

Family Planning . . . The Key To A Better Tomorrow

Every additional unplanned, unwanted child is the core of poverty to an over-burdened, low-income family. This is the basic reason the Economic Improvement Council, Inc. established a Family Planning Program.

Family Planning is available to the 10 counties which make up the Albemarle Area. According to Mrs. Kathleen Thagard, Director of Family Planning, about 6,000 people in the Albemarle Area could benefit from contraception, but only about 1,800 are enrolled in Family Planning clinics.

There are three registered nurses and ten Family Planning Aides who assist or provide supplementary help to the Public Health Nurses in the clinics. Nine of the ten counties participate in Family Planning with the clinics being held at the Public Health Center, Dr. J. H. Liverman heads the Family Planning clinic in Engelhard, N. C.

EIC, Inc. hopes for a 25 per cent increase in participation this year because Family Planning is a lot more than taking birth control pills. Mrs. Thagard objects to the term "birth control" because as she explains Family Planning is a whole way of life and living.

The Public Health Nurses, along with the EIC nurses and aides of Family Planning, provide literature, lectures, films, and other educational material to the patients of the Family Planning clinics. They learn about the pill, intrauterine devices, diaphragms, condoms, chemical methods, and rhythm control. Family Planning provides educational as well as clinical services to those who need it.

One of the major problems the program faces is the large geographical area it must cover. To reach people in isolated areas is not easy, EIC hopes to expand to cover these isolated regions, especially along the coastal area.

Since 1967, when the Family Planning Program began, the clinics have been able to place patients in New Careers classes, and helped them to either enter or return to the labor market. Many were taken off welfare and became tax paying citizens.

As an example of benefits through Family Planning, a patient who enrolled in a clinic was learned to have a handicapped child. This child was directed to a clinic for handicapped persons where he could receive proper treatment. The mother enrolled in a high school equivalency course, and upon completion has been accepted for training as a licensed practical nurse.

The basic essential for every child is love. If a family has one baby behind another, the parents have neither the physical strength nor the mental alertness to work with and help their children, regardless of income.

Patients to the Family Planning clinics not only find out what contraceptive methods there are, but also how to use them, how reliable the methods are, any side effects, and how they affect sex relations.

EIC feels that the full benefits of the program will not be felt for a number of years. In ten years the counties will realize economic improvement and in 20 years the federal, state, and local governments will feel the effect of birth decreases.

To overcome poverty, it is essential that all of the people of the ten-county Albemarle Area who need to participate in Family Planning be reached and enrolled in the program.

The Director of Family Planning invites anyone interested in participating in the Family Planning Clinic to contact the County Health Department or the Economic Improvement Council, Inc.

LEUKEMIA

Of all forms of cancer, the first to be conquered in the foreseeable future may be leukemia.

While it would be most heartless to arouse hopes before they are fully justified, there is, nevertheless, good ground for cautious optimism concerning the prospect for a not-too-distant conquest of leukemia.

The number of patients who have achieved complete remission has risen from 50 per cent to 90 per cent in three years. Remission has been defined as the total absence of all cancer's symptoms and signals at least temporarily.

There has also been a sharp improvement in the average survival time of children treated for leukemia. As late as 1964, the average survival period ranged from a year to 18 months from the beginning of treatment. Yet more than half the children who started treatment in 1967 are still alive. Scientists say that quite possibly the average survival rate in patients now starting treatment will be between 4 and 5 years, he noted.

Some long-term survivors of acute leukemia are reported to be living and well after a long as 17 years following diagnosis. Another encouraging development has been the scientific search for a link between human leukemia and viruses. Once it can be definitely established that leukemia is caused by a virus, chances are good that a preventive vaccine will be discovered.

Yet, despite these successes leukemia is still an incurable disease. There will be 19,000 new victims of the disease this year, and 15,000 deaths.

The American Cancer Society has always been in the forefront of the leukemia fight. Last year the ACS issued 61 grants totaling more than \$2 million for the battle against leukemia. These grants were directly or indirectly related to fighting the disease in one way or another. The ACS program embraced everything from a quest for a simple practical test to detect leukemia before it develops in the blood stream, the search for more effective drugs for treating the disease and comprehensive studies relating to radiation, viruses and basic leukemia cell structure and function. This calls for research, more research, and still more research.

No one knows when leukemia will be conquered but contributions to the Cancer Crusade here in Perquimans County will help immeasurably in bringing that day closer. Remember, the slogan of the Society's 1969 Cancer Crusade this April is "Help yourself with a checkup and others with a check."

In Fashion

Tiny prints are the newest things in designs for fabrics. Jersey or crepe are covered with tiny stylized flowers. Violet on a cream background or light flowers on a dark background are used for evening clothes, daytime frocks and pants with tunics.

Brocade for an evening suit has a full, long skirt, a hip line jacket and is worn with a satin blouse tied in a bow at the throat.

Bows are quite good this season. A short satin cocktail dress has a wide sash, tied with a large bow in the front of the dress.

PER-CO-HI SPECTATOR

By Karen Haskett and Wayne Riddick

A visitor to PCHS last Friday, October 17, would have witnessed a remarkable change in the students of PCHS. Boys were wearing jeans, old sweatshirts, and many had their shirt tails hanging out. Girls were seen in jeans, bell bottoms, shorts and sloppy sweatshirts. All the students of PCHS were "maladjusted" (Stuppy), as Mrs. Barbee's French class put it. Was a student Revolution taking place? No, the students of PCHS were merely observing "Stuppy Day," proclaimed by the Letter Club. For this one day; students could dress as they wish. Learning did not seem to be hindered, and everyone enjoyed the comfort and freedom of wearing old clothes.

On Thursday night, October 16, the Cheerleaders held a Pep Rally downtown in front of the Courthouse. Although attendance was not as great as anticipated, a rousing spirit was shown by all who attended. This Pep Rally was held to raise spirit for the game on Friday against our traditional rivals, the Edenton Aces. Friday night the Indians traveled to Edenton to meet the Aces on their home ground. Full of Homecoming spirit, the Aces trounced Perquimans 49-6. Our single touchdown was made in the fourth quarter by Percell McClenny. At half time, performances were given by our Marching Unit and the John A. Holmes High School Band. The highlight of the half time activities was the crowning of Edenton's Homecoming Queen. To end the Homecoming Festivities Edenton held a dance in the gym after the game.

C. J. Stallings has been chosen by the Junior class to serve as President. Other officers are Johnny Caddy, vice president; and Beth Brinn, secretary and treasurer. The Juniors, under the direction of Mr. Robert Hyman, have begun plans for the Jr. and Sr.

With the completion of the choosing of superlatives and mascots, the Seniors will next order their calling cards. School pictures arrived at school last Thursday. The pictures were in color again this year. Everyone seems to be pleased with his or her picture so far.

Several Seniors have already applied for Early Decision at various colleges. Applicants to date are: UNC at Chapel Hill, Wayne Riddick, Johnny Caddy, and Jim White; East Carolina University, Janice Winslow, Peggy White, and Angela Baker; and N. C. State University, Ray Hollowell and Dan Nixon. Ann Simpson was the first Senior to be accepted by a college or university. She plans to attend N. C. Wesleyan College at Rocky Mount. Karen Haskett has been accepted at East Carolina University. Many scholarships are being offered to Seniors. Seniors who have already applied for scholarships include Wayne Riddick, Morehead Scholarship at

Card Of Thanks

We would like to express our appreciation for the many acts of kindness shown us during the illness and death of our loved one, "Minnie P. Thach". We wish to thank each individual and church organization for the flowers, food, cards, visits, prayers, and each act of kindness that helped to make our burden a little lighter. May God Bless each of you.

A. D. Thach and Family

One Lump, or Two?

This week marks the 195th anniversary of the Edenton Tea Party.

On October 25, 1774, fifty-one women met at Mrs. Elizabeth King's home and resolved to support the American cause.

Even though Cornwallis piped his way through eastern Carolina, in full dress, we won the Revolution . . .

Never underestimate the power of women! Right, Hugh?

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Creel Limits On Catfish

The Wildlife Resources Commission Monday established creel limits on catfish taken in the inland waters of the state. Although catfish, including bullheads, are not classified as game - fish species, in recent years they have become a highly marketable item of commerce. Sport fishermen, however, prize them as sport fish, and fear that commercial fishermen who harvest them for the market will reduce their sport.

The Commission placed a daily creel limit of 25 catfish per day, and 75 in possession. The prescribed limits may be of a single species or a combination of species of catfish and bullheads, and may be sold on the market at the going price.

In recent years commercial production of catfish has become a rapidly-growing business in the Midlands with a current annual production of some 75 million pounds per year, most of which is shipped to southern and midwestern markets. The 25-75 creel limit regulation does not apply to catfish produced commercially in private ponds, or those taken in waters where commercial fishing regulations apply.

The mighty Colorado River has taken 800 million years to chisel the Grand Canyon's 4,000-foot cliffs. Water wears through the stone at an average of less than an inch a century.

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SENATOR SAM ERVIN SAYS



WASHINGTON — Military justice, in spite of recent legislation to improve it, is in the midst of the greatest ferment since the end of World War II. The Arnhelter and Pueblo affairs, the Presidio incidents in San Francisco, and the recent Green Beret case, whatever the explanations may be, have cast a pall over the quality of justice dispensed by the armed forces.

Part of the problem undoubtedly arises because the military services are undergoing their worst trial of public confidence in generations. Signs of this erosion of confidence are seen in the widespread concern about our war effort in Vietnam, and in the growing rejection of government and authority by our young people. Even so, some of the problem is fueled by scandals which reach to the highest military levels and the unwise actions of the services themselves.

Doubts about military justice come at the very time when the system has been the subject of the most thorough reform in two decades. The 1968 Military Justice Act, which I helped to draft and pilot through the Congress, has now expanded the responsibilities of military counsel in special courts-martial. It has significantly increased the stature and role of the law officer by making him a federal judge. Military courts have now been improved by transforming the old Boards of Review which reviewed trial judgments into full-fledged appellate courts. In addition, the 1968 Act gives the military defendant and his counsel significant new protections.

These reforms, which went into effect in late summer, demonstrate a national concern for the serviceman's right to receive a fair trial under a first-class system of justice. It should be recognized that the quality of any system of justice is largely dependent upon the individuals who administer it. As long as individuals make judgments there will be the risk of errors. To minimize this, how-

ever, we should constantly strive to incorporate the safeguards of "due process" of law in our procedures.

In reviewing the Military Justice Act of 1968, it should be pointed out that one area of reform was neglected last year. This relates to administrative separations which involve non-honorable discharges. The importance of this matter is that any service discharge of a degree less than honorable carries with it a social stigma in the public mind. For this reason, I have been much concerned about the leeway which military authorities have in granting administrative discharges which do not involve a courts-martial. I believe that we ought to enact a code of procedure which insures that any serviceman being considered for a non-honorable discharge should have the basic protections of "due process" of law.

On March 4th, I introduced S. 1266, to establish such a code. Basically, it would require 3-member administrative discharge boards to conduct fair and impartial hearings on the alleged grounds for such a discharge, that they receive and consider evidence bearing upon such discharge, that they make findings based upon the evidence, and that they specify the reasons for their recommendations as to whether the defendant should be discharged or retained in the armed forces.

I believe that my bill would fill a gap which now exists in the basic safeguards accorded servicemen, and I am hopeful that the studies which may begin on this measure soon will result in favorable Congressional action on it.

Theft is virtually unknown among members of Africa's Bushmen tribes, according to the National Geographic Society. Bushmen do not enhance their status by acquiring goods, and a thief's footprints would be as well known as his face.

Perq. Union Stops Tarboro

A pulsating storybook finish, the kind that sports enthusiasts read about, but rarely get a chance to see — a crisp, cool autumn night, charged with championship hopes and unblemished records, this was the climax, the atmosphere that prevailed Friday night as the Trojans of Tarboro's Pettillo High School invaded the lair of a wounded Green Panther team that refused to play dead. After 48 minutes of savage, bloodletting, bone crunching football, the men of Troy and their mentors were willing to concede that "a wounded Panther is a dangerous animal." The cunning, strength and williness of the mascot was embodied in a team that refused to join the list of teams having tasted defeat.

Tarboro won the toss and elected to receive. It was evident from the start that the Trojans had come to play. For they rolled for a first down at midfield as a hurt and wounded Panther retreated deep into his own territory.

At the end of the first half, neither team had anything to crow about. The vicious, unrelenting Trojan attack kept Perquimans on defense the greater part of the first half. The second half was different and entailed more excitement. Perquimans took the kickoff and moved to Pettillo's 30 yard line. After a fumble gave Tarboro possession on its own 25, a series of plays failed to gain sufficient yardage, Pettillo attempting to punt on fourth down, had the kick blocked by a host of Panthers. Chester Jordan then took the ball into the end zone for the first touchdown of the evening and his 13th of the year. Quarterback Percy Davis ran the two point conversion and Perquimans led briefly 8-0. Pettillo scored from the 30 yard line after Davis misjudged a fourth-down Trojan punt and Tarboro recovered to give new life to a drive that enabled them to tie the score 8-8.

One Minute Sports Quiz

1. How old was Don Houk?
2. How many regular season games did Baltimore win this year?
3. Who won the Alabama-Ole Miss football game?
4. Who is the new manager of the Pittsburgh Pirates?
5. Who is Alex Karras?

The Answers

1. 41.
2. 109.
3. Alabama, 33-0.
4. Danny Murtaugh.
5. Star linebacker of Detroit Lions.

NIXON ASKED FOR HELP

President Nixon has asked the Democratic controlled Congress to put aside partisanship and produce a legislative record which would make the administration and lawmakers proud. He said a working partnership would launch a new era of government reform.

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