



Beverly Carter is a participant in the "Fat Chance" weight management series, led by Juanita Bailey, Perquimans County Extension Home

Economist. The group meets at the county office building on Thursday nights. (Photo by Juanita Bailey)

Being overweight affects your health

Did you know that approximately 30 million Americans can be diagnosed as overweight by the scales? Well, it is estimated that between 15-30 percent of children and teenagers are obese. By age 40, 35 percent of all men are obese and 40 percent of all women are obese.

What is obesity? Obesity is defined as a condition marked by excessive storage of fat — usually if a person is 20 percent or more over his ideal weight, he is considered obese.

Why worry about being obese? To many people, being overweight or obese is merely a physical problem — a matter of appearance. However, more than just your looks is affected by being overweight.

Decreased physical activity and a high intake of saturated fats are both factors that have been linked with heart disease. Lack of exercise and a high intake of saturated fats often result in the consumption of more calories than one needs, resulting in weight gain.

Therefore, obesity and heart disease are often associated with each other. For every added pound, your system must produce new blood vessels. Then, of course, the overworked heart must pump blood

blood vessels become resistant to blood flow. Often high blood pressure in obese persons can be lowered by weight reduction.

Being overweight can also aggravate bone or joint problems such as arthritis. Increased weight leads to greater wear and tear on the joints which may become more irritated and painful. A vicious cycle follows. The increased discomfort then causes one to become less and less active which favors the overweight condition.

Hazards of surgery, pregnancy and childbirth are magnified for the obese person. The grossly obese are slow and awkward, so they're more likely to have accidents. In fact, almost every single medical problem is compounded and involves greater risks when a person is obese.

In addition to health problems, poor appearance, reduced mobility,

impaired ability to earn a living and discrimination against the obese can cause great unhappiness.

Is it worth it? Granted, losing weight and keeping it off is a tremendous task, but the rewards last a lifetime. In fact, one of the rewards may be a longer life time.

Twenty-five participants in a recent weight management series came to realize that treatment is a very personal matter. What works for one person may not work for another. All programs call for self-motivation and constant work to keep the scales from inching back up.

For more information on weight management, call your County Extension Office at 426-7697.



One inch of rain over one acre of surface would weigh more than 113 tons.

Extension News



north carolina AGRICULTURAL EXTENSION SERVICE

By Juanita Bailey Ext. 44 Agent

through these new vessels to "feed" the extra weight by supplying essential nutrients.

Hypertension is another disease that has been related to heart disease. In overweight individuals, because of fatty build-up, some of the

Engagement announced

Mr. and Mrs. Eugene Rountree Sr. of Route 3, Hertford announce the engagement of their daughter, Deborah Lee Rountree, to Dale Collins Holland Jr., son of Mr. and Mrs. Dale C. Holland of Elizabeth City.

The bride is a graduate of Perquimans High School and College of the Albemarle. She was employed by College of the Albemarle.

The bridegroom is a graduate of Northeastern High School and College of the Albemarle.

The wedding will take place June 4, at 2:30 p.m. in Woodville Baptist church. No invitations are being sent but friends and relatives are invited to attend.



Rountree-Holland

Open-faced sandwiches make light evening meal

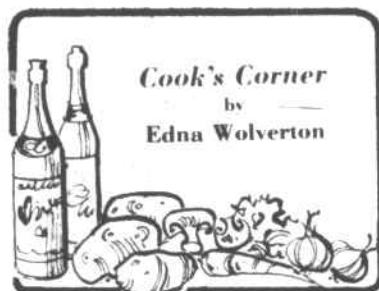
Try these opened faced sandwiches when you have ham available. Add fresh melon slices or a fruit salad for a special light evening meal.

OPEN FACE HAM SANDWICHES

- 8 oz. cream cheese
- 1/2 c. butter, soft
- 3/4 c. Parmesan cheese
- 1 t. paprika
- 1/2 t. dry dill weed
- 1/2 t. parsley flakes
- 1/2 t. garlic powder
- 4 english muffins, split
- 8 slices cooked ham

8 slices fresh tomato

Combine cheeses, butter and spices. Mix well. Spread 2/3 of the mixture on muffins. Top each half with a slice of ham and a slice of



Cook's Corner by Edna Wolverton

tomato. Spoon remaining cheese mixture on the center of each tomato. Broil until puffy and warm. Serves 4. This is a delightful dressing for avocado and grapefruit, or other fruit as well.

FRUIT SALAD DRESSING

- 1 c. mayonaise
- 1/2 c. sour cream
- 1/4 c. powdered sugar
- 2 mint leaves
- 1/2 c. strawberries
- toasted almond slivers

Combine all ingredients but nuts and puree in a blender. Use as salad dressing for any fruit salad. Top with almonds.

People briefs

Mrs. Cleo Whitley of Williamston was a weekend guest of her sister, Mrs. Dick Brewer.

Mr. and Mrs. Saint Clair Basnight of Nags Head spent last weekend with Mr. and Mrs. Fenton Britt.

Mr. and Mrs. Eugene Myers of Chesapeake, Va. were guests of Mrs. L. D. Myers and Mrs. Ann Goodwin last Sunday.

Miss Linda Banks of Greenville spent the weekend with her mother, Mrs. C. C. Banks.

Mrs. Don Roberts of Virginia Beach, Va. was a guest of her parents, Mr. and Mrs. N.W. Chapell, Wednesday at Belvidere.

Mrs. Stella Reynolds of Norfolk, Va. was a weekend guest of Mrs. Maude Lane.

Mrs. J. E. Morris spent a week with her son and daughter-in-law, Mr. and Mrs. John Morris, at High Point and attended the graduation of her twin granddaughters, Martha and Susan Morris, at Duke University last Sunday.

Mr. and Mrs. J. E. Newby spent the weekend in Richmond, Va. with their son-in-law and daughter, Mr. and Mrs. James Wetzel.

Mrs. H. A. Whitley and Walter Edwards, Jr. were guests of Mr. and Mrs. Jack Edwards Sunday in Greenville.

Miss Thelma Elliott spent last week with Mr. and Mrs. Charles Godwin, Jr., in Williamston.

Mrs. Randy Hedrick and sons of Raleigh spent the weekend with Mr. and Mrs. Estes Copeland in Belvidere.

HOSPITAL NOTES

Mr. Dick Long is a patient in Memorial Hospital, Chapel Hill, N.C.

Mrs. Rufus Hudson is a patient in Portsmouth General Hospital.

STARTS FRIDAY (PG)

GANDHI

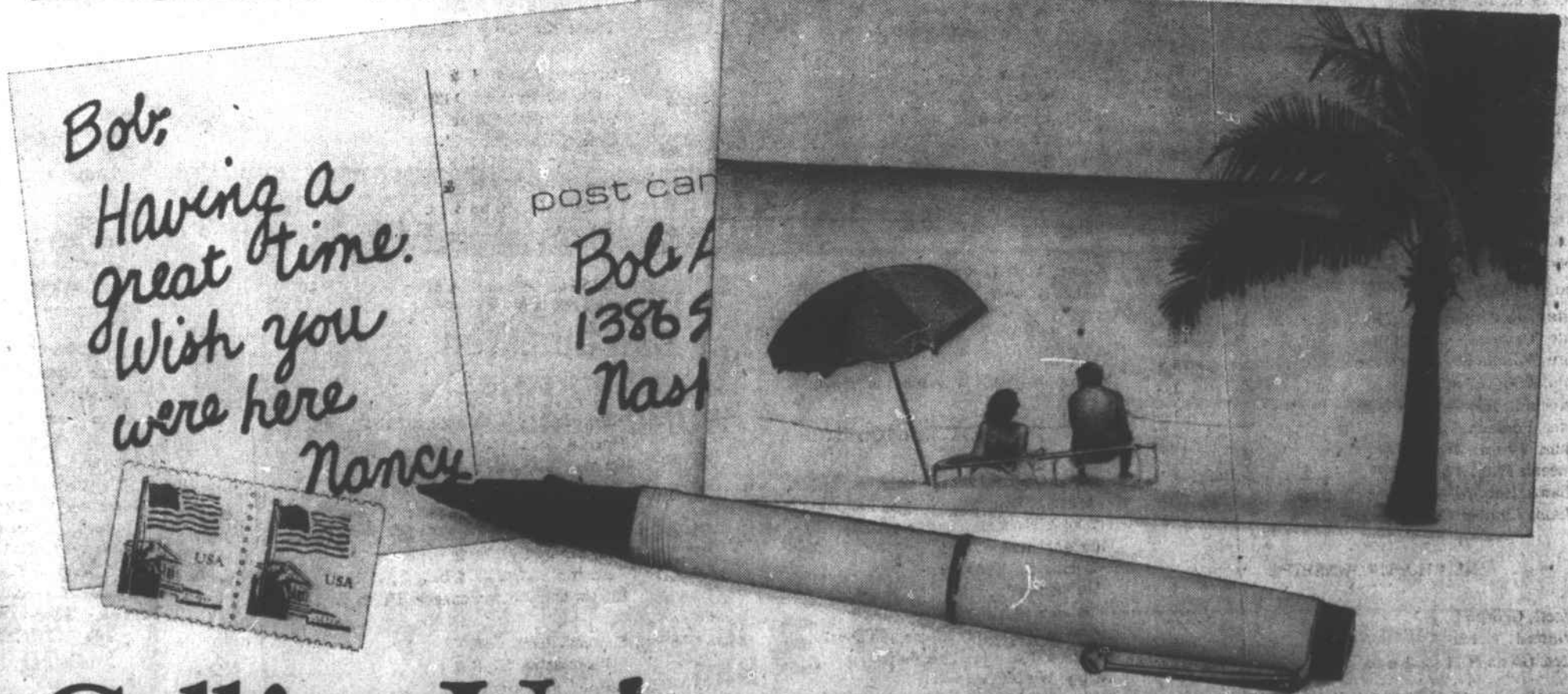
2ND BIG WEEK

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