McLean, Mrs. Norvella Wilson and Ms. Maxine Owens.

Good Weight Reduction Techniques

For most overweight persons, there is no medical justification for rapid weight loss or a nutritionally imbalanced diet.

The North Carolina Medical Society points out that the good weight-reduction diet is one that is reduced in calories but is adequate in nutrients. Regular meals and the Four Food Groups (Milk; Meat; Bread-Cereal; Vegetable-Fruit) form the basis of a good diet that is suitable or adaptable for people with different health problems.

There are no weight reducing foods. When you lose weight, it's because you are

taking in fewer calories than you're using. Total calories, not the foods they come from, make the difference. Bear in mind, though, that fats are the most concentrated source of calories.

Reducing salons and health clubs are fine if you can afford them. Group workouts may give moral support, but you can exercise just as well at home. Be wary of salons that promote unusual diet plans or special foods and supplements. Don't place your faith in exercise machines that require little if any work on your part.

Protein supplements are

unnecessary. Most people can and should get all the protein they need from ordinary foods. The drugs that have been misused in treating overweight people include appetite suppressors, bulk fillers, digitalis, diuretics, human chronic gonadotropin (HCG), laxatives, thyroid preparations and vitamins (injections). These drugs have legitimate medical uses, but their use in weight control is rarely or never justifiable.

Organizations such as Weight Watchers, TOPS and Diet Workshops have helped many people gain control of their weights and eating habits.

Dressing To Look Thin

Center Hill Extension Homemakers Club met on Tuesday afternoon at the Center Hill Community Building; Mrs. Helen Hostess for the month.

The lesson of the day was presented by Mrs. Gladys White on "Dress to look thin." We were told to use vertical lines to achieve the slim look in clothing. She used pictures and charts to tell the story, and how to use jewelry to accent slimmness.

Mrs. Kate Boyce led in prayer for conquering of Cancer.

Mrs. Helen Hollowell, president, made announcements of up-coming events. The treasurer report was headed, Hostesses for the year were named, and year books filled out. A yard sale was planned for benefit of the community building fund on Saturday, April 23. Everyone is invited to share in this yard sale.

The hostess served delicious refreshments during the social hour; Mrs. Kate Boyce will be hostess for April.

Denise Babeaux Reports For Duty

Pvt. Denise L. Babeaux, daughter of Dennis M. and Linda K. Babeaux of Route 2, Edenton, has arrived for duty in Würzburg, West Germany.

Babeaux, a radioteletype operator with the 3rd Infantry Division, was previously assigned at Fort Gordon, Ga.

She is a 1982 graduate of John A. Holmes High School, Edenton.

Management Course

A management course, "Effective Communication," will begin at 7 P.M. on Monday, March 28 at the AHEC Building at Chowan Hospital.

Bud Watkins, former Elizabeth City Chamber of Commerce executive director, will teach the 10-week course, according to Clayton Morrisette, director of conti-

nuing education at College of The Albemarle. Watkins teaches a series of management development courses at the community college.

The tuition fee for the communications course is \$8.00. Registration will be held during the first two class meetings.

Scholarship Fund Is Established

Western Carolina University has announced the establishment of the Mary Woods Flinton Scholarships to be awarded to high school graduates who desire to attend Western Carolina University.

The awards have been endowed by descendants of Mrs. Flinton, who was the dietitian in charge of food service at the institution from 1915 until the early 1920s. The Flinton and Woods families were prominent in Durham and Orange counties in the early part of the century.

Awards of \$500 each will be made to high school graduates who demonstrate academic achievement, leadership ability and potential, civic and social activities and contributions, and financial need.

Announcements and application forms for the scholarships are being distributed to high school guidance counselors by the university. Students interested in the competitive awards may obtain information from counselors or may write the director of academic services at Western Carolina University in Cullowhee.

The deadline for completing application for Mary Woods Flinton Scholarships is April 8. Students who apply for the scholarships who have not already applied for university admission must also complete an admission application by April 8.

"Art is man added to nature."
Francis Bacon

Sunrise Service To Be Held

Easter Sunrise Service at 6 A.M. on the Courthouse Green, Sunday, April 3rd, has been planned by the Edenton Methodist, Edenton Baptist and First Presbyterian, Edenton Churches. Dr. John Allen, Pastor of Edenton Baptist will bring the message. Choirs of the three churches will unite under Gil Burroughs to bring a message in song. The Rev. Mr. Richard

Blankenhorn and The Rev. Mr. Howatt Mallinson will assist in the service. After the Service the Men of the Church of First Presbyterian Church will have breakfast for those in attendance. It will be served at the Church Building.

Phone reservations would be helpful, though not necessary—Call 482-4963 to set aside a place for you.

Pageant Holds Dress Rehearsal

A special Dance Rehearsal was held Saturday, March 19, 1983 at D. F. Walker School for contestants of the Miss Vogue/Mr. Esquire Pageant. The group dance will be performed on pageant night. The pageant will take place Satur-

day March 26, 1983 at 8:00 P.M. in the D. F. Walker Gymnasium.

The pageant is a scholarship event sponsored by Nu Eta Omega Chapter of Alpha Kappa Alpha Sorority Inc. located in Edenton.

Son Born To Welch Family

Mr. & Mrs. Wade Belch announce the birth of their first child, a son, Bryan Christopher Belch. He weighed in a 8 lbs. 14 oz. on March 12, at Chowan Hospital.

Maternal grandparents are Mr. & Mrs. Ray Griffin of Edenton.

Paternal grandparents are Mr. & Mrs. Pete Belch of Edenton.



Cynthia Darlene Parker

Engagement Is Announced

Mr. & Mrs. Franklin McCoy Parker, Sr., of Edenton, announce the engagement and upcoming marriage of their daughter, Cynthia Darlene, to Mr. Elton Carroll Griffin, Jr., also of Edenton. Mr. Griffin's parents are Mr. and Mrs. E.C. Griffin, Sr., of Edenton.

The wedding is planned for Saturday, May 28, 1983 at Immanuel Baptist Church, Edenton at 3:00 P.M. Friends and relatives are invited to attend.

Anniversary

The First Baptist Church Pastor's Aide Club will celebrate its annual anniversary Sunday afternoon at 2:00 P.M., March 27, 1983. The Leigh Temple A.M.E. Zion Church Young Adult Choir will sing and Rev. J.H. London the Pastor will preach. Elijah Horton of Edenton will preside. Mrs. Mattie Burk, the president, invites you to attend this celebration.

Perry Visits

Glenn Perry, Jr., of Lexington, N.C. spent the weekend with his parents Mr. & Mrs. Glenn Perry, Sr.

April Is Poultry Month

The month of April has been declared "Poultry and Egg Month" in North Carolina by Governor James B. Hunt, Jr., in honor of the state's poultry industry and all those involved in the production of poultry food products in the state.

The poultry food industry is now the state's largest food industry and, in recent years, has also become the most diversified poultry producing state in the nation—involved in commercially producing duckling and quail as well as chicken, turkey and egg products.

According to Ed Woodhouse, executive director of the N.C. Poultry Federation, North Carolina's poultry industry have been innovative in the field of poultry production, and have utilized advancements in research and technology to keep pace with consumer demands in product packaging. These efforts have resulted in a wide variety of further processed products and convenient packaging concepts for the benefit of the consumer—such as chicken and turkey franks, chicken and turkey sausage, chicken and turkey sandwich meats, precooked barbecued chicken, smoked turkey, and many more. North Caroli-

nians and other consumers of North Carolina poultry food products will find that fresh, nutritious poultry is widely available in local supermarket meat cases in many conveniently packaged forms at prices that remain favorable.

North Carolina's poultry leaders will continue to support research and technological advancements and will strive to satisfy the consumer's needs and demands by providing top quality, nutritious, and economical food products, according to Woodhouse.

The total cost of the construction of the Eiffel Tower was recovered from sightseers' fees during the first year after the tower's first year.

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