

# Competition underway for 1983 Governor's Award program

DURHAM — Competition for the 1983 Governor's Award for Fitness and Health in Business and Industry begins this month, co-sponsors of the program announced today.

The Governor's Award is given annually to the North Carolina employer most actively promoting health and fitness at the work site and to encourage other employers to establish similar fitness programs.

Now in its third year, the awards program is co-sponsored by Blue Cross and Blue Shield of North Carolina and the Governor's Council on Physical Fitness and Health.

Health experts have found that employee health and fitness programs help maintain and improve general health status, increase productivity, and reduce absenteeism.

These results, in turn, can lower costs for employee health benefits.

New or existing programs in operation January 1, 1983 through December 31, 1983, are eligible for the 1983 competition.

Programs must be at the work site or involve a financial commitment by the employer.

All entries must be postmarked by March 9, 1984. Judges will meet later that month to make their selection. Governor James B. Hunt Jr., will present the 1983 Governor's Award at a luncheon in Raleigh later in the spring.

In addition to the specially designed award recognizing the most comprehensive program, other awards will be given this year in recognition of programs that show special merit in specific areas of health and fitness promotion.

All participants in the contest will receive a certificate signed by Gov. Hunt.

In addition to the regular mailing to all known organizations operating or planning employee health programs, brochures were mailed this week to approximately 800 occupational health nurses across the state explaining the competition and the

criteria for judging entries.

Any employer with an on-site employee health and fitness program is eligible to compete for the award.

Judges for the 1983 competition are Ronald H. Levine, M.D., M.P.H., state health director, Raleigh; Leroy Walker, Ph.D., interim chancellor, North Carolina Central University and a former Olympic coach, Durham; Carolina Becker, M.D., associate professor of epidemiology, UNC School of Public Health, Chapel Hill; and Melvin Grooms, coach and professor of health and physical education, North Carolina A & T University, Greensboro.

Other judges will include Joan B. Page, marketing communications, Burroughs Wellcome Co., Research Triangle Park; Elaine Saleeby of Fayetteville; and William J. DeMaria, M.D., medical director and vice president of Blue Shield Activities, BCBSNC, Durham. Grooms, Page and Saleeby are all members of the Governor's Council.

For additional information, contact Elizabeth Swaringen, Coordinator, Special Events, BCBSNC, P.O. Box 2291, Durham, N.C. 27702. Telephone: (919) 489-7431, ext. 2152.

# CLASSIFIEDS

## 4 - Special Notices

ATTENTION ALL BUSINESSES: The Perquimans Weekly is offering FREE CLASSIFIEDS for 1983 to all businesses, with the purchase of any display advertisement. To place your ad, call Pat at 426-5728.

IF YOU ARE CURRENTLY UNEMPLOYED, WHY NOT PLACE A CLASSIFIED AD PROMOTING YOURSELF TO POTENTIAL EMPLOYERS? The Perquimans Weekly offers FREE classified ads to county residents who are unemployed. Call Pat for details. 426-5728.

Only 45 cents! American Express Money Orders Available at BeLo Supermarket. 65 cents each.

BeLo Supermarket Harris Shopping Center Hertford April 14, 11a.m.

## 5 - Help Wanted

PROCESS MAIL AT HOME! \$75.00 per hundred! No Experience. Part or full time. Start immediately. Detail: send self-addressed, stamped envelope to C.R.I. 5721, P.O. BOX 3149, Stuart, FLA. 33495. Feb. 2, 9, 16, 23, pd.

## 5 - Help Wanted

HOMEWORKERS — PRODUCTION WIRECRAFT. We train house dwellers. Write: PWC, P.O. Box 223, Norfolk, Va. 23501. Aug. 4, chg. 11m.

## 6 - Situations Wanted

CONSIDER OUR STUDENTS Typists, cashier, delivery person, babysitter, and worker, receptionist, whatever you need, call Career/Job Placement Center. Capable students available after school & weekends. Call 426-5778. 11m.f.

Looking for full or part-time work. Seven to ten years experience in retail sales. Call 264-3202. Jan. 26, Feb. 2, 9, 16, f.

## 7 - Child Care

Will baby sit at my home any time for any age children. Will provide lunch, and snack. Mrs. Donald Coleman. Call 426-5867 or 482-3387. Jan. 19, 26, Feb. 2, pd.

Will Babysit in my home for small children during regular week. Located conveniently to towns of both Hertford and Winfall. Call 297-2252. Feb. 16, 23, f.

## 11 - Special Services

Reduce safe and fast with GoBese Capsules and E-Vap "water pills" Woodards Pharmacy Feb. 9, 16 pd.

## 11 - Special Services

For your cemetery monument, marker or milestone needs, call Marion Swindell Monuments 426-7311. 11m, free.

## 17 - Appliances

See John Mansfield, Doug Umphlett, or H.B. Miller at Hertford Motor Company for a good deal on the GE appliance you need. Call 426-5688 for sales and service. Located on Edenton Road Street in Hertford.

## 18 - Furniture For Sale

Regular size Baby Crib for sale good condition. \$35.00 Call 426-8340. Accessories also available. Feb. 9, 16 chg.

French Provincial sofa. Recently recovered in a brown and beige floral pattern. Excellent condition. Call 426-7705 days or 5275 after 4:30. 11m, f.

## 26 - Misc. For Sale

For your cross stitching needs, shop Darden Department Store. They now carry 14 and 18 count Aida cloth and a wide choice of colors in Coats & Clark embroidery cotton. Call 426-5464. Church Street, downtown Hertford. Oct. 6, 11m, f.

## 26 - Misc. For Sale

Motorola AM/FM Power-Booster Radio/8 Track, with cassette adapter, Audiovox Amp., 2 stock speakers. 2 Jensen speakers. \$175.00. Call 426-7705 days or 426-5575 before 9 p.m. nights. Nov. 17, f, 11m.

## 27 - Wanted To Buy

WANTED: One child size wooden table and chair set. New or like new preferred. Call Jane 426-5728 between 8 a.m. & 5 p.m. Nov. 10, 11m, f.

## 30 - Business Opportunity

Own your own Jean Sportswear, Ladies Apparel, Combination, Accessories. Large Size store. National brands: Jordache, Chic, Lee, Levi, Vanderbilt, Izod, Gunne Sax, Esprit, Britannia, Calvin Klein, Sergio Valente, Evan Picone, Claiborne, Members Only, Bill Blass, Organically Grown, Healthtex, 300 others. \$7,900 to \$24,900. inventory, airfare, training, fixtures, grand opening, etc. Mr. Loughlin (612) 888-6555. Feb. 9, 16, pd.

MAKE MONEY WORKING AT HOME! Be flooded with offers! Details rush stamped addressed envelope. DEPT A, Rt. 1, 198, Newsworld, Va. 23874. Feb. 2, 9, 16, 23, pd.

## Black History quiz bowl scheduled

Eight area churches will meet on Saturday, February 25, at 3 p.m. at the First Baptist Church in Hertford to battle wits in the second annual Black History Quiz Bowl. The winning teams will receive trophies of varying degrees.

The Quiz Bowl is sponsored by the Perquimans County Branch of the N.A.A.C.P. The moderator will be Mrs. Geraldine Coston. Judges are Mrs. Ann Washington, Mrs. Jessie Sharpe, Mrs. Jo Anna Lawrence, Mrs. H. O. Beamon and Mrs. E. Harvey.

Teams are as follows:

Bay Branch A.M.E. Zion Church: Scott Perry, captain; Kim Bryant, George Frierson, Virgil Whitehurst, Andrian Frierson; alternates are Maria Frierson and Tremaine Bryant.

Pooles Grove Baptist Church: Fondella Leigh, captain; Dena Bonds, Damion Burke, Michelle Moore, Dallas Turner, Tisha Turner, Felicia Gibson; and alternates Judy Spencer and William Hollowell.

Saunders Grove Baptist Church: Granette Trent, captain; Maria Trent, Demetria Felton, Verita Murrill, Linda Felton; alternates are Henry Felton and Harold Murrill.

Galatia-Leigh's Temple: Shawn White, captain; Sonja Johnson, Yvette Leigh, Michael Johnson and Tyrone Johnson.

new Bethel Baptist: Kenneth Perry, captain, Connie Thatch, Linette Bond, Arlena Honeyblew, Joseph Honeyblew, Levi Brothers, Kindra Felton and James Howell.

St. John Episcopalina, Edenton: Chris McNeil, captain; Maurice McNeil, Kiesha McNeil.

Emmanuel Pentecostal: Stephanie Vaughan, captain, Katrina Vaughan, Rodney Hill, Orleana Jones, Xavier Shannonhouse.

First Baptist Church: Teton Reid, captain; Carolyn Thomas, Washington Lyons, Jimmy Skinner, Darvin Felton and Michael Thatch.

OVER THE YEARS YOU'VE CALLED SMOKING SNAVE, CHIC, SMART, COOL, HOT, HIP, HEP, SWANK, NATTY, SHARP, BOSS, KEEN, IN, FAR-OUT, NEAT, GROOVY, SWELL & ULTRA.

NOW CALL IT QUILTS.

Once and for all. Because, the fact is, smoking's not stylish. It's foolish. And a major risk factor leading to cardiovascular disease as well as other serious health problems.

For information and ideas to help you — or those you love — stop smoking, contact the American Heart Association. Today.

WERE FIGHTING FOR YOUR LIFE  
American Heart Association

# OUR TURN TO CHOP

<p><b>WHOLE FRYERS</b> <b>59¢ LB.</b></p>	<p><b>OLD OAK BARBECUE</b> ..... LB. <b>\$1.89</b>  <b>GROUND BEEF</b> ..... LB. <b>\$1.29</b>  <b>CUT UP FRYERS (WHOLE)</b> ..... LB. <b>63¢</b>  <b>PORK LIVER</b> ..... LB. <b>59¢</b>  <b>PORK CHITTERLINGS</b> ..... 10 LB. <b>\$6.99</b></p>	<p><b>JEWEL PRE-CREAM SHORTENING</b> 42 OZ. CAN ..... <b>\$1.39</b></p>
<p><b>FRANKS</b> 12 OZ. PKG. <b>\$1.09</b></p>	<p><b>BACON</b> 12 OZ. PKG. <b>\$1.29</b></p>	<p><b>Neck Bone</b> PORK <b>39¢ LB.</b></p>
<p><b>GRAPE JUICE</b> ..... 24 OZ. <b>79¢</b>  <b>PEARS</b> ..... 16 OZ. CAN <b>69¢</b>  <b>TOMATO SOUP</b> ..... 10.75 OZ. CAN <b>29¢</b>  <b>TUNA</b> ..... 6.5 OZ. CAN <b>69¢</b>  <b>PEACHES</b> ..... 16 OZ. CAN <b>69¢</b></p>	<p><b>Pork &amp; Beans</b> 16 OZ. CAN <b>3/\$1.00</b></p>	<p><b>MAYONNAISE</b> 32 OZ. <b>\$1.19</b></p>
<p><b>PIE SHELLS</b> 10 OZ. 2 PLY ..... <b>59¢</b></p>	<p><b>SWEET POTATOES</b> <b>19¢ LB.</b></p>	<p><b>Bathroom Tissue</b> 4 ROLL <b>89¢</b></p>
<p><b>CABBAGE</b> <b>49¢ LB.</b></p>	<p><b>ORANGE JUICE</b> 32 OZ. <b>89¢</b></p>	<p><b>CORN MUFFIN MIX</b> ..... 8.5 OZ. <b>4/\$1.00</b>  <b>FROZEN FRENCH FRIES</b> ..... (PACKERS LABEL) 32 OZ. <b>69¢</b>  <b>BISCUITS</b> ..... 8 OZ./4 PKG. <b>79¢</b>  <b>MACARONI &amp; CHEESE DINNERS</b> ..... 7.25 OZ. <b>4/\$1.00</b></p>

# WINFALL SUPERMARKET

PRICES GOOD THROUGH FEBRUARY 18, 1984