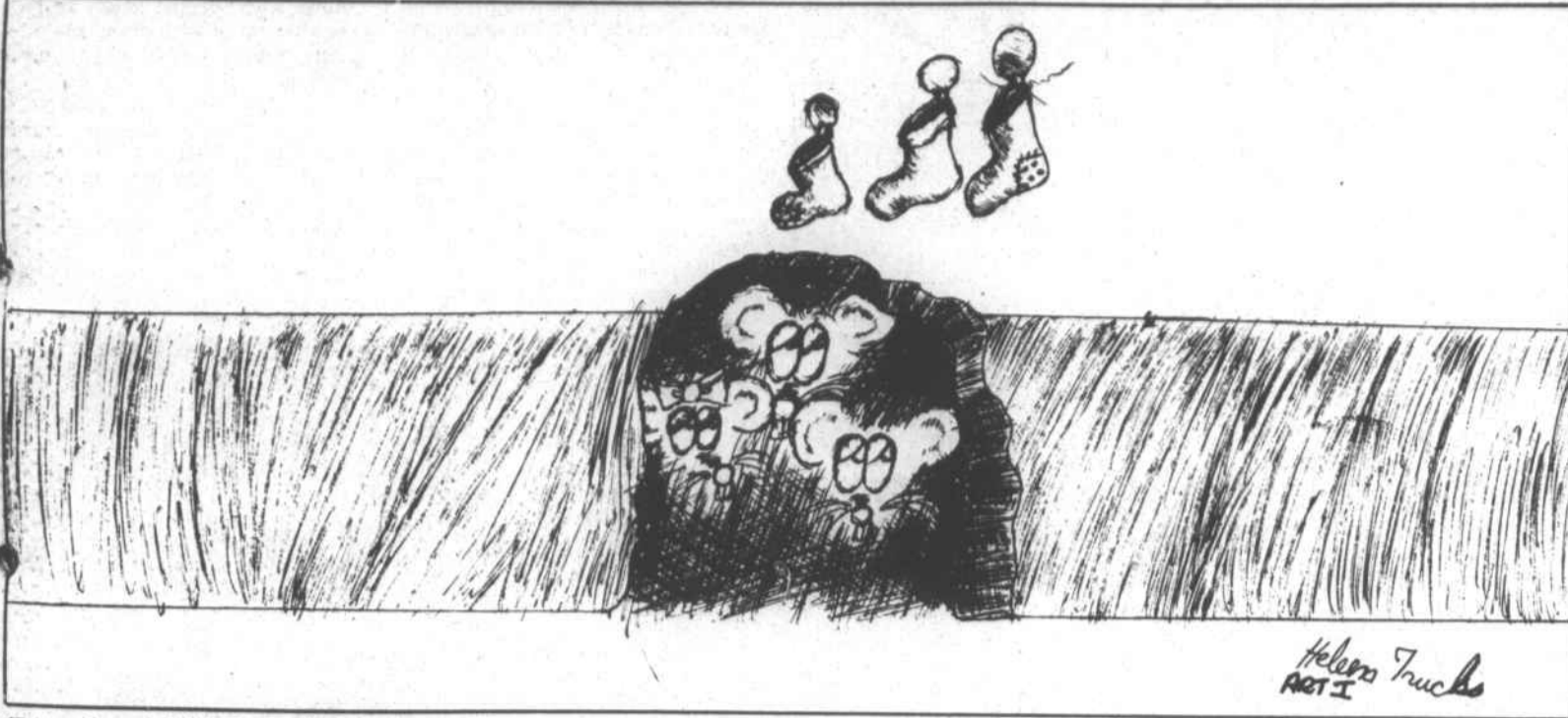


THE PERQUIMANS WEEKLY

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Twas the night before Christmas by Heleen Trucks a student at Perquimans High School. Heleen is in Ms. Coates Art I class.

Surgeon general releases report on smoking

The American Heart Association, North Carolina Affiliate applauded the Surgeon General's latest report on cigarette smoking as "the most comprehensive collection of scientific evidence that supports the need to protect non-smokers from the health hazards of second-hand smoke."

This week, C. Everett Koop, M.D., U.S. Surgeon General, released the 1986 report on cigarette smoking in Washington, D.C. This year's report presented the scientific evidence on the harmful effects on non-smokers of breathing smoke coming from the tip of a burning cigarette.

"The implications of this report are very clear: Smokers may choose to ignore the warning labels on cigarette packages. But non-smokers can

no longer ignore those warnings. Cigarette smoke affects all of us," said Leonard S. Gettes, M.D., President of American Heart Association North Carolina Affiliate. Gettes is head of the cardiology division of UNC-Chapel Hill.

"For two-thirds of the American population that does not smoke, or people who think they do not smoke, this report is clearly a cause for alarm," said Gettes.

Cigarette smoking claims an estimated 350,000 lives each year.

The Surgeon General's 1986 report on second-hand smoke or passive smoking made the following points:

Children of parents who smoke have a much higher rate of colds and other respiratory infections compared to children whose parents do

not smoke.

The non-smoking wife of a smoker runs a higher risk of lung cancer than the non-smoking wife of a non-smoker. The report anticipated that similar evidence could soon be available for the incidence of heart disease, emphysema and other obstructive lung diseases among non-smoking wives of smokers.

Smokers, as well as non-smokers exposed to smoke, breathe the same 4,000 constituents of cigarette smoke, including tars, naphthalene, pyrene, benzopyrene, carbon monoxide, methane, ammonia, acetylene, and hydrogen cyanide.

Sidestream smoke, which comes from the burning tip of a cigarette, contains 2.5 times the carbon monoxide found in smoke exhaled by a

smoker.

Tar, one of the most carcinogenic substances, is 70 percent more concentrated in sidestream smoke than in mainstream smoke.

The American Heart Association, North Carolina Affiliate is on record in support of a "no smoking policy in schools" and an educational effort to encourage local school boards to pass their own local policy,

in support of pursuing state legislation to ban smoking in all North Carolina public school systems, in support of pursuing state legislation to either ban or designate non-smoking areas for all buildings and offices occupied by state employees, in support of state legislation to increase the North Carolina excise tax on cigarettes.

TIP program adopted

CHARLOTTE—The state Board of Transportation Friday, Dec. 12, 1986, adopted an improvement program that calls for an ambitious construction schedule and is designed to increase the accuracy and dependability of planned transportation improvements.

It is based, in part, on Governor Jim Martin's "Roads to Future" program adopted by the North Carolina General Assembly in July. Martin has made the state's transportation needs a top priority during his administration.

The more than \$3.1 billion Transportation Improvement Program, (commonly called the T-I-P) is a non-binding plan which sets statewide construction and assistance priorities. It includes schedules for the highway program, airport improvements, assistance to rail lines, plans for bicycle routes, and public transportation programs.

The update of the program approved by the board shortens by one year the period covered by the TIP, scheduling work over nine years, 1987-1995. The reduction is the first step in the board's plan to return to the seven-year transportation program specified by state law. It is condensing the document because of difficulty in predicting needs and projecting costs for the more distant years.

As it has in the past, the majority of this year's update of the transportation program concerns the state highway system. The highway portion of it lists 1,491 projects with an estimated total cost of \$3.1 billion. Each of the state's 100 counties is scheduled for some highway work.

But construction of the projects in the TIP is far from being a certainty. The North Carolina Department of Transportation has cautioned that all the program's schedules are "subject to the availability of funds." Also, the department has said that it based its planning on assumptions that the United States Congress and the North

Carolina General Assembly will enact several important bills related to highway funding and highway construction cost control.

Still, the DOT says that the program adopted today should be more accurate and dependable than previous editions because it is based on updated estimates of both project cost and available funding.

Secretary of Transportation James E. Harrington said, "This year's Transportation Improvement Program is an important step towards better planning and implementation of a comprehensive transportation program."

It represents an effort by the administration of Governor Jim Martin to more closely match transportation planning and project initiatives with the needs of the state. Furthermore, a concerted effort has been made to ensure that the program operates within bounds of the financial constraints it faces."

Given the numerous changes in this year's program, it is probably wise to note, Harrington said, that its most important aspect has remained virtually unchanged. The project commitments made in previous years have been honored in almost all cases.

Harrington said that in order to guarantee the success of the 1987-1995 TIP adopted by the board, the department must receive at least \$275 million dollars annually in federal highway funds, an appropriate amount of state matching funds, and additional authority to control right-of-way costs. Congress adjourned without passing a new highway act and the old one expired on September 30. The legislature is expected to consider state transportation issues when it convenes in February.

Without congressional action funding for North Carolina highway construction projects will run out by next April. Some states have already had to halt construction because of lack of funds.

Gov. restores funding

Governor Jim Martin recently joined Administration Secretary Grace Rohrer in announcing the restoration of \$135,000 in grant awards to 41 domestic violence programs statewide that had been cut because of a legislative error.

On Oct. 8, Secretary Rohrer reduced monetary awards to each of those programs by 27.5 percent in order to give legislatively mandated preferential treatment to eight similar programs in western North Carolina. Although the legislative leadership had indicated that funding for those eight programs would be in addition to the funding for those eight programs would be in addition to the \$450,000 allocated for the entire program, it wasn't until late September that it was discovered that the \$135,000 needed for those eight programs had been omitted from the budget adopted by the General Assembly. In order to comply with the law as written, money for those eight western North Carolina centers had to come from funds already promised the 41 other programs.

Working with the Governor and the legislative leadership, Secretary Rohrer had identified funds necessary to restore those monies. To accomplish this, \$135,000 has been transferred into the domestic violence grant program from lapsed salaries; currently vacant positions for which money had been budgeted.

The 41 programs that had faced reductions received their original notification of award following an examination of project proposals by a Department grant review committee. Awards were made to the programs on the basis of the number of clients served, their ability to acquire funding from local sources, local volunteer support and on the basis of an equitable geographic distribution.

The state's domestic violence grant program is administered within the N.C. Council on the Status of Women, a component of the Department of Administration.



Pictured top right are the Union School Chorus and band as they give their annual Christmas concert on Thursday, December 11th. The chorus is under the direction of Lynn Winslow, and the band is directed by Mr. David Ziemba. Pictured right are the students of Central School as they gave their Christmas Program last Thursday evening for parents and visitors.



Holiday driving tips

RALEIGH—Arrests for driving while impaired have increased 17 percent over last year, and with the Christmas holiday season approaching, the State Highway Patrol is urging motorists to drive with care.

The Christmas holiday period begins at 6 p.m., December 23 and ends at midnight, December, 28. The New Year's holiday period begins at 6 p.m., Dec. 30 and ends at midnight,

January 1.

Last year, 12 motorists died in traffic accidents during the New Year's holiday. Patrol Commander Colonel Jack Cardwell says, "Heavy holiday traffic is expected, and all available troopers will patrol the highway for speeding and drinking drivers."

Colonel Cardwell urges motorists to use seat belts. Effective January 1, drivers and front seat passengers must buckle up or pay a \$25 fine.

Early deadline set

Due to the upcoming New Year's holiday the Perquimans Weekly will be observing early deadlines this coming week.

The deadline for news copy will 3 p. m. on Friday, December 26th, and the deadline for advertising will 5 p.

m. on Friday, December 26th.

Because of the press schedules, no copy received after the deadlines will be run.

To insure proper placement, please turn in all information to the office of the paper as soon as possible.

CTT reduces rates

ELIZABETH CITY—Christmas, one of the busiest days of the year for telephone users, is just around the corner. Although the holiday is one of five annual holidays when discount rates apply, customers may want to avoid calling at peak times.

Carolina Telephone has found the heaviest calling periods on Christmas Day are early morning until 1 p.m. and from 6 p.m. until late night, according to T.F. Daniels, District Commercial Manager. Long-Distance is also heavy from 6 p.m. until late on Christmas Eve.

Daniels said, "The heavy calling places an unusual load on circuits which sometimes leads to delays in completing calls. People can perhaps get their calls through faster by avoiding the heavy callings times. Also, by dialing the calls themselves,

callers can save money by avoiding the operator service charge.

The "Weekend and Night Rate" is 50 percent off the full rate for calls placed within North Carolina and 56 percent off the full rate for calls placed outside the state. The usual "Evening Rate" applies all day on weekdays on the five denoted holidays, and is at a 25 percent discount for in-state calls and at a 40 percent discount for out-of-state calls.

"Whether Christmas on weekday or a weekend, customers can call during the Weekend and Night (11 p.m. to 8 a.m.) Rate Period to avoid the busy hours and get the lowest rate available."

An explanation of reduced long-distance rate periods can be found in the Call Guide Section in each Carolina Telephone directory," said Daniels.

See the Christmas Edition on pg. 8

Merry Christmas