

Of local interest

Researchers study link between diet, blood pressure and kidney disease

Winston-Salem—Researchers at the Bowman Gray School of Medicine have begun a study testing whether diet and strict control of blood pressure can slow the course of chronic kidney disease.

The study, called MDRD (Modification of Diet in Renal Disease), will place participants on a low protein, low phosphorus diet to see if

that will slow or even halt the loss of kidney function stemming from chronic kidney disease.

Bowman Gray, which was awarded a six-year grant of \$1,455,631, is one of 15 medical centers nationally in the study, sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases and the Health Care Fi-

nancing Administration.

Dr. Vardaman M. Buckalew, Jr., professor of medicine (nephrology), heads the research program at Bowman Gray.

Most chronic kidney diseases lead to kidney failure, said Buckalew. Once the kidneys have failed, the only effective treatment is long-term kidney dialysis or a kidney transplant. Both are expensive.

"This is the first major study to look at the prevention and treatment of chronic progressive kidney disease," said Dr. Anna Sandberg, coordinator of the multicenter trial for the National Institute of Diabetes and Digestive and Kidney Diseases.

Chronic progressive kidney disease gradually destroys the kidney's blood-filtering system, which

is made up of thousands of tiny filtering units called nephrons. As more nephrons are damaged, the remaining functioning nephrons must work harder to compensate. That causes blood pressure to rise in most patients.

Foods containing protein and phosphorus are the source of most wastes filtered by the kidney. Researchers have theorized that diets

low in protein and phosphorus could spare the kidneys, and thus slow the loss of kidney function.

The MDRD study will test the safety and effectiveness of these diets. The study also will test whether strict control of blood pressure can help to protect the kidneys.

TV's Kevin Dobson to lead observance for Veterans Adm.

Motion picture and television star Kevin Dobson will lead the Veterans Administration's 1989 National Salute to Hospitalized Veterans.

In announcing Dobson's appointment as chairman of the National Salute, VA Administrator Thomas K. Turnage said, "Like millions of Americans, I know Kevin as a popular and accomplished actor. I now know him as a generous, concerned citizen willing to help focus public attention on fellow veterans cared for in VA medical centers."

The National Salute program is held annually at all 172 VA medical centers and invites the public to pay tribute to hospitalized veterans with visits and messages. The event centers on Valentine's Day and will be held next year the week of Feb. 12.

Dobson, currently starring in CBS-TV's "Knot's Landing," came into national prominence with his portrayal of ambitious, young detective Bobby Crocker in the long-

running "Kojak" television series. He also starred in his own detective series "Shannon" and appeared in more than a dozen theatrical and television movies.

An Army veteran, Dobson will serve as national spokesman for the Salute, will appear in public service spots and visit VA hospitals.

"One of the intangible benefits of being a celebrity is the opportunity to give of yourself to others," Dobson said. "Being selected to head up a program for hospitalized veterans, many still suffering from wounds incurred in the line of duty, is a great honor."

The National Salute to Hospitalized Veterans has been an annual program since 1974. Former chairpersons include Chuck Norris, Ernest Borgnine, Martha Raye, Harry Morgan and Ted Knight.

Organizations and individuals interested in participating should contact their nearest VA medical facility.



PTA program

Fourth grade students at Central School perform "The Tiniest Christmas Tree" during the PTA program last Thursday night.

Balloon travels 400 miles in anti-drug effort

Winston-Salem, NC--A helium balloon with an anti-drug pledge by a second grader, Bambi Nicole Button, from Glasgow, Kentucky, was found in a Vulcan Materials quarry in Rockingham, North Carolina after traveling more than 400 miles.

"The balloon was released as a part of our Drug Awareness Resis-

tance Education program or DARE," said Zeb Ricketts, principal of Glasgow's Happy Valley Elementary School. "Our student body is amazed the balloon traveled as far as it did. We're very grateful to the kind people at Vulcan Materials for finding it and taking the time to send Bambi a letter supporting her pledge to stay drug free."

Obituaries

EDITH HOBBS BUTT
Hertford—Mrs. Edith Virginia Hobbs Butt, 76, of Rt. 3, Hertford, died Thursday, December 15, in the home of her daughter.

A native of Perquimans County, she was the daughter of the late John Calvin and Luna Proctor Hobbs, and the widow of Lucius E. "Luke" Butt. Mrs. Butt was a member of New Hope United Methodist Church and a member of its United Methodist Women.

Survivors include one daughter, Mrs. William (MaryLou) Ownley of Rt. 3, Hertford; two sons Lucious Calvin Butt of Herndon, Va., and Joseph Earl Butt of Beallsville, Md.; one sister, Mrs. Freeman (Eula Mae) Long of Rt. 5, Hertford; one brother, John Wallace Hobbs of Rt. 1, Hertford; six grandchildren and one great-grandchild.

Funeral services were held Saturday, December 17 at 2:00 p.m. in the Swindell Funeral Chapel with the Rev. Larry Higgins officiating. Burial followed in the Mullen Family Cemetery.

Pallbearers were Wallace Ownley, Sidney Long, David Griffiths, Jim Cottrell, David Taylor, Frank Seymour and Donald Hobbs.

SAMUEL PUGH MACKALL
Edenton—Samuel Pugh Mackall, 79, of 7 Mark Drive, Edenton, died Tuesday, December 13, 1988, in Chowan Hospital.

A native of Beaver Co., Pa. he was the son of the late Thomas L. and Mary Pugh Mackall. He was a retired Line Operator for a steel mill and a member and Elder at Church of The Living Christ in W. Bridgewater, Pa. He was also a member of Austin Full Gospel Fellowship in Elkton, N.C.

Survivors include his wife, Helen Russell Mackall; two sisters, Mrs. Frank K. Moore of Georgetown, Pa. and Mrs. Stanley A. Smusz of Chester, Pa.; a niece and two nephews.

The body was sent from Swindell Funeral Home, Hertford, to J.T. Anderson Funeral Home in Beaver, Pa. Funeral services were held Thursday, December 15, in the Church of The Living Christ with Rev. Henry Howells officiating. Burial followed in Oak Grove Cemetery, Industry Pa.

LEWIS B. SURGEON
Windsor—Lewis Bernard Surgeon, 68, of Rt. 3, Windsor, died December 14, 1988 in a hospital.

A native of Fort Spring, W. Va. he was a retired agriculture inspector. Mr. Surgeon was a member of Ross Baptist Church and he was an Army veteran of World War II.

Survivors include two daughters, Judy Mills of Winterville, and Kay Hoggard of Colerain; four sons, Terrill Surgeon and Lewis B. Surgeon both of Windsor, Randy Surgeon of Hertford, and Robert Surgeon of Haines City, Fla.; five brothers, Frank Surgeon of West Palm Beach, Fla., Eugene Surgeon of Gap Mills, W. Va., Paul Surgeon and Leon Surgeon, both of Medina, Ohio, and Johnny Surgeon of Marion, Ohio; 10 grandchildren, and five step grandchildren.

The funeral was conducted at 2:00 p.m. Saturday, December 17, in Ross Baptist Church by the Rev. Gary Mickey, burial was in the church cemetery.

Information provided by Swindell Funeral Home.

MITTIE B. SPRUILL
Edenton—Mittie Bateman Spruill, 98, of Rt. 3, died Dec. 19 in a nursing home.

Mrs. Spruill, a native of Washington County, N.C. was a member of Mount Tabor Freewill Baptist Church. She was the widow of Walter Herbert Spruill.

Survivors include six daughters, Stella White and Edna Smith, both of Edenton, Helen Adams and Elsie Price, both of Chesapeake, Eva Baker of Windsor, and Belle Bray of Hertford; a son, Evan D. Spruill of Edenton; 27 grandchildren; 51 great-grandchildren; and 21 great-great-grandchildren.

The funeral was conducted at 2 p.m. Wednesday, Dec. 21, in Williford-Barham Funeral Home by the Revs. Bob Young and J. Dale Weaver. Burial was in Beaver Hill Cemetery.

Have it your way: Guide to smart mail order shopping

The rush is on. Every year after Thanksgiving, malls across America begin filling up with frantic shoppers carrying frayed Christmas lists. If you're looking for a way out of the holiday shopping maze, why not try your mail box?

Not only can you save yourself a great deal of time, but you may also be able to save some money. Since mail-order companies frequently have lower overhead costs than stores located in ultra-modern malls, they often sell comparable products at better prices, explains the North Carolina Association of CPAs. As a result, you may be able to make your holiday shopping dollars go even further.

Chances are that you have a catalog filled with gift possibilities sitting right at your fingertips. But before you start writing out order forms, NCACPA suggests that you learn how to shop smart.

The wisest consumers don't plunk down their hard-earned dollars at the nearest bank without considering interest rates and options. In the same way, smart mail-order shopping begins with a little bit of research and a lot of common financial sense.

Start by learning about a company's reputation. Some firms, such as JCPenny and Sears, have been around for decades and have proven themselves to be honest and reliable vendors. Other mail-order companies, however, are financially unsound as a wooden nickel.

Perhaps you've seen the ads and have been tempted. After all, a \$5 diamond ring or a \$20 designer dress appear to be amazing bargains. But what is really amazing is that, year after year, sham companies get away with ripping off consumers with these very same gimmicks. While you can undoubtedly purchase greatly discounted quality merchandise through the mail, you should beware of any

Money management

mail-order advertisement that offer brand merchandise at remarkably low prices. If the offer sounds too good to be true, there's a good chance it is.

In some cases, the merchandise may be counterfeit or a "gray market" product, one that was imported outside the normal channels of distribution. Counterfeit products often feature shoddy construction and no warranty. In contrast, gray-market goods usually are legitimate name-brand merchandise, but they too generally come without a manufacturer's warranty.

Consumers who are in the market for electronic products should consider another drawback of many gray-market goods. Often, the instruction manuals are written only in a foreign language. Certainly, learning how to program your brand-new VCR can be enough of a headache without having a first translate a Korean user's guide.

If you have questions about a catalog company's reputation, you may want to contact your local Better Business Bureau before ordering from them for the first time. Your local Better Business Bureau will contact its counterpart in the city in which the mail-order house is located to see if consumers have registered complaints about the company. Remember that most companies will have at least a few complaints filed against them. But if complaint are numerous and if the company has not made any effort to resolve them, you may want to spend your money elsewhere.

Now, look at the catalog itself. Check for disclaimers, such as "all sales are final" or "we are not responsible for the quality of the advertised merchandise." The best and most reputable catalog companies stand behind their products and abide by very fair return poli-

cies. Be wary of mail-order companies that expect you to pay for unseen merchandise, but do not specifically state that you have the right to return or exchange inferior, unsatisfactory, or damaged goods.

Read the fine print beneath product descriptions and illustrations. Some firms will use an "artist's rendering" or misrepresent the product's size, manufacturer, or basic design. Others reserve the right to substitute merchandise "of equal value and quality." Another common use is to picture merchandise with a product name differing from a top-quality brand by only a slight variation of spelling.

You should also be suspicious of a company that lists its address only as a post office box. While many fine mail-order companies have a post office box address for orders, just as many fly-by-night operators set up post office boxes, take your orders and your checks, and then disappear without ever shipping the promised merchandise. If you have doubts, call the mail-order firm and request a street address. If they are reluctant or refuse to provide the information, take our business to another company.

When you call to place an order, ask questions about the product as well as the company's service policies. If the clerk is surly or cannot answer your questions, think twice about ordering from them.

If everything checks out and your

decide to place an order, don't pay for your purchase with cash. With a check or credit card, you may still be able to stop payment if the merchandise is faulty or isn't delivered—and both forms of payment give you a tangible receipt.

If you don't receive our merchandise within the started delivery time or if you have another problem with the company, contact both the Better Business Bureau and the Postal Inspectors Office at your local post office. The Postal Inspectors will look into the possibility of mail fraud and the Better Business Bureau will record the complaint for use in future consumer inquiries about the company. While neither organization will get your money back immediately, contacting them is your first step to resolving your complaints.

The North Carolina Association of CPAs points out that, with a little common sense and consumer savvy, mail-order shopping can be a first-class experience.

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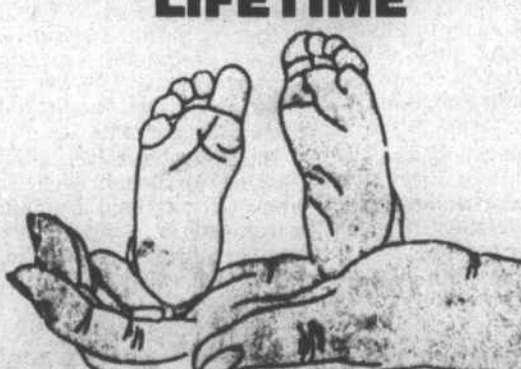
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