



CHRISTOPHER BEAN SPEAKS TO STUDENTS—Mr. Christopher Bean (center) spoke with approximately forty students at Holmes High School last week. This meeting was sponsored by the newly formed Career Awareness Committee and the Tidewater Council of Scouting represented by Mr. Bob Barbour. Committee members Bobby Jones, Charles Holley, and Dottie Presson were a part of the program.

1983, The Year Of LIFE

Governor Jim Hunt has proclaimed 1983 as the year of LIFE in North Carolina. LIFE, or Living Independently for Elders, is a new statewide program co-sponsored by the N.C. Department of Human Resources' Division of Aging and the state's eighteen Area Agencies on Aging. LIFE is designed to help our older adults develop an active, healthy lifestyle that can lead to more independence, mobility, and happiness, as well as preventing unnecessary institutional care.

It is more important now than ever before that older citizens prevent health problems from occurring. Thirty-one per cent of the total cost of medical care in the United States involves people 65 years of age or older, and health care costs are increasing an average of 15 per cent a year. In addition, the Social Security system is being threatened, and Medicare, the health insurance program for the elderly, is in financial trouble. Some analysts predict that Medicare may run out of money by 1987.

Skyrocketing health costs coupled with hard economic times and the 'gray' population boom mean that future resources will be limited and each older individual must assume a greater responsibility for his or her own health.

This is where LIFE can help. Starting this spring a LIFE self-help training series for older adults will be offered around the state. The series will teach health, fitness, recreation, nutrition, stress management, and community involvement.

LIFE strongly urges older adults to stay active by working in a full or part-time job, starting their own business, learning hobbies, getting involved in local or state politics, or serving as volunteers in worthwhile community projects. Our studies clearly show that busy people are healthy people.

Our LIFE program recommends eating right to stay healthy. Eating nutritious, healthful foods is good

preventive medicine. Our nutrition experts suggest that older adults eat a variety of high quality foods, watch how much they eat, avoid foods high in sugar and fat, and limit the amount of salt in their diets. Older people who are overweight and those who eat improperly are much more susceptible to heart attacks, high blood pressure, diabetes, and many other debilitating health problems.

I believe that people age according to the way they live. Our LIFE program will show that maintaining and improving physical health through regular exercise can be fun and may decrease tension and the loss of muscular fitness. Many of the health problems of older people are a direct result of too much inactivity. For example osteoporosis, the deterioration of the bones common among older women, can be prevented by exercise and proper diet.

Another important part of LIFE is teaching older adults how to effectively manage stress. Stress can cause impatience, worry, and anxiety, and in severe cases can lead to heart attacks, strokes, and mental illness. But stress can also be natural and positive part of life, and it is only when stress levels become unbalanced that it is harmful.

Doctors, physical therapists, psychologists, nutritionists, and other health professionals all agree that a program such as LIFE - that emphasizes staying active - eating right, getting regular exercise, and controlling stress - can improve the quality of life for older adults during their golden years. But the decision to get involved in LIFE is up to each older citizen. Join us by committing yourself to an active LIFE. I can assure you it will be a richly rewarding experience.

Investment Tax Credit

According to the write-off schedule for five-year assets, you deduct 15 per cent of the asset's cost in year one, 22 per cent in year two, and 21 per cent in each of the last three years. Thus, for the \$5,000 computer the deduction for 1982 is \$750. You then deduct \$1,100 in 1983, and \$1,050 each year from 1984 to 1986.

Another savings you are allowed for capital property purchases is the investment tax credit (ITC). During the year of purchase you can subtract a portion of an asset's cost from your tax bill. For property written off in three years, the tax credit is six per cent of the asset's cost. For all property written off in more than three years the ITC is 10 per cent.

Going back to our example of a \$5,000 computer, which is written off in five years, the ITC is \$500 (10 per cent of the \$5,000 cost). The \$500 is taken right off your 1982 tax bill. You can still depreciate the entire \$5,000 computer cost over the five-year schedule.

Another improved tax option is also now available.

CPAs point out. You can now "expense" the first \$5,000 of your capital costs of assets for the year you made the purchase. In other words, you can write off the full cost of the first \$5,000 worth of business equipment acquired during 1982.

The catch is, you cannot take the investment tax credit if you "expense" the cost. It is up to you to either claim the \$500 ITC and depreciate the \$5,000 over five years, or immediately "expense" the \$5,000 and forfeit the \$500 ITC. If your small business is a corporation you will probably have to increase your estimated tax payments this year, CPAs note. Under the new rules, these payments must equal 90 per cent of your final tax liability, or you will be subject to a penalty. The amount jumps from 80 per cent last year.

According to CPAs, there are other tax savings you may claim on your 1982 return. The tax credit for rehabilitating old buildings has increased from 10 per cent of your costs to 15 per cent, on buildings which are 30 to 39 years old. Higher credits may pertain to older buildings or certified historic structures.

In addition, if your small business is a corporation, you can now deduct 10 per cent of your taxable income for any charitable contributions. That is double the 1981 rate. Although it won't affect your 1982 taxes, the ACRS rate increases scheduled for 1985 and 1986 have been cancelled. Also, in 1983 and beyond, the basis of your depreciable assets will be reduced by one-half the amount of the ITC. So, if you purchase the \$5,000 computer in 1983, the cost basis for depreciation will be \$4,750 (\$5,000 cost minus half the \$500 ITC or \$250).



Woodrow Wilson's face adorns the front of the U.S. Treasury's \$100,000 note.

Tests For Food Texture

By Bob Cairns
When man bites hot dog, a good one will snap back! "The snap-back or bounce found in the texture of a hot dog, the crunch of a potato chip, and the cracking sound made by a good apple can be as important to how we sense food as its taste or aroma," said Dr. Donald Hamann, a North Carolina State University professor of food science. Hamann, who describes himself as a food engineer, is involved in food development projects, with his associates in NCSU's Department of Food Science.

In tests for texture, Hamann is using sophisticated instrumentation to pull, push, extrude, bounce and vibrate foods ranging from blueberries to simulated fish products.

"We're also looking at what constitutes crispness and the part it plays in texture of foods such as apples, pickles and potato chips," Hamann said.

Auditory equipment which correlates sound waves enables Hamann to compare the crunch of a crisp pickle with the sound of a soggy one. "Texture is of the utmost importance," he said. "A food product must feel and sound right to taste right."

Hamann described an apple with good texture as one with a great deal of fluid in its cells.

"A high water content means the apple will be juicier and crisper," he said. He explained that every food has its own characteristics of texture and should be judged accordingly. "The hot dog should resist the bite just long enough and not be too soft or too hard. When it breaks, the meat should have a little bit of a snap to it," Hamann said.

"Cheeses are soft and offer little resistance to the bite." With the pickle the consumer expects some resistance and looks forward to the sound of the crunch, he said. Instrumentation plays an important role in the researcher's efforts to identify and then assure good texture in new food products, but Hamann said the human judgment is still most essential.

A professional sensory panel, composed of eight people employed by the NCSU food science department, grades aroma, taste and texture of food products. "When the professionals judge texture, food preferences are put aside," he said. "Whether it's a pickle or potato chip, it is always rated against a standard (high quality) product. The panel determines the product's texture using a scale (crunchier, as crunchy, not as crunchy). Delores Moncol, NCSU's sensory panel leader, said most consumers are flavor conscious and rarely think of texture when eating a product.

"But if one of their favorite foods should suddenly taste chalky or lack texture in some other way, believe me, they would know it," she said. Hamann said that as a food engineer he almost always works with other faculty members, people with a need for information about texture. This semester we're looking at the gelling properties in a simulated shrimp product being developed in the department.

"When the results are in, if the texture doesn't have the right snap, it won't seem like shrimp," Hamann said. "The chance of a product with poor texture getting out of the laboratory and into the market place is non-existent."

Honor Roll
Chowan Alternative School's A-B Honor Roll for the 1st Grading Period of the 2nd Semester:

- 9th Grade
Cindy Cayton
- 10th Grade
Michelle Jernigan, Mitchell Leary, and Deneen White.
- 11th Grade
Chrystal Perkins
- 12th Grade
Jackie Riddick
Benita Privott

Gwaltney Promoted
Joseph A. Priestley, president, announced the promotion of C. J. Gwaltney, Jr., to vice-president-manufacturing of the George C. Moore Co. of Westerly, R.I.

Gwaltney has been with the George C. Moore Co. for the past 18 years, most recently as general manager. In his new capacity Gwaltney will be responsible for all manufacturing functions of the company. George C. Moore Co. has plants in Edenton, and Greenville, Tenn.

Gwaltney, his wife Marilyn, the former Marilyn Anderson of Westerly, and their three sons presently reside in Greenville, Tenn.



COMPLETES SERVICE COURSE—Michael Perry of Dixon Logging Co., who attended a recent service school held at the Virginia Beach headquarters of Stihl Incorporated, receives congratulations from Ben Crago, left, Stihl's technical services manager, and from Fred J. Noe, right, president of Stihl Incorporated. Makers of the world's largest selling chain saw, Stihl is one of the few outdoor power equipment manufacturers that maintains a full-time inside training staff who conduct regular series of service courses in behalf of the company's dealers.

Tax Write-offs For The Small Business

If you own a small business, your tax planning will probably be affected by improvements in pension plan options, recent increases in tax write-offs for purchases of capital property, and new corporate estimated tax requirements. According to the North Carolina Association of CPAs, changes in rules for pensions and property write-offs may reduce what tax you owe for 1982, and new estimated tax requirements will affect what you will pay in taxes throughout 1983.

Changes in pension plan regulations may affect your 1982 taxes. Beginning in 1982 you can have an Individual Retirement Account even if you already have a Keogh account for your partnership or business. You can contribute up to \$2,000 into an IRA anytime before you file your tax return, and then deduct the cost from your 1982 income.

You also have a couple of options for writing off the cost of most capital property. You can either depreciate the property according to a specific schedule, or "expense" up to \$5,000 worth of business property all at once for 1982.

To make it more easily understood, let's say that during the year you bought a \$5,000 computer for your business. In the past, you might have depreciated such an asset according to its useful life.

Under the Accelerated Cost

Recovery System (ACRS) 15 years. The business computer in our example falls into the five year write-off period. Other Business property is divided into four groups written off in periods of three, five, 10 and 15 years. The business computer in our example falls into the five year write-off period. Other Business property is divided into four groups written off in periods of three, five, 10 and 15 years. The business computer in our example falls into the five year write-off period. Other Business property is divided into four groups written off in periods of three, five, 10 and 15 years.



The word filibuster originally meant a pirate of the 1600's.

JOHN DOWD & ASSOCIATES, INC. INSURANCE

CALL FOR ALL YOUR INSURANCE NEEDS
AUTO HOME LIFE
HEALTH COMMERCIAL
REAL ESTATE
CURRENT LISTINGS:

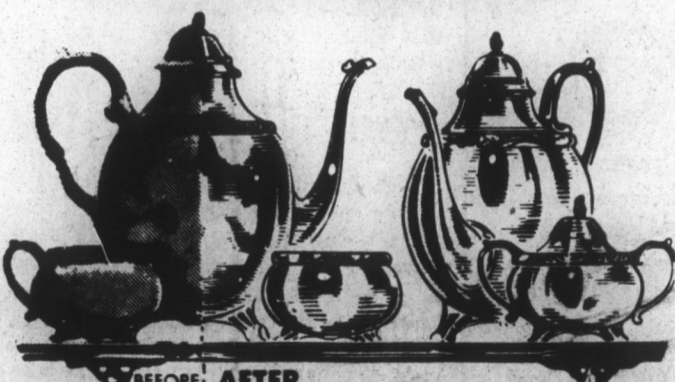
- BROAD STREET:**
3 BR brick home with LR, dining room, den, kitchen.
- SINGLE FAMILY DWELLING:**
L.R., D.R., 2 BR, 1 Bath, Kitchen. On Johnston Street.
- TWIDDY AVENUE:**
Nice brick home, 3 BR, Great room w/fireplace, wall to wall carpet. Frame storage building.
- ALLENDALE:**
4 Year Old Brick Home Features 3 Bedrooms, Bath & 1/2, Den with Fireplace On Corner Lot.
- HARVEY POINT ROAD:**
3 Miles From Hertford; Lovely Brick Home, 3 Bedrooms, 2 Baths, Den with Fireplace, Dining Room and Foyer. Priced To Sell.
- CAPE COLONY AREA:**
Neat cottage in wooded area. Priced to move.
- MEXICO ROAD:**
Attractive Brick home featuring living room, den-kitchen, (with fireplace), three bedrooms, two baths, utility room, garage.
- MORGAN PARK:**
Lovely brick home with living room, huge den (fireplace), rec room, kitchen, three bedrooms, two baths, screened porch.
- ALLENDALE:**
Nice brick home in good location. House features living room, dining room, kitchen, utility, three bedrooms, two baths.
- ARROWHEAD BEACH:**
2 Bedroom home with kitchen, den, and glass patio.
- QUEEN STREET EXTD.:**
Brick 3 BR Home, 1 1/2 Bath, LR, Den, 2 Fireplaces, Central Air & Heat.
- N. C. 32:**
Block Bldg., 2 Acres Land, Mobile Home Included.
- HISTORIC DISTRICT:**
2 Story, 3 Bedrooms, 3 Car Garage, Fireplace, Floored Attic, Chain-link Fence, Excellent location.
- HISTORIC DISTRICT:**
4 Bedrooms, 3 Baths, 5 Fireplaces, Livingroom, Dining Room, Eat In Kitchen, Laundry room, Woodburning Stove. Included, Studio Apartment.
- OTHER LISTINGS:**
60 x 12 Mobile Home, Well Constructed & Insulated. Excellent Buy. Various Home Sites & Commercial Property Available.
- CAPE COLONY AREA:**
Mobile Home on Large Lot, Rear Deck & Screened Back Porch, New Spacious Garage-Workshop.
- COUNTRY CLUB DRIVE:**
Excellent Waterfront Property, Sandy Beach, 2 Boat Slips, 3 Bedrooms, 2 1/2 Baths, Great Room, 2 Car Garage.
- CHOWAN BEACH:**
Neat 2 Bedroom Home, 3 Out Buildings, Chain Fence, Large Lot Priced to SELL.

WATERFRONT LOTS FOR SALE



John Dowd, Dawn Whitt, Beverly Morris
482-2101
214 S. Broad St. Edenton, NC 27932

ALL SILVER REPLATING REDUCED 25% No charge for straightening* DURING APRIL ONLY



Make this YOUR Silver Investment for the Future! Every Item Replated at Sale Prices

Article	Reg. Price	Sale Price
Teapot	\$92.95	\$69.71
Creamer	48.95	36.71
Candlestick (per in.)	5.30	3.98
Sugar Bowl	52.95	39.71
Trays (per sq. in.)	.42	.32

Since the value of old silverplated items continues to soar... this is an excellent time to take advantage of these low, low prices to have your worn silverware, antiques and family heirlooms replated like new. These pieces are now more valuable than ever and make wonderful gifts. All work HEAVILY SILVERPLATED by our skilled silversmiths and Sale prices apply to ALL pieces.

NEW! Full 25 Year Warranty on all silver replating.
ASK ABOUT FULL DETAILS

*REPAIR POLICY: FREE DENT REMOVAL and straightening on all items we silverplate.
*ONLY \$19.95 FOR ANY KIND AND ALL ADDITIONAL REPAIRS, no matter how extensive, on any piece we silverplate. Includes soldering broken handles, legs, knobs, etc. (Only exceptions are for furnishing new parts.)

SALE ENDS APRIL 30
BRING IN SILVER TODAY!
Davis Jewelers edenton

GUARANTEED FOR THE NEXT 30 MONTHS
10% AN IRA YOU CAN BANK ON

Now is a great time to get your IRA... for a lot of good reasons
* Now, thru April 15th, you can deposit up to \$4000.00* in an IRA and still get credit on your 1982 taxes.

Now is a great time to get your IRA...
Now thru April 15th you can deposit in an IRA and get credit on your 1982 taxes.

EDENTON SAVINGS & LOAN
322 S. BROAD STREET
EDENTON, N.C. 27932