

# Local News

## Perquimans quilts to be featured in national magazine feature story

Quiltmaking in eastern North Carolina, focusing on the North Carolina Quilt Project, will be featured in the August-September issue of the national magazine, *Ladies Circle Patchwork Quilts*. Published six times a year, each issue features a different section of the country.

In preparation for the feature, Carter Houck, Editorial Director of the magazine, Myron Miller, photographer of the magazine, Karen O'Dowd, editorial assistant, and Ruth H. Roberson, Director of the

North Carolina Quilt Project were in Hertford on Friday, April 10th.

The visitors were on hand to visit with the Perquimans County Quilters Club at a potluck luncheon, and to select, photograph, and document quilts which will be used in the county in the magazine's feature story.

Approximately ten quilts were chosen by the magazine, and were photographed for the feature at several locations in the county including the Newbold-White House, and the home

of Lucille Winslow.

Following their visit in Hertford the group was to make several other stops along the coast of North Carolina, including Cape Hatteras for a quilt documentation day before returning to New York.

For more information on the feature story, the North Carolina Quilt Project or the Perquimans Quilters Club contact Mrs. Effie Harris at 335-4190 or the Perquimans County Extension Office.



Pictured above are members of the Perquimans Quilters club along with Carter Houck of the magazine, *Ladies Circle Patchwork Quilts*. Ms. Houck is shown here as she selects for their upcoming feature story.

## Albemarle nurses working towards May 2nd homecoming

College of The Albemarle's Associate Degree Nursing Program is sponsoring a homecoming for its 13 graduate classes. All nurses who have graduated from the program will be welcomed back to their alma mater for an educational and informative program.

Wilma Harris, director of the nursing program at C.O.A. said that she is hoping for a big turnout at the May 2 homecoming. Already, graduates should have received an invitation to the event and a registration form, in material mailed in March.

A seminar on the topic of the impaired nurse will be one focal point of the program. Taught by a case specialist with the state board of nursing, Donna Mooney, the two-hour lecture can be used by attendees to gain credit toward continuing education credits, demonstrating updated knowledge in the field, in order to continue practicing.

Other parts of the homecoming program, including theme development give-aways and promotion are subcommitted to chairpersons who are graduates. Most are registered nurses working at Albemarle Hospital or in Elizabeth City. Jo Ann Talkington, Pat Sterritt and Ramona Currie are three of the chairpersons from Albemarle Hospital.

Currie notes that many of C.O.A.'s graduate registered nurses are employed at Albemarle Hospital. "We have more C.O.A. graduates by far, than graduates from any other program," she said.

The theme selected for the program in May is "Up and Away with C.O.A." It will be developed in the literature developed for the homecoming and in decorations used at C.O.A., in the parts of the campus involved in the homecoming.

The homecoming event will span lunch, and Harris has planned to

cater the meal from the food service of a local church. A \$5.00 fee, to cover the cost of the food is being asked from each attendee. Pre-registration will help to organize the ordering of meals and other phases of planning, Harris said. Pre-registration forms were included in the March mailing to graduates.

"I think it will be enjoyable. I also think it will be meaningful in an educational kind of way," Harris said of the May event.

But, even with educational events, timely information for nurses and good food, the high point of the homecoming for many will be the opportunity to renew old friendships.

"I haven't seen some of my classmates since graduation, and I'm dying to know what they're all doing," Currie said.

For more information about the homecoming, please call Wilma Harris at C.O.A., 335-0821.

## Vision tips for elderly citizens

"Most people will agree that visual quality of life should be at the top of the list for assuring happy retirement years," observes Sidney L. Gullledge, III, M.D., Chairman of the Medical Advisory Board of the National Society to Prevent Blindness North Carolina Affiliate. "They're depending on their eyes to help them enjoy life to the fullest."

"Yet, when it comes to getting that recommended eye checkup as a prime defense against vision disorders of the aging eye, many are gripped with a do-nothing paralysis because they remember 'the way it was,'" Dr. Gullledge points out.

Today's older Americans who grew up in the Buck Rogers' era, may not know what was science fiction then is medical reality today. The space age has spun off a new arsenal of weapons against blindness, and now the computer revolution is contributing to a further explosion of high-tech, state-of-the-art diagnostic and surgical devices and procedures to detect and correct ocular disorders.

The normal aging process plays a major role in these leading causes of blindness: glaucoma; cataract; diabetic retinopathy, a vision-destroying threat to long-term diabetics, and age-related macular degeneration, a loss of sharp central vision caused by damage to blood vessels supplying that part of the retina. Heredity may also play some role in all these diseases. One of the most significant changes in dealing with eye disease has been in cataract surgery; and in glaucoma treatment was introduced a century ago.

The development of the laser has revolutionized glaucoma therapy. Laser treatment is painless, may require only topical eye drop anesthesia, and an hour or two in the eye doctor's office. In diabetic retinopathy is proving to be an effective vision-preservation tool in retarding or stopping the progress of blood-vessel damage in the retina.

Laser treatment can also help a small number of patients with on form of age-related macular degeneration (AMD), a common cause of vision loss in the later years for which there is still no cure. Only an ophthalmologist can determine whether a particular case of AMD is treatable with laser therapy, and it must be detected early before irreversible damage occurs.

People can be alerted to a possible AMD problem by testing themselves or helping test friends with a simple diagnostic chart called the Amsler

Grid.

The chart is part of a brochure on AMD which you can obtain without charge from NSPB's North Carolina Affiliate simply by sending a self-addressed, stamped, business-size envelope. Although people who develop AMD may eventually find it difficult to read, sew, or drive a car, most can keep their lives rich and full with the help of optical devices and other low-vision aids and large-print reading materials.

Since 55 percent of new cases of blindness occur in persons 55 and over, the effective treatment of age-related eye disorders such as cataract is a major challenge. As medical advances lengthen the human lifespan, most of us may develop cataracts in one or both eyes. But for the average person over 65, who is alert and in good mental and physical health, cataract surgery today rarely presents a problem. In more than 95 out of 100 cases, if results in successful recovery of vision.

With the latest development in microsurgical techniques and instrumentation, most cataract patients

now go home the same day or after an overnight stay in the hospital. For older people the choice is increasingly an intraocular lens implant (IOL) in which a clear, inert, tiny plastic lens is placed permanently inside the eye to replace the clouded cataract lens. For some people, extended wear, soft, gas permeable lenses that need to be removed for cleaning every three months are an option. And for those whom the IOL may be contraindicated and contact lenses hard to manipulate, cataract glasses may still be the best solution.

For a free copy of the Society's brochure, "AMD (Age-related Macular Degeneration)," send a stamped, self-addressed business-sized envelope to NSPB—North Carolina Affiliate, 1033 Wade Avenue, Suite 126, Raleigh, North Carolina 27605.

The National Society to Prevent Blindness, founded in 1908, is the oldest voluntary health agency nationally engaged in preventing blindness through a comprehensive program of community services, public and professional educational and research.

## Public health week scheduled

Did you know that in North Carolina there is a public health facility in every county? How about the fact that public health efforts have given North Carolina one of the highest percentages of school children immunized in the nation—a whopping 98 percent(!)? While there are hundreds of special observances proclaimed in North Carolina each year, none is more meaningful than Public Health Week which is being observed this week, April 12-18. The purpose of this special week is to let individual citizens and the community know just what the Chowan County Health Department is doing to promote

healthy living.

State Health Director Ronald Levine states that "North Carolina has an excellent public health system that serves thousands of children and adults each year through dental screenings, prenatal checkups, immunizations against infectious diseases, family planning services, health education and more. However, even with all of our advanced technology the real key to living happier, healthier lives is still prevention."

To find out how important prevention and healthy living is just talk to some of the Perquimans county em-

ployees who filled out a health risk appraisal on themselves. Better yet, talk to the ones who didn't and find out why they didn't. The employees who participated received back a computer printout listing their healthy and unhealthy habits with suggestions for ways to improve those unhealthy things.

During Public Health Week take the time to find out how your health department can help you become a healthier person. Pasquotank-Perquimans-Camden-Chowan operates as a district so that we can provide a wide variety of services. Call 426-5488 for information.

## Employees volunteer to pick litter up from area roads

Elizabeth City—Carolina Telephone employees have volunteered to pick up litter from the shoulders of highways in this area, it was announced last week by T.F. Daniels, the company's district commercial manager.

During April, local Carolina Telephone employee volunteers will join hundreds of their co-workers at other locations in the company's 50-county service area in the statewide road side cleanup campaign dubbed "Clean Sweep" by Gov. Jim Martin and First Lady Dottie Martin.

N.C. Department of Transportation crews, Department of Correction inmates, and volunteers citizens groups traditionally pick up roadside

litter in spring and fall campaigns. Also participating will be individuals who are first offenders or convicted of driving while impaired.

Included among the Carolina Telephone volunteers, who are participating on their own time, are members of the company's Pioneer organization made up of veteran employees and retirees, the company's Community Relations Teams and other volunteering employees and family members.

Daniels said, "Our company is proud that our employees participate in this cleanup campaign on their own time. This program will reduce the excessive and ugly litter on our highways, and hopefully will help re-

mind motorists not to throw litter from their vehicles. It also saves our state a lot of money, which otherwise would be spent for highway cleanup, and this benefits all taxpayers."

Carolina Telephone employees can be recognized by the words, "Carolina Telephone Volunteer" on their T-shirts, given the employees especially for this and other volunteer projects.

Mrs. Martin said that nearly 30,000 volunteers helped clean up the state in 1986. The Department of Transportation spends approximately \$2 million annually to clean litter from roadsides, and it would cost much more if the time given by volunteer groups were paid for.

Pictured left are area 4-hers as they practice grooming and showmanship skills this past week. They are busily preparing for the upcoming livestock show the end of April.

**Summer Shorts, Jumpsuits At Quality Clothing 426-7978**

**Pat's Upholstery**  
Serving the Hertford Area  
**Quality Work Free Estimate 335-0747 - office**

**You Are Invited**  
**New Hope United Meth. Church**  
**April 17 — 7:30 P.M.**  
**Good Friday Service**  
**"Shadows of The Cross"**  
**April 19 — Sunrise Service — 6:00 A.M.**  
**Houle Jones' Farm — Albemarle Sound — Durants Neck**  
**10:00 AM Children Musical**  
**"To See A Miracle"**  
**11:00 A.M. Worship Service**  
**Message "And the Day Came"**



Pictured left are area 4-hers as they practice grooming and showmanship skills this past week. They are busily preparing for the upcoming livestock show the end of April.

**COINJOCK MARINA RESTAURANT**  
**NOW OPEN NITELY!**  
**Monday Thru Saturday From 5 p.m. til 9:30 p.m.**  
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**1 POUND STEAMED SHRIMP 7.95**  
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**AFTER DINNER, TRY ONE OF OUR DELICIOUS HOMEMADE DESSERTS**

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**Spring into summer**

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**25% OFF Spring Suits**

**INSIGHT INTO EYESIGHT**

**Dr. A.F. Downum OPTOMETRIST**

**DETACHED RETINA**

If you've been having any problems with your vision, you should have your eyes examined to see if there is a serious problem that should be treated. One of the most serious is a detached retina. A delicate structure located at the back of the eye, the retina is responsible for sending visual images to the brain. The retina also makes it possible for you to see colors and to see well in different levels of light.

A detached or torn retina can result from a blow to the eye, a cyst or tumor, or a hemorrhage. It can also be caused by infection or some other disease of the eye. It does not cause pain in its early stages but it does result in their symptoms, such as visual loss, or spots before the eyes and light flashes. These last two symptoms can have many other causes, however, and not all of them are serious.

Your best protection of your ability to see well and avoid serious eye problems is to have regular eye examinations. The earlier a problem is discovered, the better the chances for treating it successfully.

**Dr. A.F. DOWNUM**  
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**Edenton, N.C.**  
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