

## Growing pains

Of a typical graduating 12th grade class, the odds are that ten percent have had an eating disorder, nearly a third smoke cigarettes weekly, sixty percent have tried marijuana, over half have had sex, and one out of 10 of the girls has had an unplanned pregnancy.

Being young isn't easy, says the North Carolina Medical Society. Along with the obvious physical changes to be coped with, there are social pressures and emotional and psychological concerns. It's a time of rapid growth, stress, new expectations, and peer pressure. At the same time, the adolescent must leave a familiar and secure role in the family and take on an unfamiliar, unlearned role with greater responsibilities.

For adolescents, the struggle of dealing with this combined assault is often overwhelming. Confusing role expectations, availability of drugs and pressures for premarital sex can challenge even the most well-balanced adolescent. Those who do not have adequate coping skills, good family relations and other support systems are at greater risk of developing mental, emotional and physical problems.

Ultimately, some adolescents will develop eating disorders or depression. Tragically, some will even choose to end their own lives. Others will adopt poor substitute coping mechanisms to aid them in meeting these stresses. This includes those who turn to drugs for temporary relief only later to discover that the drug has taken over their lives.

Understanding the challenges facing today's adolescent, and being aware of the potential for psychological disorders may be the edge needed to make adolescence the exciting and joyful time it can be.

## Scholarship deadline approaches

High school students who are interested in applying for \$1,000 college scholarships should request applications by December 1, 1988 from Educational Communications Scholarship Foundation, 721 N. McKinley Road, Lake Forest, Illinois 60045. To receive an application, students should send a note stating their name, address, city, state and zip code, approximate grade point average and year of graduation. Sixty-five winners will be selected on the basis of academic performance, involvement in extra-curricular activities and need for financial aid.



The donated Oak trees are seen adorning the front lawn of Hertford Grammar School in Hertford.

## Multiple Sclerosis door to door drive to begin soon in Hertford

Mrs. Byrum will coordinate the Hertford area MS Door to Door Fund Raising Drive to raise funds in the fight against MS (Multiple Sclerosis). The announcement was made today by John McClain, Jr., a Raleigh attorney. Chairman of the Board of Trustees for the Eastern North Carolina Chapter of the National Multiple Sclerosis Society. Contributions in the drive will be used in the research of the cause and cure of MS, chapter services such as loan equipment programs, counselling, social programs, and public education for residents of Eastern North Carolina.

Multiple Sclerosis, MS, and closely related disorders afflicts one-half million people in this country and millions worldwide. It is often called the mysterious crippler of young adults because diagnosis commonly occurs between the ages of fifteen and fifty.

Multiple Sclerosis is a chronic crippling disease of the central nervous system, which affects vision, motion, hearing, speech and balance. It is characterized by a series of spontaneous attacks and remissions, most often resulting in progressive disability. Many MS persons in time are forced into wheelchairs and, sometimes are bedridden. As yet, researchers have been unable to determine the cause or find the cure to MS.

Anyone wishing to help in the drive for MS, or would like to contribute, please call Mrs. Byrum at 297-2543. We need volunteers and

your help would be greatly appreciated. Our task would be much easier and we would go out of business much sooner if the public, so generous to good causes, would have a better understanding of the physical and emotional impact MS imposes on patients, and the many

burdens, especially financial, it places on their families. Please welcome our MS Marcher when he or she calls on you and give generously to your MS Society so that when the time comes and the cause and cure are discovered, you will feel a part of this great need.

## Oak trees donated and planted at Hertford Grammar School

Eight new 6 ft. tall "Live Oak" trees have been planted on the campus of the Hertford Grammar School. The trees were purchased and donated by the Albemarle Lodge 463 Woodmen of the World Life Insurance Society. The tree project was conceived and spearheaded by Thelma W. Skinner, teacher in the Hertford Grammar School. Mrs. Skinner, a Woodmen member, has stated that by planting these long maturity type trees, the school ground will be improved. Several of the old oak trees that lined the road up to the former "Woodland" Plantation have been removed due to disease and storm damage. This approximately \$400.00 tree project is part of an ongoing civic program promoted by the Woodmen of the World Life Insurance Society. Leary Plant Farm Manager Jack Leary offered advice and help in planting these trees to beautify the Hertford Grammar School campus.



The month of June was named by the Romans for their goddess Juno.



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## Jim Martin Needs Jim Gardner as Lt. Governor.

### We Need Them Both.

Jim Martin has presented the NC Legislature with many proposals for making our state greater for us all:

- Tougher Drug Trafficking And DWI Laws
- Highway Improvement Bonds (With No Tax Increase)
- Better Pay For Better Teachers
- Necessary School Construction To Better Educate Our Children
- Pre-School Program For Disadvantaged Children
- Additional Highway Patrolmen For Safer Highways
- Consolidation of State Agencies Dealing With Protection of the Environment
- Veto Power For The Only Governor In America Without It

Partisan politics prevented their passage.

As Lieutenant Governor, Jim Gardner will preside over the State Senate and will help change that pattern.

**JIM MARTIN**  
GOVERNOR

**JIM GARDNER**  
LT. GOVERNOR

**Together - They Can Do Even Greater Things.**

We paid for this message because we know these men and want them working together for all of the citizens of North Carolina:

**Perquimans County Martin & Gardner Campaign Committees**  
Wallace Nelson & Charles Woodard, Treasurers



A clothing store in Georgia has run an ad in the same place in its local newspaper since 1889.

**CLASSIFIEDS WILL BUY OR SELL!**

# GENERAL ELECTION

A General Election will be conducted in Perquimans County on Tuesday, November 8, 1988 to elect Federal, State, Judicial, Legislative and County offices.

The Polling Places will be as follows:

- Belvidere — Community Building
- Bethel — Community Building
- East Hertford — Court House
- West Hertford — Hertford Grammar School
- New Hope — Community Building
- Nicanor — Community Building
- Parkville — Community Building

Polling Places will open at 6:30 A.M. and close at 7:30 P.M.

The deadline for voting Absentee Ballot is 5 P.M., November 1, 1988.

The deadline for voting Absentee One-Stop is 5 p.m., November 4, 1988.

**William L. Tilley, Chairman**  
Perq. Co. Bd. of Elections