

## Facts about Acquired Immune Deficiency Syndrome

Fear, sympathy, and anger are just a few of the feelings associated with the word "AIDS". In just a few short years an obscure disease has become so well known that most people know that AIDS stands for Acquired Immune Deficiency Syndrome.

The word "acquired" communications that AIDS is not a disease people inherit from their forefathers like one might inherit hemophilia, a tendency to be diabetic, or muscular dystrophy. It tells us that the person who has AIDS "catches" the disease from someone else. Medical scientists have defined how this disease is transmitted from one person to another and the good news which should help to take away some of the fear is that AIDS is not transmitted by casual contact. AIDS is caused by a virus and this virus can only be passed from one person to another by intimate contact. It appears that there has to actually be an exchange of some body fluids in order for this transmission to take place. This explains why the disease is more common in people who use needles which have been used by someone else. When they do this they take a chance of infecting a very small amount of blood from a previous user into their own vein. This blood might contain the AIDS virus.

The fact that transmission of AIDS requires an exchange of body fluids also explains why homosexuals who have numerous contacts and even heterosexuals who have multiple contacts have a higher incidence of the disease. It also explains how some people have rarely acquired AIDS through blood transfusions and why some babies have been born with the virus. Modern blood banking procedures greatly minimize the chance of getting AIDS from a transfusion of blood or a blood product by testing for the presence of AIDS virus before the blood is transfused. It should be emphasized that there is no

way of "catching" the AIDS virus in the process of donating blood. More and more physicians are advising their patients that the best way of preventing AIDS and halting its spread is for people to modify their sexual behavior so that as closely as possible the ideal of one man having sexual relations with one woman for life be achieved.

"Immune" and "deficiency" are words which describe the process through which the AIDS virus causes disease. Just as the many complications of diabetes such as kidney failure and hardening of the arteries are caused by high blood sugar, the many manifestations of AIDS are caused by a deficiency in the body's immune system.

The immune system produces special cells called lymphocytes and special chemicals called antibodies which normally destroy disease producing germs and which normally suppress any abnormalities in body tissues which could turn into cancer. The person with AIDS has a defect in the immune system. The body then does not recognize these invaders as being harmful and is handicapped in responding to them in any protective way. Current research is not only being directed toward a way to kill the AIDS virus but also at ways to help the weakened immune system.

"Syndrome" is a word which is used to describe a collection of symptoms and changes in the body which are related to a single disease process. Acquired immune deficiency syndrome is characterized by infections which are devastating and which usually don't even cause disease in most people. Because these germs take advantage of the weakened immune system, these infections are called "opportunistic" infections. Another part of the syndrome has to do with the development of certain kinds of cancers, the most common

of which is called Kaposi's sarcoma. As the person's body weakened further and further by these infections and/or malignancies, there is increasing weakness, weight loss, fever, and eventually death.

It is hoped that current and future research will find a cure for AIDS. In the meanwhile, it remains a frightening disease. Perhaps the fear will result in people avoiding behavior which puts them at risk, such as drug abuse and promiscuous sex. Knowledge about the transmission of AIDS should however encourage appropriate

feelings. There is no need to fear casual contact with people infected with the AIDS virus, only intimate kinds of contact. There is a need to not reject those people who have Acquired Immune Deficiency Syndrome but to show care and concern for their plight. (Written by Dr. Dean Patton of Greenville, as public service of the North Carolina Academy of Family Physicians. If you need a list of Family Doctors in your area, please write to: Family Medicine Chest, NCAFP, P.O. Box 18469, Raleigh, NC 27619).

## WANTED

Part Time Secretary  
Minimum Wage  
Local Business  
Some Computer Experience Required

Send Resume To:  
P.O. Box 275  
Hertford, NC 27944

## Healthy holiday menu

Welcome to holiday American Heart Association style. Eating often and in large quantities are ways Americans traditionally celebrate the holidays. But controlling calories, cholesterol, fat and sodium in your diet can go hand-in-hand with enjoyable festive meals. Discover how with this special holiday menu.

**THE MENU**  
Mushroom-Nut Pie with Crudites  
Roast Turkey with Apple Stuffing  
French Peas  
Creamed Onions  
Cranberry Orange Salad  
Whole Wheat Muffins  
Apricot Ice.

Turkey is an ideal food because it's relative low in cholesterol and fat. When a turkey is roasted, much of the fat drains off. Frozen, plain turkey is usually the most economical and nutritious. In contrast, frozen, self-basting turkeys contain injections of a solution of broth and butter

or cooking oil. The basting oils adds calories, and the broth is often high in salt.

**APPLE STUFFING**  
¼ cup chopped onions  
¼ cup chopped celery  
2 tablespoons margarine  
4 cups dry bread cubes  
½ teaspoon poultry seasoning  
½ teaspoon dried sage  
1 cup diced, unpeeled apples  
½ teaspoon dried sage  
freshly ground black pepper  
½ cup chicken broth

Cook onions and celery in margarine for 5 minutes, or until tender. Combine onions and celery with all other dry ingredients. Add broth and toss lightly.

Use to stuff a turkey.  
Use unsalted or low-salt broth to reduce sodium content. Yield: stuffing for a 10-12 pound turkey or 12 servings.

## Marine fisheries sponsors saltwater tournament

Beginning in 1987, the NC Division of Marine Fisheries will begin sponsoring the annual NC Saltwater Fishing Tournament and all tackle record saltwater fishes program.

The tournament will be renamed to the NC Saltwater Fishing Citation Program.

The programs have been sponsored by the Department of Commerce, Travel and Tourism, for the past 12 years. They were designed to recognize outstanding angling achievements. NC Wildlife Commission will take over the NC all tackle record freshwater fishes program.

Up to 2,500 citations suitable for framing have been awarded each year to recognize anglers who catch eligible species at or over listed minimum weights.

Marine Fisheries will make some minor changes the first year. One

will be that the program will be year-round beginning in 1987, opposed to closing during winter months.

The following species will be added to the citation list: pompano-two pounds minimum; tautog-eight pound minimum; triggerfish-seven pound minimum. Flounder minimum weight will be reduced to five pounds; and, for conservation purposes, the channel bass release citation size will be reduced to 40 inches, and the minimum weight will be increased to 45 pounds.

Application forms for 1987 will not be available until February. Anyone catching a citation fish before then can use the 1986 forms.

Questions on the citation and record fish programs should be addressed to Jim Tyler, Marine Fisheries, P.O. Box 769, Morehead City, NC 28557, or 1-800-682-2632.

## Hertford VFW news

The Monthly meeting of the Hertford VFW Post 8148 was held at Jimmy's Barbecue Place, Wednesday evening Dec. 10th.

The meeting was conducted by the Senior Vice Commander, Eddie Barber since Commander D.J. White was not present. He reviewed several VFW programs with the members.

The Veterans Service Officer, John Beers, proposed that a joint meeting be held with the American Legion Post 106 which will be beneficial for the VFW and the American Legion members.

The monthly attendance award of \$20.00 was given to L.D. Mustin. His name was drawn and he was present to receive the award. The member whose name is drawn must be present to receive this attendance award.

Our Quartermaster, Ernest Sutton is still on vacation. Due to this the VFW paper work will move a little slow until he returns.

Veterans are invited to join the local VFW Post, become active members and support the Veterans of Foreign Wars (VFW).

### Quacks cost

Americans spend \$10 billion a year on quack medical remedies.

**OLD SOFA TRADE IN  
\$100.00 Allowance  
on New Sofa Set  
Albemarle Furniture**

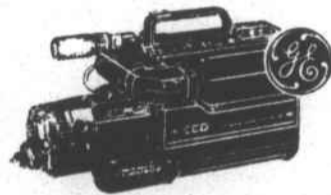
Introducing  
**THE GREAT  
GE HOLIDAY  
GIVE-AWAY!**

GET UP TO

**\$100 CASH REBATE**

Direct From General Electric  
**ON SELECTED GE VCR'S,  
CAMCORDERS  
OR COLOR TELEVISIONS**

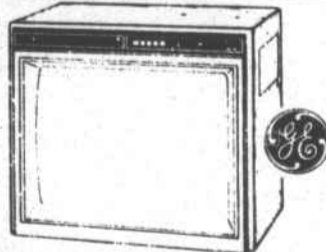
Come in for complete details, including the list of eligible GE product models. You apply for your Cash Rebate by submitting a redemption form and appropriate proof-of-purchase. The GE Redemption Center will forward your rebate direct to you. This offer expires December 31, 1985, so hurry in today.



**GE HQ VHS CAMCORDER**  
MODEL 9-9610  
• Lightweight, one-piece camera and video recorder  
• Records onto standard VHS tape  
• Automatic focusing  
• Solid state CCD image sensor  
• 7 lux low-light capability

\$75<sup>00</sup> per month  
GE Financing

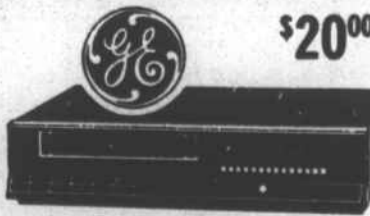
Plus  
**\$100  
Rebate**



**25" Diagonal TABLETOP STEREO  
ADAPTABLE COLOR TV**  
MODEL 8-2559

\$28<sup>00</sup> per month  
GE Financing

Plus  
**\$25<sup>99</sup>  
Rebate**



**GE VHS HQ VCR**  
MODEL 9-7115  
• 17 function wireless remote control  
• Cable compatible tuning  
• 4 event/2 week timer with power back-up  
• One-touch recording with standby  
• Special effects in EP mode

\$20<sup>00</sup> per month GE Financing

Plus  
**\$20<sup>00</sup>  
Rebate**

GE. WE BRING GOOD THINGS TO LIFE.

**Hertford Motor Co.**

Hertford U.S. 17, Hertford 426-5688

# NOTICE

**All property subject to Ad Valorem Taxation shall be listed annually as prescribed by law.**

**The regular listing period will begin on Friday, January 2, 1987 and end on Saturday, January 31, 1987.**

**List during the regular listing period and save ten per cent penalty.**

**Belvidere Township**  
Marie Byrum, List Taker  
Belvidere Community Building

**Hertford Township**  
Oras Winslow, List Taker  
Courthouse, Hertford

**Bethel Township**  
Madeline Long, List Taker  
Bethel Community Building

**Parkville Township**  
Anna Newburn, List Taker  
Winfall Community Building

Dates & Times for these Townships are:

JANUARY 1987						
MON.	TUES.	WED.	THUR.	FRI.	SAT.	
			1	2 8:30-5:00	3 8:30-1:00	
5	6	7 8:30-5:00	8 8:30-5:00	9 8:30-5:00	10 8:30-1:00	
12	13	14 8:30-5:00	15 8:30-5:00	16 8:30-5:00	17 8:30-1:00	
19	20	21 8:30-5:00	22 8:30-5:00	23 8:30-5:00	24 8:30-1:00	
26 8:30-5:00	27 8:30-5:00	28 8:30-5:00	29 8:30-5:00	30 8:30-5:00	31 8:30-1:00	

**NEW HOPE TOWNSHIP**  
Eihel M. Eure, List Taker  
Durants Neck Fire Dept. (DNFD)  
Inter-County Fire Dept. (ICFD)

**NOTE: Listing at 2 places.**

**DATES AND TIMES FOR THE  
NEW HOPE TOWNSHIP ARE.**

JANUARY 1987						
MON.	TUES.	WED.	THUR.	FRI.	SAT.	
			1	2 DNFD 8:30-5:00	3 DNFD 8:30-1:00	
5	6	7 DNFD 8:30-5:00	8 DNFD 8:30-5:00	9 DNFD 8:30-5:00	10 DNFD 8:30-1:00	
12	13	14 DNFD 8:30-5:00	15 DNFD 8:30-5:00	16 DNFD 8:30-5:00	17 DNFD 8:30-1:00	
19	20	21 ICFD 8:30-5:00	22 ICFD 8:30-5:00	23 ICFD 8:30-5:00	24 ICFD 8:30-1:00	
26 ICFD 8:30-5:00	27 ICFD 8:30-5:00	28 ICFD 8:30-5:00	29 ICFD 8:30-5:00	30 ICFD 8:30-5:00	31 ICFD 8:30-1:00	

## NORTH CAROLINA G.S. 105-308 DUTY TO LIST: PENALTY FOR FAILURE

Every person in whose name any property is to be listed under the terms of this sub-chapter shall list the property with the tax supervisor or proper list taker within the time allowed by law on an abstract setting forth the information required by this sub-chapter.

In addition to all other penalties prescribed by law, any person whose duty it is to list any property who willfully fails or refuses to list the same within the time prescribed by law shall be guilty of a misdemeanor punishable by a fine not to exceed five hundred dollars (\$500.00) or imprisonment not to exceed six months. The failure to list shall be prima facie evidence that the failure was willful.

Any person who removes or conceals property for the purpose of evading taxations or who aides or abets the removal or concealment of property for the purpose of evading taxation shall be guilty of a misdemeanor punishable by a fine not to exceed five hundred dollars (\$500.00) or imprisonment not to exceed six months.

## PROPERTY TAX RELIEF FOR ELDERLY AND PERMANENTLY DISABLED PERSONS

G.S. 105-277.1 excludes from property taxes the first twelve thousand dollars (\$12,000 in assessed value of certain property owned by North Carolina residents aged 65 or older or totally and permanently disabled who disposable income does not exceed eleven thousand dollars (\$11,000). The exclusion covers real property occupied by the owner as his or her permanent residence. Disposable income includes all moneys received other than gifts or inheritances received from a spouse, lineal ancestors, or lineal descendants.

**KEITH W. HASKETT**  
**Perquimans County Tax  
Supervisor**

**JIMMY'S BBQ #1**

Friday Night Special  
Pickled Herrings

**\$2.95**

