

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 back to the community however through Fire Department projects such as the purchasing 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

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

The game board, similar to a "Monopoly" board, will also feature the names of the first 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 strewed 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.

Persons can order games in advance by calling Ben Hobbs during the day at 426-7815 or Jeff Proctor at 426-8568 during the evenings.

Also any businesses that would like to participate please contact the above people.



Photo by Joseph Beeler

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 fund raiser.

N.C. Labor Dept. opens safety awards programs

RALEIGH, NC—Labor Commissioner John C. Brooks recently announced the opening of the 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

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.

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	\$750

1 1/4" and 1 1/2" services will no longer be available.

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 Blumenthal 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 for 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 associated with an increased risk of heart disease but is also accompanied by significant hormonal changes, we will also consider the influence of ovarian function on stress response," the Duke researcher said.

Blumenthal and his colleagues are 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, call research analyst

Robin Pomeroy at 684-5820.

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 more about Duke's exercise studies.

This is the latest in a series that has examined the influence of exercise on a variety of physical and behavioral factors.

"Recent studies, mostly of men, have suggested that aerobic exercise may lower cardiovascular and hormonal responses to stress," Blumenthal said.

"Since we have collected data on middle-aged men, this study involving women will permit us to examine possible sex differences in the effects of exercise," he said.

Immunization clinic set

The Pasquotank, Perquimans and Chowan Health Departments will be holding a nighttime Immunization Clinic for working parents on Thurs-

day, February 5, 1987 from 5:00-7:00 p.m.

This clinic is held the First Thursday of every month.



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

ALL ABOARD!
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Hertford, N.C.

Taylor
Twin Cinema — Edenton, N.C.

STARTS FRIDAY
Stephen Spielberg's
"American Tail" (R)
(SEE AD BELOW)

STARTS FRIDAY
Rutger Hauer in
"Wanted Dead or Alive" (R)
(SEE AD BELOW)

—HELD OVER THRU FEB. 5th—
Eddie Murphy in
"Golden Child" (PG-13)
Shows Nitely 9:00 P.M. Only

STARTS FRIDAY
STEPHEN SPIELBERG'S
"AN AMERICAN TAIL" (G)
SHOWS NITELY 8:00 P.M. SUNDAY 2:00, 7:00

Classifieds

1-LOST & FOUND

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A sure fire way to make money fast! Sell those items that you don't use any more through the classified section of The Perquimans Weekly. Our economy rates for classified ads make it easy for you to show a profit. To place your ad call at 426-5728 today!

13-PROPERTY FOR SALE

Choice Perquimans County lots near New Hope, White Hat and Hertford; 1/2 acre and up from \$5,000. APA Realty, 264-3317. Nov. 26, 11n

13-PROPERTY FOR SALE

3 bedroom, 2 bath Chalet with large family and living rooms. Private boat access at Durants colony, \$42,000. APA Realty, 264-3317. Nov. 26, 11n

2-PERSONALS

A HAIR WEAVE in your home, 1/2 OFF. Free hair SAMPLES. Call (215) 236-2259. Jan. 29, Feb. 5, 12

4-HELP WANTED

\$500. MONTHLY! Work at home. For complete set up, sent \$100.00 & SASE SHADE CLUB, Rt. 2, Box 680, Laurel, MS 39440. Jan. 29, Feb. 5

7-BUSC. FOR SALE

Farm and commercial buildings for sale. J.H. Cuthrell Co., call 1-800-682-7777. Washington, N.C. 11n

9-BUSINESS OPPORTUNITIES

OWN YOUR OWN JEAN SPORTS-WEAR, Ladies Apparel, Childrens-Maternity, Large Sizes, Petite, Dancewear-Aerobic or Accessories Store. Jordache, Chic, Lee, Levi, Izod, Gitanjo, Guess, Calvin Klein, Sergio Valente, Evan Picone, Liz Claiborne, Members Only, Gasoline, 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 owners. Off-water lots average \$2,500. Canal lots average \$6,000. Soundfront lots \$15,000 to \$20,000. GIFFORD REALTY
Ted Weeks, REALTOR
426-7653
Dec. 13, 11n

13-PROPERTY FOR SALE

Beautiful 4 bedroom, 2 bath, brick ranch with 2 car garage. Lots of room on large secluded lot; 1/2 mile from Perquimans River. \$80,000. APA Realty, 264-3317. Nov. 26, 11n

Need a 3 bedroom house with commercial shop space on 2 acres of land? 8 miles from Hertford and 15 miles from E. City. We have what you need at \$79,000. APA Realty, 264-3317. Nov. 26, 11n

WILLIAM F. AINSLEY
Realtor
Hertford, N.C.
DIAL: 426-7659

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