

SPORTS & SCHOOL

Playoff games are now in full swing

By KEN CASTELLOE
As incredible as it may seem, professional football is almost over. On January 22, 1984, the 1983 season will be a memory as Super Bowl XVIII will be played in Tampa, Florida. In a season that has been hampered by drug scandals and the forming of a new league, the fans have seen top teams drop to the bottom of the standings. The New York Jets were picked as one of the American Conference favorites but after sixteen games in

the regular season, they finished last in their division. The Houston Oilers, formally a superb NFL team, finished the season with only two marks in the win column. As the regular season ended the race was decided in the Eastern Division of the National Conference with last year's Super Bowl champs, the Washington Redskins finishing with the leagues best record (14-2), while the Dallas Cowboys dropped two in a row.

Before the playoffs began this past weekend, many fans were expecting to see the Cowboys and Redskins play again down the road. But the Los Angeles Rams defeated the Cowboys in the NFC wild card game. Also the Cinderella team of this year, the Seattle Seahawks defeated the Denver Broncos. The Seahawks will take another step as they face the Miami Dolphins this weekend. In other divisional games, the Redskins will host the Rams, San Francisco will host the Detroit Lions,

and Pittsburgh goes to L. A. to play the Raiders. While all the hoopla and money is being pointed at the professional ranks, the biggest weekend in college football is coming up. There will be nine games aired on regional television between tonight (Thursday) and Monday, Jan. 2. Games of major interest are the Cotton Bowl and Orange Bowl, as the outcome of the two games will more

than likely determine the national champion. In the Cotton Bowl, Georgia will play Texas. Texas has to be a favorite in this game because of the home state advantage. The game will be played in Dallas. The Orange Bowl pictures Nebraska against Miami of Florida. Although Miami will be playing on its home field, it is doubtful that they will beat the nation's number one ranked team. Just for the record, we asked a few of our local sports fans what their predictions were for the NFL playoff

games and who was going to be the next Super Bowl champion. Marshall Merritt, Charles Woodward, Walter Edwards, Jr., and Claude Brinn unanimously picked the following teams as winners in this weeks playoff games: The Dolphins, Redskins, 49'ers, and Raiders were picked to proceed on to conference championships. All of our fans also seem to believe that the Washington Redskins will come out of the playoffs as the winner of Super Bowl XVIII. All that can be said by this sportswriter is: I will be betting on the team that wins.

30 and over league to form

I wish everyone a safe and happy New Year.
ADULT BASKETBALL LEAGUE REGISTRATION BEGINS: Registration will continue through January 9. The first eight teams that register and pay their registration fee will be included in this league. There will be a meeting for all team captains and players January 9, 7:00 p.m.
30 & OVER BASKETBALL — Anyone that is 30 and not playing in the Adult Basketball League may sign up. Registration fee is \$3.00 per

player. Must register before Jan. 9, 5:00 p.m. Union School Gym will be open Tuesday nights only from 7-10 p.m. for this league. For more information call 426-5695.
RAKU POTTERY CLASS OFFERED TO ADULTS AND



CHILDREN: Children classes will be held Tuesday afternoons while the adults will meet Tuesday nights. Register at the Recreation Department now until January 18.
Registration fee for adults is \$14, children \$7. Classes are limited.
Sonny Fletcher is the instructor and the classes will be held in his studio on Pennsylvania Ave. in Hertford.
CHRISTMAS COOKIE CONTEST: On Monday, December 19, the Recreation Department held a Cookie Contest. The results of the contest are as follows:

Best Tasting — Becky White
Most Creative — Cornelius Mack
Best All Around — Torrence Mack
ADULT VOLLEYBALL — Results
from the men's tournament on December 20 are as follows:
R&T Seed d. The Kids 15-13, 15-9
Bandits d. Wild Bunch 12-15, 15-11, 15-8
The Kids d. Wild Bunch 15-11, 15-6
Bandits d. R&T Seed 12-15, 16-14, 15-13
On December 22, R&T Seed defeated The Kids and Bandits in straight sets to win the Men's Double Elimination Tournament at Perquimans Union School. R&T Seed ended the season 14-2.

High school honor roll released

The following is a list of students who have made the honor roll for the second six weeks grading period at Perquimans County High School.
A Honor Roll — Cindy Lovell, Andrea Spivey, Elmer Boyce, Angela Spivey, Lori Ann Gard, Tammy Lane, Brock Winslow, Demetria Felton, Maria Trent, Sonny Larabee, Shelia Harrell, Karen Boyce, Gina Stevenson and Scott Dizon.
A-B Honor Roll — Katie White, Pam Copeland, Marisa Stevenson, Jarrod Baccus, Linda Barclift, Brad Hurdle, Misty Kuno, Kim Owens, Cindy Pierce, Marshall Tillet, Bruce White, Chad Winslow, Bonnie Harris, Brian Williamson, Connie Casper,

Edward Forbes, Kenny Nixon and Tim Phthisic.
Karen Tice, Kenny Perry, Mary M. White, Granette Trent, Carol Thomas, Melissa Corpew, Christy Pierce, Eric Boyce, Lisa Copeland, Bridget Allen, Tami Dizon, Eddie Lassiter, Valerie Vaughn, Greg Barclift, David Cain, Ben Durant, Chris Mansfield, Teresa Schallock and Suzanne Winslow.
David Winslow, James Winslow, Janice Baker, Pamela Tolson, Michelle Spence, John Evans, Risha Foreman, Lisa Schultheiss, Eric Dignan, Cathy Byrum, Alice White, Amy Eure, Belinda Winslow, Thomissa Winslow, Rena Shively, Melissa White and Michelle Strain.

Lunch menus

The following is a list of menus for the Perquimans County Schools for the week of January 2 through January 6.
Monday — breakfast, jelly filled doughnut or cereal, fruit or juice, milk.
Lunch, fish portion or chuckwagon, scalloped potatoes, tossed salad, baked beans, fresh fruit, corn bread, milk.
Tuesday — breakfast, honey bun or cereal, fruit or juice, milk.
Lunch, chili dog or peanut butter & jelly sandwich, vegetable soup, slaw, fresh fruit, hash brown, milk.
Wednesday — breakfast, cof-

fecake or cereal, fruit or juice, milk.
Lunch, pepperoni pizza or hoagie/bun, corn, potato wedges, broccoli, fresh fruit, milk.
Thursday — breakfast, waffle/bacon or cereal, fruit or juice, milk.
Lunch, submarine sandwich or chicken pattie, lettuce & tomato, fluffy sweet potato, mgrs. choice vegetable, fresh fruit, milk.
Friday — breakfast, cheese toast or cereal, fruit or juice, milk.
Lunch, spaghetti or luncheon meat sandwich, green peas, mgrs. choice vegetable, french fries, apple sticks, milk.

Spotlight on HEALTH
The pain of gastrointestinal gas can be so severe that it can sometimes mimic a heart, gallbladder or ulcer attack. A medication is now available that provides a dual approach to relieving severe gas pain. Phazyme-95, a two-phase tablet, disperses entrapped gas in the upper gastrointestinal tract and facilitates the dispersion and expulsion of gas from the lower gastrointestinal tract.
Patients with chest pains of angina are reported to achieve significant improvement in exercise tolerance for at least eight hours after taking a single 40 mg. capsule of Dilatrate-SR. This is a sustained release capsule with a delivery system designed to meter the release of the medication and keep the release rate constant.
Traditional treatment for the relief of pain, irritation, itching or bleeding often accompanying hemorrhoids includes salves, ointments, suppositories, and sitz baths. In recent years many physicians have been recommending a non-prescription aerosol foam preparation called Proctofoam, which contains a local anesthetic ingredient and has a lubricating action. A special applicator assures delivery of a measured dose and proper placement of the medication.
"Courage is knowing what not to fear." Plato

NOTICE

The following is the time for candidates filing for the offices with the Perquimans County Board of Elections for the May 8, 1984 Primary:

Filing time opens
JANUARY 2, 1984 — 12:00 noon
Filing time closes
FEBRUARY 6, 1984 — 12:00 noon

W.L. Tilley, Chairman
Perquimans County Board of Elections

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Holiday Hours

One Stop Convenience Store will observe the following schedule during the upcoming holidays.
Dec. 24 — 6:30 a.m.-9:00 p.m.
Dec. 25 — 6:30 a.m.-2:00 p.m.
Dec. 31. — 7:00 a.m.-9:00 p.m.
Jan. 1 — 6:30 a.m.-2:00 p.m.
We appreciate your patronage during the past year, and wish you a Merry Christmas and a Happy New Year.
ONE-STOP CONVENIENCE STORE

FINANCIAL PLANNING BUSINESS MEALS

(New Optional Deduction)
Taxpayers who travel away from home on business overnight are entitled to deduct the amount they pay for meals. Previously, the IRS required considerable record keeping and substantiation of such expenses before allowing deductions. Now the IRS has simplified the record keeping.
Effective for 1983 and years following, taxpayers can elect to use a "standard" amount for meal deductions in lieu of substantiating the actual cost of meals.
The "standard" meal expense deduction is \$14 per day for travel that requires a stay of less than 30 days in one general area or \$9 per day for travel that requires a stay of 30 days or more in one area. Partial deductions are allowed for the first and final day of the business travel.
This deduction is allowed only for meals consumed during trips that "require substantial sleep or rest," that is, for business trips of more than a single day.
Taxpayers who are reimbursed by an employer must meet certain other requirements before they can use this optional method.
This new method does not eliminate the substantiation requirements for the actual costs of other travel expenses while away from home on business that the taxpayer is entitled to deduct. Nor does it preclude the taxpayer from deducting and substantiating the actual cost of meals if he prefers.
Although the record keeping for meals is simplified, you will need to substantiate the location and business purpose of the travel. The business purpose is often documented by normal paperwork such as letters, sales slips, and telephone calls. The locations and duration of your travel are best documented by motel receipts.
Timberlake & Sykes, P.A., CPA's — 101 W. King, Edenton, N.C. 482-8461 ... 110 W. Market, Hertford, N.C. ... Call us — we understand financial concerns... Personal, Corporate, Estate & Inheritance tax returns... Audits... Tax & Financial planning... Financial Statements... Management Advisory Services... Micro-computer assistance.