



JAYCETTE WEEK — Shown above, Hertford Mayor Bill Cox, presents a proclamation for the local observance of Jaycette Week, Feb. 12-18, to Daisy Lane, chairman of the special week's activities for the Per-

quimans County Jaycettes. Communities across the nation are observing the week with the theme, "Jaycettes Join Hands Across the Nation." (Staff photo by Yvonne Baker)

Jaycette Week is observed locally

The Perquimans County Jaycettes are joining Jaycette chapters across the nation in observing Feb. 12-18 as Jaycette week.

The local organization is an auxiliary chapter to the Perquimans County Jaycees formed for three reasons: to assist the Jaycees, to improve the community, and to further develop potential among its membership.

The local observance of U.S. Jaycette Week includes several activities. In addition to having Jaycette Week proclaimed for local observance, the chapter has also set up a display in

a downtown store window explaining its goals, activities and achievements.

On Thursday, the local chapter will be honored with a "Wives Appreciation Night" being sponsored by the Perquimans County Jaycees.

Wrapping up the week long activities will be the Little Miss Perquimans Pageant being sponsored by the Jaycettes on Saturday night, Feb. 18.

Proceeds from the pageant will be used by the local club to start a scholarship fund for a student at Perquimans High School.

Two titles will be

awarded at the pageant, the Little Miss Sweetheart for the winner in the 3-5 year old age group, and the title of Little Miss for the winner in the 6-8 year old age group.

Serving as guest moderator at the pageant will be Ms. Becky Livas, producer and hostess of WTAR-TV's "People, Places, and Things."

The pageant begins at 7 p.m. in the auditorium of Perquimans County High School. Tickets will be sold at the door for \$3 per adult and \$1 for children (12 and under).

Fields receives promotion

WASHINGTON, D.C. — Edgar M. Fields Jr., son of Mrs. Evelyn Fields of Hertford and 1957 graduate of Perquimans County High School, has been named a vice president of PRC Data Services Company, one of 19 companies of Planning Research Corporation (PRC) in suburban Washington.

Fields will head DSC's Field Services Division, which has major computer facilities management contracts with NASA Headquarters, NASA Goddard Space Flight Center and the Office of Management and Budget and a large system

development contract with the U.S. Army Computer Systems Command.

Fields joined PRC in 1966 and subsequently served as manager and lead programmer of several military and commercial projects. He was DSC's project manager at NASA Headquarters where he has worked for seven years. During the past several years, he has also held DSC department and division management positions.

Fields is a graduate of North Carolina State University with a BS in Applied Mathematics. He and his family live in Fairfax, Va.

PRC Data Services Company designs and implements computer software and information handling systems, specializes in computer facilities management and provides a full range of automated data processing services, primarily to federal agencies. Planning Research Corporation is the world's largest diversified professional services organization, serving government, industry and business primarily in the areas of planning, engineering and architecture, information services and management consulting.

Health tips offered

TIPS FOR HARVESTING GOOD HEALTH
By MRS. M.B. TAYLOR,
Home Economics
Extension Agent

1. Eat a variety of foods. Choose them from each of the four food groups.

2. Eat regular meals or make snacks a planned part of the day's food. Skipped meals and empty calorie snacks lead to inadequate diets. Six small meals may be better for you than three larger ones.

3. Eat slowly. Make meals pleasant events, not hurried tense affairs.

4. Chew foods thoroughly. It will be enjoyed more and the tendency to over-eat will be lessened. Digestion may be improved.

5. Watch the scales. A weight check can help determine whether you are eating too much or too little food.

6. Ask your doctor's guidance if you feel you need to change eating habits. Self-prescribed diets and food supplements may be harmful.

7. Try eating your main meal at noon if sleeping is a problem. A light meal at night, and perhaps a snack at bedtime, may be helpful.

8. Exercise for a "jaded" appetite. Take a walk regularly (or some other exercise); develop new interests; forget your problems!

CORN DRYING AND STORAGE

What are the cost and returns from drying and storing corn? On Tuesday night, February 21, at 7:30 p.m., Dr. Everett Nichols Jr., Extension Economist, N.C. State University will discuss the cost and returns from drying and storing corn. The meeting will be held at the Perquimans County Office Building in Hertford.

Farmers in Chowan, Perquimans and Pasquotank Counties are invited to attend.

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Liability insurance being considered

Law enforcement officers in Perquimans County and its municipalities may soon be able to purchase reasonably priced liability insurance to cover them in the performance of their police duties if a new Legislative Commission has its way.

The Law Enforcement Officers Liability Insurance Study Commission

LONG LIFE FOR SWEATERS

To maintain good looks and long life, wash sweaters frequently before soil becomes embedded in the yarn. Follow label instructions when laundering.

DUSTER PUPPETS

Encourage children to help with housework by designing hand "duster puppets" from old socks. Draw faces on several with marking pens. When dusting is done, the puppet can be readily laundered in detergent or soap suds.

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DIVERS & SON JLRS.
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began in January to study the need for liability insurance and ways of providing coverage at an affordable price. The commission was created by the 1977 General Assembly at the request of Governor James B. Hunt Jr.

Chaired by J.B. Gibson, President of Jones and Peacock, Inc., a High Point insurance firm, the 12-member commission will look into alternative methods of providing coverage to law enforcement officers at a price they can afford.

Court suits against law enforcement officers have increased in North Carolina and in the nation in recent years, according to Gibson, resulting in an increased need for liability insurance coverage in the per-

formance of their routine police duties.

One commission member is Sheriff Charles Cahoon of Swan Quarter.

"Law enforcement officers across the state are becoming increasingly concerned about law suits being brought against them in the performance of their police duties," Gibson said, "yet liability insurance coverage is more difficult and more expensive to purchase than ever before."

"We hope," Gibson continued, "that this commission will find some ways of providing law enforcement liability insurance at reasonable prices so our law enforcement officers will feel free to perform their duties without fear of law suits being brought against them."

Candidate announces intention

Thomas L. Dale
Candidate for Board of
Education


Thomas L. (Tommie) Dale of Belvidere filed Monday, Feb. 6 prior to the closing deadline as a candidate for a seat on the Perquimans County Board of Education. Dale will face incumbent Clifford Winslow in the May 2 primary.

Dale and his wife, Mable have two children, Dawn and Tommie Jr.

He filled the following

statement: "I'm proud of the fact that I grew up and received my education in Perquimans County. Now with children of my own in school, I have seen that the quality of education that my children are receiving is not the same which I was fortunate enough to receive. If the citizens of Perquimans County see fit to seat me on the Board of Education, I will work to see that each and every child in Perquimans County will receive an education that will prepare them for their adult life."

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FRIDAY NIGHT
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5:00 - 8:00 P.M.
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Clean up with coupons galore. If you're like most people, you use coupons almost every time you shop. And Banker's Dozen coupons can save you money each month on food, cleaning products, pain remedies, vitamins, kitchen utensils, even plant and garden supplies.

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