

Suzanne Palmer Awarded Woman Of Year By Woman's Club

On January 12, the Edenton Woman's Club held their first meeting of the New Year in the home of Mrs. Suzanne Palmer. At this time Suzanne

was honored as 1982 Woman of the Year (of the club). Two new members were welcomed by the club. They were Joy Jones and Ginny

Harbert. The January club meeting hosted all past club presidents. The Club History was the

main topic of discussion. The Edenton Woman's Club was first organized as a Junior Woman's Club in May of 1946. Three years later The First Pilgrimage was held in Colonial Edenton. Some of the other important

events were mentioned such as the moving of the Barker House, the first supervised Playground, and for many years the largest free Halloween Carnival in our area. Also during May 1966, paint was removed from our

historic court use and repainted to restore the Colonial appearance. Also that same year the landscaping around the courthouse was completed.

In addition, the club was instrumental in bringing modern sewer system to Edenton.

Mrs. Wendell Copeland introduced the following

speakers: They were Mrs. David Holton, Mrs. J.M. Thorud, Mrs. John W. Graham, Mrs. Wesley Chesson, Jr., and Mrs. Richard Goodwin.

We would like to take this opportunity to extend a special thanks to all past presidents for their attendance. The February meeting will be held at the home of Mrs. Tony S. Leary.

Vitamins & Minerals

Vitamin supplements and mineral supplements are very popular. All kinds of people are taking them. Some people are using supplements because they've heard extravagant claims about what vitamins can do for them.

Who really need vitamin and mineral supplements? In general, supplements are useful when a person is unable or unwilling to eat a balanced diet. The North Carolina Medical Society says that, ideally, people who are concerned about their nutrient intake should improve their diets and forget the pills.

But there are exceptions. Surveys indicate that some elderly people do not eat enough food to obtain the recommended amounts of vitamins and minerals. Alcoholics, habitual dieters, and people with serious emotional problems may also have inadequate diets. Women of child-bearing age may not get enough iron from the food they eat to counteract the greater-than-average blood loss that occurs during menstruation.

Multi-vitamin and mineral supplements may be recommended as a short-term aid to vitamin deficiency, but pills are not good permanent solution. If you're concerned about nutrition, strive for a balanced menu and see your doctor if you have questions.



PAST PRESIDENTS — Hosted at the Edenton Woman's Club meeting were the past presidents. (back row) Mrs. Wesley Chesson, Jr., Mrs. J.H. Conger, Jr., Mrs. Richard Goodwin, Mrs. J.D. Elliott, Mrs. David Holton, Mrs. Earl Goodwin, Mrs. Chester Stevens, Mrs. George A. Byrum, and Mrs. Robert Moore. (middle) Mrs. Linwood Davenport, and Mrs. J.M. Thorud. (front row) Mrs. Robert Earl Lane, Mrs. John Graham, Mrs. David O. Wright, and Mrs. W.J.P. Earnhardt. (not pictured) Mrs. Warren Twiddy, and Mrs. Byron Kehayes.



WOMAN OF THE YEAR—Mrs. Suzanne Palmer is awarded Woman of the Year by the current president of the Edenton Woman's Club, Terry Wackelin. (Photos by Clay Roberts)

Never Drink and Drive

One of the most common myths about drinking alcohol is that coffee, a cold shower, or exercise will help a drinker "sober up."

The North Carolina Medical Society says black coffee, cold showers, and exercise do not erase the bio-chemical effects of alcohol. Approximately 85-90 per cent of the alcohol a drinker consumes is oxidized by the liver. Only time and action of the liver will burn off the alcohol and render the drinker reasonably sober.

Never drink and drive. It is a deadly misconception to think that you have to be "drunk" before you become a dangerous driver. Even at a level of .05 per cent blood alcohol content (half the legal

limit in N.C.), a driver is twice as likely to have an accident then if driving sober. If you plan to drink, make arrangements to have a sober person drive you home, or plan to spend the night where you are.

If you plan to drink during or after the holidays, keep these points in mind:

- Know your limit and stick to it. If two drinks is your limit, stick to that.
- Eat something before, during and after drinking. This slows the rate at which alcohol is absorbed into the blood stream, and it will slow the alcohol's effect on the drinker.
- Beware of unfamiliar drinks. You must not know the potency or proof of the alcoholic beverage.
- And again, never drink and drive. Alcohol does impair your judgement and coordination.

The Chincoteague pony, which runs wild on the islands off the Virginia Coast, is said to have descended from horses that swam ashore from a wrecked Spanish galleon.

Economic Growth

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Business Council and the Winston-Salem Chamber of Commerce.

Speaking at the 1983 Economic Forecast at Benton Convention Center, Storrs predicted that inflation would be held under control, interest rates would decline, and corporate profits would improve. Storrs described the period between the first quarter of 1982, when the current recession bottomed out, and January 1983 as a period of "protracted stagnation" in the economy. "Recessions do end," he said. "If this one is dated from July 1981, it is one of the most lengthy in the post-war era."

He praised the consumer for doing "...an excellent job with balance sheet restructuring," pointing out that consumers have generally borrowed less and saved more during this period. He noted that despite the high unemployment rate, more than 63 per cent of the working age population was employed at year-end. "This proportion is somewhat lower than in recent years," he said.

"but it represents a higher percentage than at any time prior to 1973."

The level of real consumer spending is rising, Storrs said, and the economy will be expanding. It probably will not expand rapidly because of the depth and severity of the recession.

"There are two large negatives in the economic outlook for 1983," he said.

Fixed investment generally lags the business cycle, so capital investment by industry might not be expected to expand rapidly, and a strong dollar is supporting a decline in exports.

Speaking of interest rates, Storrs predicted that short-term rates may bottom this year at between 7 and 8 per cent, based on a prime rate at or below 10 per cent. Those rates could hold for a number of months during the year. In closing, he said "Economic prospects appear brighter now than in several years, but this is not to say that an inappropriate mix of policies could not quickly turn the situation around."

Weak Prices Face Farmers For 1983

1983 Outlook
Weak trade prospects, coupled with continuing large grain and soybean stocks will prevent any appreciable recovery in 1983 from the weak prices experienced in 1982. Therefore, North Carolina farmers will, barring some unforeseen circumstances, face continuing weak prices in 1983.

With depressed consumer demand and expected high national production levels

prospects are not very encouraging for North Carolina livestock and poultry producers in 1983. Although they will benefit from low grain and soybean prices as reflected in their feed costs, weak demand will prevent any significant price increases. Based on USDA figures the price increase will most likely be limited to 2 to 3 cents per pound for farm level livestock prices. Broiler producers will be

plagued with relatively large production interfacing with
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50,000 DUI Arrests

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other restrictions as a result of World War II.

"The largest decline was in 1974 when traffic fatalities were 307 less than the previous year. The 55 miles per hour speed limit went into effect in 1974 because of the gas crisis," he said.

The last year that traffic deaths in North Carolina dropped below 1,800 was in 1961 when 1,258 deaths were recorded.

Clark credited the decline in traffic fatalities, in part, to the anti-drunk driving campaign spearheaded by Governor Jim Hunt and his Task Force on Drunken Driving.

"The work of the task force has focused media and public attention of this tragic problem, and I believe responsible people of North Carolina are responding to it by not driving when they drink and reporting those that do to the authorities," he said.

Clark also commended Col. John T. Jenkins and the men and women of the Patrol who worked so diligently to apprehend drunk drivers during 1982. "Our troopers do a tremendous job of keeping our highways safe. They especially excel in apprehending the drunk driver. The

Patrol consistently leads all other similar organizations in the nation in the number of DUI arrests each year.

"The Patrol began its chemical testing program for DUI in September 1966 and from January 1, 1967, through December 31, 1982, the Patrol has made 600,680 DUI arrests," Clark said.

Clark also commended the media for their role in the campaign against DUI. "The North Carolina media has done a tremendous job of reporting this problem to our people," he said. "Without them keeping this issue in the public eye, I doubt we would have had the reduction in traffic deaths we had in 1982."

"I also would like to thank the citizens of North Carolina for their help in curtailing drunk driving. Our people are responding to the call for more responsible behavior when they drink and are staying out of their automobiles if they've had too much."

"This fundamental change in attitude about drinking—if you drink, don't drive—is what is really needed to curtail drunk driving. We made a good start on it in 1982. We need to carry it through into 1983 and beyond," he said.

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