

"Getting Somewhere"

By JONATHAN PHILLIPS
Special Correspondent

For Jim (not a real name) it happened when Weyerhaeuser went out on strike.

Like most folks employed at the plant near Vanceboro, he was right worried as the walkout dragged on. Unlike most folks, he slid from bed one morning, a lot later than he would've been sliding out of bed if he was still working at the mill, and realized something:

He was doing just fine without the job.

Jim had no kids or car payments to worry about, and was making plenty for himself without the 40-hour routine. He wanted the strike to end for his friends who needed the work, but for himself, he came to a conclusion—it just didn't matter a whole heck of a lot.

Jim went back to Weyerhaeuser when the strike was over, but if he was laid off tomorrow it would worry him not a whit. He's happy enough in his work, but free from it.

Adventure

For Swenson (again, not a real name) it happened on that first bike trip to California.

Work for nine months, put a thousand or two in the bank, take a three month adventure, come back with a few hundred still in the bank to cover a month's rent and groceries, and do it all over again.—Swenson had found the magic formula.

It was all so simple. Why didn't more people do it?

Though he didn't lose much shut-eye over it, he did have a bit of time to think the question over the next few summers as he hiked from Maine to Georgia, cycled to Guatemala and campground-hopped to Alaska.

Someone was chastising Swenson once about his never having held a job for as long as a year and for spending eight years, off and on, at East Carolina without collecting his degree.

"I don't accumulate money or pieces of paper," Swenson said. "I collect experiences."

What, me work?

For C.J., it was a cypress tree with a lateral system of roots and knees that extended into the Pamlico River near Washington. He'd spend many a summer day stretched out on those roots, the breeze rippling through the shade and the blue water lapping against the boat tied to the tree.

Sometimes he'd hold a fishing rod; sometimes he wouldn't bother with the pretense.

That was the summer C.J. quit the first real, career-type job he'd ever had. He'd found a two-day-a-week (albeit long, tough days) part-time job, and pretended, for appearances mostly, to be hunting for more work.

It was while contemplating deep metaphysical problems on that cypress that C.J. realized he was making all the money he needed by just working two days a week.

The rest of the time, he realized, could be spent furthering his education, paddling up creeks, shooting pool, and contemplating cosmic realities.

That's how the other 5 days of the week have been spent since then.

Going places

"Don't you ever want to get anywhere?" She asked C. J., but could've been talking to any of the three.

Sure they do. Jim wants to get up in the morning and know that his job at Weyerhaeuser is not crucial to his standard of living, just in case. He knows that.

Swenson wants to get to Costa Rica this summer, or maybe Mexico. He probably will.

C. J. wants to get back to his cypress tree. He'll be there.

The goals of family life, financial security and career advancement are no less worthy or more banal than the goals of the three above. But too many folks don't realize that there are other goals, other choices, and other ways of "getting somewhere."

You can measure success with bank accounts and microwave ovens. But you can also measure it with freedom, self-sufficiency and adventure. That's all that's to be learned from Jim, Swenson and C. J. None would tell you not to strive for the "traditional" goals—just not to commit yourself to it until you've considered all the possibilities.

It Pays to Advertise



Mrs. Emma Gaskins

91st Birthday

Mrs. Emma Gaskins, 2560 Woolsey Street, Norfolk, Va., 23513 will celebrate her 91st birthday on January 18. She is living with her son, Cooper Gaskins in Norfolk.

She is the wife of the late F.H. Gaskins of Lane's Chapel Methodist Church Community. Mrs. Gaskins is a member of the Lane's

Chapel Methodist Church. She is still active and doing well in her senior years.

Mrs. Gaskins children are: Cooper of Norfolk; Horace of Norfolk; Kelley of Hampton; Mrs. Fred Wilson of Vanceboro; Mrs. Sally Wiggins of Bridgeton; Jimmy of San Diego; and Carsley of Parkton, N.C.



Junior Girl Scouts and their mothers at their Christmas party are First Row: Linda Freeman, Tammy Wolfe, La Dawn Wiggins, Beverly Wilson, Cheryl Andrews. Second Row: Judy Freeman, Susan Jones, Pat Stedwell, Tootsie Wilson, Aileen Andrews, and Mattie Drake. Not pictured were Heather and Shannon Dudley, Sandra Wiggins, and Lorraine Just.

Girl Scout News

On December 16, Troop #482 held their Christmas party at the home of their leader, Ms. Lorraine Just. A delicious covered dish supper was enjoyed by all. After dinner, the girls presented their mothers with boutique kleenex covers, which the girls had made. Many hours had gone into the making of these gifts, and it was evident by the fine job they did.

Other activities during the month of December included a neighborhood carol sing, which was attended by Junior and Brownie troops in our area, and on December 5 the troop went to New Bern to see THE NUTCRACKER SUITE BALLET, presented by Margaret Fletcher.

Inspection Fee Increase

RALEIGH-Effective January 1982, the fee charged for the annual vehicle safety inspections will increase from \$4.00 to \$4.25, the North Carolina Department of Transportation's Motor Vehicles Division (DMV) has announced.

The 1981 General Assembly authorized the 25¢ increase to cover rising costs to administer the program.

The statewide inspection program was initially authorized by the 1965 General Assembly for implementation by DMV in 1966.

Around The Old Well

Weight Loss Miracle

By DAVID WILLIAMSON

Did you ever want to write a best-selling book on diets, retire early and live, so to speak, off the fat of the land?

Well, why not? In a single year, there are so many diet books that it sometimes seems like half the country is writing them and the other half is buying them.

Probably everyone who has had trouble shedding pounds has dreamt of an easy way to do it. But unfortunately, there never have been any weight loss miracles, and paying for one is a waste of money, says a scientist at the University of North Carolina at Chapel Hill.

Dr. Joseph C. Edozien, chairman of the department of nutrition is the School of Public Health, says probably no other field in medicine rivals nutrition in producing so many instant experts and quack cures.

"Eating is such a common activity that I suppose some people confuse their personal experiences with expertise in nutrition," Edozien says. "Others just want to get rich."

Although a few of the fad diets can be dangerous, like the liquid protein diet that caused such a controversy two years ago, the scientist says most can be effective in promoting weight loss if followed according to directions.

"The success of any weight loss program lies not in what it tells you to eat, but in the restrictions it includes," he explains. "If you cut down your intake of calories, you're bound to lose weight."

Nutritionists cannot rule out the possibility that certain combinations of foods may affect the body's use of energy differently, as some popular diet books claim, but any differences will be minimal, Edozien says.

"The best nutrition advice you can give a healthy person is to eat a well-balanced diet," he says. "The best advice you can give a healthy person who wants to lose weight is to eat smaller amounts of a well-balanced diet."

Many individuals, especially women, complain about the accumulation of fatty tissue on hips and thighs. But special belts, clothing, gadgets, massages and even exercise will have no effect on the distribution of fat, the physician explains. When weight is lost, it's a process that occurs simultaneously all over.

"Men and women tend to put on fat at different sites on the body, and individuals also vary as to the proportion of fat they put on at different sites," he says. "Genetics, hormones, race and possibly diet can also affect this distribution, but no one knows enough about them to offer practical weight loss advice."

One of the most common misconceptions people have is that certain foods like sugar, potatoes and bread will make them fat, while other foods like fruits will not. An average-sized apple, however, contains the equivalent of two and a half tablespoons of sugar (about 120 calories), and the body's fat cells cannot tell the difference.

Edozien says the primary benefits of eating fruits are that they are filling and that they include fiber and essential nutrients like vitamin C.

Public health departments and local libraries usually contain a wealth of information about nutrition and safe dieting, he says, and there is no charge.

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