

Mental Health Group Therapy Includes Adult Interest Courses

If the Albemarle Area of Northeastern North Carolina is well-known for any one particular thing, it is probably the gregariousness of its residents. For the most part, they're a friendly, outgoing lot, who at the drop of a hat, will get together for a meeting of one kind or another.

The people of the Albemarle, despite the distance that separates them in this broadly settled, beautifully rural region, probably attend more meetings per capita than in any other section of the state. On any given night during the week, five, six or more scheduled gatherings are not uncommon.

That is for the most part. However, there is an element of Albemarle citizens who live at the other end of the spectrum. They seldom leave their homes except for the time it takes to obtain the bare necessities of existence; food, clothing, visiting a physician if they are not well.

In many instances, other people cause them to feel ill at ease. They lack the self-confidence to socially interact with other humans. With the exception of their unusual sense of uncertainty of self, they are not too unlike anyone else.

In recent months, the Albemarle Mental Health Center has taken steps to remedy the quality of living for one small group of these often-neglected, unseen people. Through its Day Treatment Program and the cooperation of the Continuing Education Department at College of The Albemarle, the center has initiated classes and group activities with the long-range goals of increasing the self-esteem and independence of the individuals who participate in the program.

Dr. Bernie Atkinson, unit director at Edenton, with the assistance of Carolyn McKecuen, pottery instructor at COA, has organized a pottery class for some 15 residents from Chowan, Perquimans and Pasquotank counties. The class meets each week at the Arts Center in Elizabeth City to learn slab work, glazing techniques and the use of the potter's wheel. Individual expression and creativity are emphasized.

They are assisted by volunteers Jingle McEver, Sister Shirley Deyo and Betty Foster who work with each person in an effort to more fully develop the individual's self-awareness. Dr. Atkinson said, "The pottery program has been an unqualified success. Not only have the participants learned valuable skills, they have had the chance to indulge their creative talents

and express themselves through clay."

The psychiatrist said that other beneficial factors from the class work also are evident. Primarily, they have made friends and enjoy the company of other human beings. This is a major step forward, according to Dr. Atkinson. He said the first few class meetings were somewhat awkward, because each person was withdrawn and extremely shy. As time passed, and they became more accustomed to one another, they were able to relax and enjoy and the company of their fellow students in the informal atmosphere of the classroom.

Other activities which tend to increase members' feelings of self-confidence are group therapy, field trips and informal parties. The group visited the Chrysler Museum of Art in Norfolk only a week ago. According to Mrs. McKecuen, it was a special treat for them since the majority had never been to the metropolitan area before. A side trip to the zoo was cancelled because of inclement weather. Most of the students have never had an opportunity to participate in outings of this

nature. Dr. Atkinson said the Day Treatment Program would not have been possible without the interest and assistance of several area agencies. Although some funds have been provided through his agency, they have been minimal and were soon exhausted.

The Pasquotank Arts Council supported the continuation of the pottery course during the current Spring Quarter at the college with a donation to cover registration fees and some supplies for the classes. Other assistance has been forthcoming through the Economic Improvement Council, the Community Life Program, Edenton Housing Authority, Chowan County Extension Agency and the Elizabeth City Junior Woman's Club.

Dr. Atkinson is hopeful that the program can be extended. It will depend in great part on the help of area businesses and individual citizens. He said the positive effect of improving the quality of life for these "unseen" citizens should create a warm glow of satisfaction in each person who has extended a helping hand toward the success of the effort.



REVUE WINNERS — 4-H Spring Fashion Revue winners were recently selected. Among them were Patricia Ashley, Jean Goodwin and Jerry Privott who are pictured here in their winning outfits.

4-H Fashion Show Successful

By Theresa A. Turner
Asst. Home Economics
Extension Agent

Jean Goodwin is 1978 4-H Spring Fashion Revue winner.

The revue was held April 24 at the Center Hill Community Building.

The revue was categorized into four divisions, Pre-Teens, Boys, Early-Teens, and Senior. Tammy Mizelle was selected first place for the pre-teens. She wore a blue

print sundress which was pre-smocked around the bodice. Along with the sundress she wore a blue printed shawl. Second place went to Sandra Rountree and Susan Bunch was recognized for 3rd place. Brendette White received a blue ribbon and Lexene Phelps received a red ribbon.

Congratulations to the boys who participated, keep up the good work! First place was taken by Jerry

Privott. He modeled a 100 per cent blue cotton Dashiki which had an African print.

Thomas Harrell received second place and Dwight Bonner placed third. All places received blue ribbons.

In the Early Teens division there were two participants, Patricia Ashley and Gwendolyn Spivey. Patricia modeled her garment right up into first place. She wore a cool print polyester top trimmed in white, pink and green trimming. Along with her top she wore green draw string pants. Gwendolyn Spivey received a red ribbon.

Congratulations Jean Goodwin for being selected 1st place in the Senior Division! Jean constructed a three piece coordinated outfit in this season's soft pastel pink. These three pieces include a gathered gaberdine skirt of pink and white plaid with side set-in pockets. Topping the skirt is a long sleeved pink blouse shirt of quiana knit. The jacket is a matching pink gaberdine.

"Jear" is a member of Advance 4-H Club and is the daughter of Mr. and Mrs. William E. Goodwin. Belk-Tyler is sponsoring the fashion revue winner to the 1978 Spring Fashion Revue Camp to be held in Reidsville at Betsy Jeff Penn 4-H Camp on May 5-7. Regrettably this year's winner will not be able to attend camp due to the inconvenience of camp date. Therefore, Beverly Walker our second place winner will represent Chowan County. Beverly is a member of the Youth-In-Action 4-H Club. Sarah Chappell, a very active 4-H'er placed third with a two piece skirt and shawl.

Thanks to the participants, the youth and adults who supported our 1978 Spring Fashion Revue. A special thank you is extended to the Belk-Tyler Company for their assistance.

Mobley: Reporting On The Issues

By Jerry Mobley
LIQUOR DEBATE...The liquor-by-the-drink issue seems to be warming up as the battle lines are being drawn for a showdown when the General Assembly convenes on May 31.

Interest this year is centered in the House because the Senate, in a surprise move last year, passed a bill legalizing the sale of mixed alcoholic beverages by the glass in counties and localities that already allow liquor stores, if approved by local referendum.

Candidate forums, sponsored by several Christian church organizations, were being held state-wide prior to Tuesday's primary election to ascertain legislative candidate's positions on liquor-by-the-drink.

In addition, Gov. Hunt recently reaffirmed his stand against legalizing liquor-by-the-drink at a Raleigh news conference. HORSE FIGHT...Gov. Hunt also said that he is "totally opposed to legalized horse racing and legalized betting on horse racing in the state of North Carolina." The governor promised to fight any proposals for legalized betting on horses

and cited the presence of organized crime in states that have legalized it as his main reason.

Although such a proposal is now before a legislative study committee, it is doubtful that such legislation could be passed by the General Assembly in the near future.

COMPETENCY IN COURT...North Carolina's competency exam, scheduled to begin next fall, will probably be tested in court. The exam, which must be passed in order for a student to receive a high school diploma, should survive the challenge.

The court challenge will presumably come from the NAACP or some other minority group organization, according to Michael A. Smith, a third year law student from Chapel Hill. Smith researched the legal problems of competency testing for an article in the School Law Bulletin published by the N.C. Institute of Government.

Smith said North Carolina can expect a disproportionate number of blacks to fail the test if results are similar to those of a test given in Florida this past

October. Students who fail the test will be placed in remedial education classes and given three more chances to pass the test and receive a diploma.

Should a disproportionate number of blacks show up in the special classes, it might look like segregation of blacks and whites.

The competency testing and remedial classes might also restore potential employer's confidence in the high school diploma...a plus for students of all races who work hard to get their diploma and, ultimately, a job.

RESIGNATIONS (TOO FAST?)...Resignations of Banking Commissioner John R. Tropman and his deputy, Jesse L. Yeagen, occurred rather suddenly last week — just a few days after an investigative report on the Banking Commissioner's office was given to Gov. Hunt.

The administration supposedly wanted Yeagen's resignation for accepting a gift from Northwestern Bank; a gift for which he later repaid the bank. Tropman's resignation was requested because he had not supervised the banking department as closely as he should have, according to Commerce Secretary Lauch Faircloth.

Gov. Hunt probably wishes all resignations could be handled as quickly...Charlotte lawyer, Henry James Jr., has refused to resign from the N.C. Cemetery Commission even at the governor's direct request. Hunt asked for the resignation when it was

Holmes Honor Roll

The honor roll list for the past six weeks at John A. Holmes High School has been released by Principal Bruce R. McGraw. Those on the list include:

9th Grade "A" Honor Roll None.

9th Grade "B" Honor Roll Lori Bage, Scarlet Bowen, Allen Downum, Laurie Everson and Martha Gibson.

Also Susan Lamb, Laurie Ledford, Jackie Rountree, Kellie Sopher and Kelly West.

10th Grade "A" Honor Roll None.

10th Grade "B" Honor Roll Chris Harmon, Amy Lane, Paula Miller, Lori Mizelle, Angela Wilder and Julie Wright.

11th Grade "A" Honor Roll Wanda Bunch and Annette Partin.

11th Grade "B" Honor Roll Donna Comer, Katherine Harless, Debbie Jordan, Rhonda Kirby, Steve Maglione, Leon Rouson and Marvin Spruill.

12th Grade "A" Honor Roll Carroll Skinner.

12th Grade "B" Honor Roll Lora Capehart, Bess Gardner, Teresa Harrell, Donna Johnson, Melvin Lane and West Leary.

Also Laurel Maglione, Johnny Perry, Amy Phillips, Denise Phthisic, Kenneth Pierce, Penny Jo Powell and Donald Rankins. Also Sandra Reeves, Susan Spruill, Elizabeth Stevens, Wanda Sykes, Neil White, and Diane Yates.

Electing Officers Business

Electing officers and learning about self-esteem was the order of business of the Edenton-Chowan Alternative School Parents Advisory Committee at their monthly meeting on April 27.

The parents, who meet in the Alternative school, elected Bob Thornton as chairman; Ben Riddick, co-chairman; and Mrs. Jean Kirk, recorder. James W. Hall, human relations consultant with the Northeast Regional Education Center at Williamston, then gave a presentation on self-esteem, importance and relation to school.

The parent group has met twice since the school opened on December 8, 1977, and has become a viable component of the school. At the first meeting parents' goals for the school were established. The group is now developing an on-going program of presentations and workshops.

Jewelry Jottings

by R. W. DAVIS

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REPORT FROM
U.S. Senator
JESSE ★★
HELMS

WASHINGTON—A few weeks back, a group of 4-H Club leaders came up from North Carolina. While in Washington, they stopped by for a visit. During our conversation, the name of L. R. Harrill came up.

By coincidence, I had learned just the evening before that Mr. Harrill was not well, and that he had just returned to his home from the hospital. I suggested that we call Mr. Harrill while the 4-H group was in my office, so that he could chat with all of us at once.

My office telephone has one of those attachments that amplifies telephone conversations, which enabled all of us to have a most enjoyable telephone visit with Mr. Harrill.

GREAT—L. R. Harrill has been a very special friend of mine for many, many years. Thus his death, a few days ago, was a stunning blow.

Mr. Harrill will be remembered for many things. Most of his life was devoted to the training of young people, particularly from rural areas. He was known as the "Father of 4-H" in North Carolina, and he certainly earned the love and respect of literally hundreds of thousands of young people. He was an active and dedicated Rotarian, a man who practiced the principles of Rotary. He preceded me by 12 years as president of the Rotary Club of Raleigh. Later he served as District Governor. We served together on the Board of Deacons of our Baptist Church.

In every way, he was a fine and decent man, a citizen who had the courage of his convictions, and a North Carolinian who loved his state and nation. I shall miss his friendship and his unfailing good cheer.

TUCKER—The same week that Mr. Harrill passed away, death claimed a great lady who had been an important member of our team in our Washington office. Mrs. Mary Tucker died unexpectedly of a heart attack.

Almost everywhere I go in North Carolina, someone tells me how Mrs. Tucker had provided a helping hand. "Miss Mary," as we called her, handled much of the constituent services in our office, and it gave her great satisfaction to be able to help North Carolinians who encountered problems with the federal government.

It didn't matter how great or small the problem, Miss Mary took a very personal interest in trying to solve it. She knew how to get things done; she was immensely popular and highly respected, both in the federal bureaucracy and on Capitol Hill. Her years of experience with various Senators, including Senator Margaret Chase Smith of Maine, supplied a large measure of know-how in our office.

All of us learned from her, and the younger members of our staff are grateful for the experience of having served with her. Her legacy to all the rest of us is that she cared for people, and genuinely wanted to be of help in every possible way.

We have resolved to carry on in the tradition that she established, but we will miss her as an associate, as a friend, and as the fine Christian lady that she was.

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