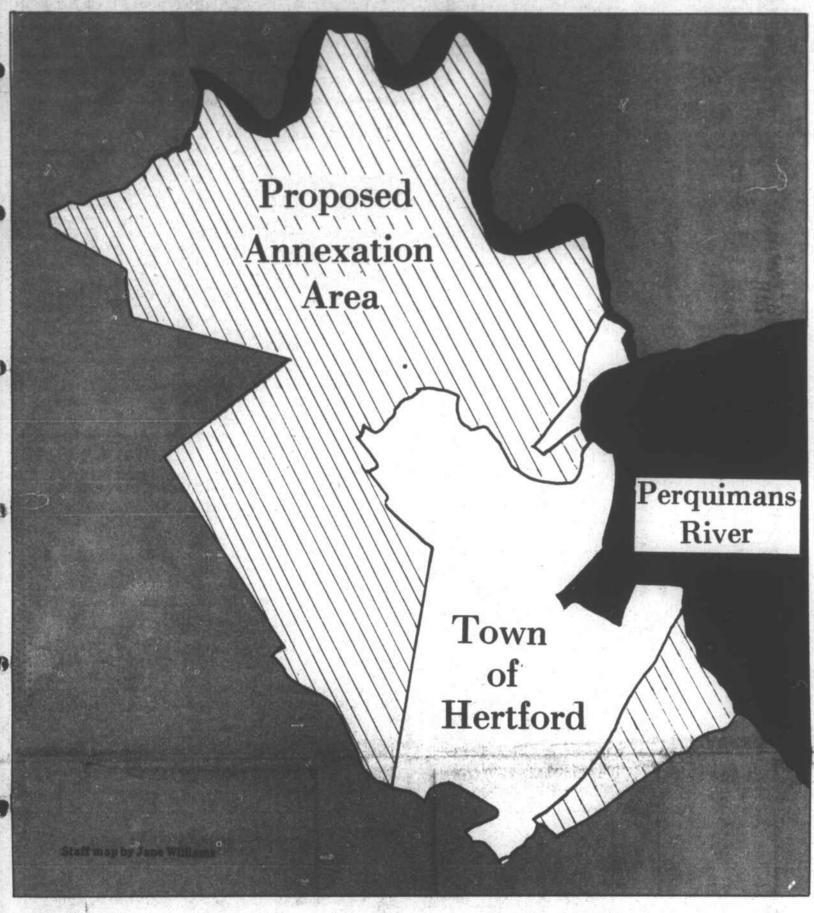
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25 CENTS



Winter tips

Avoid over-exertion in cold weather

article has been prepared by

(Editor's Note: The following Keith W. Haskett, Perquimans Coordinator, and is based upon County Emergency Management information provided by the

Local students selected

Eleven Perquimans County band students were selected for the North Carolina Bandmasters All-District Bands. Our District is made up of all junior and senior high schools in Eastern North Carolina.

In the Senior High Symphonic Band, David Johnson, a french hornist, was selected. Johnson is a junior at Perquimans County High School.

In the Senior High Concert Band, Tonya Walker, a clairnetist, was selected. Miss Walker is also a junior at Perquimans High School.

In the Junior High Symphonic Band, Jeff Cartwright, a freshman at Perquimans High School, was selected on trombone, and Payte Towe, also a freshman, was selected on snare drum.

In the Junior High Concert Band, eighth grade students from Perquimans Union School included Anita Whidbee, clarinet; Richard O'Neal, bass clairnet; Tim Byrum, baritone saxophone: and Scott Winslow, snare

Other students selected for the Junior High Concert Band include freshmen Alex Cohoon, trumpet; Lee Cooper, french horn; and Joanna Haskett, mallets.

All of these students will take part in a band clinic in Greenville at the ECU School of Music on February 1 and 2. A concert will be given on Saturday night before returning home.

Three of these students placed high enough on their instruments to try out for the All-State Honors Band in the spring. They are: David Johnson (3rd in the East), Payte Towe (2nd in the East) and Jeff Cartwright (3rd in the East).

Division of Emergency Management. This is the third in a series of five related articles.)

Stay indoors during winter storms unless absolutely necessary. If you must go out, avoid over-exertion. Cold weather itself puts an added strain on the heart.

If you add to this exercise you are not accustomed to, such as shoveling snow, pushing an automobile, or even walking too fast or too far, you risk heart attack, stroke, or other physical damage.

If you must go outdoors, wear loose-fitting, light-weight warm clothing in several layers rather than a single layer of thick clothing. Entrapped insulating air warmed by body heat is the best protection against the cold.

The layers can be removed as needed to prevent perspiring and subsequent chills. Outer garments should be tightly woven and water repellant. Wear a wool hat. The body loses between half and three-quarters of its heat through the head.

Wear mittens instead of gloves - they allow your fingers to move freely in contact with one another and will keep your hands much warmer.

Keep your clothes dry. Wet clothing loses all insulating value. Change wet socks and all other wet clothing as quickly as possible to prevent loss of body heat.

Watch for frostbite and other symptoms of cold-weather exposure. Frostbite causes a loss of feeling and white or pale appearance in extremities such as fingers, toes, tip of nose, and

(Continued on page 2)

Commissioners voice opposition to annexation

By JANE B. WILLIAMS

A proposal by the Hertford Town Council to annex more than 2,000 acres of land surrounding the city was questioned by Perquimans County Commissioners last week when the two boards met in joint session to discuss the town's proposal.

The proposed annexation has met with major opposition from landowners, primarily farmers, who have stated that they neither want or require city services. The property owners have stated that the added city taxation of farmland would be unfair.

The commissioners questioned the town's rationale for annexation and the necessity of taking in land used for farming.

Town officials have indicated that their reasoning for annexation of the area is to entice industrial development. The council has agreed that future growth of the town would probably occur in the area that is proposed for the annexation.

The commissioners wre unconvinced that the annexation of the entire proposed are would foster economic development. "You should go where your growth is, and then wait for more growth to get more. It's not going to help or hurt Hertford whether you take it or not," said Commissioner Thomas Nixon.

The commissioners expressed concern with the extent of the proposed area, asking the town council for an explanation of the

size. Hertford Mayor/Manager W.D. (Bill) Cox said the the survey followed natural boundaries, including the Perquimans River and some creeks. Cox also stated that approximately 800 acres of the proposed land is in a swamp or marsh and could not be developed.

Nixon said the annexation would be a taxation burden on owners of farmland in the area, and other commissioners suggested that the boundaries of the annexation be drawn in to include only areas that are already experiencing residential or industrial growth.

"It's the general feeling of this board that you're trying to annex too much land. You need to reach a compromise with the landowners," said W. W. White, Jr., chairman of the commissioners.

The commisioners also voiced their concerns about the effect the annexation could have on county residents. Town officials have indicated that the additional land area could possibly qualify them for more and bigger government grants.

"But there's a possibility that the tax money that the town might get from the annexation area could come from the money the county might get. I can't see making county residents pay for this," said Commissioner Wayne

(Continued on page 2)

Joe Nowell, former commissioner, claimed in death

Perquimans County residents mourned the death of former chairman of the Perquimans County Commissioners, Joseph Warren Nowell, Jr. last week.

Nowell, age 60, of Route 1, Box 17-A, Belvidere, died suddenly Thursday, January 24, at his home.

Nowell served on the Perquimans County Board of Commissioners from 1976 until 1984. He was an active member of county government and an active member of the Perquimans County Democratic Party.

Nowell served as a board member for the North Carolina Highway Commission under Governor Bob Scott's administration.

He was a farmer, a member of the Hertford United Methodist Church and an army veteran of World War II.

A native of Perquimans County he was the son of Mrs. Sallie White Nowell of Route 1, Belvidere, and the late Joseph Warren Nowell, Sr. and the husband of Mrs. Kitty Shue Nowell.

Besides his mother and wife, survivors include three sons, Joseph Warren Nowell, III of Greensboro. Keith Melvin Nowell and Stephen Cannon Nowell, both of Elizabeth City; a step-daughter, Miss Beth Brown of Wilmington; two

sisters, Mrs. Robert (Hattie) Alexander of Norfolk, VA. and Mrs. Selby (Ruth) Stokes of Raleigh; a brother, Walter Nowell of Route 1, Belvidere and a grandchild.



Funeral services were held Saturday at 2:00 p.m. in the Hertford United Methodist Church with the Rev. Henry Bizzell officiating. A private burial was held in the Family Cemetery near the home

Pallbearers were Paul Smith, Sr., Leo Ambrose, Walter Humphlett, Bill Cox, Julian Broughton, Jack Symons, Welly White and Jack Anderson. Present and past members of the Perquimans County Commissioners served as honorary pallbearers.