

# Local News

## Ideas for nutritious eating during the holidays

Do you find yourself crunching on butter cookies and potato chips at the holiday office party or neighborhood gathering? Do you disregard plans to maintain a normal weight during the holidays and instead position yourself within easy reach of the snack table—vowing to lose weight after the new year?

This year, resolve to maintain a healthy lifestyle and still enjoy the festivities.

Cocktail parties cause some of the biggest downfalls in weight control programs. Office parties, neighborhood gatherings and family reunions provide great opportunities to nibble; the refreshments however, are usually high-calorie snacks and alcoholic beverages.

Try to avoid baked goods or highly salted nuts and chips. Also look out for fried snacks which have more fat and calories. Highly sugared snacks which are key culprits in tooth decay should be avoided. Instead choose raw vegetables and fruits.

When making snacks for parties go

for the "real thing." Snacks made with familiar, wholesome ingredients with minimal processing will contribute protein, vitamins, minerals and fiber rather than the high calories that other fabricated snacks such as soft drinks, chips and candy provide.

Tempt the guests with crunch snacks such as apples, pears, carrot and celery sticks, green pepper sticks, broccoli spears and unsalted rice cakes. Give them whole-grain breads, mozzarella (part-skim), ricotta (part skim), plain low-fat yogurt, flavored popcorn, breadsticks, bagels, almonds and walnuts. Feed them homemade chips, corn and flour tortillas, unsalted pretzels or low-fat crackers like matzo and flatbread.

If they want something sweet canned fruit, thin slices of angel food cake, baked apples, raisins or dried and fresh fruit.

Beverages such as unsweetened fruit juices, artificially sweetened soft drinks or tea and coffee without

sugar or cream are good choices for snacks.

If you find yourself at the holiday office party reaching for the mints and the salted nuts, reach for something healthy instead, and enjoy the festivities.

For recipes of nutritious nibbles and for information on healthy eating, contact the American Heart Association, N.C. Affiliate, at P.O. Box 2636, Chapel Hill, NC, 27514, or call 1-800-331-6601.

## Pulp and Paper program

The Paper Industry is one of America's most rapidly growing industries and faces a continued need for trained personnel. To meet this pressing need and to encourage ambitious, bright young people to enter this field, the industry is vigorously supporting a program of scholarship aid, sponsored by the Weyerhaeuser Paper Company in conjunction with North Carolina State University.

Twenty seniors and juniors at Perquimans High School participated in such program Thursday, December 4th at the paper plant in Macon County.

Senior students participating in the program were: Kathy Wood, Valerie Vaughn, Scott Perry, Dawn Downing, Tammy Shannon, Bridgette Allen, Donna Jordan, Patricia Jennings, Marshall Tillet, Yvette Freeman and Kim Bryan. Participating juniors were: Calvin Hobbs, Kathy Ayscue, Mollie Fehrman, Patty Gaither, Zaneta Vaughn, Tanya Howell, Robert Luke, Kirby and Del Potter.

## Look who's new

JOSEPH B. FESPERMAN

Mr. and Mrs. Victor R. Fesperman of Route 5, Hertford, NC, announce the birth of their third child, third son, Joseph Brian Fesperman, born November 24, 1986 in Chowan Hospital, Edenton, NC.

Maternal grandparent is Mrs. Mary J. Belch and the late Harry E. Belch of Edenton, NC.

Paternal grandparents are Mr. and Mrs. Ray J. Fesperman of Route 5, Hertford.

## Area obituaries

VIRGINIA W. LANE

BELVIDERE—Mrs. Virginia Wright Lane, 57, of Route 1, Box 323, Belvidere, died Wednesday morning, December 3, 1986, in Albemarle Hospital.

A native of Norfolk, Va., she was the wife of Milton Lloyd Lane, Sr. and the daughter of the late Charlie and Bertha Lee Wright.

Besides her husband, survivors include three daughters, Mrs. Carol Paris of Route 1, Belvidere, Mrs. Dorothy Nadine Vaughn of Jacksonville, Fla. and Miss Andrea Key Lane of the home; two sons, Milton Lloyd Lane, Jr. and James W. Lane, both of Norfolk, Va.; a sister, Mrs. Dorothy Bryant of Norfolk, Va.; 8 grandchildren and a great-grandchild.

Funeral services were held Friday at 2:00 p.m. in the Swindell Funeral Chapel with the Rev. Donald Crowder officiating. Burial was in the White Family Cemetery on Rt. 2, Hertford.

Pallbearers were Ron Sweeney, Randal Smith, William Harlan, Burt Partayan, Patrick Milinazzo, Ronald Maupin and Larry White.

JOSIAH SMITH

HERTFORD—Albert Josiah Smith, 58, of Route 2, Box 141, Hertford, died Saturday evening, December 6, 1986, in DePaul Hospital, Norfolk.

A native of Perquimans County, he was the son of the late Lewis Anderson and Geneva Jackson Smith and the husband of Mrs. Eula Marie Smith. He was a farmer, attended the Bagley Swamp Wesleyan Church and was a member of the Winfall Volunteer Fire Department.

Besides his wife survivors include a son, Andy Smith of Mount Airy; his step-mother, Mrs. Evelyn Smith of Elizabeth City; a sister, Mrs. Ruby Winslow of High Point; and a brother, L. Winfred Smith of Rt. 2, Hertford.

Funeral services were held Tuesday at 2:00 p.m. in the Bagley Swamp Wesleyan Church with the Rev. Daniel LeRoy officiating. Burial followed in the Bagley Swamp Cemetery with Swindell Funeral Home in charge of arrangements.

Pallbearers were Lewis Winfred Smith, Worth Winslow, David Phillips, Floyd Long, Carlton Nixon and Calvin Lane.

# FAMILY DOLLAR

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LADIES' EXTRA SIZE SKIMPS, TOPS, BLOUSES, SKIRTS OR PANTS Regularly To 9.99.

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MEN'S OR LADIES' ATHLETICS Reg. 7.99. Joggers or aerobic styles.

**4<sup>99</sup>** OXFORD SHIRTS

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35 MINI LIGHT SET Clear or multi-colored.

**2<sup>3</sup>** PKS.

HEAVY DUTY BATTERIES 4 pk. C, D or AA. 2 pk. 9 volt.

**3<sup>99</sup>** BRIEFS REG. 4.99

**5<sup>49</sup>** T-SHIRTS REG. 6.49

MEN'S 3 PK. COTTON BRIEFS OR T-SHIRTS BOYS' BRIEFS..... 3.99

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**\$1** PACK

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**1.50** QUART

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