

## Corn borer continued

dication of thrips presence. Those of you who have already sprayed cotton for thrips should be on the alert. With the heavy thrips movement we are now experiencing, you may need a second application. **Yellow Spots in Corn:** Every one is concerned with the general paleness

and slow growth of some corn fields around the county. I have looked at several fields and feel that the nitrogen applied pre-emergence has simply not gotten to the root zone as yet. A good root soaking rain will cure much of this yellow corn.

## Academics continued

achievement. She told the students that the group gathered for the banquet cared about all their hard work, and the banquet was their way of saying thank you to the students. In her speech Minton also urged students to continue to do their very best. "Take one day at a time," she said. "Fly with the eagles, and reach for new heights."

Mrs. Minton also expressed to the members of the school board and

other school officials present that their students' success, and the banquet were a true sign that they had made a true commitment to caring, sharing, and learning.

Following Mrs. Minton's speech the awards were presented to the students by their school principals, Mr. Pat Harrell, Superintendent, and Mr. Clifford Winslow, Chairman of Board of Education.

## Athletics continued

follows: Best all around athletes: Todd Hunter, and Tanya Howell, Sportsmanship award: Xavier Everett, and Lisa Carter, Schlör Athletes: Calvin Hobbs, and Kathy Ayscue, Academic Athletes: Chad Bundy, J. V. Basketball, Selena Overton, J. V. Cheerleading, Derrick Rogers, J. V. Football, and basketball, and varsity baseball, Calvin Hobbs, varsity football, baseball, Tanya Howell, varsity basketball and softball, Joanna Haskett, varsity softball, Kathy Ayscue, varsity basketball, and softball, and Brad Hurdle, varsity basketball and baseball, Leading hitter, varsity baseball, Brad Hurdle, Most Improved, varsity baseball, Mark Stanton, Most Valuable, varsity baseball,

Brad Hurdle, Most Improved, varsity track, Scottie Mitchell, MVP Field Events, Jeff White, MVP Running events, William Howell, Most valuable, varsity softball, Tobey Colson, Leading Hitter, varsity softball, Barbara Combs, Most improved, varsity softball, Wanda Chappell, Most Improved, varsity basketball, Brad Hurdle, and MVP varsity basketball, Dwain Johnson, MVP, girls basketball, Doris Walker, and Most Improved player, girls basketball, Tanya Howell, Most Valuable Cheerleader, Tammie Shannon, Best Offense, varsity football, Mike Hatch, Best Defense, varsity football, Jevone Coston, and MVP, varsity football, Russell Parker.

## 4-H district horse show held Saturday

The annual Northeastern District 4-H Horse Show was held in Perquimans County at the Hertford Saddle Club; Saturday, May 30, 1987. There were 26 participants and 101 class entries in the four divisions. Western, English Saddles seat and Game were the divisions for the 4-H Horse Show. In each division, there are specific movements that are looked for in the horse and rider. Western riding stems from the time when cowboys rode for long hours. The horse needed for this type of riding is an easy, smooth mover in all three gaits.

Whether the rider ask the horse to walk, joy or lope, he must always work with a level head and lose rein. The rider is judged on position in the saddle, the position of his or her hands and how well the rider and the horse work together.

The Game division consist of barrel racing and pole bending. These events consist of patterns that are judged on the horse and riders ability to complete the patterns correctly in the least amount of time.

The Hunter style of riding originated in Europe. Riders are dressed in basic English attire and tack. The hunter horse and rider are judged on form at a walk, trot and canter on the flat. Hunter horses are also required to execute jumps.

Saddleseat riding is another form of English riding. Original saddleseat horses were used to scout. Saddleseat is judged on the horse and riders' ability to perform at a walk,

trot, canter, extended trot and hand gallop.

4-H District Horse Show participants represented camden, Perquimans, Pasquotank, Washington, Martin, Beaufort and Currituck counties. Youth were competing to earn points to qualify for the State 4-H Show which will be held July 9-12 at the James B. Hunt, Jr. Horse Complex, N.C. State Fairgrounds.

4-H'ers representing Perquimans County were Chad and Dena White, Renae Owens, Cherie Webber, and Allison Gregory. Each earned enough points to qualify them to enter the State 4-H Horse Show.

Chat White who rode western in five classes earned 16 points which made him District Western Division High Point Trophy winner. Dena White who rode Hunter in six classes earned 27 points, which made her the District Hunter division High Point Trophy winner. Other Hunter riders included Renae Owens who placed 2nd and 5th earned 2 points, Cherie Webber who placed 1st in 2 classes and 4th in one earned 7 points and Allison Gregory who placed 2nd, 4th in 2 classes and 5th earned 5 points.

Other county 4-H Horse Club members and parent participated by making posters for the concessions booth and distributing show ribbons. A special thank-you is extended to county show sponsors and the Hertford Saddle Club for all their help in hosting the N.E. District 4-H Horse Show.

## Duke physician suggests checking off heart disease

DURHAM, NC—Almost five million people each year have its symptoms. Nearly one million people die of it, but it is a disease doctors cannot prevent.

Heart disease is the nation's number one killer, and, said Dr. Pamela Morris, medical director of Duke University Preventative Approach to Cardiology, people must rescue their own hearts.

The average American is at risk, Morris said. "Our lifestyle is one of the worst for causing heart disease. Also, she added, North Carolina has one of the highest death rates due to heart disease in the United States. "We don't have hard evidence as to why that is, but it makes lifestyle changes even more important for those of us who live here." Since everyone must be responsible for their own fight against heart disease, Morris suggests a checklist that might flag developing problems:

Age is the first of the unmodifiable risk factors for heart disease. The majority of heart attacks occur in men, ages 55 to 64 and women, ages 65 to 74.

Genetics, the other unmodifiable factor, plays a strong role in heart disease. If three or more of your relatives suffered heart attacks or strokes before age 55, your chances are greatly increased.

High blood pressure is one of the most important indicators of possible heart disease. "Everyone should know their blood pressure and keep a record of it. You should not just let a doctor tell you that your pressure is 'normal,'" Morris said.

Smoking is responsible of one-third of all heart disease and is as dangerous to the heart as to the lungs. Any cigarette use is dangerous. The good news about smoking is that five years after you stop you're back to the risk

level of a non-smoker, Morris said.

Every American should know his lipid profile, which includes cholesterol and triglyceride level, Morris said. A cholesterol level of more than 250 milligrams and a triglyceride level of 250 milligrams puts you in the high risk range. Duke and American Heart Association physicians do not recommend fishoil tablets as a way of combating high cholesterol. However, increasing the amount of fish in your diet is definitely helpful, Morris.

Average Americans carry a few extra pounds, and that puts them at risk, Morris said. Even 10 pounds more than ideal weight could help cause a heart attack, especially if other risk factors are present.

Exercise is the best medicine, Morris said. "I cannot say enough good things about exercise; it fights stress, depression, weight gain and even aids with the cholesterol problem. Really, all you need is a brisk 30-minute walk every other day." If you never exercise, rank yourself high on the heart disease risk list.

The final item on the checklist is the office companion of many Americans—stress. If you feel hurried and tense most of the time, your heart disease risk factor is high in this category.

If you fall into the high risk area of two or more items, you may be courting a heart attack, Morris said. Most people think that they have only a slight problem in a few areas. But being only slightly overweight, smoking just a few cigarettes daily and getting just a little too much cholesterol can put a person at a very high risk level, Morris said. She added that if you do not know where you stand in any of the categories, especially blood pressure and lipid profile, you are definitely running a risk.



Pictured above Todd Hunter receives the award for best all around athlete from Bill Flippen during the Athletic Banquet.



Pictured above Derrick Rogers receives his award for an "A" average during the Academic Awards Banquet.

## Hertford saddle club results from May 9th

The Hertford Saddle Club Show result for May 9, 1987 are as follows: **Showmanship at Halter**—1st: Best Lucky Diamond—Chad White, Hertford; 2nd: Nancy Bar Two—Dwain Stroud, Chesapeake; 3rd: Chuck Ghant, and Renae Owens, Hertford. **Open Halter**—1 yr. & under: 1st—Hopie's Silver Flower—Jimmy Kirby, Edenton; 2nd—Riptide Magic—Jimmy Rogerson, Moyock. **Open Halter**—3 yrs & over: 1st: Cappadeemer, Linda Jackson, Washington; 2nd King Wimp Cee: Jimmy Kirby, Edenton; 3rd: Nancy Bar Two: Dwain Stoud, Chesapeake; 4th Jack's Sadie bars, Jerry Whitehead, Moyock.

**Lead Line Class**—1st: Romeo, Elizabeth Nader, Elizabeth City; 2nd: Lady as a Fox, Daniel Roberson.

**Trial Class**—1st: Pixy Go Impressive: Tommy Stallings, Belvidere; 2nd Best Lucky Diamond, Chad White, Hertford.

**Hunter Hack**—1st: Tarheel Mac-Amy Yount, Washington; 2nd: CoCo Dancer, Dera White, Hertford; 3rd: Trim' Poco Boss, Cherie Webber, Edenton.

**English Equitation**—1st: CoCo Dancer, Dera White, Hertford; 2nd: Tarheel Mac-Amy Yount, Washing-

ton; 3rd: Trim's Poco Boss, Cherie Webber, Edenton.

**Western Go As You Please**—1st; Pixy Go Impressive, Tommy Stallings, Belvidere; 2nd: Cappadeemer, Linda Jackson, Washington; 3rd: El Bee Swat, Cindy Godley; 4th: Nancy Bar Two, Dwain Stroud; Chesapeake; 5th: Born in a Cabin, Shane Hott, Arapahoe.

**English Go As You Please**—1st: Tarheel Mac, Amy Yount, Washington; 2nd: Trim's Poco Boss, Cherie Webber, Edenton; 3rd: CoCo Dancer, Dena White, Hertford; 4th: Chuck Ghant, Renae Owens.

**Green Horse Go A You Please**—1st: Cappadeemer, Linda Jackson, Washington; 2nd: Tarheel Mac, Amy Yount; 3rd: Jacks Sweet Diamond, Chad White, Hertford; 4th: Top Notch Cowpoke, Amber Challis, Washington; 5th: King Wimp Cee, Jimmy Kirby, Edenton.

**Novice Go A You Please**—1st: CoCo Dancer, Dena White, Hertford; 2nd: Born in a Cabin, Shane Hall, Arapahoe; 3rd: Chuck Ghant, Renae Owens, Hertford; 4th: Pretty Impressive, Jerry Hott, Arapahoe.

**4-H Pleasure-Western**—1st: Nancy Bar Two, Dwain Stroud, Chesapeake; 2nd: Jack's Sweet Diamond,

Chat White, Hertford; 3rd: Topnotch Cowpoke, Amber Challis, Washington; 4th: El Bee Swat, Cindy Godley.

**4-H Pleasure-English**—1st: CoCo Dancer, Dena White, Hertford; 2nd: Trim's Poco Boss, Cherie Webber, Edenton; 3rd: Tarheel Mac, Amy Yount, Washington; 4th: Chuck Ghant, Renae Owens, Hertford.

**English Pleasure-Open**—1st: Tarheel Mac, Amy Yount, Washington; 2nd: Chuck Ghant; Renae Owens, Hertford; 3rd: CoCo Dancer, Dena White; 4th: Trim's Poco Boss, Cherie Webber, Edenton.

**Western Pleasure-Open**—1st: Cappadeemer, Linda Jackson, Washington; 2nd: Nancy Bar Two, Dwain Stroud, Chesapeake; 3rd: Pivy Go Impressive, Tommy Stallings, Belvidere; 4th: Best Lucky Diamond, Chad White, Hertford; 5th: Top Notch Cowpoke, Amber Challis, Washington.

**Green Rider**—1st: Chuck Ghant, Renae Owens, Hertford; 2nd: El Bee Swat, Cindy Godley, Washington.

**Snaffle Bit Class**—1st: Nancy Bar Two, Dwain Stroud, Chesapeake; 2nd: Jacks Sweet Diamond, Chad White, Hertford; 3rd: Topnotch Cowpoke, Amber Challis, Washington; 4th: Neat King Bar, Preston Nixon,

Hertford; 5th: Born in a Cabin, Shane Hott, Arapahoe.

**Men's Western Pleasure**—1st: Best Lucky Diamond, Chad White, Hertford; 2nd: Piy Go Impressive, Tommy Stalling, Belvidere; 3rd: Nancy Bar Two, Dwain Stroud, Chesapeake; 4th: Neat King Bar, Preston Nixon, Hertford.

**Go As You Please-15 Years & Under**—1st: Best Lucky Diamond, Chad White, Hertford; 2nd: Trim's Poco Boss, Cherie Webber, Edenton; 3rd: Tarheel Mac, Amy Yount, Washington; 4th: Topnotch Cowpoke, Amber Challis, Washington; 5th: CoCo Dancer, Dena White, Hertford.

**English Go As You Please-Open**—1st: Tarheel Mac-Amy Yount, Washington; 2nd: CoCo Dancer, Dena White, Hertford; 3rd: Trim's Poco Boss, Cherie Webber, Edenton; 4th: Chuck Ghant, Renae Owens, Hertford.

**Western Go As You Please-Open**—1st: Nancy Bar Two-Dwain Stroud, Chesapeake; 2nd: Best Lucky Diamond, Chad White, Hertford; 3rd: Cappadeemer, Linda Jackson, Washington; 4th: Pixy Go Impressive, Tommy Stallings, Belvidere; 5th: King Wimp Cee, Jimmy Kirby, Edenton.



Pictured above is Chad White and Juanita Bailey, Chad won the trophy for the western division of the horse show.



Pictured above is Renae Owens of Perquimans County.



Pictured above to the left is Allison Gregory, and right is Dena White.

## Health department schedule

The Perquimans Health Department schedule for the month of June is as follows:

June 1, Prenatal, A.M.; June 2, 8:00, Teen Clinic; June 3, Pediatric Clinic, P.M.; Dr. Slade, June 4, Immunization Clinic, 5:00-7:00 p.m.; June 5, General Clinic, P.M. and WIC, all day. June 9, Prenatal Check, Pills-Problems, P.M.; June 10, Child

Health, All Day; June 12, General Clinic, P.M.; June 15, Prenatal, A.M., Family Planning, P.M. June 17, Child Health, P.M.

June 18, PAP Clinic; June 19, General Clinic, WIC, All Day; June 23, Prenatal Check, Pills-Problems, P.M.; June 24, Eye Clinic; June 25, Adult Health, All Day and June 26, General, P.M.

## NOTICE OF PUBLIC HEARING

The Winfall Town Council will hold a public hearing June 15, 1987 in the town hall at 7:00 P.M. on the proposed FY 1987-88 Budget.

The proposed budget is posted in the Town office for public inspection.

D.L. Barber, Jr.  
Town Clerk

*Happily, we too  
Hazel Dee Hurdle  
and  
Reynaldo Diaz Avila  
have chosen the first day  
of our new life together  
as Sunday, June seventh  
nineteen hundred and eighty-seven  
You are invited to share our joy  
as we exchange marriage vows  
at seven in the evening  
at the home of Mr. Y. L. Brown  
511 Edenton Road Street  
Hertford, North Carolina*