



HOMEMAKERS LEARN COMPUTERS—Members of the Yeopim Extension Homemakers Association of Chowan County learn to use the county Agriculture Extension Service computer. Seated left to right: Sarah Margaret Harrell and Mary Julia Parrish; standing: Louise Goodwin, Shirley Penny, Jean Perry, Sarah West, Doris Richardson, Leverna Copeland, Maryland Gaskins, Anna Goodwin, and Louise Pratt.

Extension Homemakers Learn Computers

Mary Julia Parrish
State P.O.W. Chairman
Family Resource Management

Is there a computer in your life? What do I need to know about computers? What kind do I need? What advantages are they? These are just a few of the questions homemakers are asking themselves throughout North Carolina and other states concerning the computer.

Sixteen counties in North Carolina now have micro computers placed in their county extension office.

In addition to many farm related programs, there are three home economics programs currently in use by homemakers across the state.

We are fortunate to have one of these computers in the Chowan County Extension Office. My Extension Homemakers Association recently held their monthly meeting at the extension office and worked with the micro computer.

Home economist, Fran Ward, explained to the members the procedure used in operating the computer. We went through the program on home budgeting. Ten of our fourteen members present actually used the computer. We were amazed at how simple it was to operate, and how much valuable information it gave us.

The other two programs now available to us are on home buying and food recalls. Our members were given worksheets to complete and were encouraged to make an appointment for individual use of the microcomputer.

As state Extension Homemaker Association Family Resource Management Program of Work Chairman, I would like to encourage all counties who have this service available to plan a time with their local extension staff to use the micro computer.

Before purchasing a computer for your family, it is advisable to learn what programs (software) would be available for your use. Shop around, find out how each brand could meet your fami-

ly needs, how it operates, cost, etc., before making your final selection.

We homemakers need to learn how to utilize new technology in order to better manage our family resources.

**Cliff Copeland,
Guest Speaker**

Mr. Cliff Copeland, Chowan County Manager, will be guest speaker at the Chowan County Democratic Convention. The Convention will be held Saturday, April 30th at 1:00 P.M. at the new Courthouse. Registration will begin at 12:45 P.M.

Business of the Convention will include the elections of the County Executive Officers and a member of the State Democratic Executive Committee. Resolutions will also be considered by the delegation.

Chowan County Democrats are encouraged to attend and observe the Democratic Delection in action.



AKA SCHOLARSHIP PAGEANT HELD — Contestants are from left to right: Yolanda Sheilds, Margaret Harrell, Kim McCleave, Darren White and Patricia Halsey from Edenton; Sandra Thatch and Maurica Wills from Hertford; Denise Leigh, Edenton; Keith Welch, Hertford; Sheila Hughes, Camden; Valerie Sutton, Elizabeth City; Sandra Chesson and Yolanda Banks, Edenton; Stacey Tyler, Elizabeth City; Pamela Spruill, Edenton; Johnetta Downing and Shelly Brothers, Hertford.

"A Great Day Of Singing" To Be Celebrated

"A Great Day of Singing" will be celebrated at the Edenton United Methodist Church, Sunday, May 1, during the morning worship ser-

vice at eleven o'clock. In addition to special music from our adult and children's choirs, the Winslow Angels Resident's Choir from Elizabeth City will present a

"sermon in song." Miss Martha Hollowell, Director of Music, will be in charge of the musical program.

The UMYF/EYC will leave from St. Paul's Episcopal Parish House at 8 A.M., Saturday, April 30, for a trip to Busch Gardens.

The Council on Ministries will meet on Sunday, May 1, 7 P.M., at the church.

Members of the United Methodist Men's Club and their wives will meet at the Country Club Drive Boat Basin for a cook-out on Wednesday, May 4, at 6:30 P.M.

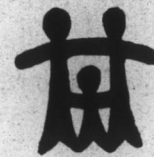
**Take A Walk
On The Boardwalk**

Would you like to take a walk on the Boardwalk in Atlantic City, New Jersey?

A bus will be leaving May 20, and returning May 22. The trip is being sponsored by Nu Eta Omega Chapter AKA.

For further information contact: Mary Lewis 482-2796 or Vendetta Sutton 338-3711.

Views On Dental Health



Richard N. Hines, Jr.
D.D.S.
Fellow of The Academy
of General Dentistry

Wrinkles Around The Mouth

If you wear full dentures and have noticed lately that you seem to have an excessive amount of wrinkles around your mouth, you should probably have your dentures evaluated by your dentist.

Excessive mouth wrinkles are only one sign that your dentures may need to be adjusted or replaced with new ones. Other signs are sunken cheeks and lips, which not only detract from your appearance but can add a lot of years that don't need to be there.

If you've been wearing full dentures for five years or more, they may have settled into your gums, causing your face to collapse or sag and for-

ming unnecessary and unwanted wrinkles. But with a new denture your facial tissues can be "plumped out" or rebuilt, getting rid of the sags and minimizing the wrinkles.

No matter how long you've been wearing dentures, they should be checked by your dentist periodically. He can see if they fit properly, and he can check the health of our gums and bone. The years come soon enough. Don't let your appearance add years that don't belong there.

A public service with the aim of promoting better dental health environment.
From the office of:
RICHARD N. HINES, JR.,
D.D.S., 437 South Broad St.,
Edenton. Phone: 482-2776.

"We Cater To Cowards"



To clean eyeglasses without streaks, use a drop of vinegar on each lens.



**INSIGHT INTO
EYESIGHT**

DR. A. F. DOWNUM, JR.
OPTOMETRIST

Straining Your Eyes

If you've been straining your eyes, your eyes will tell you soon enough. Among the symptoms are eye fatigue or "tired eyes," a burning feeling or sensation of heaviness, eye pain, headache, and sensitivity to light.

Maybe you've never worn glasses before and don't feel you really need them to see well. But if you haven't had an eye examination recently, how can you be sure? Eye problems don't usually go away by themselves. Usually they only get worse. It's possible that your need for glasses is minor. You may need them only when reading or working with figures or other close work.

If you've been wearing glasses for a long time, you might need a stronger

prescription because your vision needs more help now. As people get older, their near-focusing muscles tend to weaken, and their vision should be corrected accordingly.

Whatever the cause of your eyestrain, you can benefit from an eye examination to find out what's causing the problem. Then if you need help, you can get it so you can see in comfort again.

In the interest of better vision from the office of:
A.F. Downum, Jr., O.D.
103 W. Eden Street
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**Sunday, May 1, 1983
2:30 P.M.
Ernest A. Swain School**

- Featuring -

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- Perry And Holland Roofing And Guttering
- J. L. Stallings, Inc.
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