

Community Calendar

Burgess School Reunion

Notice to all former students of Burgess school. If you have not been notified of a school re-union, please contact W.O. Elliott 426-7798 immediately.

Grammarfest slated

The grammarfest activities consist of a yard sale, country store, bake sale, fortune teller, pony rides, train rides, carnival games, concessions, and the raffle off of a VCR. It begins at 8:00 Saturday morning until 3:00 p.m. The drawing will be at 2:00 p.m.

BPW to meet

Blair M. Patterson of Wheat First Securities will be the guest speaker of the Hertford Business and Professional Woman's Club meeting on Thursday Oct. 10, at 8:00 p.m. at the EMC Building in Winfall. He will address the topics of Pension Plans for the self-employed, IRA's and financial planning. The public is invited.

Pupper Show noted

Perquimans County Library Presents Puppets for fire prevention and firemen appreciation by Belvidere 4-H Club, Tuesday, October 8th at 8:00 p.m. at the Perquimans County High School Auditorium.

BPW to honor Winslow

The Hertford Business and Professional Women's Club will have an affair on Sunday, October 20, 1985 to honor Mrs. Lucille Winslow. More information about this event will be coming soon.

State Fair trip planned

The Perquimans County Recreation Department and Senior Center is sponsoring a trip to the State Fair in Raleigh on Monday, October 21. They will leave the Recreation Department at 6:30 a.m. They will arrive at the fair around 10 a.m. and leave the fair at 4 p.m. On the way home a stop will be made at Parker's Barbeque in Wilson. A return trip to Hertford is scheduled for around 9 p.m. Cost is \$10 person which includes transportation only. For more information or to reserve your seat call 426-5404.

Senior Center news

Senior Center—October 3, Bible Study class 1:30-3:00, Oct. 4, blood pressures checked for free 9-12:00, 2-5:00 p.m. Oct. 7, crochet 1-4:00 p.m., Oct. 8, Bible Study 1:30-3:30, Oct. 9, bingo 2:00. Last weeks' bingo winners were Harriett Rouse and Rosa Gibbs. Call the center to sign up for the State Fair Trip.

Super desert ideas capture apple's flavor

Desserts prepared with apples are especially tasty during the days of Fall when the fruit is at its peak of flavor. This week I of-



fer you two apple desserts. The Apple Squares is best served warm, as a coffee cake or top it with ice cream or whipped cream for dessert. The pie, also prepared with sour cream is delicious on it's own.

APPLE SQUARES

1 pkg. yellow cake mix
1 stick butter, soft
1/2 cup brown sugar, packed
1/2 teaspoon cinnamon
3-4 apples, peeled and thinly sliced
1 cup sour cream
1 egg

Combine cake mix and butter until crumbly; reserve two-thirds cup for topping and brown sugar and cinnamon. Mix well. Set reserved mixture aside. Press remaining mixture into bottom of ungreased 9x13" pan which has been sprayed with liquid shortening. Arrange apples over base. Blend sour cream and eggs; spread over apples. Sprinkle reserved topping over all. Bake at 350 degrees for 30-40 min-

utes until topping is light brown and bubbly. Yield 16 squares.

SOUR CREAM APPLE PIE

1 unbaked 9" pie crust
1 egg
1 cup sugar
1 cup sour cream
1 tablespoon flour
1/4 teaspoon salt
1/2 teaspoon vanilla
1 lb. sliced apples
1/2 cup flour

1/4 cup butter

Prepare pie crust and refrigerate until ready to use. Heat oven to 400 degrees. Beat egg, add sugar, sour cream, flour, salt and vanilla. Add apples and mix until blended. Pour into crust and bake 30 minutes or until apples are tender. Mix other ingredients and sprinkle over pie. Reduce heat to 350 degrees and bake 15 minutes. Serves 6.

Bingo tourney winners

Recently a bingo tournament was held at the Perquimans County Senior Center. The following were the winners, all of which are from Hertford.

1st Naomi Lomax, 2nd Elizabeth Gregory, 3rd Kathleen Brennaman.

Others who participated were Georgia Leary, Bonnie Nixon,

Georgette Miles, Naomi Banks, Rosa B. Gibbs, Elizabeth Thach, Leola White and Harriet Rouse, all from Hertford.

Also Virginia Auerbach, Miriam Fletcher, Pearl Jackson, Hazel Hartzog, Winnie Seymour, Bertha Woodley, and Marigold Woodfork, all of Elizabeth City.

Festival of Skills set

Everything from angels to woodwork will be featured at the Fifth Annual Festival of Skills sponsored by the Perquimans County Extension Homemakers on Friday, October 25. Mark your calendar for that day to browse among crafts from 10:00 a.m. to 5:00 p.m. at the A.R.P.D.C. (Albemarle Commission) Building on Church Street Extended, Hertford, N.C. This will be an excellent time to begin or continue your Christmas shopping along with selecting baked items for the freezer or to enjoy that very weekend.

What better way is there to spend a fall day than to visit the array of handmade items by:

Tasy Penner, Belvidere Extension Homemakers, Holiday Island Extension Homemakers, Claude Long, Celia N. Copeland, Memory Lane Senior Citizens, Pooles Grove Extension Homemakers, Gardner Senior Village, Geneva Elliot, Nancy Madre, Bethel Extension Homemakers and Snug Harbor Civic League, Merlin Kingston, and Midge Stuller?

While at the Festival, soup, sandwiches and other goodies can be enjoyed at the foods concession. Don't miss this opportunity to experience a fun day among friendly and talented people.

For more information, call 426-7697.

Hugging and laughing are aids to good health

Laughing and hugging can be beneficial to your health.



By Paige Underwood



north carolina AGRICULTURAL EXTENSION SERVICE

Dr. Harold Voth, a senior psychiatrist at Menninger's, says hugging can lift depression and tune up the body's immune system. In fact, when a person is hugged, the hemoglobin in the blood increases significantly. That's important because hemoglobin carries oxygen to all parts of the body—including the heart and the brain.

An increase in hemoglobin tones up the whole body, helps prevent disease and speeds recovery from illness.

Now, let's talk about a good laugh. Researchers believe you

need to laugh fifteen times or more each day.

After all, laughter is a great stress reducer. When you laugh, you lose muscle tone—and that forces the tense muscles in your body to relax.

In fact, you could think of laughter as "internal jogging." When you laugh, you activate your muscles, increase your heart rate and amplify your respiration rate. The muscles in your face, arms, legs and stomach get a mini-workout and so do your diaphragm, thorax, and circulatory and endocrine systems.

How can you get a steady supply of laughter? Well, being around other people who like to laugh helps. But sometimes you have to tickle your own funnybone. Fortunately, even serious moments have their funny side.

Hugging and laughing may not cure all your ills, but they can make the bad things easier to take.

Retirement announced

Mr. Charlie Lee Brothers, formerly of Hertford, N.C., the son of Mrs. Maggie Brothers and the late Mr. James Brothers, is retiring from his job after 37 years and one month of service. He was a foreman at Bethlehem Steel Co. of Sparrows Point, Maryland. He was employed from Sept. 1948 to Sept. 1985. He also served two years in the

United States Army. He is married to Mrs. Beatrice Brothers. They have five daughters. They are L'Tonja, Sharon, Veronica, Shelly, and Robin. They also have two grandchildren, L'Cristi and Jonny Warren Jr.

Mr. Brothers is now returning to Hertford to make permanent residence.

Health Dept. Clinic schedule

The following is the October clinic schedule for Perquimans Health Department:

4—General Clinic PM, WIC All Day
7—Maternity AM, Family Planning PM
8—Prenatal Recheck AM
9—Child Health All Day
11—X-Rays AM, General Clinic PM

14—8:00 Teen Clinic, Toddler Seat PM
16—Child Health PM
18—General Clinic PM, WIC All Day
21—Maternity AM, Family Planning PM
22—Prenatal Recheck AM
24—Adult Health All Day
25—General Clinic PM
28—TB Skin Test Readings PM



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