

Community

EFNEP aides certified to teach series

"Eating Right is Basic 2" is a new EFNEP program recently adopted by Agriculture Extension Service. Earline White and Eula Jordan, Perquimans County EFNEP aides were recently certified to teach the series.

"Eating Right is Basic 2" is a food and nutrition curriculum developed for the nationwide Expanded Food and Nutrition Education Program. The adult program offers nineteen lessons. Twelve of these cover topics like food preparation, planning, food storage and sanitation, shopping skills and basic nutrition. The other seven are "special topic" lessons covering weight management, maternal, infant, child nutrition, gardening, canning and freezing.

The youth series offers six basic lessons and six special topic lessons which include many different activities, games, cartoons. The series will provide education for youth in principles of nutrition, diet and in selection and use of food. It contributes to personal development and to improved nutrition of the entire family. The six basic lessons are on nutrition, breakfast, energy balance, food preparation, food storage and safety, snack choices, buying food, and health. Special lessons include food preservation, production, fast food

choices, getting ready for work and fitness.

Eula Jordan will offer the series of six lessons to small groups of youth ages 6-19 in Perquimans County. She will be working with day camps and special 4-H EFNEP activities. She received the 1986 Northeast District EFNEP Award for Outstanding Accomplishments with Groups and a five year certificate of service.

Earline White will offer the series of 12 basic lessons, "Eating Right is Basic 2" to groups of women in Perquimans County. She has been employed as an EFNEP aide for 16 years. She received a Northeast District Award for Outstanding in the Adult EFNEP Program and was awarded a gold bead and chain.

She received a certificate for the most Creative Teaching Method in the Northeast District. The award was presented because of her special efforts to develop a "nutrition and fitness" series for homemakers in March, 1986.

Ila Grey White, Area Home Economics Extension Agent, EFNEP supervisor. Stan Winslow is Perquimans County Extension Director. For more information call 426-7697 at the Perquimans Extension Office.



Dean N. Lane, center, is pictured receiving a check from Ben Berry, left, of Peoples Bank, and David Carter, right, of NCNC. Dean was the recipient of a scholarship to the Modern Farming Short Course which is sponsored by the NC Agricultural Extension Program, and the NC Banker's Association.

Hertford VFW news

The Hertford VFW Post 8148 monthly meeting was held at Jimmy's Barbecue Place Wednesday evening, Jan. 14th.

Commander D.J. White conducted the meeting with a very good attendance. Several VFW programs were reviewed with the members.

Commander Wilson Rountree of American Legion Post 126 and Veterans Service Office John Beers were present. They discussed plans with the members of having future joint meetings.

In view of this, there will be a joint meeting Wednesday evening, Feb. 11th, at 6:00 p.m. at Jimmy's Barbecue Place between the VFW mem-

bers of Post 8148 and American Legion members of Post 126. After the meeting the members will meet at the American Legion Hut. Any member wanting more information contact Commander D.J. White, 264-2801 or Commander J.W. Rountree, 264-2050.

Felton Hurdles' name was drawn for the attendance award. However, he was not present to receive the award. The member whose name is drawn, must be present to receive this award.

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

NOTICE STOCKHOLDERS' MEETING

The annual stockholders' meeting of Hertford Savings and Loan Association will be held Wednesday evening February 11, 1987, 7:30 p.m., at the office of the Association, 121 North Church Street, Hertford, N.C. This meeting is called for the purpose of electing officers and directors of the ensuing year, and transacting any other business that might come before the meeting.

Henry C. Stoke, President
H. Gene Boyce, Sec.-Treas.

HERTFORD SAVINGS & LOAN ASSOCIATION

Pageant applications ready

Applications are now available for women interested in competing in the Mrs. North Carolina-America Pageant to be held in Wilmington February 27-28 at Kenan Auditorium at UNC-Wilmington.

Contestants must be at least eighteen years old and married for at least one year as of the date of the pageant. Areas of competition in-

clude interview, swimsuit, and gown. Debra Schuckman, of Wilmington, is the reigning Mrs. North Carolina-America and was a semi-finalist in the Mrs. America pageant last April in Las Vegas.

Applications may be obtained by writing to P.O. Box 1566, Wilmington, N.C. 28402. Deadline for applying is February 2, 1987.

Heart association announces officers

The Perquimans County Heart Association announces the following officers for the 1986-87 Fiscal Year:

They are: Mrs. Chris Lane, President, Robert E. Lane, FundRaising Chairman and Medical & Community Chairman, Elizabeth S. Thatch, Heart Sunday Chairman, Paige Underwood, Rural Heart Fund Drive Chairman, Roy Chappell, Jr., Treasurer and Memorial Chairman, Morris Kornegay, Jump Rope for Heart, Sharman Haskett, Telepledge Campaign Chairman, Andrea Boone, Public Information Chairman, Ben Berry, Business Blitz Chairman, and Lessie White, Rural Community Chairman.

These dedicated community leaders, along with many other local volunteers work diligently to help the American Heart Association meet the challenge of their mission: to re-

duce premature death and disability from cardiovascular disease and stroke. Yet those few words mean so much to so many people in Perquimans County.

In North Carolina, more than 24,000 deaths annually are caused by diseases of the heart and blood vessels. Cardiovascular diseases are North Carolina's Number One Killer.

The death rate by cardiovascular disease has dropped by 28 percent over the past ten years. Cardiovascular research and American Heart Association community programs contributed to that reduction. The American Heart Association thinks the best plan of action is prevention.

When an American Heart Association volunteer calls on you, please give generously. We're fighting for your life, and winning!

Health Dept. schedule

The February Clinic Schedule for the Perquimans County Health Department is as follows:

Feb. 2, Prenatal, A.M., Family Planning, P.M.; Feb. 3, 8:00, Teen Clinic; Feb. 4, Pediatric Clinic, P.M., Dr. Slade; Feb. 5, Immunization Clinic, 5:00-7:00 p.m.; Feb. 6, General Clinic, P.M. and WIC, All Day; Feb. 10, Prenatal Check Pills-Problems, P.M.; Feb. 11, Child Health, All

Day and Feb. 13, General Clinic, P.M.

Also, Feb. 16, Prenatal, A.M.; Family Planning, P.M.; Feb. 18, Child Health, P.M.; Feb. 19, PAP Clinic; Feb. 20, General Clinic, P.M. and WIC, All Day. Feb. 24, Prenatal Check, P.M.—Pills Problems; Feb. 26, Adult Health, All Day and Feb. 27, General, P.M.

Community calendar

Workshop set

The Perquimans County Extension Office is sponsoring a workshop enti-

The workshop will be held Jan. 29th at 7 p.m. at the Agricultural Exten-

sion Office. Please note change of location. The meeting was originally scheduled to be held at the Albemarle Commission Building but due to a scheduling conflict, it has been moved back to the Extension Office. titled "In-depth Look at The 1987 Government Programs."

SUNBURY FAMILY CARE HOME

Highway 32, Sunbury, N.C. 27979

Licensed facility providing residential care for the aged. A home which provides 24 hour supervision and personal care. All meals, laundry, transportation and planned activities provided for one monthly fee.

Newly renovated home with glassed sunroom, fireplaces, all modern conveniences, beautiful grounds.

For Personal Tour Call:
804-934-7854

WHAT'S NOW EVEN LOWER...
NEW AT FAMILY DOLLAR? LOW PRICES

<p style="font-size: 3em; font-weight: bold;">3⁷³</p> <p style="font-weight: bold;">Tylenol Extra Strength Tablets/60 Ct.</p>	<p style="font-size: 3em; font-weight: bold;">88¢</p> <p style="font-weight: bold;">Windshield Washer Fluid Gallon</p>	<p style="font-size: 3em; font-weight: bold;">1³⁷</p> <p>15 Oz. STP Oil Treatment</p>	<p style="font-size: 3em; font-weight: bold;">1³³</p> <p>9 Oz. WD40 Spray</p>
<p style="font-size: 3em; font-weight: bold;">1²⁷</p> <p>4.6 Oz. Crest Or Colgate Toothpaste</p> <small>4.6 Oz. Crest Tartar Control Reg. Or Gel, Ex. Large Reg. Mint Or Gel, Colgate Tartar Control Reg. Or Gel, 5 Oz. Colgate Large</small>	<p style="font-size: 3em; font-weight: bold;">2²³</p> <p>Each Robitussin 4 Oz. CF/DM</p>	<p style="font-size: 3em; font-weight: bold;">1⁷³</p> <p>1.25 Oz. Secret Roll-On Deodorant Regular Or Powder Fresh</p>	<p style="font-size: 3em; font-weight: bold;">3⁹⁹</p> <p>Each Ladies' Cotton Cord Activewear Rompers Adjustable Straps</p>
<p style="font-size: 3em; font-weight: bold;">3⁹⁹</p> <p>Pack Reg. 4.99 Men's & Boys' 6 Pair Pack Tube Socks</p>	<p style="font-size: 3em; font-weight: bold;">2⁹⁹</p> <p>Gal. 1.49 After 1.50 Mfr. Rebate Texaco Anti-Freeze</p>	<p style="font-size: 3em; font-weight: bold;">64¢</p> <p>Qt. 39¢ After 1.25 Mfr. Rebate For 5 Quarts Purchase Warren Motor Oil 30W, 10W/4, ATFA</p>	<p style="font-size: 3em; font-weight: bold;">FAMILY DOLLAR</p> <p style="font-size: 0.8em;">SATISFACTION GUARANTEED</p>

Prices Good At All Family Dollar Stores Through This Weekend. Quantities Limited On Some Items. No Sales To Dealers.

BE-LO SHOPPING CENTER
9-9 Mon.-Sat.; 1-6 Sunday