

## Mended hearts chapter begun

Mended Hearts is an appropriate name for Chowan County resident Peter Johnson, who wants to form a local chapter of Mended Hearts, a national volunteer group dedicated to helping heart patients and their families. Its 20,000 members include patients, family members and over 3,000 accredited visitors, 80 percent of whom are former heart patients themselves. Mended Hearts, formed in 1951 by four Boston heart-surgery patients, has a primary mission to show that one can lead a normal and active life after heart surgery. Basically, the group talks about "life after surgery," said Mr. Johnson, who had heart surgery in 1986 at Norfolk's Sentara Hospital.



Students at the school about your Easter bonnet class paraded to the lunchroom last Friday in bonnets and boutenniers to celebrate Easter.

The 63-year-old Johnson, who is a native of Suffolk, Va., has been visiting area heart patients with the hopes of starting a local chapter since the closest chapters are currently in Greenville and Norfolk. There are more than 200 chapters nationwide. "I almost gave up the idea of starting a chapter last year, but a couple of guys changed my mind, and I felt I was doing a little good," said the Arrowhead Beach resident.

From those conversations, Mr. Johnson set up the first informational meeting for Tuesday, April 11th at 7:30 p.m. in Chowan Hospital's classroom. Dan Holman, Atlantic Regional Director of Mended Hearts, will be the guest speaker. The session will give people to learn about Mended Hearts and what it takes to be a local chapter.

Mr. Johnson feels there are enough heart patients in the Southeastern part of the state to warrant a local chapter. He added, "There is always new information regarding eating habits and lifestyles to make it vital to the heart patient to attend."

For additional information, contact Mended Hearts or to register for the meeting, call Grover Johnson at 221-8497 or Chowan Hospital's Claire Mills at 482-8451, ext. 2190 or Pete Rogers at ext. 339.

## People on the move

Miss Ann Rogerson of Greenville visited relatives in the area last weekend.

Mr. and Mrs. Joe Zaluski, from Norfolk, Va., visited relatives here last week.

Mrs. Mary Adams and Mr. and Mrs. David Adams from Connecticut, visited relatives here last week.

Mrs. Fred Gregory and daughter Vickie of Raleigh and Mr. Royce Vickers of Virginia Beach, VA spent with weekend with their brother Mrs. Ellie Vickers.

Mr. and Mrs. Phil Harris, Andrew and Courtney visited his parents, Mr. and Mrs. Joe Harris, in Chesapeake on Sunday.

(Editor's note: People on the move has not appeared regularly due to a lack of response from our readers. Many of our readers have expressed a great interest in the column, and have requested that we try to offer it at least every two weeks. Please call in your out-of-county visitors and visits so that we might share them with our readers. Thank you.)

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## Warrior heads scout fund drive

MAN: U.S. Air Force Technical Sergeant Thomas F. Jones, son of

electronics systems technician, was selected for his leadership, exemplary conduct and duty performance. He is assigned to a unit of the Strategic Air Command. A 1953 graduate of Perquimans County High School, he attended the University of Arkansas. The sergeant and his wife, Alicia, have two children, Gloria, 15, and Thomas 12.

MAJ. COLSON EARNS OUTSTANDING UNIT AWARD FOR THIRD TIME: Major Harold G. Colson, Sr. of Route 3, Hertford is an aircrewman in a select Andrews AFS, MD, special air missions organization that has earned the U.S. Air Force Outstanding Unit Award for the third time.

Mrs. Addie N. Jones, has been named Outstanding Maintenance Man in his unit at Little Rock AFB, Ark. Sergeant Jones, a missile

electronics systems technician, was selected for his leadership, exemplary conduct and duty performance. He is assigned to a unit of the Strategic Air Command. A 1953 graduate of Perquimans County High School, he attended the University of Arkansas. The sergeant and his wife, Alicia, have two children, Gloria, 15, and Thomas 12.

## Hertford hints for the home

Automatic bank tellers can be a lifesaver, but never walk away from a cash machine without either completing or cancelling your transaction.

Your food dollar will buy more if you combine a variety of vegetable proteins such as beans, pasta, cereals and breads.

Shop only once a week and cut your food bill. The more often you go to the grocery store, the more unnecessary items you buy.

**LOOKING BACK**

1950  
1960  
1970

BY VIRGINIA WHITE

Activities eligible for inclusion in this program include but are not limited to the following: Housing rehabilitation, public facility construction, acquisition, clearance, relocation, and installation of public utilities.

All interested citizens are urged to attend

## NOTICE OF PUBLIC HEARING

The Hertford Town Council will hold a Public Hearing in the Council Chambers of the Town Municipal Building at 7:00 PM on April 10, 1989 in Hertford, NC

The purpose of the Public Hearing is to receive public comments and suggestions concerning a possible Community Development Block Grant project for the Town. The Town plans to submit a CDBG project to the North Carolina Department of Natural Resources and Community Development for possible funding.

Activities eligible for inclusion in this program include but are not limited to the following: Housing rehabilitation, public facility construction, acquisition, clearance, relocation, and installation of public utilities.

All interested citizens are urged to attend

**Seventh Annual Seminar for Secretaries and Support Staff**

WHEN: Thursday, March 30, 1989  
9:00 a.m. to 5:00 p.m.

WHERE: College of The Albemarle  
Lecture Auditorium  
Elizabeth City Campus

COST: \$20 for luncheon and seminar; bosses may attend luncheon for additional \$6

AGENDA: Bobbie Brown's Starwinning Seminar entitled *Office Update*. Luncheon program will feature Carolyn S. Laws, executive director of the Elizabeth City Chamber of Commerce

SPONSORS: Elizabeth City Executive Women's Network and College of The Albemarle's Small Business Center

PARTICIPANTS: Secretaries, office managers, administrative assistants, customer service personnel, typists, word processing personnel, and receptionists

REGISTRATION: Now! Call the Elizabeth City Women's Network at 335-0984

College of The Albemarle

## Weekly calendar

Thursday, March 30

Alcoholics Anonymous and Al-anon; 8:00 p.m.; Hertford United Methodist Church

Monday, April 3

Perquimans County Commissioners; 10:00 a.m.; Perquimans County Courthouse

Perquimans Playhouse Board Meeting; 8:00 p.m.; Angler's Cove Restaurant; dutch dinner at 6:30 p.m.

Tuesday, April 4

Bethel Fire Department; 7:00 p.m.; Bethel Fire Station  
Perquimans County Band Boosters; 7:30 p.m.; PCHS band room  
Parkville Ruritan Club; 7:00 p.m.; Winfall Community Building  
Hertford Rotary Club; 6:30 p.m.; Hertford Cafe

Thursday, April 6

Alcoholics Anonymous and Al-anon; 8:00 p.m.; Hertford United Methodist Church

Hertford Fire Department officers; 7:00 p.m.; Hertford Fire Station  
Hertford Lions Club; 7:00 p.m.; Hertford Lions Club Building

SHIPP advisors here; 10:30 a.m. - 1:00 p.m.; Perquimans County Senior Center

**Southern States**

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Purchase Any 5 Bags  
of Quality Southern States  
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**FREE.**

Offer Good March 31st, 1989 through April 8th, 1989  
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Hertford Service  
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# ATTENTION ALL AREA FARMERS

YOU ARE INVITED TO JOIN US AT OUR  
**ANNUAL  
FARMERS APPRECIATION  
DINNER**

**Thursday, MARCH 30, 1989 6:30 P.M.**  
**AMERICAN LEGION BUILDING  
HIGHWAY 17 NORTH, EDENTON, N.C.**

DOOR PRIZES **SPONSORED BY:** DOOR PRIZES

**Peoples Bank**  
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EDENTON, HERTFORD