

Craven Volunteers Recognized



Abe Cleve, Past Vanceboro Rotary President receives Volunteer Award for Club.

Tryon Palace's Stanly Garden was the scene last Friday night of a reception honoring 11 winners and over 55 other nominees for outstanding volunteer service to various areas of Craven County life. Presentations were made by Craven County Commissioners, Chairman Sidney French and Sue Forrest, President, New Bern Craven County Chamber of Commerce. Dr. Austin Connors, Director of Special Projects, Governor's Office of Citizens Affairs of Raleigh was the speaker for the occasion.

A special award outside of the designated categories was presented to the Bank Pool for developing a special loan package in conjunction with Swiss Bear, Inc., to assist in downtown revitalization. Banks in the pool were Branch Banking & Trust Company, First Citizens Bank & Trust Co., NCNB National Bank and Wachovia Bank & Trust Co., N.A.

The regular category winners, whose names will be submitted for statewide competition in the governor's annual awards for significant volunteer service, are:

- Individual human service - Roger Heckman, New Bern
- Individual community leader - Farrell Teague, New Bern
- Administrator or coordinator - Amy Oliver, New Bern
- Youth - Marvin Sydnor, New Bern
- Senior Citizen - Catherine Torrey, New Bern
- Disabled person - Edna Lester, Havelock
- School - Nancy Riley, Cove City
- One-on-one - Jean Flanagan, New Bern
- Community organization - Rotary Club, Vanceboro
- Church or religious group - Religious Community Service, New Bern
- Business or industry - AMF Hatteras Yachts, New Bern

Mental Health

(continued from Page 4)

Mental Health Association in the community, state, and nation, stating that the most important role is one of advocacy. In North Carolina there are 10,000 Mental Health volunteers. Their function is to advocate the things that will promote mental health, prevent mental illness, and help the mentally ill. He emphasized the fact that anyone may at sometime in his life become a consumer of mental health services. In North Carolina during 1983 27,000 adolescents were served by mental health services.

Mr. Neice recounted an interesting story of Warren G. Harding, who between the ages of 23 and 35, was

hospitalized twelve times with mental illness and fully recovered to become the 29th President of the United States.

Mr. Neice gave the board a preview of a public service announcement featuring Tele Savalas, which will be aired on WCTI TV. At the conclusion of his talk, Mr. Neice presented the Chapter a copy of Clifford Beers' book, "A Mind That Found Itself."

After a discussion by the board members of ways to advocate the cause of mental health, President Ron Wells adjourned the meeting.

The Craven County Mental Health Association is a participating member in the combined Federal Fund and the United Way.



Roger Heckman, receiving Individual Human Service Award.



Farrell Teague receives Individual Community Leader Award.



West Craven group waits for volunteer awards. Nancy Riley (second from left) received Outstanding School Volunteer and Gary Blalock received Volunteer Nominee Award.

Car Parts Cost Add Up

The sum of the parts is 3.7 times the whole.

That arithmetic adds up to one of the factors that cause insurance rates to rise, said spokesman G.D. Culp of the North Carolina Insurance News Service.

Parts and paint to reconstruct a completely demolished 1984 U.S. made compact car would cost 3.7 times the vehicle's factory sticker price, of \$8,885, without the labor for repairs, according to the Alliance of American Insurers, a national trade association.

"Of course no insurer or anyone else would reconstruct a car part by part, but insurers pay for enough parts to build a lot of cars and this annual study by the Alliance illustrates dramatically how much it costs to repair cars," said G.D. Culp, general manager of the North Carolina Farm Bureau Mutual Insurance Company.

(Continued on page 12)

Self Defense Course

Sponsored by Council On Women

By JONI LOPES

Did you ever wonder what you would do if confronted with a violent attacker? Nearly 85 men, women and children from New Bern, Havelock, Vanceboro, Kinston, Pollocksville, and Oriental will no longer wonder.

The Craven County Council on Women sponsored a Self-Defense/Rape Prevention workshop on Tuesday, July 17, that dealt with the eventuality of such an event. With the help of Craven Community College, Black Belts Ron Best and Greg Cann instructed citizens in the martial art of Shinwa Taido. Shinwa Taido is a defensive martial art that enables the victim to use body management instead of strength to overcome an attacker.

According to statistics, 1 out of every 5 Americans will be the victim of a violent crime. In North Carolina a rape is reported every six hours. In Craven County between 14 and 18 rapes are actually reported to law enforcement. Many other rapes and sexual assaults, however, go unreported. The Council's answer to these statistics was the presentation by Ron Best, Greg Cann, with the assistance of their students Patrick McGuire, Don Watson, and Don Lockhart. Realizing women and children are at risk, Ron and his students fashioned the workshop to these two groups. Several men participated also.

For three hours the instructors presented moves to thwart attackers when they attack from behind, when in a choke hold, when in a bear hug, when lying down, or when confronted with a frontal assault. The children, ranging in age from 6 years to 15 years, were instructed in the same skills their parents were.

The Council on Women is a non-profit organization supported by private, local, state, Craven County United Way, and Combined Federal Campaign dollars. The Council provides educational programs on rape and domestic violence, as well as other subjects of particular interest to women including quality day care, sexual harassment, employment concerns, and help for displaced homemakers. The Council maintains a 24-hour crisis line and provides an information and referral service. The number is 638-5995.