

Community news

Feeder pig show results

By Jeff Copeland, Area Livestock Agent

Twenty-three pigs from Chowan, Gates, and Perquimans Counties went heads up for top honors at the Feeder Pig Show held last week at the Fairgrounds in Edenton.

Judge Phil Rowan had his work cut out for him in selecting the best eight pigs since they came from some of the better pork producing families in our area.

Connie Byrum exhibited the grand champion from Byrum Hog Farm near Hertford. Michael Smith's black and white pig was named reserve champion, and his brother's pig placed seventh. Michael and Tim are the sons of Larry and Mary Smith from southern Chowan County.

Byrum was the proud recipient of a trophy and \$100. Smith received a trophy and \$75. All prize monies and trophies were furnished by the Chowan County Fair Board.

Other winners included Bryant Perry, third place and \$50; Nikki Hall, daughter of Mr. and Mrs. Anthony Hall, fourth place and \$25; Natalie Layden, daughter Mr. and Mrs. Elton Layden, 5th place and \$20; Kent Copeland, sixth place and \$15; and Kimberly Byrum, daughter of Mr. and Mrs. Curtis Byrum eighth place and \$5.

Other participants included Krista

Perry, Curtis Byrum, Alonza Turner, Bill Mansfield, Willie Mathias, Valerie Copeland, Mason and Matthew Lawrence and Arlene Layden.

For many of the exhibitors, it was their first time ever showing a pig. Mason and Matthew Lawrence, the young sons of Mr. and Mrs. Watson Lawrence, Jr. from Gates County were described as hanging tough and being "real" hogmen. Natalie Layden paraded her red and white sixty pounder with the finesse of a polished showman (when she was not in the sawdust). The Smith brothers both placed high for a very memorable first show. Several grown-ups including some producer's wives had their first experience in the show ring.

This outstanding group of pigs was sold Thursday through the Albenmarle Feeder Pig Cooperative on Paradise Road near Edenton. Scott Alons, manager of the Coop and instrumental in putting the show on reported that the pigs sold for a premium price of \$1.20 per pound compared to regular market price of \$1.0348 per pound. The buyer was Albenmarle Feeder Pig Co-Op Association and no sales commission was charged.

The best part of the show may have been seeing the families enjoy participating. People simply just had a good time.



Connie Byrum is shown above with her first place ribbon and trophy from the feeder pig show at the Chowan County Fair.

Community calendar

Fish fry set

The Perquimans County Chapter of the American Cancer Society will be sponsoring a fish fry this Saturday, October 24, 1987 from 4 p.m. until 7

p.m. at Ward Shopping Center. Cost is \$3.50 per plat. Tickets are available from any chapter member.

Fall festival scheduled

Sponsored By - Durants Neck Vol. Fire Dept. & Ladies Auxiliary
Date - Saturday, October 24, 1987
Time - 6 p.m. to 8 p.m.
Place - Fire Station in New Hope
Haunted House - Old house on the

corner of Deep Creek and New Hope Road in New Hope
Time - 6 p.m. to 9 p.m.
Admission \$1.00 per person
Proceeds will go to the Open Door!

AARP to meet

The monthly meeting of AARP Perquimans Chapter will be held on Monday, October 26, at 1 p.m. at the Senior Citizens Center, 300 W. Grubb Street, Hertford.

Mrs. Helen Forsht, Assistant State Director, will attend.

There will be elections of new offi-

cers. A special meeting of the Board of Directors will be held at 12 noon and all board members are asked to attend.

All members are urged to be present at this regular monthly meeting.

Holiday Island elects new officers recently

The Holiday Island Property Owners Association had a very busy weekend. The usual Board of Governors Meeting was held on Saturday, October 17th. That same evening the group enjoyed a Hee-Haw Dinner Dance with old fashioned southern cooking. The event was sponsored by the Recreation and Entertainment Committee and coordinated by the Social Director, Ellen Rinehart.

On Sunday, October 18th, the Biannual Membership Meeting took place. Two new members were elected to the Board of Governors. They are Pat Phillips and Ned Hollar. After the election, the board met

in private to elect new officers. The new officers are: Jake Hardison, President; Helen Matthews, Vice-President; Bob Hess, Treasurer; Pat Phillips, Assistant Treasurer; Bill Deal, Secretary; and Ned Hollar as Assistant Secretary.

During the vote count, the Fire Brigade of Holiday Island held an auction to raise funds for the new Public Safety Building they are erecting. T.T. Pirrone was the Auctioneer. Between the generous donations of the membership and efforts of Mr. Pirrone, the Fire Brigade raised well over \$200.00.

Easter seals schedules recognition dinner

The Easter Seal Society of North Carolina, Inc. will hold its Annual Recognition Dinner on October 30, 1987 at the Sheraton-Crabtree Inn in Raleigh.

The Recognition Dinner honors the special volunteers and sponsors who have made significant contributions of time, energy, and resources on the Society's behalf.

Easter Seals provided services to 18,363 physically disabled children and adults during the 1986-87 fiscal year. Service delivery was made possible by the cooperation and support

of local communities who provided facilities and volunteers to conduct a wide range of rehabilitation programs designed to meet local needs.

During 1986-87 the Easter Seal Family and Patient Support Groups, Summer Therapy Programs, Adapted Swim, Respite Care, Telephone Reassurance, Equipment Provision, Independent Living, Public Health Education, and Camping and Leisure Services programs provided 104,032 units of service to clients in all 104 counties throughout North Carolina.

Volleyball sign-ups begin

Volleyball signups are now being held for both Men and Womens teams. The cost is \$50.00 per team and the sign up deadline is November

6, 1987. For more information contact Andy Downing at 426-5695.

Scholarship deadline nears

High school students who are interested in applying for \$1,000 college scholarships should request applications by December 1, 1987 from Educational Communications Scholarship Foundation, 721 N. McKinley Road, Lake Forest, Illinois 60045. To receive an application, students

should send a note stating their name, address, city, state and zip code, approximate grade point average and year of graduation. Sixty-five winners will be selected on the basis of academic performance, involvement in extra-curricular activities and need for financial aid.

Job talk

by Kathy Keefe, Manager Edenton Job Service

During the month of September the Edenton Job Service office placed 94 individuals in jobs. Of those placed, 5 were placed in jobs where pay exceeded \$15,000 per year. 130 job openings were received, 98 were filled. This left 32 jobs open unfilled by Job Service. These jobs were unfilled due to a lack of experienced or qualified applicants for the opening. Job Service determines if the available applicants meet the experience and/or educational requirements of the employer prior to referral.

If you are seeking work or a better job come in and talk with one of our placement interviewers today. We anticipate the next month to be one that will see a lot of activity.

Training dollars are available to employers through Job Training Partnership Act. If you are an employer interested in training someone for a job and desire additional information contact the Edenton Job Service office at 482-2195.

Job Service charges no fees to applicants or employers for their placement services.

School lunch menus

The following is the school menu for the week of October 26-30, 1987.

Monday—breakfast—jelly donut or cereal, fruit or juice, milk.

Lunch—cheeseburger-bun or chili with beans, crackers, hash browns, winter mix vegetables, green beans, fruit, milk.

Tuesday—breakfast—cinnamon

bun or cereal, fruit or juice, milk. Lunch—steak-bun or chicken pattie-bun, french fries, lettuce and tomato, rosy applesauce, onion rings, milk.

Wednesday—breakfast—sausage

biscuit or cereal, fruit or juice, milk.

Lunch—pizza or taco, tater tots, tossed salad, corn, fruit, milk.

Thursday—breakfast—cheese biscuit or cereal, fruit or juice, milk.

Lunch—double decker grilled cheese or ham sandwich, shoestring fries, vegetable soup, vegetable sticks, fruit, milk.

Friday—breakfast—coffeecake or cereal, fruit or juice, milk.

Lunch—chicken pot pie, french bread or fish & chips, sweet potato puff, green peas, fruit, milk, HAL-LOWEEN TREAT.

Nutrition site menus

The following is the nutrition site menu for the week of October 26-30, 1987.

Monday—baked pork chop with gravy, coleslaw, steamed potatoes, whole wheat dinner roll, margarine, apricot halves, milk, hot apricot halves, home-delivered.

Tuesday—salisbury steak with gravy, cong-tossed salad with red cabbage, spinach, dressing, buttered mixed vegetables, green beans, carrots, corn, cornbread, margarine, banana pudding, milk, tomato juice, home-delivered.

Wednesday—roast turkey, cranberry sauce, seasoned kale, seasoned squash with onions, dressing, margarine, orange, milk.

Thursday—beef stew, buttered broccoli, pickled beets sliced, corn-home delivered, cornbread, margarine, cong, strawberries on cake with whipped topping, milk, orange, home-delivered.

Friday—baked chicken with gravy, buttered mashed sweet potatoes, whole wheat bread, margarine, cranberry juice, med. chocolate cookie, milk.

Fatty foods and your health

by Juanita T. Bailey, Home Economics Extension Agent

If you're like most Americans, you get almost half your total calories from fat. Unfortunately, health professionals recommend fat provide no more than one-third of the total number of calories you consume daily.

One of the major problems associated with a diet high in fat is a high blood cholesterol level. If you have a high blood cholesterol level, you have a much greater chance of having a heart attack or developing heart disease. A high blood cholesterol level is usually defined as more than 220 milligrams of cholesterol per 100 milliliters of blood.

Other factors such as high blood pressure, cigarette smoking, and lack of exercise, can increase your risk of heart disease. But, a high blood cholesterol level is the most im-

portant risk factor. And it's one thing you can do something about.

Reducing the total amount of fat you eat, particularly saturated fat, is the key. Saturated fat is found primarily in red meat, poultry, dairy products, coconut oil and palm oils.

Cutting back on other foods high in cholesterol such as eggs, shellfish, liver and organ meats can help, too.

Even if you don't have a family history of heart disease, it doesn't hurt to watch your total fat intake. You can do this by: choosing lean meat, fish, poultry, dry beans and peas as primary sources; using skim or low-fat milk and dairy products; and limiting intake of fats and oil, especially those high in saturated fat. Trim the fat off meats before you cook them. You'll do well to read labels carefully to determine the amount and type of fat in foods.

Health dept. plans party

Perquimans County Health Department is having a Halloween Party for pre-schoolers on October 30, 1987 from 9 a.m. to 11 a.m. at the Health Department.

Please wear your costume and come to the party.

Center plans trip to rally

The Center for Women's Economic Alternatives is chartering a 46 passenger bus to travel to Washington, D.C. on Thursday, October 29, 1987 to a "RAISE THE MINIMUM WAGE RALLY AND LOBBY DAY AT THE CAPITOL". The cost of the trip is \$15.00 per person. The bus will be leaving Ahsokie at 5:30 a.m. and returning sometime around midnight. Persons interested in going should contact the Center as soon as possible at 332-4179 or any of the following Community Organizers in their respective areas:

LOLA WILLIAMS, Northampton and Halifax Counties (826-4044).

DONNA BAZEMORE, Bertie, Edgewood, Martin, Pitt, Beaufort and Washington (792-4586)

MAURICE (Marcie) JOYNER, Bertie, Gates, Hertford 332-4179 or 348-1835

FACTS
The federal minimum wage has not been raised since January 1981, it is at the lowest level of buying power in 32 years, 70 percent of minimum wage workers are adults and 83 percent are women. The Kennedy-Hawkins Bill would raise the minimum wage to \$4.65 over the next 2 1/2 years and then index it for inflation.


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