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# THE PERQUIMANS WEEKLY

Volume 58, No. 5

USPS 428-080

Hertford, Perquimans County, N.C. Thursday, February 2, 1989

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## February is heart month

February has been declared Heart Month by President George Bush and Governor James Martin. Perquimans County Heart Association Chairman Chris Lane has announced several activities that will highlight the month locally.

Kicking off Heart Month will be a Business Blitz. Ben Berry, David Twiddy and Suzanne Haste will be soliciting donations from businesses during the first week of the month.

On Saturday, February 11, the Perquimans High School Student Council will sponsor a King and queen of Hearts Dance. The disc jockey for the evening will be from WDLX radio, known as 93DLX, in Washington, N.C. The DJ is charging only one-half his regular fee in order to help the students realize a better profit for the Heart Association.

Pepsi Cola of Elizabeth City, Inc. is donating drinks and cups. Jimbos Jumbos will give peanuts.

The dance will begin at 8:00 p.m. and will be over at midnight. Admission will be \$2. Any other donations will be accepted. The dance marks the first of its kind in Perquimans County.

Brian Center is sponsoring a Rock 'N Roll jamboree throughout the month of February. The month-long celebration will feature craft sales, raffles, win a day off raffle, auction, heart tree, bake sale, king and queen contest, counting peanuts in a jar raffle and jeans day.

The highlight of the month will be on February 24 at 2:30 p.m. when the king and queen of hearts will be crowned, raffle winners will be announced and a fundraising report will be given. At that time, the donation from the center to the Heart Association will be given.

The theme for this year's events is "Home with Heart," which is sponsored by nursing homes and senior citizens centers in communities across the nation.

Families and friends are invited to join in Brian Center's activities. Last year's goal of \$300 was surpassed, as the Center donated \$457 to the Heart Association.

Every Thursday during the month, Dr. Robert Earl Lane will perform free cholesterol screenings to the first 12 patients in the office, upon request. All those who wish to take the test must not eat or drink anything after midnight on Wednesday.

Heart volunteers will be soliciting funds all during the month, with the special emphasis being on Sunday, February 26, Heart Sunday.

According to information from Lane, Heart disease remains the nation's leading killer, taking one life every 32 seconds. Researchers say they have made great strides in treating the disease.

Researchers credit healthier living habits and better treatment as the cause for the 24 percent heart and blood vessel disease drop during the past 10 years.

Some doctors believe that at least 50 percent of the ischemic heart disease in this country can be irradiated by the next century if people will stop smoking, watch cholesterol levels and treat hypertension. Ischemic heart disease is a leading cause of heart attacks.

An estimated 978,500 Americans died in 1986 from heart disease. Figures show that one in four citizens suffers from some form of cardiovascular disease, and almost half can expect to die from it.

Going to the emergency room at the first sign of heart attack is one of the most important life savers. Too often, doctors say, people wait several hours after the first signs of a heart attack to seek help. At that point, it may be too late.

Statistics show that heart disease will cost approximately \$88.2 billion dollars this year in medical expenses and lost wages.

## Jimmy's Barbecue to be on television

North Carolina barbecue will be featured on Points West with Bob West next Monday night. Because barbecue is best in Perquimans County, Bob West came to Hertford to interview Jimmy Winslow about his pork operation.

West interviewed employees and patrons at all three of the Jimmy's locations. He stops at the Old Hickory restaurant about once per week as he travels around.

Winslow has been "pushing pork" for 13 years, since he purchased Glenn's barbecue from Glenn and Shirley Mathews. From that restaurant has sprung eateries at the Old Hickory location and downtown Hertford.

West watched as Winslow and Clyde Lane cooked the barbecue in Winslow's "pit" and then ground the meat. Then he tasted it hot off the grill.

More than just good North Carolina barbecue is offered at Jim-

my's. At the original restaurant, patrons can eat daily luncheon specials, a buffet meal every day, the Friday night seafood buffet featuring "Miss" Daisy Lane's lace cornbread and homemade desserts, and the all-you-can-eat steamed shrimp offer on Saturday evenings.

Serving there is Winslow's wife, Nancy, Joan Lane, Cleo Walker, Charity Cartwright and Theresa White. Winslow's sons, Jason, Brad and Brandon also help out at busy times.

At Old Hickory, Manager Mike Kelly fixes up homemade soups daily. Helping Kelly are Brenda Curp, Sharon Casper and Scott Winslow.

Thelma White holds down the fort at Jimmy's III downtown. She has daily lunch specials. Also employed at that location are Pam Berryman, Kenny Waters and Jennifer Armtux.

## Labor awards available

RALEIGH - N.C. Labor Commissioner John C. Brooks announced the opening of the state Labor Department's annual safety awards program and urged private and public employers throughout the state to participate in the safety incentive effort.

The awards recognize a firm's safety record for the 1988 calendar year. Applications should be returned by February 15.

"The emphasis which employers and employees place on maintaining a safe working environment is a key element in keeping North Carolina's accident and injury rates below the national average," Brooks said.

"Working in partnership with the Labor Department's safety and health program, management and workers have kept North Carolina's rate below the national average for 14 consecutive years. That's an accomplishment of which both they and we can be proud."

"The safety awards program is

one way of recognizing and honoring this accomplishment and stimulating interest in accident prevention," he added.

Nearly 2,000 firms in the state qualified for awards, given at 31 presentations across the state, last year.

The safety awards program is open to any firm in North Carolina with 10 or more employees, or any mining firm with five or more employees. To earn an award, a firm must have had no fatalities, and either no cases involving a worker missing days from work, or an incidence rate for such cases at least 50 percent below the statewide average for their particular industry during calendar year 1988.

For additional information, or to request an application, please contact Carol Namkoong, coordinator, Safety Awards Program, N.C. Department of Labor, Division of Occupational Safety and Health, 214 West Jones Street, Raleigh, NC 27603, (919) 733-5683.

## Candy pacifiers recalled

The North Carolina Department of Agriculture Food and Drug Protection Division is participating in an ongoing recall of a type of children's candy which poses a potential choking hazard to infants and toddlers.

The recall action is nationwide, and a total of 31,212 packages have

If consumers have purchased any of the Gummy Pacifiers, they are urged not to give them to infants or toddlers, but return them to the place of purchase. Consumers with questions can call the NCDA Food and Drug Protection Division at 919-733-7366.



The Woodmen of the World installed officers at their annual awards banquet last week.



Floyd "Dinah" Mathews and Thelma Skinner were presented awards by the Woodmen of the World.

## Woodmen hold awards banquet

The Albemarle Woodmen of the World Lodge 463 held their annual awards banquet last Thursday night at the Country Steak and Cake Restaurant. On hand for the occasion were First Flight District Manager Larry Brice, Field Representative Charles Dozier, East North Carolina Fraternal Coordinator Earl Hughes and National Director for the Woodmen of the World and East North Carolina Manager for the Woodmen of the World Life Insurance Society Harvey L. Bedsole.

Hughes praised the Woodmen for their outstanding fraternal activities in Eastern North Carolina. Woodmen in this area do 15 percent of all the work done in the country in the woodmen association.

The Woodmen of the Year award was presented to James E. Copeland of Edenton. Woman of Woodcraft was captured by Thelma W. Skinner. Skinner was cited for her work in planting oak trees at Hertford Grammar School.

A conservation award was presented to Floyd "Dinah" Mathews for his service to the Albemarle Soil Conservation District in 1988. John Myers, Perquimans County SCS Supervisor, was on hand to help present the award.

Officers for the coming year were installed. They are: president - Thomas D. Vann; vice president - Maureen V. Pasternak; secretary - Charles Skinner, Jr.; treasurer - William D. Landing, Jr.; escort - Audrey C. Morton; watchman - Arthur M. Copeland, Jr.; sentry - J. Sidney Copeland; musician - Thelma W. Skinner and trustees - Lorenzo D. Chappell, Hazel B. Mathews and Myrtle W. Copeland.

Pins were given recognizing 25 and 50 year memberships. Those receiving 50-year pins were Charlie S. Bartlett, James S. Bass, William W. Bundy, Sr., Horace Henry Burgess, Lorenzo D. Chappell, Roy S. Chappell, William F. Elliott, Arthur Garrington, James A. Hunter, James Willard Jones, Tracy R. Kirby, Hilary A. Leary and Sammie W. Leary.

Also, Curvin C. Mansfield, Johnnie F. Mathews, Hazel B. Mathews, George T. Phillips, Weston Push, Curtis B. Riggs, Joseph A. Stallings, Ulysses G. Umphlett, Jarvis G. Ward, Ralph B. Ward and Leslie W. Wood.

Those receiving 25 year pins were William W. Bundy, Jr., Samuel E. Bush, James J. Copeland, Jesse T. Dail, James E. Elliott, Benjamin L. Harrell, William D. Landing, Jr., Thomas J. Long, Odus C. Mansfield, Glenn R. Matthews and Ray Morse, Jr.

In addition to, Edgar W. Rogerson, Jr. Kelvin W. Rogerson, Melvin W. Rogerson, Thomas M. Sawyer, Thomas Martin Sawyer, William L. Sawyer, Jr. and Charles T. Skinner.

In presenting the pins, Charlie Skinner commented on each person and their contribution to the community.

## New Medicaid program available

Raleigh—Human Resources' Secretary David Flaherty encouraged aged and disabled individuals entitled to Medicare Part A coverage to apply for a new health care benefit available through the state's Medicaid program. This new program, called "Medicare-Aid" in North Carolina, is an outgrowth of mandated changes to the Medicaid program by the Medicare Catastrophic Coverage Act of 1988. For eligible individuals, the new Medicaid program will pay out-of-pocket Medicare costs such as premiums, deductibles and coinsurance.

"Medicare-Aid offers us an exciting opportunity to help our citizens who are truly in need of assistance to offset the high cost of medical care," Flaherty stated.

Eligibility requirements for Medicare-Aid are less restrictive than those for other Medicaid programs for the aged and disabled.

Although Medicare-Aid will pay Medicare-related medical expenses, it will not cover any costs for services not currently covered by Medicare such as prescription drugs.

The Perquimans County Department of Social Services began taking applications for the program last month. For further information contact the department at 426-7373 or stop by the office on Dobbs Street in the old Agricultural building.

## Timely tax advice from experts

These are typical of questions asked by taxpayers and are presented as a public service of this publication and the IRS.

Q. What is estimated tax?

A. Estimated tax is the method you use to pay federal income tax if you have income that is not subject to withholding, or income from which not enough tax is being withheld. Your estimated tax is the total of your expected income tax and self-employment tax (as well as certain other taxes) for 1988 minus your expected withholding and credits.

Q. What kinds of income are not subject to withholding?

A. Federal income tax is generally not withheld from self-employment earnings, alimony, interest, dividends, rent, and capital gains.

Q. How do I know if I must make estimated tax payments?

A. You must make estimated tax payments if you think your tax for 1988 will be \$500 or more and

you expect that the total amount of income tax that will be withheld from your 1988 income will be less than the smaller of:

1. 90 percent of the tax to be shown on your 1988 income tax return, or
2. 100 percent of the tax shown on your 1987 income tax return (if your 1987 return covered all 12 months of the year).

Q. How do I pay estimated taxes?

A. You must use Form 1040-ES, Estimated Tax for Individuals. Form 1040-ES contains instructions, a worksheet to figure your estimated tax, and four payment vouchers. Generally, you must make your first estimated tax payment by April 15 (April 17, 1989) and the balance in three installments.

Q. I have a job and my boss takes out withholding from my salary. I also have some interest income. Do I still have to make estimated tax payments?

A. Possibly. Depending upon the amount of tax not paid through withholding and the amount of your interest income, you may need to make estimated tax pay-

ments, or you may give your employer a new Form W-4 requesting that more tax be withheld from your salary.

Q. I expect to receive a pension. How do I go about paying taxes on that?

A. Income tax will generally be withheld from the taxable part of the payments you received from your pension or similar retirement plan. However, you may choose to have no income tax withheld. If you choose not to have tax withheld from your pension or annuity, you may be required to make estimated tax payments. Even if tax is withheld from your pension or annuity, you may still have to make estimated tax payments if not enough tax is withheld, or if you have other income that is not subject to withholding.

Q. How can I get more information on estimated taxes and withholding?

A. Ask for free Publication 505, Tax Withholding and Estimated Tax. You can get copies from your local IRS office or call toll-free 1-800-424-3676.

## Police report

The Hertford Police have made several arrests during 1989.

Flossie Marie Hinton, 46, of Route 1, Box 195, Belvidere, was arrested on January 7 and charged with shoplifting and larceny.

Michael Lawrence Donahue, 38, of Route 2, Box 129, Hertford, was arrested for driving while intoxicated on January 9.

Waddell Harvey, 27, of 323 Grubb Street, was arrested on January 13 and charged with two counts of assault on a female and assault with a deadly weapon.

Delma Marcell Lee, 26, of 319 Market Street, was arrested and charged with assault with a deadly weapon, failure to return rental property and breaking and entering and larceny on January 14.

On January 20, Larry Terrell Whitehurst, 16, of 323 Stokes Street, was arrested and charged with uttering forged paper.

Milford Darnell Jones, 31, was arrested on January 22 and charged with assault on a female and resisting a public officer.

Kenny Felton, 28, 220 King Street, was arrested and charged with resisting a public officer on January 23.

On January 23, Marvin Lee Jordan, 27, of Harvey Point Road, was arrested and charged with first degree burglary.

The department has also investigated a rash of breaking and entering and larceny cases recently. There have been two break-ins at the high school, one at Ned's Gulf Service, one at the health department and one that involved a vehicle parked at Eure's Restaurant.

## Boynton receives youth award

A Perquimans High School senior was named Outstanding Youth at the Perquimans County Jaycees Distinguished Service Awards banquet on January 25.

Nancy Elizabeth Boynton, daughter of Lin and Becky Boynton of the Beech Springs community, received the honor. Boynton was unable to be at the awards banquet because she was in Washington, D.C. at the inaugural festivities with the PCHS band.

Nancy's list of school activities includes being editor of the 1988-89 yearbook, secretary of the Beta Club, parliamentarian of the Student Council and treasurer of the senior class. She is also a member of the drama, pep, Spanish and health careers club, as well as the Future Teachers of America.

She was accepted to Summer Ventures, a program for gifted students, in 1987. She attended Governor's School in 1988. In the band, Nancy has served as color guard commander and flag captain. She plays both the clarinet and bass clarinet.

An active member of Hertford United Methodist Church, Nancy is president of the U.M.Y.F. She is also vice president of the dis-



trict U.M.Y.F. In addition, she serves on several church boards.

The Heart Fund and Red Cross Blood Drive are two community concerns with which Nancy has been associated.

Next year, Nancy will attend Peace College in Raleigh. She has received a Special Merit Award scholarship. Her career goals are focussed in the education field.