

THE PERQUIMANS WEEKLY

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Postmaster Releases Dates For Overseas Yule Mailing

Tons of St. Nick's gifts will be going to members of the Armed Forces in Vietnam by special ship this year, thanks to a joint Pentagon-Post Office venture.

A fast US cargo ship will be designated the "1968 SANTA CLAUS SPECIAL," sailing from Oakland, California next month with Christmas parcels.

To meet the sailing deadline and assure pre-holiday delivery of gifts sent with surface postage, items should be mailed during the October 14-November 9 period.

They should be marked "SANTA CLAUS SPECIAL" just below the stamps.

The "SANTA CLAUS SPECIAL" will sail during the latter half of November and stop at Da Nang, Qui Nhon, Cam Ranh Bay and Saigon, Vietnam. It takes approximately three weeks for a fast ship to cross the ocean.

All gifts should be packed in strong containers with adequate cushioning and correctly addressed, including APO and FPO numbers.

Postal officials have expressed concern over poorly wrapped packages headed for Vietnam and other areas of the Pacific.

All articles should be packed in boxes of wood, metal, solid fiberboard, or strong double faced corrugated fiberboard. All fiberboard boxes should be

Cecil E. Winslow To Preside At Laymen's Service

Laymen's Sunday will be observed at the First United Methodist Church, Sunday, November 3rd, at the 11 o'clock service, and Cecil E. Winslow, lay leader, will be in charge.

"The Urgent Fellowship" is the theme for the day. Mr. Winslow will be assisted in the services by Bill Cox, Chairman of the Official Board; Mrs. Eugene Boyce, Secretary to the Official Board; and Miss Susan Harrell, UMYF President.

The Reverend C. J. Andrews, pastor of the local church, extends a warm welcome to friends in the community to this special service by laymen of the church.

Delorise Barnes In Who's Who

Named in this year's national listing of America's most outstanding university and college students is Delorise Creecy Barnes daughter of Mr. and Mrs. William O. Creecy of 308 Stokes Street, Hertford, N.C.

Her name is included in the 1968 edition of WHO'S WHO AMONG STUDENTS IN AMERICAN UNIVERSITIES AND COLLEGES, a listing of the campus leaders from more than 1,000 of the nation's institutions of higher learning.

The annual directory of distinguished students has been published since 1934 and carries only the names of students whose academic standing, service to the community, leadership in extracurricular activities and future potential are decidedly above average.

Honor Coach Ed Lane Day



Coach Ed Lane, a man of great inspiration to others, is leaving the coaching life of Cary High School this year.

Coach Lane, a native of Hertford, North Carolina, received his Bachelor's Degree from Atlantic Christian College. He has also been conferred his Master's Degree from the University of North Carolina at Chapel Hill.

He has been head football coach for eleven (11) years at Cary. Some more of his activities have been his being Athletic Director and Wrestling Coach.

In 1964, Coach Lane was the Assistant Coach for the North-South All Star Game. Then in 1965, Lane was the Head Coach for the East team in the annual East-West All Star Game. He was also President of the District III (3A) Conference in 1967.

Coach Lane is married and he is the father of three girls and one boy. Lane is the son of Mr. and Mrs. John D. Lane of Hertford.

Ed Lane Is Athletic Director & Asst. Principal of Cary High

November 1, the last home football game featuring the Cary White Imps vs. the Roxboro Rockets, has been designated as "Coach Ed Lane Day". The people of Cary will have a ceremony after the contest in honor of head football coach, Ed Lane.

Having been a coach at Cary High School for the past eleven (11) years, Coach Lane has decided to leave this job and enter into administrative work in the main office of the high school as Assistant Principal.

Coach Lane is the Athletic Director for Cary, and his records from 1961 to 1967 boast: 5 Football Conference Champions, 1 Football Conference Runner-up, 2 Basketball Conference Champions and Tournament Champions, 2 Basketball Conference Runners-Up and Tournament Runners-Up, 1 Baseball Conference Champion, 4 Baseball Division Runners-Up, 3 Track Conference Champions, 3 Track Conference Runners-Up, and in Wrestling, a fairly new sport at Cary, the school sent 3 Wrestlers to the State Tournament in 1964, 5 in 1965, 6 in 1966, and 4 in 1967.

Not only are the boys Lane has coached athletes, but they are scholars as well. In 1961, Bill Taylor graduated from Cary and went to the University of North Carolina at Chapel Hill. Bobby Ferrell, tackle on the 1962 Imp squad, received a scholarship to Elon College which he first attended in 1963.

In 1965, David Parsons entered the United States Naval Academy at Annapolis, Maryland, as a result of a Congressional Appointment, where he is now playing football. That same year, Bobby Woods was accepted at Memphis State University.

Tommy Bullock was awarded a scholarship to East Carolina University in 1965. In 1967, Johnny Mullen was awarded a grant-in-aid to East Carolina University also.

Phillip Jones received the Morehead Scholarship in 1967, which enables a boy to attend the University of North Carolina at Chapel Hill.

This past year's graduating class included Jimmy Parsons, who received a scholarship to North Carolina State University, and is now on the first string of the Freshman football team.

As you can see from these few examples, Coach Lane tries to instill in each one of his boys the importance of physical and mental ability in this changing world of ours. This takes a great man. Coach Ed Lane is this man.

UMW Observed American Legion And Call To Prayer Auxiliary In Conference & Self Denial

Members of the Women's Society of Christian Service and the Wesleyan Service Guild of First United Methodist Church of Hertford participate this week in one of the most important annual observances of United Methodist women throughout the United States.

The "Call to Prayer and Self-Denial," initiated in 1887, focuses on guided mission study, a much needed offering for special world and national projects, and a deepened spiritual life. More than 1,541,500 women in 33,000 societies and guilds in all 50 states will join in the observance.

The Call is sponsored by the Women's Division of The United Methodist Board of Missions. The Division, one of the four major units of the Board of Missions, is the national body through which all local Women's Societies and Guilds function.

The theme of the 1968 Call to Prayer and Self-Denial is "Christ, the Giver of Life," inspired by the opportunities to be made possible by gifts this week and the study, "Coming to Life," by Dr. Ernest W. Saunders, dean of Garrett Theological Seminary and professor of New Testament Interpretation.

The major event of the observance was the Program Meeting for interpretation of mission projects for which a special offering will be made.

The Program Meeting for women of the First United Methodist Church was held at 4 o'clock October 28, in the church sanctuary.

Chamber Chat

The Perquimans County Chamber of Commerce will be working closely with the Historical Society and one of the first things we'll be tackling is the restoration project. The society has inaugurated a tour of some of the area's historical spots and one of the first things we'll be tackling is the restoration project. The society has inaugurated a tour of some of the area's historical spots and the two could be tied together.

Speaking of area history, the Chamber was informed by the society that only about four of the 17 "firsts" listed in the Perquimans County brochure are actually correct. It seems that piece of literature is a fount of misinformation. The County Commissioners will be getting up a new brochure soon and the Chamber will help all it can.

It was decided that a medical brochure was an unnecessary expense, so in our quest for a doctor in this area to help Dr. Brinn, the regular brochure can be used. It will take about and show pictures of our excellent hunting, fishing, boating and general recreation areas.

It was brought out at the last meeting by the way, that we could search overseas for a medical man to settle here. This has been done in other areas of the state and has been most successful.

The Chamber hopes that efforts of interested citizens in holding onto our bus station will be successful. It's scheduled to close the first of the year and we've written Trailways to find out what can be done to keep it in its current convenient location.

December 11 is definitely a day to mark on your calendar. That will be the Christmas parade and - the Chamber's annual banquet, Guest speaker for the latter, as announced two weeks ago, will be Rep. Walter Jones. Tickets not available yet, but as soon they're printed will be available to all Chamber members on a first-come-first-served basis.

G.W. James Speaks At Award Program

The Perquimans County Award Program will be held Wednesday, November 6, 1968, at 8:00 p.m. at the King Street Elementary School with C.T. Felton presiding. The program will feature G.W. James, guest speaker, President of the 4-H Leaders Organization, Perquimans Union School Band and an exhibit of items made and arranged in the county. The band is under the supervision of a new director, Willie A. Green, State Teachers College, Elizabeth City, North Carolina. The winners in the Vegetable Garden Contest and the Rural Community Development projects will be given prizes. There will also be prizes given to the 4-H members, 4-H leaders and Extension Homemakers for outstanding achievements. A door prize will be given to the person holding the lucky number. There will be plenty of refreshments for everyone who attends the program. The public is urged to attend the program.

Subscription Drive For Paper Extd. to Nov. 30

PTA members of the county schools began the annual Perquimans Weekly subscription drive on October 15. The drive was to conclude on November 15, however due to a request of the PTA agents the drive will be extended thru November 30th. The project is held annually by the Parents Teachers Associations of the schools in Perquimans County, to raise funds for projects in the schools each year. The Perquimans Weekly is extending the drive in order that the organization may make as much money as they can for the schools. Besides receiving a generous commission for each subscription or renewal secured during the drive, the PTA also receives a bonus given by the editor of the paper at the conclusion of the subscription campaign.

The Perquimans Weekly urges all persons who now subscribe to the paper to renew their subscriptions during this drive with the PTA in order that they may receive the commission, and also that you may not miss receiving your paper at the conclusion of the drive.

Subscriptions renewed, or sold during this drive will be started at the expiration of the present subscription. At the conclusion of the drive November 30, anyone who is behind in their subscription will be automatically dropped from our mailing list in compliance with Post Office regulations.

Private Pilot Ground School At COA

The first class of the private pilot ground school course, which will last for eight weeks, will begin Tuesday night, October 29th, at College Of the Albemarle. This will be the last night for registration. The classes will meet on each Tuesday and Thursday nights from 7 to 9:30 p.m.

The Sanderson audio visual private pilot course, including colored film strips, diagrams and charts, with sound commentary will be used.

This course will prepare the student for the F.A.A. written examination. Instruction will be given by qualified F.A.A. approved personnel.

The course will cost \$30.00, which will also include the student kit

Superlatives Named By Class Of '69

The Senior Class of Perquimans County High School has kept in stride with tradition by selecting its superlatives. They are:

Most Intelligent: Jane Evans Donald Perry

Best All Round: Cindy Winslow Hubert Watson

Most Popular: Linda Long Jimmy Shaw

Best Personality: Susan Harrell Thomas Gregory

Most Athletic: Dianne Layden Paul Bunch

Whittest: Linda Decker Val Bridgers

Best Looking: Georgia Winslow Norman Young

Friendliest: Brenda Bacuss Mike Bunch

It is indeed an honor to be selected as a superlative, and congratulations are in order for these students who have been chosen as exemplars of the honor which each received.

Eating Habits Can Protect Hearts

Many healthy persons may unknowingly be increasing their risk of heart attack by eating a typical American diet, the North Carolina Heart Association warns. But moderate changes in such a diet can reduce this risk.

One aim should be to cut down on the intake of cholesterol and saturated fats, which contribute to atherosclerosis, a form of hardening of the arteries underlying most heart attacks. At the same time, there are other goals to keep in mind - maintenance of a nutritionally-adequate diet and, through calorie control, remaining at a desirable weight.

To achieve these aims, the North Carolina Heart Association suggests specific foods that should be used more frequently, and others which should be used sparingly, or not at all. Changes in eating habits can be applied to every meal of the day, and in every course of the meal from appetizer to dessert - literally from soup (skimmed of fat) to nuts (which have no cholesterol and are low in saturated fat).

Chicken, turkey, veal and fish are low in saturated fats, and should be used in most of the meat meals during the week. No more than five meals a week should include beef, lamb, pork or ham. At that, the housewife should choose lean cuts of these meats and trim off visible fat before cooking. Bake, broil, roast or stew the meats and discard the liquid fats which cook out. Certain high-protein vegetables - dried beans and peas, baked beans, lentils - occasionally may be used in place of meat. Three or four ounces of cooked meat or fish (not counting bone or fat) or a similar amount of a high-protein vegetable is recommended as an average serving.

Among the fat-laden foods to be avoided are duck, goose, spareribs, mutton, frankfurters, sausages, fatty hamburgers, bacon and luncheon meats. Cholesterol-rich foods to be restricted in use include egg yolks, the organ meats - liver, kidney and sweetbreads - and the shellfish - crab, lobster, shrimp and clams.

Since liver is very rich in vitamins and iron, it should not be eliminated completely from the diet. A four-ounce serving in a meat meal no more than once a week is permissible. A four-ounce serving of shellfish may be substituted for meat no more than once a week.

Virtually every fresh fruit and vegetable may be used generously and regularly.

St. Catherine's Aux. To Meet Monday

The St. Catherine's Auxiliary will meet Monday night, November 4, at 8 o'clock at the Parish House, Mrs. Allan Bonner is hostess. All members are urged to attend.

Gets Promotion

Elton B. Chappell, son of Mr. and Mrs. Lasell E. Chappell, of Rt. 1, Tyner, was promoted to Specialist Fifth Class (E5) on October 4 at Phu Bai, Vietnam where he is serving with Company A 228th Aviation Battalion (ASH) 1st Air Cavalry Division. SP5 Chappell is Flight Engineer on a CH47A Chinook, Large Tandem Motor Helicopter. He has received the Air Medal with three Silver Clusters. Prior to going to Vietnam in January, 1968, SP5 Chappell schooled in the operation and maintenance of the Chinook at Fort Eustis, Va. where he was Honor Graduate of his class. A 1966 graduate of Perquimans High School, SP5 Chappell entered the Army in June, 1967 before which he was employed at the Norfolk Naval Shipyard.

Bank of Harrellsville & Peoples Bank & Trust Slated To Merge

John O. Askew, president of the Bank of Harrellsville, and W.H. Stanley, president of the Peoples Bank and Trust Company of Rocky Mount, have announced the decisions of their boards of directors to merge. The merger is subject to the approval of the stockholders of both banks, the State Banking Commission and the Federal Deposit Insurance Corporation.

The Bank of Harrellsville was organized at Harrellsville in Hertford County in 1912. The Peoples Bank and Trust Company was organized in 1931 in Rocky Mount and at this time has 23 branches in 14 communities throughout North-eastern North Carolina.

Askew, president of the Bank of Harrellsville, said, "We are pleased to join hands with the people at Peoples Bank in the development of business, industry and agriculture in Northeastern North Carolina. We know that our banks have a common interest in the progress of our rural economy and we stand ready to join hands for the common goal of all."

Stanley said, "The folks at Peoples Bank are proud to have an opportunity to serve the Hertford County and surrounding area with the help and guidance of the official family at the Bank of Harrellsville. We look forward to becoming a part and serving the banking needs of the people in the Hertford County area; offering full-service banking to a community with great potential for growth and progress in the future from a banking institution with \$100 million in resources."

Pass, Punt, Kick Winner



Marvin Hunter Jr. son of Mr. and Mrs. Marvin Hunter of Perquimans County proudly displays his two trophies. Marvin Jr. won the first place trophy in the eight year old class in Perquimans County. He represented the county in the one contest at Roanoke Rapids and was winner again. From there he went to the district contest in Richmond Virginia where he placed third in his class.

"The Goblins Will Get You!"

Goblins in this photo "HAUNT" the house of Mr. and Mrs. W. L. (Buddy) Tilly the year-round. The "Brute" and the "Cat" are better known as Scott and Eric. Their advice to everyone is to have a safe "HALLOWEEN" October 31 and get out and vote, Tuesday, November 5.

Be Sure To Vote Tuesday, Nov. 5