

# Community Concert Memberships available

Lois Samson and Margaret Wall, Membership Chairmen of the Craven County Community Concert Association, are encouraging "everyone interested in good music" to join the association this week while memberships are available.

September 4-8 is Campaign Week, the only week of the year when new memberships are offered to the public.

"For most people, the benefit of belonging to the Community Concert Association is admission to the four concerts in New Bern. Tickets are not sold to individual concerts; you must present your membership card to be admitted," explained Mrs. Samson.

"In addition to the four New Bern concerts," Mrs. Wall continued, "Members may also attend all Community Concerts in Jacksonville, Kinston, Washington, Wilson, and Goldsboro. For the price of their dues, members have

access to nearly 25 concerts a year."

"Considering the cost of comparable entertainment in any big city, Community Concerts are quite a bargain!"

The concert series which will be presented in New Bern during the 1979-80 season includes the Tommy Dorsey Orchestra on November 1, the Eastern Brass Quintet on January 23, the Texas Boys Choir on February 19, and pianist-composer Earl Rose on March 8.

All concerts are held in the New Bern Senior High School auditorium.

Jonathan Brill, Craven County's representative from Community Concerts Inc., will be at Campaign Headquarters throughout the week to answer questions about Community Concerts and the series for 1979-80.

Headquarters, located in Room 216 of the Palace Motel in New Bern, will be open from Tuesday-Friday from 10 a.m.-6 p.m., and on

Saturday from 9 a.m. - noon.

Outside New Bern, those interested may contact Connie Bryan at 244-1203 or Virginia Cleve at 244-0268 in Vanceboro; Gladys Jones at 447-2817 in Havelock; Jean Stith, 2512 Evans Street in Morehead City; Penny Bender at 244-6721 in Pollockville; or Mrs. John Bond at 249-7631 in Oriental.

Membership dues are \$12, Adult; \$6 Student; and \$30 Family. A student is defined by the association as someone who is still in high school or below.

Checks may be made payable to the Craven County Community Concert Association and mailed to P. O. Box 1054, New Bern.

No memberships will be available after September 8.

The Community Concert Association is a not-for-profit, volunteer organization, supported entirely by dues and contributions.

WHEN I WAS A KID, a HALF GALLON OF MILK WAS 15 CENTS!

WHEN I WAS A KID, a LOAF OF BREAD WAS 15 CENTS!

WHEN I WAS A KID, a CANDY BAR WAS 15 CENTS!

*Wright*

## Fewer processed foods might improve your health

CHAPEL HILL — Americans today eat only half as many fresh fruits and vegetables as their grandparents did, while highly processed foods make up an increasing proportion of their diets.

The question is, does it make any difference? Is the modern American diet—dominated by fast food, convenience food and "junk" food—having any

effect on the nation's health?

Although there is little evidence to suggest that changes in eating habits over the past few decades have resulted in a general decline in health, the consumption of large amounts of sugar, fat and other staples of convenience-food diets has been linked to some specific health problems.

And many nutrition specialists believe, that, even if the increasing dependence on highly processed foods does not pose a clear, immediate danger, it is not likely to prove beneficial.

Dr. Stephen Chaney, assistant professor of biochemistry and nutrition in the School of Medicine at the University of North Carolina at Chapel Hill,

explains that almost every food preparation process erodes the food's natural nutrient content. Relatively little nutrient loss occurs in simple cooking, canning and freezing. But each ingredient in items such as complete frozen dinners may go through several processing steps, so the nutrient loss may be considerable.

The result may be that

diced carrots in a frozen chicken pie look and taste like carrots, but have lost many of the water-soluble nutrients of the original item.

"The main problem with highly processed foods," says Chaney, "is that you take out almost all of the nutrients but add back only some of them."

"If you look at some of the enriched cereals and fortified products, you can see that a number of vitamins are routinely added back. And if you just consider these, then the American public isn't doing too poorly. However, if you look at trace minerals, for example,

we're eating much less of these than our ancestors did.

"The trouble," says Chaney, "is that we don't really know how much of these trace minerals we really need, so it's too early to tell if there are any health trends."

The hamburger chains and other fast food restaurants have been criticized for promoting diets that are low in vital nutrients and high in fats, cholesterol and sugar.

Chaney says he sees nothing wrong with a fast food meal once in a while, but too many people eat them too often.

### Business of the Week



## Athletes' Corner: Serving the Community

Included in the very diversified inventory are athletic footwear, equipment for soccer, basket ball skiing, golf, racquetball, tennis, baseball, and football, warm-up suits, tennis apparel, deck shoes, and a complete library on Physical Fitness.

The Athletes' Corner is a center for cardio-vascular fitness. Runners in the community that are experiencing minor injuries from their trained personnel or company podiatrist. Other services to the community and surrounding counties include: weekly community fun runs; organized runs with awards to various age groups; clinics given to schools, clubs, etc. on running, physical fitness, tennis and basketball; community billboard noting dates, etc. of all athletic events within the



Al Cox, owner of Athletes Corner, welcomes everyone to the Grand Opening of his store in Twin Rivers Mall. (Photo by Rick Cannon)

athlete, but to the female athlete as well. Estimates show that women athletes are increasing by astronomical numbers. The Athletes' Corner would like to provide a sports center for them and the entire community as a whole.

The Athletes' Corner, located in the new Twin Rivers Mall in New Bern, is dedicated to providing the community with a wide variety of quality sporting goods. Behind each item is the owner's promise to the consumer of satisfaction guaranteed in every instance or your money back.

When Athletes' Corner opens next Wednesday, their selection of athletic shoes will be one of the best in Eastern North Carolina. The employees at the Athletes' Corner are experienced runners and ex-college athletes from the Carolinas with a vast background in business and sports.

The West Craven  
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