

Health And Safety Tips Phi Beta Kappa Town Council Proceedings

FIGHTING FATNESS MAKES GOOD SENSE Medical experience strongly suggests greater risks for over-weight persons in respect to most of the major disorders besetting our population. The evidence for generally adverse effects from obesity seems too massive and too consistent to be ignored. So we need to lose weight. It should be very simple: just cut down on the calories. Unfortunately, it often isn't simple. Taking fewer calories than are needed seems to be within the theoretical capability of most of us. Yet results suggest that this is difficult and often not achieved. Long-term observations indicate poor success for most dieters.

One factor involved in overweight is psychological. Emotional factors are operative in all of us. Psychological factors may help cause overweight, or help to maintain it. Seldom is psychiatric consultation required. The general practitioner, the internist, the pediatrician usually can provide suitable guidance and support as part of the weight-reduction program, the AMA book says. The physician's aim is to prod and reinforce our will to lose weight, to help us be so determined to trim off excess pounds that we will stick to the reducing regime.

The physician may prescribe drugs at first, as a crutch to help us get started. These can reduce appetite, promote a feeling of well-being, add bulk in the stomach, eliminate excess fluids. They can, at best, afford only temporary help.

A Good Thing
Few of us get what we deserve for which most of us should be thankful.
—Enquirer, Cincinnati

Winsor-Salem—Guy Cornelius Hobbs, son of Mr. and Mrs. Guy C. Hobbs of 502 North Broad Street, Edenton, has been elected to Phi Beta Kappa, national scholarship fraternity, at Wake Forest University.

The society each year invites to membership a limited number of seniors who have displayed personal qualities of high character and who have distinguished themselves in fields of liberal scholarship. Thirty-three students were elected this year.

Hobbs is majoring in German.

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than on his or their premises.

Section 4. Severability. The sections, paragraphs, sentences, clauses, words and phrases of this ordinance are severable, and, if any word, phrase, section, paragraph, sentence or clause shall be declared unconstitutional or invalid by any valid judgment or decree or any court of competent jurisdiction, the unconstitutionality or invalidity shall not affect any of the remaining phrases, words, clauses, sentences, paragraphs or sections of this ordinance.

Section 5. Ordinance

4-H CLUB MEETS AT CENTER HILL

Center Hill 4-H Club met on Tuesday night, at the Center Hill Community Building.

Rodney Jordan, president, presided by calling the meeting to order. Tom Bulls led in pledges to the flag and 4-H. Joe Roberts gave the devotion from Romans and led in prayer. Eighteen members answered the roll call.

Mrs. Gladys White announced health books were due May 1. May 19 is scheduled for 4-H Sunday. She also urged every one to sign up for Camp Millstone.

Troy Toppin and Mr. Paul, alcohol beverage control agent, were present and gave an interesting discussion on alcoholic drinks and the effects on a person as well as the law concerning the use of alcoholic drinks and minors.

Rodney and Robin Jordan served refreshments during the social hour.

It Is
The only international language that has endured is double talk.

Cumulative. The provisions of this ordinance shall be cumulative and in addition to any other ordinance or General Statute of North Carolina on this subject.

Section 6. Penalty. The violation of any provision of this ordinance shall constitute a misdemeanor, punishable upon conviction by a fine not exceeding fifty dollars (\$50) or imprisonment not exceeding thirty (30) days, as provided by G. S. 14-4.

Motion by Thomas H. Shepard, seconded by David G. White, unanimously carried approving E. & W. bills in the amount of \$26,215.08 for payment.

Motion by Thomas H. Shepard, seconded by Leo Katkaveck and unanimously carried approving Town of Edenton bills in the amount of \$10,404.83 as follows:

Fire Department
Ashley Welding & Machine, \$24.76; Edenton Office Supply, \$66.95; Byrum Hardware Co., \$1.58; Jackson Radio & TV Service, \$11.80; Town of Edenton, Street Department, \$24.62; Frank E. Twiddy, signs, \$15.00; Ricks Laundry & Cleaners, \$10.27; Volunteer Firemen, \$155.00; George Chevrolet Co., \$2,512.13; Town of Edenton, E. & W., \$203.30; National Fire Protection Association, \$1.62; Nor. & Car. Tel. & Tel. Co., \$28.05; N. C. Department of Motor Vehicles, \$2.00; total, \$3,057.07.

Police Department
Belk-Tyler Co., \$123.43; Police School, \$50.00; Bob Roberson, \$4.22; Coastal Electronics, \$461.00; Town of Edenton, Street Department, \$234.96; Coastal Electronics, \$80.00; Mitchener's Pharmacy, \$14.16; Frank E. Twiddy, signs, \$85.00; Dr. L. A. Dees, \$16.50; National Film Service, \$454.90; Ricks Laundry & Cleaners, \$6.60; M. G. Brown Co., \$1.44;

Edenton Office Supply, \$44.99; George Chevrolet Co., \$8.00; Duncan Parking Meter Corp., \$54.35; total, \$1,599.10.

Administrative Department
Nor. & Car. Tel. & Tel. Co., \$46.73; Town of Edenton, Street Department, \$19.82; The Chowan Herald, \$59.96; Pitney-Bowes, \$2.30; Nor. & Car. Tel. & Tel. Co., \$51.22; Edenton Office Supply, \$2.06; Town of Edenton, E. & W., \$1411.78; total, \$323.87.

Street Department
J. H. Conger & Son, \$70.62; Town of Edenton, E. & W., \$39.53; Cuthrell's Department Store, \$1.55; Edenton Tractor & Implement Co., \$13.72; Nor. & Car. Tel. & Tel. Co., \$11.00; Motorola C. & E., \$15.03; Electric Service & Sales, \$53.34; Baker Equipment Engineering Co., \$23.02; Goodyear Service Stores, \$78.74; Bunch's Auto Parts, \$60.27; George Chevrolet Co., \$3.51; Town of Edenton, \$90.00; N. C. League of Municipalities, \$242.79; Byrum Implement & Truck Co., \$270.67; M. G. Brown Co., \$5.86; Bill Perry's Texaco, \$106.45; Hobbs Implement Co., \$20.34; Ashley Welding & Machine Co., \$18.29; Town of Edenton,

Street Department, \$277.83; Texaco, \$434.57; total, \$1,182.70.

Other Expenses
Byrum Hardware Co., \$1.94; Town of Edenton, E. & W., \$952.34; George Woodall, \$50.00; Pettigrew Regional Library, \$2,043.00; Chowan Arts Council, \$150.00; White's Heating Co., \$146.96; REA Express, \$3.65; N. C. Department of Revenue, \$9.80; Wayne Mizelle, \$20.00; Harvey Williams, \$20.00; Earl Jones, \$75.00; W. J. P. Earnhardt, Jr., \$75.00; W. E. Mills, \$25.00; James M. Bond, \$25.00; total, \$3,597.69.

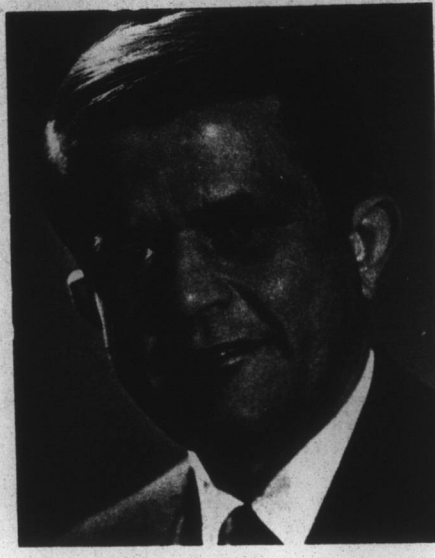
Salaries paid in March, 1968: Administrative Department, \$2,081.17; Police Department, \$5,325.00; Fire Department, \$1,682.44; St. Department, \$6,054.80; total, \$15,143.41.

Total bills and salaries, \$25,548.24.

The Board of Public Works was directed to proceed with the installation of the 12,000 pole line down Old Hertford Road with the total anticipated cost being \$4,000.00.

There being no further business, the meeting adjourned.

W. B. GARDNER,
Administrator.



Robert Morgan
Is Willing To Work
For **YOU**
As Your
ATTORNEY GENERAL
Elect Robert Morgan May 4th

RE-ELECT
DALLAS JETHRO, JR.
COUNTY COMMISSIONER
FOURTH TOWNSHIP
Saturday, May 4th
10 Years Experience
Lifelong Resident of 4th Township
Your Vote Will Be Appreciated

ROSES
EDENTON, N. C.

LADIES' SEAMLESS DELUXE Cantrece Nylon Hose
Run-Guard Protection
Only 77c

Ladies' Nylon Hose
Seamless, Mesh and Plain
Latest Shades — Sizes 8 1/2 - 12
2 pairs \$1.00

Ladies' Handbags
Summer Styles and Colors
\$1.97 and \$2.97

OVAL Braided Nylon Rugs
Size 102 by 138
Assorted Colors
\$39.99

Steak Knife Set
Stainless Blades; Forever Sharp
6-pc. set, 99c

MOTHERS' DAY

...the day to show mom how much you care!

FORGET-ME-NOT Mother's Day Greeting Cards
from 10c to \$1.00

Ladies' Billfolds
HAND-MADE — LACED EDGES
GENUINE LEATHER
Only \$2.29

Covered Bowl Set
WITH SNAP-SEAL COVERS
— Unbreakable —
3-pc. set, \$1.00

Ladies' Handkerchiefs
Fancy Hankies in Gift Box; Makes a Good Gift for Mother...
Only 78c

Boston Rockers
— BEAUTIFUL WOOD —
POLISHED MAPLE
Only \$22.94



Ladies' Dusters
65% Dacron 35% Cotton
PERMANENT PRESS
No Ironing Required
ASSORTED COLORS
Only \$2.99

Ladies' Blouses
PERMANENT PRESS
Prints or Solid Colors
ROLL-UP SLEEVES
Just \$1.99

All Weather Coats
Dacron - Cotton — Balmacean Style
OYSTER AND NAVY
Only \$12.00

Dusting Powder
Cashmere Bouquet or Tangee
Large Size with Puff
Only 77c

3-piece Luggage Set
Heavy Construction with Locks
Three Colors to Choose from
3-pc. set Only \$10.99

Ladies' Slips
3 Styles to Choose From
ACETATE TRICOT
Sizes 32 to 48
Only \$1.99

Ladies' Panties
FANCY TRIM
Sizes 5 to 8
Just 59c

Ladies' Gowns
ASSORTED STYLES
Cotton or Acetate Tricot
Regular and Extra Sizes
\$1.99

Ladies' Aprons
Bib or Half Style
Assorted Cotton Prints
Only 67c

Floral Planter Lamp
FOR TV OR BOUDOIR
— A Lovely Gift —
Only \$3.87

Elec. Hair Dryers
Large Bouffant Bonnet
FINGERTIP CONTROL
Only \$15.88

Grandfather Clocks
ELECTRIC
MAPLE FINISH CASE
Only \$9.99

Cake Savers
POLISHED ALUMINUM COVER; GLASS BOTTOM
Only \$1.27

Bath Towels
LARGE SIZE
HEAVY QUALITY
Florals - Stripes - Plains
Only 77c

Face Towels 39c
Wash Cloths 23c

32-piece Set of Dishes
THREE LOVELY PATTERNS TO CHOOSE FROM
Only \$5.44

TOLEDO BEACON Bedspreads
100% Cotton
NEEDS NO IRONING
Assorted Colors
\$6.97

DOUBLE & TWIN SIZES

CANNON Bed Sheets
Fine Quality Muslin
DOUBLE BED SIZE \$2.27
TWIN SIZE \$2.09
Combed Percale \$2.94

Stationary or Portable

- 3 speeds—HI-MED-LOW
- Thumb-tip beater ejector
- Double chromed beaters
- Chip-proof, snow-white finish
- Mixes, stirs, beats, whips, meshes
- New low price

Pick up a Princess at Only \$9.99

PLASTIC Cake Covers
CUT CRYSTAL
A GOOD GIFT FOR MOTHER
Only \$1.27

Stainless Steel Cutlery Sets
24-PIECE — SERVICE FOR SIX—
Royal York... \$14.95
50-pc. Set... \$24.95
24-PIECE — SERVICE FOR SIX—
Night Sky... \$5.99
42-pc. Set... \$9.99

POLAROID BIG SWINGER LAND CAMERA
Only \$19.99
Carrying Case... \$4.99

Life-Like Flower Arrangements
LONG LASTING PLASTIC
99c to \$2.99