

A PTI Graduate Speaks Out

by Gale Sawyer

The world of modern business provides a challenge to an individual and an opportunity for an individual. It provides material goods and services for buyers and good jobs for those who are properly qualified. New positions of all kinds are being created every day. These positions require men and women with a mastery of work skills, good work habits, proper attitudes and an appreciation and understanding of what modern business is and how it operates.

The modern business office is the core of business activities. Here information is processed, records are kept, dictation is taken and transcribed, mail is received and sent, communications of all kinds are used.

At this point, the business courses at Pamlico Technical Institute play their most important role. They help to better prepare one for office employment and give one an on-the-job training, such as filling out applications, having interviews (the do's and don't's when being interviewed), taking tests, and actually working with a business (bookkeeping). Various other courses help to prepare one's outside appearance, communication techniques, how to run a business, how to cope with situations that you may run into, how to increase your vocabulary, and the most important skills that are needed in running an office.

Through the courses at PTI I learned to develop proper attitudes toward my company, job and other employees and customers. All the courses have helped to prepare me for the business world. The skills and techniques and shortcuts have also helped me to develop a "cost consciousness" avoiding waste of time and materials and to be more economical and efficient in my office operations.

Getting a job is not always easy, even though some graduates seem to find one right away. I feel that an individual should make plans for finding employment as far ahead as possible. Getting that first job is going to be an outstanding highlight of one's life.

Numerous opportunities in business await those who have the desirable personal qualities and the skill and knowledge developed in these business courses. I wish you success for employment in the business world, but let the business courses at PTI better prepare you!

Rotarians Hold Meeting

By Burt Titcomb

Bert Bailey presided over the Rotary Club meeting and got some hearty laughs by telling a "Subtle English joke" as a warm up. He then reported on the progress of the shrimp ticket donations. Bill Harris reported the sale of 140 and most members have sold their original ten and ordered more. A huge success is predicted.

Johnny Pye was guest of the Rotarians for the evening. Mr. and Mrs. Pye have taken over Norman's Grocery and the Gallery Restaurant. Jim Paden of New Bern, attended the meeting to make up for a meeting he had missed.

Tom Reed showed a film of vital interest. "How To Save A Choking Victim." The doctor-commentator pointed out that the victim cannot speak, turns blue, collapses and usually indicates the problem by grasping his or her throat. He compared this with a still-conscious heart attack victim who can speak. Everyone should see a film like this or its equivalent.

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CP&L To Give Fuel Credit

For the third consecutive month, retail customers of Carolina Power and Light Co. in North Carolina will find a credit rather than an additional charge under the heading of "approved fuel charge" on bills rendered during August.

The credit on August bills will amount to only three cents per thousand kilowatt-hours, compared to a credit of 55 cents per thousand kwh on bills during July.

James M. Davis, Jr., CP&L's manager of rates and service practices, said the reduction in the credit resulted from a drop in the amount of electricity the company was able to generate from nuclear fuel during the test period upon which the "approved fuel charge" for August is calculated. "This resulted in our having to burn a larger amount of more expensive fossil fuels, specifically coal and oil, to generate the power our

customers required," Davis said.

The "approved fuel charge," as it is officially called by the North Carolina Utilities Commission, reflects monthly fluctuations in the cost of fuel required to generate the electricity used by CP&L customers. Davis emphasized, however, that the fuel charge in North Carolina is not passed along "automatically," as has been implied in a recent syndicated news story widely printed throughout the state.

Under a formula established by the North Carolina Utilities Commission, the fuel charge on each month's bill is calculated on CP&L's actual fuel cost in the third, fourth and fifth preceding months. The company is required to present detailed fuel information to the commission each month, and a public hearing is normally held before the commission rules on the charge or credit to be passed on to the customer.

The Fiber Fad — Right Or Wrong?

From Agricultural Extension Service

A popular idea today is to add fiber or roughage to the diet. This is not a new idea. Why, then, the sudden interest? Recent studies by a London doctor led him to theorize that many "man-made" diseases - obesity, colon cancer, heart diseases, diabetes - are caused by urbanization and especially that we eat less fiber today. Others have carried the theory so far as to suggest we could cure cancer and high cholesterol by increasing our fiber intake.

The medical profession as a whole does not accept fiber as a "cure-all," but does recognize the value of fiber in preventing constipation and in the treatment of diverticular (bowel) diseases. With the increased consumption of refined foods and the decreased use of fresh fruits and vegetables, today's American does eat less fiber than his counterpart at the turn of the century. So, we could safely add some fiber to our diet - but don't go overboard. Fiber can cause problems for persons with such conditions as ulcerative colitis. Also, whole grains which are a good fiber source, are high in phytates which interfere with the body's use of calcium, a necessary element for muscle contraction. So, remember, moderation is best.

There are several easy ways to increase fiber in your diet. Choose whole grain bread rather than white bread and use whole wheat flour in your baked goods instead of milled white flour. The reason for choosing whole grain products is that the bran or protective covering of the cereal grain, which contains the fiber, is removed in the milling process. For your breakfast cereal, try miller's bran (purchased at health food stores) or the new "bran" cereals rather than the more refined cereal products.

Fresh fruits and vegetables are good fiber sources. In preparation, leave skins and peelings on when possible. Cook quickly in as small amount of water as possible. Try the Oriental method of stir-frying to preserve the crunch of the vegetable. Raisins are good fiber sources. Toss a handful into your carrot or apple salads, knead into bread dough, press into peanut butter sandwiches or enjoy alone as a snack.

Get our your cookbooks and also try more recipes using dried beans and legumes, another good fiber source.

Modern Business

By Matthew Prescott

When a young person with little or no office experience applies for a business position, what can he or she offer as proof of ability to do the job? "Natural ability" is not quite enough. Nor are good high school grades or a pleasing personality likely to be enough. Modern business needs skilled people.

But when a young person can show a diploma from an accredited institution, the employer will approve and welcome the training.

It pays to attend a school such as PTI which is designed to prepare students for gainful employment or to up-grade individuals presently employed. Visit the new, modern campus today or call for an appointment.

Day and night classes in business will begin September 12. Registration will be held September 6-September 9.

Pamlico Technical Institute, located on Highway #306 between Grantsboro and Arapahoe, is known and respected by business employers of past graduates.

Whortons On Vacation

Mayor I. L. Whorton and family left the first week in August for a vacation trip to Atlanta, Ga., Florida and other points of interest.

In Hospital

Mrs. Stanley Styron of Reelsboro is back home and reportedly doing fine following a stay in Craven County Hospital in New Bern.

Mrs. Vance Kirkman of Reelsboro was admitted to Craven County Hospital last week following injuries sustained in an automobile accident in which she was involved on Highway 201.

SPORTS

By C. Ray Dudley

1977 Little League All-Star Selections

The 1977 Little Pamlico All Star selection was difficult because of the many new names and faces that were added to the league this year. Each of the coaches and players were given the opportunity to vote

for their favorite. Umpires and the official statistician were also able to cast ballots. To no-one's surprise Diane Jones was the biggest Stonewall vote getter. Coming in second in a tie were Doug Whitney (Arapahoe) and Chester Scott (Bayboro).

COACH OF THE ALL STAR TEAM: Herb Pursler

FIRST TEAM:
Dee Stuart (Arapahoe), pitcher
David Cook (Grantsboro), catcher
Diane Jones (Stonewall), first base
Mike Jones (Bayboro), second base
Doug Whitney (Arapahoe), third base
Chester Scott (Bayboro), shortstop
John Paul (Oriental), left field
Thomas Squires (Stonewall), center field
Ken Stenbridge (Grantsboro), right field

SECOND TEAM
Mickey Pursler (Arapahoe), pitcher
Tim Buck (Reelsboro), catcher
Lee Boyd (Arapahoe), first base
George Lupton (Arapahoe), second base
Lamont Fisher (Vandemere), third base
Jim Singleton (Grantsboro), shortstop
Mary Banks (Hobucken), left field
Nat Brown (Vandemere), center field
Mickey Sadler (Hobucken) right field



Four firemen with one truck responded to a call on North Street in Bayboro at approximately 4:55 p.m. Saturday afternoon. A brush fire was extinguished by them in approximately one minute. The cause of the fire is not known.

Volunteer firemen at the scene were, left to right, David Spruill, Lt. Chico Martinez, Ronnie Buck and Joe Spruill.

Court Cases

Judge E. Burt Aycock Jr. presided over the July 29 term of District Court in Bayboro and heard the following cases.

Charles J. Alley, fishing with no license and failure to appear. Five days, suspended one year, \$10 fine and court cost.

John A. Buck Jr., commercial fishing violation. Five days suspended one year, \$10 fine and cost.

Teddy V. Fodrey, commercial fishing violation, five days suspended one year, \$10 fine and cost.

Judy Noble Goodson, exceeding safe speed, court cost.

William Frank Hunnings, possession of marijuana. A \$25 fine and cost was issued.

Danny Isenhart, commercial fishing violation, five days suspended one year, \$10 fine and cost.

Almer Kafer Walker, commercial fishing violation, five days suspended one year, \$10 fine, court cost and not go shrimping with Jimmy Hathaway for one year.

Shelton Earl Kirkman, driving left of center, failing to report accident, guilty; consolidated for judgment, continued 20 days, suspended two years, \$25 fine, court cost and not operate a motor vehicle on public street or highway with odor of alcohol on his breath.

ART STUDY GROUP TO MEET

There will be a preliminary meeting of an Art Study Group at Pamlico Technical Institute at 7:30 p.m. on August 18. At this time, slides will be shown and decisions will be made as to the direction the course will take in the study of art. Nancy Tuttle May will lead the course and invites anyone with an interest in art to be present.

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Offering circulars may also be obtained for the County Bank & Trust Co. (Proposed) from any of the below named individuals who are the original incorporators and will serve on the initial board of directors.

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Joe Beam: 726-4131
Doug Fleming: 726-4571
Dr. David Freshwater: 726-5778
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