

## Gov. Scott To Present Awards To Outstanding Conservation Leaders

Governor Robert W. Scott is scheduled to present awards to a group of distinguished North Carolinians who have shown outstanding conservation leadership in 1970, at the tenth annual awards banquet of the North Carolina Wildlife Federation February 12 at the Durham Hotel in Durham.

Open to the public, the Conservation Achievement Awards are the climax of the Federation's 26th annual convention. Other highlights of the February 11-13 meeting include the keynote address, "This is Your World", by the National Wildlife Federation president, Dr. James H. Shaeffer, prominent dentist from Parker, South Dakota.

Addressing the convention luncheon as 1971 McClamroch Memorial lecturer will be Roland C. Clement, New York City, vice-president of the National Audubon Society. The Friday afternoon session will hear the future of the controversial sports fishing program from Dr. Thomas L. Linton, Commissioner of Commercial and Sports Fisheries for Conservation and Development.

Also featured will be a presentation of "Environmental Quality - What It Means To Me", by Miss Sylvia Muldrow, Winston-Salem, winner of the Federation's essay contest; and a slide presentation of North Carolina's outdoor opportunities by Joe Arrington of C&D's Travel and Promotion Division. Final address on the program, announced Lawrence F. Windt, president of the 15,000-member conservation group, will be that

of Col. Paul S. Denison, Wilmington District Engineer for the U.S. Army Corps of Engineers, with closing remarks by Col. Clyde P. Patton, Executive Director of the North Carolina Wildlife Resources Commission.

The 1970 statewide Governor's award winners in the various categories of conservation achievement are: Conservationist of the Year, D. Staton Insoe (post-humously) of Raleigh; Club of the Year, Blue Ridge Wildlife Club of Hendersonville; Protector of the Year, Walter D. Augustine, Pittsboro; Public Information, David Cox, Raleigh; Meritorious Service to Wildlife, Tom L. Rollins, Raleigh; Conservation Education, E.A. Andrews, Jr. of Montreat; Water Conservation, Governor Robert W. Scott; Soil Conservation, George Ernest Beal, Red Oak; Forestry Conservation, Dr. T. Ewald Maki of Raleigh; Wildlife Conservation, Orville L. Woodhouse, Grandy; Conservation Communications, Darrell Louder of Cary; Environmental Quality, R.B. Hamilton of Hickory; 4-H, Roger Hicks of Rutherford; FFA, Tommy Culbreth of Stedman.

Area award winners in the various categories are: Water Conservation: Dr. Wallace W. Harvey, Jr., Manteo; Dr. Ralph E. Fadum, Raleigh; U.S. Plywood-Champion Papers, Inc. of Canton; Soil Conservation: Floyd Mathews, Hertford; R.O. Jones, Jr., Reidsville; G.C. Palmer, Jr. of Clyde; Forestry Conservation: John Wilbert Raines, Kinston; Ernest W. Davis, Rockingham; J. Craig English of Burnsville; Wildlife Conservation: James R. Davis, Elizabethtown; Donald W. Baker, Raleigh; Tom D. Monschein of Elkin; Conservation Communications: Bodie McDowell, Greensboro; Gene Abernethy, Lumberton; Harry Thatcher of Raleigh; Environmental Quality: General Electric Company, East Flat Rock; Dr. Martin P. Hines of Raleigh; 4-H: Richard Holzmann, Jr., Norlina; Leslie Crouse, Lexington; Shirley Stout of Stony Point; FFA: Neil Williams, Kinston; Foster Vernon, Blanch; Kenneth Reeves of Leicester.

Other winners in the Statewide Environmental Quality Essay Contest, in addition to Miss Muldrow, who placed first, are: Second Place: Michael L. Waters of the Pantego High School, Pantego. Third Place: Robert Michael

Leonard of the East Mecklenburg High School.

Third Place: Robert Michael Leonard of the East Mecklenburg High School, Charlotte. Given honorable mention by the Judges were:

Lynne E. Baker of the Marshall High School, Marshall Robert Evans Dozier of the Rocky Mount Senior High School, Rocky Mount.

David Hardin of the A.L. Brown High School, Kannapolis. Haynes Lea of the Rocky Mount Academy, Rocky Mount. Bonnie Gale Banks of the Jones Senior High School, Trenton.

Vicki Price of the Mount Holly High School, Mount Holly. Jimmy Pierce of Swansboro High School, Swansboro.

### In Memoriam

Ruby Adelle Banks White departed this life Oct. 1st, 1970. She was the daughter of Eugene Franklin Banks and Montpelier Hoggard Banks, and was one of ten children. She was born in Winton, N.C. January 22, 1901.

On January 25, 1922 she was married to Robert Ralph White, who at that time was living in the Whiteson Community, and was engaged in farming.

They were the parents of two children, Evelyn White Upton of Camden, N.C., with whom she made her home in her last days, and a son, Thurman White. She had five grandchildren.

She was a graduate of Chowan College in Murfreesboro, N.C. She taught in the public schools of North Carolina and Virginia for a number of years, and taught music for approximately twenty five years; until her health became bad and she retired.

She taught piano lessons in Perquimans Central Grammar School in Winfall, N.C., in Hertford Grammar School, in Perquimans County High School, in Chowan High School, and in Sunbury High School.

She was a member of Up-River Friends Meeting where she served as organist for twenty-five years. She was instrumental in organizing the Mens' Chorus, which consisted of a large group of Up-River men, who not only sang at Up-River Friends Meeting, but at other meetings in the area.

She was very faithful in attending meetings for worship and Sunday School, even after failing in health.

She was a member of the Alice Chappell Circle of the United Society of Friends Women of her meeting, and served as Secretary-Treasurer for many years, and in any other capacity where she might be needed.

She was a charter member of the William Paul Stallings Post of the American Legion Auxiliary. Here she was an ac-

tive member for twenty-five years, having served in most of the offices.

She was an active member of the Perquimans County Home Demonstration Clubs, having served in the Belvidere and Whiteson Clubs for a total of thirty-three years. Here she served as President and in other capacities where needed.

She was a member of the Hertford Lions Auxiliary for many years, serving as their President, Secretary, Treasurer, and Director.

She was a very active member of the Order of Eastern Star, Number 137, where she served as organist for thirteen years. She received many invitations to serve as installing organist in many other Eastern Star Chapters in the surrounding counties.

The many activities in which she was engaged kept her quite busy, however she was a faithful and loyal wife and mother. She seemed to find time for all. She was always cheerful and optimistic and won many friends.

In sincere appreciation of her devout Christian faith, and her sincere loyalty, we bow in humble submission to our dear Heavenly Father's will, and extend to the family and loved ones our deep sympathy.

May this tribute be recorded in the minutes of the Society of Friends Women of the Up-River Meeting, a copy be sent to the Perquimans Weekly, and one to the family of the deceased.

Written in behalf of the United Society of Friends Women of Up-River Friends Meeting.

Mary W. Winslow

### Card of Thanks

I wish to express my sincere thanks to each of you that remembered me and my family with your prayers, cards, flowers and food while I was a patient in the hospital and since my return home. I am in deed grateful.

Ann M. Berry

## Diet Outlook For 1971

The outlook for 1971 is for a per capita increase in both calories and fats, states Mrs. M. B. Taylor, Home Economics Extension Agent.

With the decline in the use of fluid whole milk, reduced calcium and phosphorus intakes can be expected. The use of non-fat dry milk is not large enough to offset the decline in fresh milk usage.

Vitamin A will be affected by the declining use of whole fluid milk and lower usage of sweet potatoes.

Looking at trends over a period of years, stated Mrs. Taylor, we see the nutrient intake levels of 1970 varied about 1.0 per cent from 1969 levels. Based on 1957-59 levels, as 100, Vitamin C intake has increased to 103 per cent, while Vitamin A has dropped to 98 per cent. And don't forget, using 1957-59 as a standard does not mean that 100 per cent of the population had the Vitamin A and C needed for optimum health.

Robert A. Nanz, Consultant in Foods, who did much of the work with NASA on space foods spoke recently at the Florida Dietetic Association. Here are some of the things he sees for the future: Aquarians are alert and unpredictable. Their sign is an outpouring from a large jug, held by a Grecian goddess. We are now in a dawning of a new world of food wonders. What is ahead? I'll tell it like it will be... you will be amazed with what you will see.

There will be even far more expeditious and much easier forms of food service. This is through expanded, more complete setrums of custom compounded foods. Prepared foods will provide fast service for all types of institutional volume feeding, and at a lower cost.

Computer activated portion processing takes the food from chill storage to the plated on-tray gourmet meal. Ready within one hour of patient selection, this pleases the diner. It cuts waste on meals missed. There is no cost recovery on leftovers. Convenience foods prove their importance in these new developing systems, for homes, hospitals, and all institutions.

In the face of consumer demands and the shock of finding malnutrition cropping up in the United States, nutritional enrichment programs must be revitalized. The food manufacturers are altruistically cooperating.

As found in the aerospace food system, there are many compact foods, convenient to eat. Breakfast, in bite size pieces, eaten while in transit, is feasible. Foods can be custom-blended, from materials like textured "spun" protein, flavorful and enriched, without excess fat-calories. Freeze-dried complete meals are now available, with other shelf-stored ready-to-eat meal items just over the horizon.

Protein concentrates, needed to save lives in a deprived population, are extracted, cultured, or made from underutilized aquatic species. Imagine a powder, practically all animal protein. So useful to really fortify our diets and build tissue, not fat. Beverages, so enriched, are in use overseas.

To add enjoyment, we can tailor-make fruits and vegetables in gels, nuggets, or chewy crisp. Now used in bake mixes, their potential is great for decor or desserts. Made-to-order, they can give a bland or fiber-free diet a pleasure factor.

So easy will it be to give you the egg-free, wheat-free, low fat, or most any "special" diet... through synthesizing whatever flavored food you wish. This is where the skill of the food technologist, who's also a flavor man and a researcher, enters in. Which do we enrich? Those foods lacking vitamins, like the B group, or minerals lost in processing. Also foods for low income groups, who substitute

snacks or other filling food for some of the basic four classes of foods.

What do we see in the crystal ball? Bread, everfresh, with built-in butter flavor. Meats, man-made to meet every need. Synthesized nutritious medium-calorie desserts. Pouch packed main meal items aseptically processed and a shelf-item. Beverages in dissolvable bags. Disease control through selectively balanced synthetic meal items... or enriched to ward off mental disorders and wasting malnourishment.

The world's marketing experts are working right with you. The food chemist does the impossible. His thing now and beyond the "Age of Aquarius" is to give you economical, flavorful, safe, convenient, dietarily - useful and notably nutritious foods for all time.

Be on the lookout for more 1971 prediction in next Week's paper.

A common carrier is a person or organization that for hire undertakes the conveyance of goods or persons, inviting the employment of the public generally.

### Card of Thanks

We wish to thank our many friends and relatives for their love and sympathy during the sudden death of our loved one, Ernest Lee Cartwright. For flowers, cards, food, visits, prayers and any other act of kindness.

May God richly bless each of you.

Wife and Daughter

### LARGER VOCABULARIES

LONDON - Boys develop larger vocabularies than girls because they have more freedom than girls, says a British schoolteacher.

Girls read more than boys, but boys learn more words because of the wider variety of experience their freedom gives them, he says. Rothwell Bishop, who teaches at Slough, near London, wrote in the journal "Educational Research" of a 12-year-old boy who made a 400-mile round trip in a day for "train spotting" - watching railroad locomotives. A girl would not have been allowed to make such a trip, he said.

Rothwell found that children learn as many, if not more, new words during vacations as during schooltime, because the experience of being out and about is the important thing.

A ride on the winged horse Pegasus was supposed to give inspiration to poets.

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WEDNESDAY & THURSDAY, FEB. 3-4 - RATING (X)

### "The Bang Bang Gang"

FRIDAY & SATURDAY, FEB. 5-6 - RATING (G)

VICTORIA VETRI IN

"When Dinosaurs Ruled The Earth"

SUNDAY, MONDAY, & TUESDAY, FEB. 7-8-9 - RATING (R)

DES ROBERTS & LINDA JACKSON IN

"Black Angels"

COMING FEB. 10-11-12-13 (G)

JOHN WAYNE in

"Rio Lobo"

### In Memoriam

In loving memory of our faithful member Mrs. Beulah Bunch Morgan who God saw fit to call to her eternal reward on November 24, 1970.

God sometimes calls those servants home whose years are in their prime, for He has better measures than the pendulum of time; Some workers quickly do their tasks of service and of love, so their promotion early comes to higher work above.

Now, therefore, we offer these resolutions of respect: FIRST - We bow in humble submission to the will of our Heavenly Father acknowledging Him to be perfect in all things, realizing that the Lord giveth and taketh away, We thank Him for her life.

SECOND - That in her passing we have suffered the loss of a dear friend and a faithful member of Mt. Sinai Baptist Church and the Woman's Missionary Society. While her family and friends cannot fail to miss her, there is joy in realizing that her influence and the effect of her work will always continue.

THIRD - That a copy of these Resolutions be sent to the family and a copy be recorded in the Church records.

FOURTH - That a copy of these Resolutions be sent to the Perquimans Weekly.

Effie T. Miller  
Bettie Stallings  
Imogene Umphlett  
Ruth H. Burden

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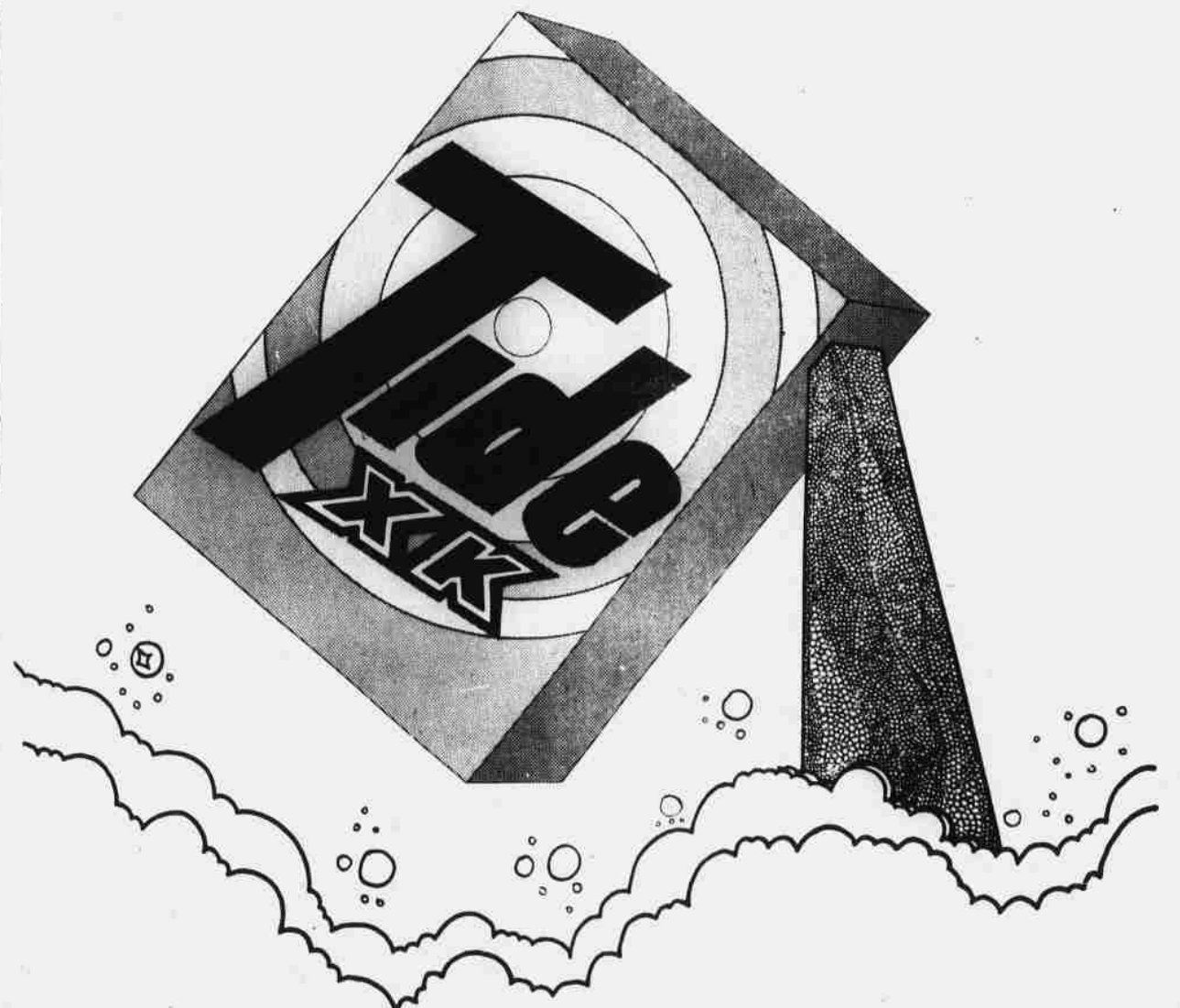
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