

Winter-time health hints

Winter's Best If You're Ready For It
The secret to enjoying winter is being prepared for extremes - weather fluctuations, busy schedules, winter illnesses, rich foods, and sometimes even the "blues".

Remember to dress warmly if you'll be exposed to cold temperatures, eat wisely, exercise, and be kind to yourself."

Cold Injuries
Excessive low body temperature (hypothermia) and the freezing of portion(s) of the body (frostbite) require special treatment and except in the most minor cases call for immediate medical attention.

A victim of hypothermia may appear to be dead. Among the most frequent victims are indigent alcoholics, elderly people (poor circulation) and winter sports enthusiasts (over-exposure). Symptoms include total body coldness (goose pimples, cold perspiration, low temperature, nausea) as well as lethargy, confusion, judgement difficulty and eventually unconsciousness.

Treatment consists of general warming of the body with water (lukewarm), blankets over torso (not extremities), warm nonalcoholic beverages, etc. and in critical cases, the application of artificial respiration.

Frostbite is apparent through change of the color of skin, starting with red, then to a grayness and finally an icy whiteness that may indicate tissue damage.

Treatment consists of gentle warming of the affected portion(s) of the body with lukewarm water, blankets or warm compresses. Never use hot water or applications, ointments or massage. Upon thawing, the frost-bitten area may become red and swollen and may possibly blister, in which case sterile dressings may be applied. Medical attention is necessary in this event.

Sodium's A Surprise Sometimes
SALT-If you are advised to cut down on sodium in your meals because you have high blood pressure, your first smart step is to take the salt shaker off the table. A teaspoon of salt contains about 2,300 milligrams of sodium. For healthy adults 3,300 milligrams daily is considered adequate. Your doctor will suggest the range that's best for you.

Also, you'll avoid foods that taste "salty," and discover that fresh and frozen foods usually contain less sodium than canned and processed foods.

In addition to using information provided by your Family Physician or a dietitian, it's a good idea to read labels on cans and packages. Some foods that pack a heavy sodium wallop may surprise you. A few examples of "hidden" sodium are listed:
Food Products Milligrams of Sodium
Baked beans, 1 cup.....1,080
Spaerkraut, 1 cup.....1,725
Dill pickle, 1 medium..... 920
Frozen TV dinners, each.....800-1,150
Quarter lb. burger-cheese.....1,235
American cheese, 1 slice..... 450
Spaghetti sauce, 1/2 cup.....1,110
Soy sauce, 1 tablespoon.....1,035
Canadian bacon, 2 oz.....1,450

Bouillon cube, 1..... 875
Sausage-Egg Biscuit.....1,300

Black Coffee Won't Do It
Contrary to popular belief, coffee will not sober up someone who's drunk too much alcohol. The only effective treatment is time-time for the alcohol to burn out of the system.

It takes about two hours for the liver to burn up the alcohol of one drink if the person weighs 150 pounds, three hours if the drinker weighs 100 pounds. Several drinks, of course, extend the recovery time.

Hot coffee and cold showers may wake the person up, but he or she will still be drunk.

When Not To Give Aspirin
During the flu season, remember not to give aspirin or aspirin-containing products to children and teenagers under 18 who get influenza or flu-like diseases. This will reduce the risk of Reye's syndrome-a rare but serious disease. Aspirin should never be used for a youngster with chicken-pox, either.

Consult your Family Physician for other medications that can be used in place of aspirin.

Be Alert for "STREP" Signs

A sore throat, especially if accompanied by fever and headache, demands prompt action. You may have an infection caused by streptococcus bacteria - which can cause serious, life-long side effects on heart and kidneys if not treated promptly.

Call your Family Physician and describe the symptoms. Others may include reddened throat and tonsils with patchy white spots, tender nodes along the jawline, and nausea. If a simple laboratory test confirms the presence of "strep" bacteria, the doctor will prescribe an antibiotic and home treatment.

If it's not "strep", your doctor will know whether an antibiotic is indicated.

Extra Pounds - Extra Problems

It's not much fun to be overweight, and it's not healthy, either. A panel of medical experts recently cited, "over-whelming evidence" that obesity (most commonly defined as being more than 20 percent overweight) has "adverse effects on health and longevity."

The group, convened in 1985 by the National Institutes of Health, pointed out that researchers have linked obesity with such major physical threats as diabetes, heart disease and cancer.

The body's fat deposits represent a form of stored energy much like gasoline in the tank of an automobile. Fat accumulates when more food is taken in than can be expended or burned by the body's current rate of energy consumption.

Any excess calories we consume are converted to fat and stored. Without adequate exercise or a decrease in food intake, the fat simply accumulates - adding body weight and risks of numerous health problems.

More than one-quarter of Americans fit into the "obese" category. If you do, consider asking your Family Physician for help in trimming down

to a healthier weight.
Take Care With Medicine

Just for a second, think about the little precautions you take without even thinking: Before you strike a match, you close the cover. Before you cross the street, you look both ways. It's just as easy to take wise precautions with the non-prescription medicines you buy.

-Consult your Family Physician about the types of remedies best for you.

-Before you buy medication, make sure the package hasn't been tampered with. Look at the wrapping.

-Before you open the container, read the label. Follow directions!

-Before you put medicine in your mouth, check it out. Make sure it looks right.

Get Medicines Out of Bathroom?
Sounds strange, but the bathroom medicine cabinet really isn't a good place for medications.

Drugs are affected by the heat and moisture usually found in bathrooms. Most drugs should be kept in a dry place with an even temperature.

A high shelf in a hall linen closet offers better storage conditions. It should be out of reach of your own or visiting children. Even safer is an overnight case or tackle box with a lock. Be sure all adults in the family know where to find the key.

Your Doctor Can Help You Quit

Every year, 350,000 Americans die prematurely from diseases caused by cigarette smoking.

You don't have to be one of them! It's tough to stop, but worth the effort.

The American Academy of Family Physicians offers new materials to help your Family Doctor help you.

Immunization Is For Grownups, Too
Immunizations have saved millions of children from diseases that once caused terrible illnesses and death, and getting the kids' "shots" has become a part of most families' health routines.

According to the Centers for Disease Control, however, there are major gaps in immunization of adults, and seven vaccines or toxoids should be received by many or all adults.

Your Family Physician can advise you about immunization for these diseases, based on your particular health record.

-Hepatitis B - a particular risk for health care workers and others whose environment or lifestyle places them at increased risk of exposure to hepatitis B virus.

-Influenza and pneumonia - can be particularly severe in elderly and chronically ill persons.

-Surveys indicate that fewer than 20 percent of these two groups are immunized against the diseases, which remain on the list of the top 10 killers in the country.

-Rubella-may damage the unborn babies of pregnant women who have not had the disease or been immunized.

-Measles-an illness which is severe for some but can be avoided through immunization.

-Tetanus and diphtheria-nearly eliminated, thanks to immunizations, but remaining cases occur almost exclusively in adults.



Historic homes will be the highlight of an evening tour of New Bern, North Carolina. The home above will be featured on the tour.

Evening tour of New Bern scheduled

Experience New Bern at its best! The charm of "NEW BERN AT NIGHT" will be highlighted with an evening mini-tour of four significant historic homes and the magnificent First Presbyterian Church on November 14, 1987, from 5:00 to 9:00 p.m.

Step back in history with the New Bern Historical Society and be elegantly entertained in these restored Georgian and Federal period homes. Enjoy delicious hors d'oeuvres, wine and a variety of musical entertainment. Capping the evening at 9:00 p.m., Vance Harper Jones will per-

form a free concert "Moonlight and Roses" on the Fisk Tracker organ at the First Presbyterian Church.

Featured homes on the "NEW BERN AT NIGHT" tour will be the ca. 1760 Hawks House, 517 New Street, residence of Mr. & Mrs. Robert L. Stalings, Jr.; the ca.1793 Cutting-Allen House, 518 New Street, home of Mr. & Mrs. George Henson; the ca. 1810 Stanly-Allen House, 405 Johnson Street, residence of Mr. & Mrs. Mike Tiddy; the ca. 1890 Marks-Blades House, 407 Johnson Street, residence of Mr. & Mrs. L.S. Blades, III; The Academy Building and the

First Presbyterian Church, 412 New Street.

Tickets are limited and must be purchased in advance at the Historical Society, 511 Broad St., the Bank of the Arts, 317 Middle St. or at the New Bern Area Chamber of Commerce, 101 Middle Street. Reservations must be pre-paid and tickets will be mailed until November 10. For further information, contact the office of the New Bern Historical Society, P. O. Box 119, New Bern, NC 28560. Telephone (919) 638-8558. Tickets are \$15.00 each, group rate is \$14 (minimum of 25).

1986 escheat owners sought by state

Raleigh, North Carolina - State Treasurer Harlan E. Boyles announced today that the Annual Treasurer hunt is again under way.

"We are providing the citizens of North Carolina a new twist to their usual view of government; we are attempting to return unclaimed money collected by the department to the rightful owners." The money comes from the \$7,058,244 collected last year in the form of unclaimed or abandoned savings accounts, utility deposits, uncashed checks, etc. Attached is a list of those residents and businesses in Perquimans County who are due funds.

Those who learn that there is unclaimed property being held in their name by the State Treasurer's Office are asked to write to the N.C. Department of State Treasurer, Escheat and Unclaimed Property Office, 325 N. Salisbury Street, Raleigh, North Carolina, 27611 or call (919) 733-6876. No time limit applies to inquiries or claims, and refunds will be made promptly whenever valid ownership is established.

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Winston cup series to name champions on October 25th

Rockingham, N.C.—NASCAR'S Winston Cup Series and Busch Grand National champions for 1987 will be crowned at North Carolina Motor Speedway during the big AC-Delco 500-200 weekend of October 24-25.

Dale Earnhardt, who has dominated Major League stock car racing all season with 11 triumphs and 19 top five finishes in 26 races, can clinch the coveted Winston Cup Series crown by merely starting in the AC-Delco 500.

Larry Pearson, son of the legendary Silver Fox, David Pearson, can likewise claim his second straight Busch Grand National title by starting the AC-Delco 200. Pearson has

similarly routed his division competition with six victories and 14 top five finishes in 25 races.

Championship ceremonies will be held in Victory Lane at NCMS for Pearson and Earnhardt following traditional festivities for the AC-Delco 500-200 winners.

Earnhardt and car owner Richard Childress will also be featured in pre-race ceremonies when Earnhardt's new sponsor, beginning in 1988, will be announced and his new car and color scheme will be unveiled just prior to the start of the AC-Delco 500 at 12:40 p.m. Sunday.

Earnhardt and Pearson will compete in both the AC-Delco 200 and the

AC-Delco 500. Earnhardt, who won the Goodwrench 500 here in March, has a couple of 200 mile triumphs to his credit at NCMS's 1.017-mile high-banked oval. Pearson has won here in sub-compact races. Larry plans to move up to Winston Cup next season.

Earnhardt also plans to defend the title his pit crew won in the Unocal 76 Pit Crew Championships last year. The pit crew race, held annually in March, was rained out this spring and reset for October 24.

Twenty-four of NASCAR'S top Winston Cup teams have entered the pit crew competition, which will get underway at 11 a.m. Saturday. Following will be the Joie Chitwood Thrill Show, a feature race for World Karting Association drivers, and the AC-Delco 200 at 2 p.m.

Sunday's pre-race activity will begin at 10:30 a.m. with the Joie Chitwood Thrill Show and culminate with the Earnhardt-Childress sponsorship announcement and car unveiling. Grand Marshal Edward P. Czapor of AC-Delco will give the call for "Gentlemen, Start Your Engines!" at 12:40 p.m.

Annual bazaar begins

Hertford United Methodist Women will hold their annual bazaar on Wednesday, November 4, from 10:30-4:30, at Hertford United Methodist Church.

Lunch will be served from 11:30-1:30 in the fellowship hall. Advance tickets at \$3.50 are necessary. Tickets are for sale by UMW members and at Woodard's Drug Store and Woodland Dress Shop. Mrs. Grace Coston is ticket chairperson.

Various craft items for sale include wood crafts, Christmas gifts and decorations, home crafts, baked goods

jellies, and the like. Flea Market items may also be purchased. A feature will be international crafts made by Third World craftsmen. Ham biscuits will be available.

Funds earned by the bazaar provide help for several mission projects supported by United Methodist Women. The Open Door, Hopeline, scholarships, youth activities, Robeson County Church and Community Center, Walnut Terrace Child Development Center, Harnett County Project, Migrant ministries, and mission work around the world receive funds from the bazaar.

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