#### THURSDAY, JANUARY 29, 1987

THE PERQUIMANS WEEKLY

# **Local News**

## Bethel fire dept. sells monopoly games

Thirty four Perquimans County businesses will be for sale in the near future, available to anyone with a little luck and a special kind of money

Before local realtors become too excited, they should know that the business will be available only on a 'Monopoly'' like game called The Game Of Perquimans County.

The game will be sold for \$12.00 by the Bethel Fire Department which is obtaining them from G & J Ideas, Myerstown, PA 17067.

"Much of the money goes right beck to the community however through Fire Department projects such as the pruchasing and maintaining of equipment for the Bethel Fire Department," noted Mr. Jeff Proctor, Projects Chairman.

Civic pride, the fun of playing the game and the advertising for local businesses are other benefits to be derived from The Game Of Perquimans County.

Just thirty four businesses will be able to purchase spots on the board. Instead of spaces named 'Park Place and Marvin Gardens,' the local board game will sport the names of local businesses

"A representative of G & J Ideas will be in town on Monday, January above people.

26, to begin selling spots on a firstcome, first-served basis," Mr. Proctor said and several local businesses have already expressed an interest.

The game board, similar to a "Monopoly" board, wil also feature the names of th efirst 500 people who order games in advance, Mr. Proctor said.

From two to six players start with \$69,000 and move around the board investing in local properties or commodities, such as oil, paper, tin, etc. One bad roll of the dice can spell financial ruin.

Even if players invest wisely, they must deal with pitfalls stewn around the board. They can also lose big money if landing on City Hall and paying a tax.

The winner can be the person with the most money after a predetermined amount of time has passed or the millionaire who drives his competitors to bankruptcy and owns all of Perquimans County.

vance by calling Ben Hobbs during the day at 426-7815 or Jeff Proctor at 426-7812 and Wes Weatherington at 426-8568 during the evenings.

Robin Pomeroy at 684-5820.

rial factors.

thal said.

E

of exercise," he said.

#### **Exercise lowers risk** of heart disease

DURHAM, NC-Even though the incidence of heart disease is higher in men than women, thousands of women die of heart attacks every year.

A new study at Duke University Medical Center is aimed at finding out if regular aerobic exercise can reduce some of their risks.

"Heart disease is not an insignificant health problem for women," Dr. James Blumental said. "It accounts for about one-third of all deaths in women in most industrialized countries."

Blumenthal is an associate professor of psychiatry at Duke.

He said the traditional risk factors för heart disease, such as high blood pressure, a high cholesterol diet and cigarette smoking, appear to be at least as important for women as they are for men.

"Other factors also are likely," Blumenthal said, "and we're focusing on possible behavioral influences that may be relevant for the development of coronary heart disease." Namely he said, the study is designed to see if exercise alters cardiovascular reactivity and hormone production in response to stress. Researchers suspect that certain hormones may contribute to the process of heart disease.

"Since menopause is not only assoclated with an increased risk of heart disease but is also accompanied by ignificant hormonal chang

Persons can order games in ad-Also any businesses that would like

to participate please contact the

Collaborating researchers from U.C.L.A., the Uniformed Services

University of the Health Sciences,

yale and the Karolinska Institute in

Sweden will come to Durham to learn

This is the latest in a series that has

examined the influence of exercise

on a variety of physical and behavo-

"Recent studies, mostly of men,

have suggested that aerobic exercise

may lower cardiovascular and hor-

monal responses to stress," Blumen-

middle-aged men, this study involv-

ing women will permit us to examine

possible sex differences in the effects

Chowan Health Departments will be

holding a nightime Immunization

Clinic for working parents on Thurs-

"Since we have collected data on

more about Duke's exercise studies.

Photo by Joseph Beele Members of Bethel Fire Dept. along with County Commissioner Lester Simpson play the game of Perquimans County which currently on sale by fire department members as a

### N.C. Labor Dept. opens safety awards programs

RALEIGH, NC-Labor Commissioner John C. Brooks recently announced the opening of th state Labor Department's annual safety awards program and urged private and public employers throughout the state to participate in ten safety incentive efforts.

The awards recognize a firm's safety record for the 1986 calendar year. Applications should be returned by February 13, 1987.

"The emphasis which employers, employees, and our department places on safety has a positive effect in our state, keeping our accident and injury rates below the national average," Brooks said.

"The safety awards program in coordination with in-plant safety programs sponsored by industry, stimulates interest in accident prevention," he added.

Nearly 2,000 firms in the state qualified for awards last year. These awards were given at a series of 30 safety awards presentations across the state.

The safety awards program is open to any firm with 10 or more employees, or any mining firm with five or more employees. Winners must have achieved either a perfect safety record during calendar year 1986, or

LEFT OR RIGHT ... ?

MAKE UP YOUR MIND."

For additional information, or to request an application, please contact Carol Namkoong, coordinator, Safety Awards Program, N.C. Department of Labor, Division of Occupational Safety and Health, 214 West Jones Street, Raleigh, NC 27603, (919) 733-5683.

Swindell Monument Company

> Monuments Markers

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**Raleigh sets fees for** returned checks charges

RALEIGH-"Ten dollars is the maximum fee that can be charged for returned checks," said Attorney General Lacy H. Thorburg who (today) was granted a temporary restraining order against a Pennsylvania firm accused of violating the North Carolina law governing processing fees

for checks returned by banks because of insufficient funds

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Cheque-Rite, Inc. of Erie, Pennsylvania is accused in a consumer protection lawsuit of collecting up to \$17.50 in fees for checks returned to its merchant clients who contract for the firm's check guarantee service.

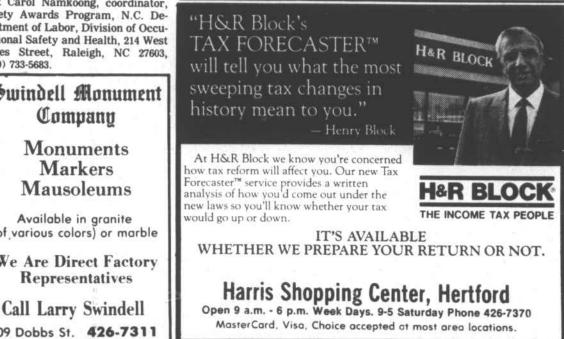
# **PUBLIC NOTICE**

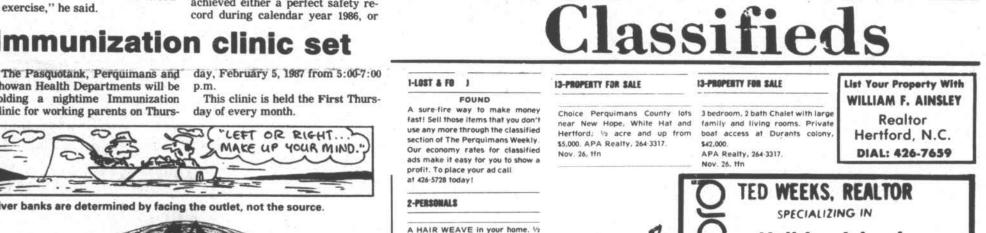
#### Perquimans County Water Department

The following tap-on fees for water meters will become effective February 1, 1987:

3/4	'' Service\$300
1''	Service\$375
2''	Service

11/4" and 11/2" services will no longer be available.









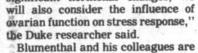
fund raiser.

Immunization clinic set

River banks are determined by facing the outlet, not the source.

p.m.

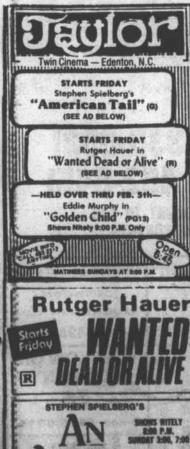
day of every month.

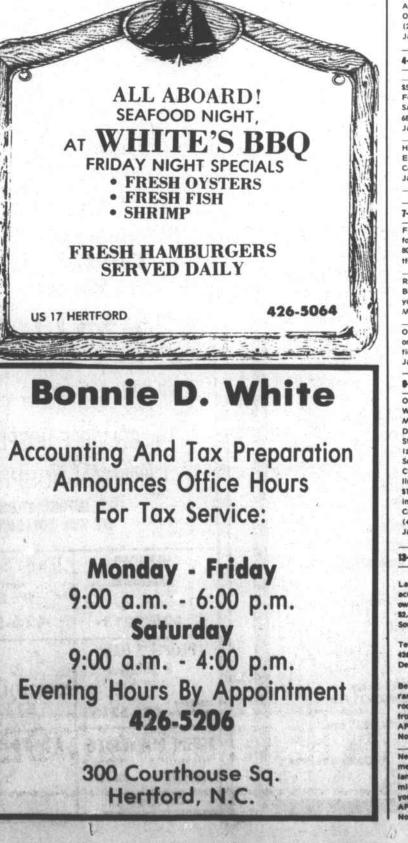


recruiting healthy women ages 45 to 55 for the three-month study, which is being supported by a grant from the MacArthur Fountain of Chicago.

Volunteers, who have not been exercising regularly, will participate three days a week at DUPAC-Duke University's Preventative Approach to Cardiology facility. A control group of non-exercising women will participate in yoga classes.

Among other things, researchers will be looking at the effects of exercise training on heart rate, blood pressure and hormone production, as well as psychological and behavioral functioning. For more information about the study, cal research analyst





1 **Holiday Island** OFF. Free hair SAMPLES. Cal (215) 236-2259 Jan. 29, Feb. 5, 12 Lots . Cottages 4-NELP WANTED **Mobile Homes** \$500 MONTHLY! Work at home 426-7653 For complete set up, sent \$1.00 & SASE SHADE CLUB, Rt. 2, Box Holiday Island Box 275 Hertford, N.C. 680, Laurel, MS 39440 Jan. 29, Feb. 5 HAIR WEAVERS-Free training Earn \$500; weekly co Call (215) 236-2259 Jan. 29, Feb. 5, 12 TITL 7-MISC. FOR SALE FEDT SO Farm and commercial buildings for sale, J.H. Cuthrell Co., call 1-800-682-7777. Washington, N.C. Rich, black topsoil, white sand. Best available. We deliver or load your truck. 264-2361. May 20, tfn MOBILE AND ONE USED REFRIGERATOR MODULAR HOMES 30 FINANCING 8.5% INTEREST only 3 years old. Excellent condition Call after 6:00 p.m : 426-7698. Jan. 29, Feb. 5, 12 INCLUDES LAND, WELL, SEPTIC TANKS, PERMANENT FOUNDATION. *p-BUSINESS OPPORTUNITIES* DRIVEWAY AND LANDSCAPING. OWN YOUR OWN JEAN-SPORTS-WEAR, Ladies Apparel, Childrens Maternity, Large Sizes, Petite, Dancewear-Aerobic or Accessories Store. Jordache, Chic, Lee, Levi, Izod, Gitano, Guess, Calvin Klein, Sergio Valente, Evan Picone, Liz Claiborne, Members Only, Gasoine, Healthtex Over 1000 Others. \$14,800 To \$26,900 Inventory, Training, Fixtures, Grand Opening Etc. Can Open 15 Days. Mr. McComb (404) 924-4583. Jan. 29 **13-PROPERTY FOR SALE** Holiday Island Large selection of wooded quarter-acre lots for resale by individual COMPLETE TURNKEY CONSTRUCTION rs. Off-water lots average \$2,500. Canal lots average \$6,000. READY TO MOVIE IN AND ENJOY ront lots \$15,000 to \$20,000 NO MONEY DOWN TO VETERANS OR LAND OWNERS GIFFORD REALTY Ted Weeks, REALTOR Use your present equity in your mobile home for trade in value - low in price - high 426-7653 Dec. 13, tfn in quality! Now's the time to buy for the best value Beautiful 4 bedroom, 2 bath, brick ranch with 2 car garage. Lots of room on large secluded lot; 1/2 mile HOME BUILDERS CO from Perquimans River. \$80,000. APA Realty, 264-3317. U 38 Nov. 26, tin homes 0 eed a 3 bedroom house with com WITH 2 LOCATIONS TO SERVE mercial shop space on 2 acres of land? 8 miles from Hertford and 15 ighway. Elizabeth City North Carolina 338-004 miles from E. City. We have what need at \$79,000. APA Realty, 264-3317