

Taking care of the kid's school lunches

School bells will soon be ringing in the first day of a new school year. As these bells ring they will re-awaken a group of school goers, I like to call "The Sack Lunch Bunch."

These school goers are unique because they have parents who rise at the crack of dawn to lovingly prepare a lunch which is to be taken to school.

By mid-afternoon panic strikes when the principal calls to say that Johnny is sick after eating the lunch you so lovingly prepared.

You can prevent the "sack lunch bug" from striking by following a few simple precautions.

1. Be particularly careful when preparing the food. You might put bacteria in the food by careless food preparation. Always have clean hands, utensils and cutting surfaces after they've been used with raw meats, fish and poultry then other foods.

2. Sanitize your cutting board by scrubbing with chlorine containing cleanser or a solution of two tablespoons chlorine in one gallon of water.

3. Select foods with care. Those that will stay safe without refrigeration are peanut butter and jam or jelly, nuts, hard cheeses, crackers, canned foods (in the can), fresh fruits and vegetables, dried foods, bread, cookies, cakes, fruit pies, hard cooked eggs in the shell, marinated vegetables salads.

4. Carry your lunch in a metal lunch box. Metal is a better insulator than paper and is easy to keep clean and sanitary.

5. The familiar vacuum bottle or thermos is a good way to keep food hot or cold. There are several other ways to keep food cold.

Ideally, you should put your lunch in a refrigerator if one is available. If not, place a frozen drink or block of ice (frozen in a plastic container) in with your lunch.

6. You might try freezing certain types of sandwiches. Frozen sandwiches thaw in time for lunch and will help keep the rest of the lunch

Extension News



north carolina AGRICULTURAL EXTENSION SERVICE
By Juanita Bailey
Ext. 44 Agent

cool. Keep in mind that certain foods don't freeze well (cooked eggs, salad greens, tomatoes, etc.)

6. Never let your lunch sit in a warm place such as on the top of the radiator. Bacteria will multiply faster, and the possibility of sickness occurring increases.

7. If no refrigeration is available, follow a few extra precautions in packing your lunch. Use only fresh, high quality ingredients.

Add some acid ingredients such as pickles, olives, pickle relish, vinegar (acid will help prevent the growth of bacteria.)

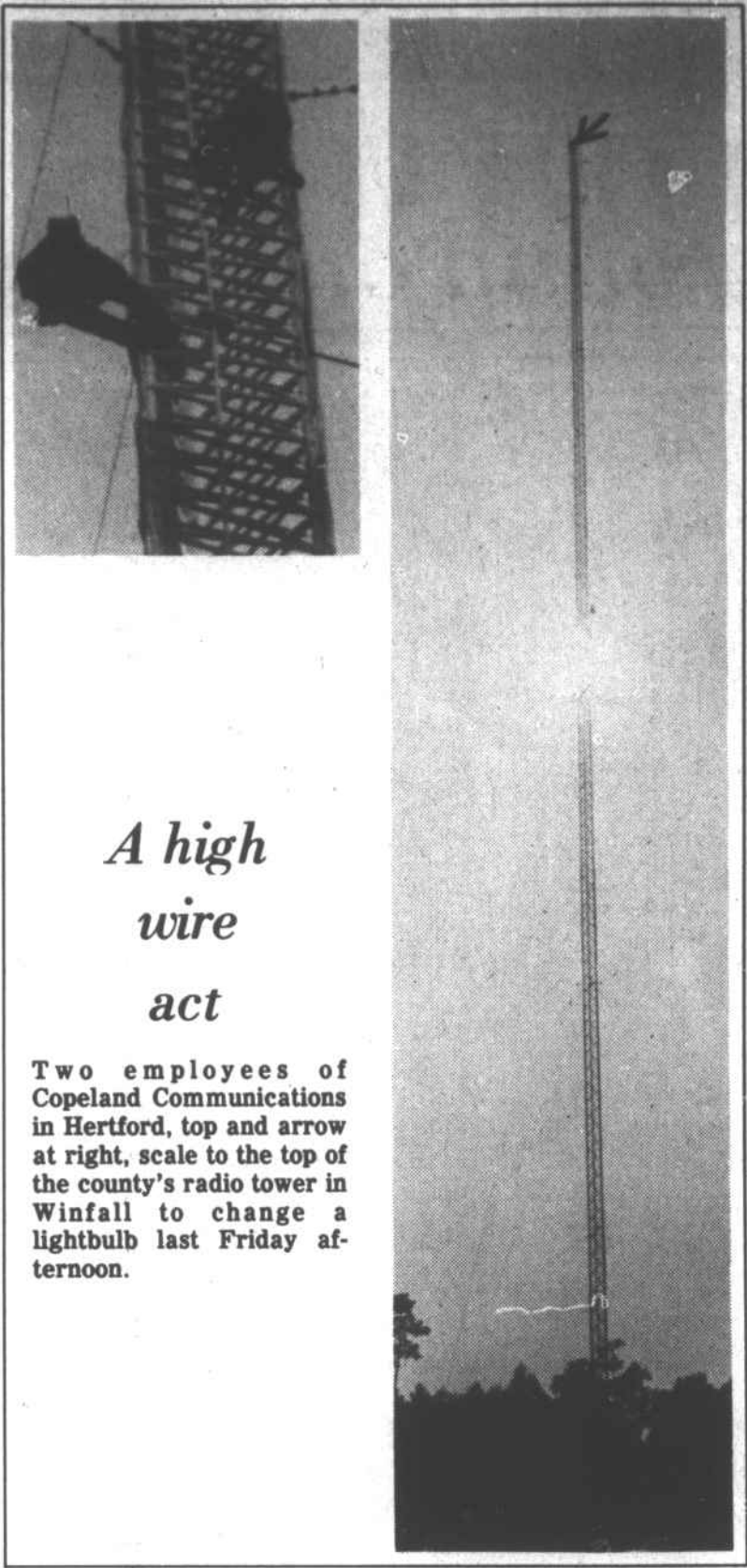
Spread a thorough coat of mayonnaise on the surface of the sandwich filling (mayonnaise is an acid food and will help prevent bacteria from multiplying).

8. Sack lunch no-nos. Do not do any of the following: leave the lunch in a hot-spot — the sun, on a radiator, or next to the heating duct; pack perishable items without taking the special precautions listed previously.

Never do the following: save a lunch with perishable ingredients from one day to the next; fall into the habit of careless food preparation techniques.

If you're ill don't prepare food. Wash your hands before food preparation and after handling meat, fish or poultry. A clean utensil is better than your hands for mixing.

Contact your county extension office for more information on sack lunches.



A high wire act

Two employees of Copeland Communications in Hertford, top and arrow at right, scale to the top of the county's radio tower in Winfall last Friday afternoon.

Area obituaries

LANE
CHESAPEAKE — James Alfred Lane, 62, of 1338 Perry St., Chesapeake, died August 11 in a hospital.

He was a native of Hertford, and had retired from Southern Railroad as a carman after 34 years.

Survivors include his wife, Alice Rogerson Lane; three daughters, Mary L. Roberts and Marlene L. Martin, both of Chesapeake, and Lorraine L. Knight of Virginia Beach; a son, Jimmie Richard Lane of Chesapeake; a sister, Mary Ruth Bass of Rocky Hock; and five grandchildren.

A funeral was held at 2 p.m. August 13 in Graham Funeral Home, South Norfolk Chapel, by the Revs. James Bennett and Ether Alexander.

Burial followed in Rosewood Memorial Park.

CHAPPELL
TYNER — John Edgar Chappell, 59, of Rt. 1 Tyner died suddenly

Tuesday morning August 10 in his home

A native of Chowan County he was the son of the late Troy David and Mrs. Ruth C. Chappell. He was a self-employed truck driver, a member of the William Hall Stallings Post of the American Legion and was an Army Veteran of World War II.

Survivors include a sister, Mrs. Azalea C. Winslow of Belvidere, and a brother, Carroll D. Chappell of Tyner.

Graveside services were held Thursday August 12 at 11 a.m. in the Chappell Family Cemetery with Rev. Eula Harrell and Rev. Albert Gminder officiating.

Swindell-Bass Funeral Home of Edenton was in charge of arrangements.

Pallbearers were Earl Jordan, Lloyd Gene Chappell, Bill Chappell, Harold Copeland, Harvey Chappell, Murray Lamb, Raymond Bunch and Roy Lee Ashley.

TAYLOR
Walter J. Taylor died August 7 after a long illness.

A graveside service was held August 9 in Beaver Hill Cemetery.

The family suggests contributions be made to a favorite charity.

A native of Rutherford County, he was a retired superintendent of the Chowan County school system.

He had also been an officer with that county's Department of Social Services.

He was a member of Edenton Baptist Church and a charter

member of the Edenton Lions Club.

Survivors include his wife, Mrs. Lois Winslow Taylor of Edenton; three daughter, Pasty A. Taylor of Greensboro, Anne T. Boyce of Tyner, and Catherine Townsend of Murphy; two sons, W.J. Taylor, Jr. of Mullins, S.C., and Gene Winslow Taylor of Newport News; two sisters, Mrs. Violet Ward of Gastonia and Mrs. Beulah T. Austell of Shelby; five brothers, Russell Taylor of California, A.C. Taylor of Forest City, Ross Taylor and Paul Taylor, both of Rutherfordton, Roscoe R. Taylor of North Glenn, Colo.; and three grandchildren.

Local briefs

Pirates hold football scrimmage

The Perquimans High School football team will hold a scrimmage here on Thursday at 7:30 p.m. Tickets for the Pirates first action against Williamston High School of the season will be \$1.

Seafood workshop slated

Seafood Finesse is the topic of a workshop which will be held on Thursday, September 9, at the ARP-DC Building.

This workshop will be conducted in two parts by Dr. Frank Thomas and Joyce Taylor, seafood specialist at the North Carolina State University Seafood Lab at Morehead City, North Carolina.

Dr. Thomas will conduct the first part of the workshop which will begin at 7 p.m. His topics will include: filleting fish, dressing shellfish, proper care of the catch (including transporting and freezing techniques).

Band holds car wash and bake sale

The color guard of the Perquimans County High School Band is planning a car wash and bake sale Saturday, August 21 from 9 a.m. to 3 p.m. at the One Stop Convenience Store.

The bake sale will be held on the vacant lot across the street. The car wash will be \$3 per car.

District BPW presidents meet

The Hertford BPW Club was represented by club president Janice Y. Boyce and past club president Bonnie D. White at the District Presidents Planning meeting held recently in Williamston.

Reports were given by each of the eight clubs that comprise the Eleventh District and plans for the coming year were reviewed and discussed.



The word "tycoon" comes from both the Japanese and Chinese languages, meaning literally, "great prince."

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