

COMMUNITY

Community Calendar

Cancer Society to sell cookbooks

Ellie Vickers has been named Cookbook chairperson for the Perquimans County Unit of the American Cancer Society. According to Mrs. Vickers, "Company's Coming," the new cookbook from the North Carolina Division of the American Cancer Society, is available in Perquimans County now!

"With the variety of categories in this collection, from Cooking for a Crowd to Recipes from the Menfolk, we expect this

cookbook to be extremely popular," Mrs. Vickers said.

"Company's Coming" and "Tarheel Tastes," the original North Carolina Division Cookbook for those who missed it, are available for a donation to the American Cancer Society of \$6.00 or more per book.

For those who want a copy of each, they are available for a donation of \$10.00 or more.

To order your copies contact Ellie Vickers at 426-7850 or stop by Hertford Savings and Loan.

Ladies night slated

Perquimans Lodge 106 will be holding its annual Ladies Night at

Angler's Cove on November 27 at 7:00 p.m.

Christmas Bazaar set

Dolls, decorations and delicious food are among the many items featured at the Chowan County Extension Homemaker Clubs' annual Christmas Bazaar scheduled for Saturday, November 17.

The American Legion Building, located on Highway 17 Business, one mile south of Edenton, will be filled with crafts, decorations, hand sewn items and special gifts to delight everyone on your Christmas list.

The bazaar has expanded to

include 10 guest craftsmen in addition to the Extension Hoemaker members.

The Advance Extension Homemakers will serve homemade soup and sandwiches. There will be an assortment of home baked items for eating or freezing for the Holiday Season.

The bazaar will be open from 9:30 a.m.-4:00 p.m. Admission is free and you're invited to come and browse. Don't forget to bring your Christmas list!

Health Hints

Helmet law helps to protect cyclists

MOTORCYCLE HELMETS

In North Carolina, as in many other states, it is illegal to operate a motorcycle without wearing a helmet. This law makes good sense. According to the North Carolina Medical Society, the helmet helps protect the cyclist's head from injury in the event of an accident.

A national study has concluded that no one should operate or ride as a passenger on a motorcycle, moped, or even bicycle without wearing a helmet.

In response to the often used arguments that helmets cause spine and shoulder blade injuries, the report stated that "helmets do not contribute to or worsen the injury."

And if a rider involved in an accident does receive such an injury, "that is certainly far better than the brain laceration the rider would have suffered had the helmet not been worn."

The report also refutes the claim that the helmet causes a

serious reduction in peripheral vision. The U. S. Department of Transportation has pointed out that most motorcycle accidents occur within the 40 degree field of vision directly in front of the rider.

As for helmets impairing hearing, the report points out that since the helmet does not completely block out the sound of the cycle, it does not completely block out the necessary traffic warning signals.

The motorcyclist needs to be more alert to traffic and road conditions than the car driver. Motorcycles are light compared with even the smallest cars, and motorcycle riders are not as well protected as passengers in automobiles.

WALKING

Thousands of Americans are looking for an everyday activity that can help them stay healthy. They may already be doing it...walking.

The North Carolina Medical Society says walking can provide all of the benefits of running if it is done briskly enough or long enough, and it's less strenuous. Like running, walking exercises your heart, lungs and muscles, and it can help you lose weight.

According to researchers, you can lose 10 lbs. in one year without changing your eating

habits. All you must do is walk one mile per day at a moderate pace. Or, if you'd rather step up your pace, you can lose 30 lbs. in a year by taking a brisk walk for one hour per day.

There are 3,500 calories in every pound of stored fat. You must burn that many calories in order to lose one pound of weight.

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**ANNOUNCING
CAKE DECORATING
CLASSES**

Beginning Tuesday,
November 27 at 7:00 p.m.
Stop by and register
before Tuesday, November
20th.

131 Church St. Hertford

Timberlake & Sykes, P.A., CPA's
Invite you to attend
TAX REFORM ACT OF 1984
A SEMINAR TO INFORM AND HELP
YOU WITH THE NEWEST TAX LAW
CHANGES

Nov. 27, 1984 at 7:30 p.m.
At the Carolina Room
Overton's Bake Shop, Edenton, N.C.

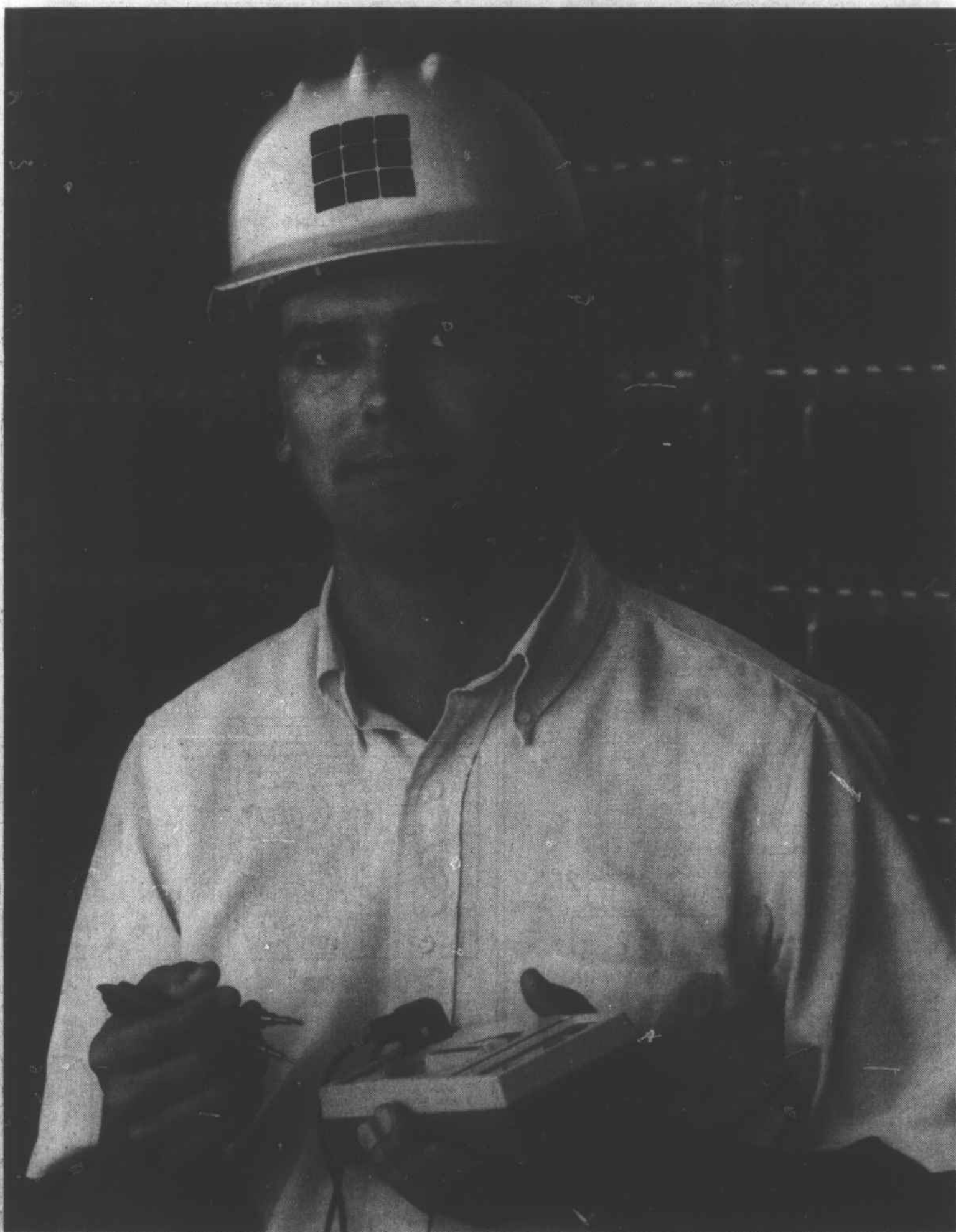
Please Respond by Wednesday, November 21, 1984

TO: Timberlake & Sykes, P.A.
P.O. Box 626, Edenton, N.C. 27932

ATTENTION: Joyce Phelps - 482-8461

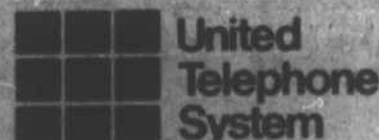
LIMITED SEATING

Name _____
No. of People Attending _____



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