

Economist Urges Use Of Milk As Body Builder

One of the best foods to eat to keep bodies in shape is milk. It helps build bodies, helps build good bones and teeth, helps eyes and helps keep skin clear.

According to Ila M. White, Area Home Economics Extension Agent, EFNEP, milk is a good body builder for everyone.

Every boy or girl should have three or four cups of milk daily. Adults need two or more cups.

Some people don't like to drink milk. That's alright because by planning, individuals can still get all the milk needed by using it in cooking and on cereals.

Mrs. White suggests using dried milk for cooking. It is

cheaper than fresh milk and is just as good for body building.

Whether fresh milk, dried milk, canned milk or buttermilk is used, it makes little difference, but it does make a difference if not enough milk is included in a diet.

Mrs. White says, "Try it for awhile and see if you don't notice a difference in yourself."

BRIDGE CLUB MEETS

Mrs. W.C. Dozier was hostess to her bridge club Tuesday afternoon at her home on Market Street. Those playing were Mrs. J.T. Biggers, Mrs. G.W. Barbee, Mrs. C.R. Holmes, Mrs. T.L. Jessup, Mrs. H.C. Stokes, Mrs. John Coston, Miss Ruby White, and the hostess.

Mrs. Holmes won the high score prize. A sweet course was served.

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NEW LIBRARIAN — Wayne Henritze, Perquimans County's new librarian, checks some paperwork with Mrs. Addie



PART-TIME EMPLOYEES — Recently employed part-time personnel at the Perquimans County Library include (l. to r.) Dina Hurdle and Myra Skinner. (Newbern photos)

Keegan who is now full-time Assistant Librarian.

Wayne Henritze Is Named New Librarian

By KATHY M. NEWBERN

There's a new face in town in the form of Wayne Henritze, Perquimans County's new librarian. The 30-year old bachelor will take on all the responsibilities and duties formerly held by Mrs. Lucy Whedbee who retires as county librarian on Jan. 31 after 32 years of service.

Henritze comes to Perquimans County with experience under his belt. In 1968, he received a B.A. degree in history from Oglethorpe College in Atlanta, Ga. soon to be followed by an M.S.L.S. (Master of Science in Library Science) degree which he was awarded in 1976 from the University of Tennessee in Knoxville. While in library school, he served as library assistant at the Tennessee Valley Authority Forestry Library in Norris, Tenn. There, he was primarily responsible for periodicals and the interlibrary loan system. He has also worked as a salesman with Chanco Security Systems in Knoxville where he designed and sold burglar and fire alarm systems. Prior to that he was employed for five years with Houghton Mifflin Company in Atlanta marketing elementary and high school textbooks.

In addition to his educational experience, he also served in Vietnam as an Infantry Sergeant and Company Clerk in the U.S. Army. He received the Combat Infantryman's Badge, Bronze Star for Valor, and Army Commendation Medal for Valor.

He is a native of Washington, D.C. but spent most of his life at his family's home in Tennessee.

Henritze had never visited Perquimans County until the librarian's position became available. He was informed of the job opening by a friend in Greenville. Henritze then called and inquired about the position which seemed to fit his objective of finding "a job in a small town or regional system." He said, "It sounded good and I came over for the interview and was fortunate enough to get the job." Several other applicants were considered but Henritze came to town early to tour the county "which looked interesting" and then went into the interview "knowing I wanted the job."

As is usually the case in Perquimans County, he was welcomed warmly. Henritze said, "I think I'm already in love with Hertford. Everyone in town, from the first time I walked into the Chamber of Commerce office to tell them I was looking for a house, has gone out of his way to be helpful." "The whole town has been friendly and receptive and I guess will, over a period of time, help me make it my town." He also said, "I think Front St. and Market St. sold me on the town as well as the river, which even in winter, is very pretty."

Henritze started working on Dec. 27 and has found retiring librarian, Mrs.

Whedbee, to be most helpful. He commented, "Mrs. Whedbee has been just great to me. She has practically taken me by the hand and shown me how everything works in this library. And she's also introduced me to what seems like about half of the town. And Mrs. Keegan introduced me to the other half."

Henritze was able to locate a house on Market Street from Julian Powell, another Hertfordian who he describes as most friendly, helpful and fully cooperative.

During Christmas, Henritze invited his parents, Mr. and Mrs. Kenneth Henritze of Alexandria, Va., to visit his new home. In his words, "They loved it. This is my mother's sort of town since she was raised just outside of the Charleston, South Carolina area."

While in Tennessee, Henritze was an active hiker and camper in the Smokey Mountain area. But he laughed and said, "I'm not sure that's going to be a safe hobby to pursue in the swamps of eastern North Carolina." He is also an amateur geneologist, has interest in photography and describes himself as a "tennis nut." He added, "I am looking forward to taking on sailing now that I'm finally in a place where I can sail."

Due to the efforts of the Perquimans County Commissioners, Henritze has been able to go to work in a freshly remodeled building and he admits it is a pleasant working atmosphere. He said, "It is a nice place to work and is the sort of building that lets us provide the kinds of services we need to. It's the kind of place people like to come to."

The Perquimans County Library has gone through much change since its establishment in 1935. At that time the book stack consisted of four shelves of second-hand books donated by the Hertford Book Club and other citizens along with several boxes of discarded books donated by a Baltimore, Md. library. It originally stood at the corner of Grubb and West Academy Streets and was then moved to the lunchroom of the old Hertford Grammar School when it burned. At the various stages of its development, the library was supported by a combination of state and local funds and was always supported by local citizens who saw a need for its existence and growth. Services were expanded to include a bookmobile which ran its routes four days a week under the direction of Mrs. Addie Keegan. A memorial fund and the Thomas Gregory Skinner Trust Fund has established financial support in addition to county, town and state appropriations. Despite its 42-year history, the library has had only four people to serve as Chairmen of the Board of Trustees. The original chairman was Mrs. Earl Perry who was succeeded by Mrs. Mae Wood Winslow who served until her death in 1955. Mrs. Howard Pitt

then assumed the chairmanship to be followed by the current Board Chairman, Mrs. John Biggers.

And then last year, the Perquimans County Board of Commissioners took over the entire local support of the library, added the new wing, and completed improvements including new shelving, furniture and carpeting. In the latter part of 1976, the Perquimans County Library joined the Pettigrew Regional Library system.

Henritze explained some of the advantages to being a member of a regional system. He pointed out the fact that the State has increased their financial support and that due to group purchasing power, the local library is now able to qualify for somewhat larger discounts on purchasing books. He estimated this to be about a ten percent increase in buying power without any additional costs to local taxpayers.

Since joining the regional system, the staff of the local library has doubled. In addition to the new librarian, Mrs. Addie Keegan is now working full-time as Assistant Librarian and two part-time employees have been added, Dina Hurdle and Myra Skinner. Henritze describes the local book budget as also "almost doubling." The hours of ser-

vice have been expanded from the previous six hours per day to eight hours per day and two nights per week putting the current service time at 51 hours per week.

With the help of both the local staff and the personnel in the regional system, Henritze has plans for other expansions in program areas. One of the priority areas is expansion of programs for children. He explained that Perquimans County will now be sharing with Chowan, Tyrrell and Washington counties, the services of Mary Eileen Beiler, the children's librarian. In a cooperative effort, the aim is to include more story hour activities and high interest children's programs at the local library. Henritze also said emphasis will be placed on cooperation between the public library and the libraries located in the county's schools.

Continuing to explain expansions, Henritze said, "In the very near future we expect to have access to the regional library bookmobile which is both larger and newer than ours and we hope to extend and expand our bookmobile services to the outlying parts of the county, to shut-ins and to nursing homes in the area." Pearl Furlough is the regional bookmobile

librarian and is described "as one of the best in the state."

Henritze commented, "Nellie Sanders, the regional director, has also been very helpful. She visits us at least once a week and provides that experience and management which leaves us free to really work in the community." He explained that much working time had been previously spent in administrative work at the local level. "She takes a big amount of the load off of us in administration," he added.

Henritze summed up his feelings concerning his new job and the local library like this, "Over the past 30 years, Mrs. Whedbee and Mrs. Keegan have provided the county with the sort of library service that rings every drop of value out of every dollar they got. And they provided me with the kind of base of library service that makes it easy for me to walk in a newly remodeled building with twice the staff, and hopefully do as good a job as they've done over the years."

People In The News

Mrs. Herman Ward and daughter, Miss Ann Ward, of Winston-Salem were weekend guests of Mr. and Mrs. J.W. Ward.

Mr. and Mrs. J.H. Bagley have returned home after a visit with their son-in-law and daughter, Mr. and Mrs. W.L. Pickhardt, in News Smyrna Beach, Fla.

Mr. and Mrs. Reed Matthews and son of Snow Hill spent several days last week

with Mr. and Mrs. H.B. Matthews.

Leroy White was a patient at Norfolk General Hospital, where he underwent minor surgery last week.

Mr. and Mrs. Richard Payne of Charlotte spent the weekend at their home in Hertford.

Mr. and Mrs. Fenton Britt spent several days last week in Newport News, Va. with Mr. and Mrs. Dean Britt.

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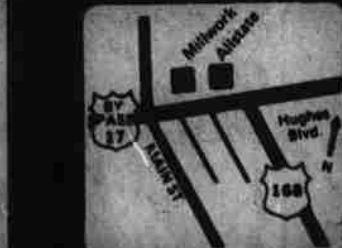
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