

Information on women and high blood pressure

Nearly 29 million American women suffer from high blood pressure, but half of them don't even know it.

The disease that can lead to heart failure, stroke and kidney damage has no reliable symptoms. And what you don't know can hurt you.

According to the American Heart Association, North Carolina Affiliate, women should know that some factors, such as contraceptive pills, pregnancy, excess weight and menopause, can contribute to a rising problem.

Doctors have determined that taking contraceptive pills is associated with high blood pressure in some women. This is more likely to happen to Pill users who are also overweight, have had high blood pressure during pregnancy, or have a family history of the disease.

Hypertension during pregnancy is a special concern for some women, even those who have never had high blood pressure. It can develop rapidly in the last three months of pregnancy and is dangerous to mother and child if not treated. This kind

usually disappears after delivery, but careful treatment allows a normal pregnancy and a normal baby.

Young women who are overweight or gain a lot of weight are more susceptible to high blood pressure. That's one reason why it's important to maintain normal weight throughout life.

Older women have a greater chance of developing hypertension than older men. Although they may have had normal blood pressure most of their lives, the chance of their pressures rising increases considerably after menopause.

Although there is no cure for hypertension, it can be controlled by taking medication, using less salt, getting more exercise and losing excess weight.

"What Every Woman Should Know About High Blood Pressure," a free pamphlet, is available from the American Heart Association. Write P. O. Box 3626, Chapel Hill, N. C. 27515 or call 1-800-331-6601 for your copy.

Two named scholastic All-Americans recently

The National Secondary Education Council announced that James Troy Gard and Scott Elliott have been named a Scholastic All-American.

The NSEC has established the Scholastic All-American Scholar Award Program in order to offer deserved recognition to superior students who excel in the Academic disciplines. The Scholastic All-American Scholars must earn a 3.3 or better grade point average. Only Scholars selected by a secondary school instructor, counselor, or other qualified sponsor are accepted. These scholars are also eligible for other awards given by the NSEC. These are awards few students can ever hope to attain.

James Troy Gard, who attends Perquimans County High School, was nominated for this National Award by Instructor Wood. Scott Elliott, who attends Northeastern High School, was nominated by Jean Gilkey. Gard and Elliott will appear in the Scholastic All-American Scholar Directory, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in American history. Certainly, winners of the Scholastic All-American Awards should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the National Secondary Education Council.

The Council selects Scholastic All-American Scholars upon the exclusive recommendations of teachers, coaches, counselors, and other qualified sponsors. Once awarded, the students may be recognized by the NSEC for other honors.

James Troy Gard is the son of Mr. and Mrs. James M. Gard. The grand-

parents are Mr. and Mrs. Floyd Gard of Elizabeth City, N. C. and Mrs. Ora Harrell of Elizabeth City, N. C.

Scott Elliott is the son of Mr. and Mrs. Charles L. Elliott. The grandparents are Mrs. Lucy W. Elliott of Chapanoke, N. C. and Mr. Granville Taylor of Elizabeth City, N. C.



Elliott



Gard

Constitution corner

by Charles W. Lowry
D. Phil., (Oxon.), D.D.

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof."

These are the first words of amendment to the Constitution of the United States. They are better known, and more often cited, probably than anything else in that document. This fact tells us something important about American society and the American people. As Mr. Justice Douglas wrote in *Zorach* (1952). "We are a religious people."

The first thing that strikes us in these famed words is that it is Congress to which restriction is directed. No one else. No other body. No reference to a State government or any local authorities.

What is Congress forbidden to do? It is interdicted from passing any law (a) respecting an establishment of religion; and (b) prohibiting the free exercise of religion. Let us look at each of these clauses.

Much ink has been used in our time, and much brainpower expended, to stretch the establishment clause to denote any directed exercise of religion in a public context, notably prayer of reading from the Bible in a public school. The distance we have traveled since 1788 is clinched by Madison's wording in the amendment he proposed to the House of Representatives. He wrote: "nor, shall any national religion be established." This is what the word "es-

tablishment" meant to men who remembered the days when the Church of England was established in most of Colonial America.

There were, of course, States where another Church was state-preferred and state-supported. In New England notably with the exception of Rhode Island, the Congregational Churches were an establishment. By restricting any hypothetical action to Congress, these and other States were assured of complete religious freedom.

What of the other clause setting up "the free exercise of religion?" The phrase occurs in Virginia's Declaration of Rights and was a conventional form of expression. It denoted two things. On the one hand, it protected the civil rights of the individual citizen, underlining the provision of the Constitution in Article VI forbidding any religious test as a qualification for any office or public trust under the United States. On the other hand, this clause had a positive thrust. It protected individuals and groups, including sects and churches, in their right to congregate and worship.

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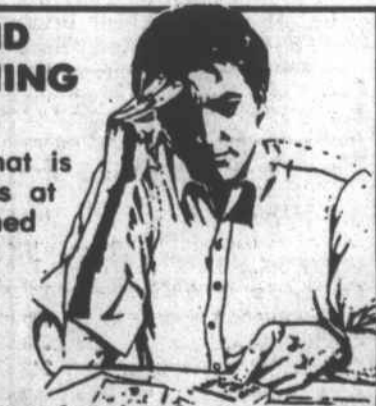
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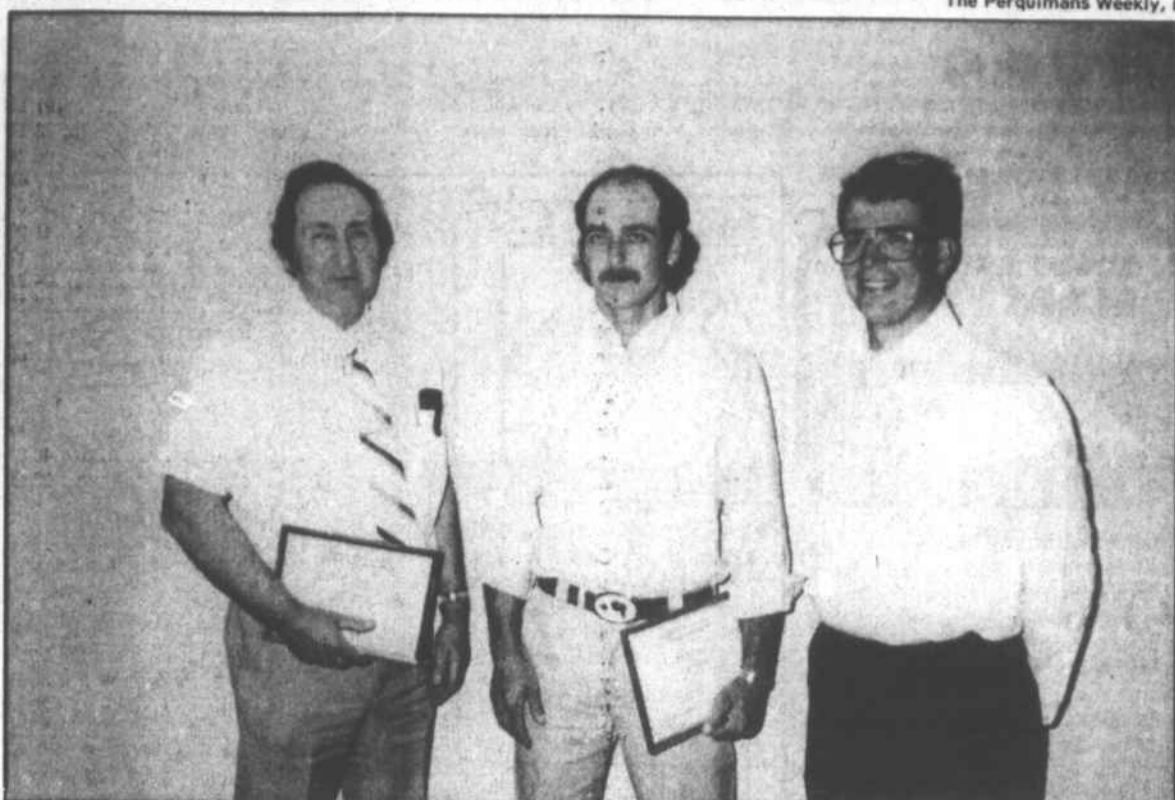
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Pictured are - left to right - Weldon Byrum Sr., Earlie Byrum and Stan Winslow, County Extension Director, Perquimans County attending the 5000 pound Peanut Club Luncheon on April 1, 1988, in Williamston, N.C. This luncheon is held annually to recognize outstanding peanut growers throughout North Carolina. Weldon Byrum produced an average yield of 5273 pounds on 6.6 acres. Earlie Byrum produced an average yield of 5015 pounds on 3.5 acres. They were Perquimans' 1987 Peanut Yield Champions also with a combined average of 4753 pounds produced on 31.5 acres.

Efforts are now underway to assist young people in finding summer jobs

The annual effort to assist young people in obtaining summer jobs is now underway by the Edenton Job Service Office.

Local employers are encouraged to contact the Edenton Job Service Office if they anticipate needing help for the summer as we anticipate seeing a large number of youth seeking jobs who are ready and willing to

work.

One source of jobs for young people in the area is thru the Summer Youth Employment Program. The program, funded under the Job Training Partnership Program, will be operated by Employment Security Commission. Applications are available at the Edenton Job Service office and local high schools in Chowan, Gates,

Perquimans and Tyrrell counties.

In order to qualify for employment under this program one must be between 14-21 and meet certain income guidelines. Jobs will begin in June and last thru mid-August. The deadline for applications is May 20.

If you are seeking work for the summer we encourage you to come in and speak with one of our interviewers.

Perquimans County Middle School news

Students in Mrs. Lawrence's 5th Grade Reading Classes were visited by a local author. Mrs. Edna Wolverton, teacher at Perquimans Middle School, shared her experiences as an author of two exciting books, "Inside Out" and "Taste Buds".

Mrs. Wolverton explained how these experiences came about and how much time and energy it took to develop these projects. She emphasized it has not been a money making project, but a labor of love.

The fifth graders were shocked and amazed to be talking to a "real-live" author. They saw the newspaper clippings from various cities and actual "books". Most of all, students were made to realize that maybe they could become authors someday. Students thoroughly enjoyed the visit and would like to hear even more! Thank you Mrs. Wolverton for inspiring our students.

On Tuesday, April 26, students in Mrs. Edna Wolverton's 5-6 grade traveled to Virginia Beach to visit the planetarium located at Plaza Jr. High School. Accompanied by parents Mary Corpew, Candy Lawrence and Connie Hanchuck, students enjoyed two programs - "Starbound" and "Traveling Through the Solar System". Students also enjoyed getting a close look at Mt. Trashmore, also located in Virginia Beach. The field trip was a culminating activity planned to coordinate with a recent study of the solar system, the sun, moon and stars. After the viewing and a tour of the planetarium, the group ate bag lunches on the bus and afterwards was treated to ice cream at McDonald's. Thanks to parents who acted as driver and monitors!

Mrs. Needham's 6th grade visited NASA Visitor Center at Langley Research Center, Hampton, Virginia on Wednesday, April 27th. In the theater a presentation was given on the make up and functions of the Space Shuttle. A film on "A Day on a Shuttle in Space" was viewed. A Tour Guide directed the class through the 40 exhibits which show man's achievements in his quest to conquer air and space.

In the Aeronautics Gallery exhibits tell the story of wind tunnel research, trace history of aircraft development, present latest research in areas of safety.

In the Space Gallery, the exhibits

portray the wonders of the planets and stars, the Apollo 12 Command Module, a space suit, a moon rock, one-fifteenth scale model of the space shuttle Columbia, and a large composite Landsat satellite map.

This field trip was the culmination of a study of motion and energy and research done on our space program.

Mrs. Gloria Stallings and Mrs. Pat Lewis were parent chaperons and Ed Lane was the driver of the Perquimans County Activity Bus.

Mrs. Tatum's fifth grade class went to Colonial Williamsburg on Wednesday, April 27th. With their 2 tour guides - Miss Tab Broyles and Miss Annette Ranger - the 26 students, Mrs. Jonetta Long, Mr. David Tatum and their teacher had an action-filled trip. The tour lasted from 11:00 to 3:45 with a break for a "picnic" lunch. The class visited a variety of places - The Silversmith Shop, The Wig Shop, Witherburns Tavern and Kitchen, The Magazine and Guardhouse, The Peyton Rudolph House and The Capital Building. The group also had the opportunity to walk through the beautiful, blooming

gardens behind the Governor's Palace.

As the class strolled down Duke of Gloucester Street, they ran into Captain Steward with his long braided hair, on the way to the market. He was clad in the attire of a seafaring Captain of the period - breeches, a fancy ruffled shirt, a cape, stockings, black buckle shoes and a tri-corn hat. He chatted with the group to explain his duties and some interesting "tidbits" about colonial life. The group also passed many horse and carriages on their stroll - a Sociable - for the wealthy and another carriage pulled by Jack and Suzy the friendly horses full of "tourists."

The class also ran into Muff from the Silversmith Shop. She was dressed in her mop hat, her cotton shift covered by an apron, stockings and black tie shoes.

The students in Mrs. Carolyn Spivey's seventh and eighth grade math classes welcomed a guest speaker on Friday. Mr. Carson D. Spivey, Sr. demonstrated the necessities of measurement.

Taxes cont. PARKVILLE TOWNSHIP

Paul, Sally Ann & Walton, Jr.	60.76
Peckham, Christopher M.	151.84
Perry, Elihu M.	95.27
Perry, Maggie	11.73
Perry, Martha & Clara Miller	15.46
Perry, Martha & Mary	94.30
Perry, Wilbert & Roslyn Griffin	32.84
Peyton, Nellie N Etals	62.98
Phelps, Dianne W.	225.78
Price, Lewis Edgar & Rose W.	465.69
Privott, William Daniel & Linda	5.23
Purvis, Laurin	27.32
Rascoe, John H & Lucy F.	125.57
Revell, Melvin David	4.12
Revell, Melvid David & Essie F.	247.25
Riddick, Alice V-Heirs	69.63
Riddick, Benjamin C & Rosa L.	58.42
Riddick, James E-Est.	73.39
Riddick, WM Cisro & Mary-Est.	26.59
Sawyer, Terry L & Teresa R.	281.36
Sheard, Larraine B & Roosevelt	46.88
Small, Mary E.	29.08
Smith, Ava Kirby	126.03
Smith, John Haywood	108.85
Smith, Keith Charles	215.45
Speight, Carolyn Diane	149.55
Spellman, Edward-Est.	12.70
Spellman, Edward-Est.	53.17
Spruill, Stanley & Dorothy	89.12
Spruill, Stanley E, Jr.	347.23
Stallings, Emmett & Marlyn K	347.00
Stallings, Lester Martin	81.79
Stallings, Ray & Teresa C.	64.16
Stevenson, Richard A & Ladonna	150.37
Stiles, Fred	483.14
Tunnell, Alexander Joshua	188.39
Turner, Alonza Jr & Rebecca	411.75
Turner, Dallas & Janie	24.13
Turner, Dorothy Lucille	251.32
Turner, Isaac E-Est.	122.72
Walker, Joe Louis	119.44
Walker, William Lee	128.17
Ward, Dillard E.	1,755.86
Ward, Willia Gray, Jr. & Terri	146.87
Weeks, Nixon Jr.	11.00
Weeks, William E & Laurette	256.65
Whidbee, Jessie H.	77.10
White, Alvin N & Mary F.	148.11
White, Charlie	13.14
White, Jerome W & Virginia R.	51.48
Whitehurst Allen Curtis & Gail	448.40
Williams, Deborah Mae	55.66
Williams, Terry M & Jane	144.18
Winslow, Lusta	21.65
Winslow, Robert E & Brenda R	297.01
Woodard, Faith Felicia	9.31
Woodard, Maggie	23.55



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INSIGHT INTO EYESIGHT

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SYMPTOMS OF CATARACT

If you have the beginnings of a cataract condition, there are certain signs to look for. There may be a slight blurring or clouding of vision, for example, often beginning in just one eye. Sometimes you may find bright light glaring or you may experience multiple images. The clouding of the lens of the eye causes the glare by scattering light rays as they enter the eye. In the same way, dust on a windshield causes glare when it scatters bright sunlight or light from an oncoming car. Tinted glasses or sunglasses can help reduce the glare.

A cataract condition can begin at any age, but it usually affects older people. Slowly and progressively the lens of the eye becomes more cloudy until surgery is recommended to correct it. However, it may be many years before the condition is serious enough to warrant surgery.

The problem with cataract symptoms is that they may be caused by some other eye problem. Only an examination by your eye specialist can determine what's causing them. If you're experiencing any of these symptoms, you should have your eye examined.

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