



The Perquimans County Band performed in the "Trucker Classic" last weekend in Churchland, Virginia and placed second overall. Above the band is seen as they performed during their show.

Perquimans County schools pay tribute to food service employees

National Food Service Employees Week, formerly known as National Food Service Workers Week was originated and first celebrated by the Womens and Infants Hospital of Rhode Island in 1984. In recognition of food service workers in North Carolina, Governor James G. Martin has proclaimed the week of September 25 through October 1, 1988, as N.C. Food Employee Week.

This week Perquimans County Schools are saluting cafeteria employees for the contributions that they make toward the educational process.

For years, cafeteria workers have been considered cooks who prepared meals for school children. Cafeteria employees in Perquimans County do much more than that. Usually their busy day

begins at 7:00 or 7:30 and ends at 2:30 or 3:00. Daily schedules consist of filling out required forms, planning menus, preparing food, purchasing food, and coordinating and participating in nutrition education activities. These are just some of the many responsibilities that are necessary to administer the federally funded child nutrition programs. Aside from the responsibilities listed in their job descriptions, these individuals are people who play major roles in the lives of children every school day. They greet often comfort and counsel children.

Perquimans County School food service employees serve a nutritious breakfast and lunch daily during the school year and provide a nutritious meal to children during the summer. These programs

are administered by the Department of Public Instruction, Division of Child Nutrition and are funded by USDA. Meals are available to all children enrolled in Perquimans County Schools.

To celebrate N.C. Foodservice Employees Week in Perquimans County several special things are planned for the employees. There are 25 full time employees and 5 part time employees in Perquimans County. These employees serve approximately 700 breakfasts and 1300 lunches each day. All students and adults have several choices of meats, vegetables, fruits, breads, and milks each day. Come by and visit the cafeterias and give the employees a big THANK YOU For the great job they do.

COA, Perquimans Chamber of Commerce to sponsor personal profile seminar

College of The Albemarle's Small Business Center and the Perquimans County Chamber of Commerce are joining together to offer a free seminar in October to help people learn more about themselves and their co-workers.

Nancy Smathers Hall, training specialist for the N.C. Department of Community Colleges, will lead the seminar entitled "Your Personal Profile" at 6:45 p.m. on

Thursday, Oct. 13, at the Albemarle Commission Building located at 512 South Church Street in Hertford.

The seminar will focus on how personalities and workstyles combine to create certain actions and interactions in the job environment. Those attending will find out if their jobs blend or clash with their personality and if they are dominant administrative types or

supportive counselors. Participants will also better understand how their self-image affects their work performance and learn if they view others accurately.

Although there is no charge for this seminar, preregistration is required to attend. Interested persons may call College of The Albemarle's Small Business Center at 335-0821, ext. 231, to reserve a place in this informative seminar.

Investment class offered by COA

College of The Albemarle is offering an Investment and Financial Planning Strategies class this fall through the Continuing Education Department.

The four-evening course will be available at 7:00-9:30 p.m. at four locations in the Albemarle as follows: COA's Elizabeth City campus on Tuesday, Oct. 4, 11, 18, and 25; Kitty Hawk Elementary School on Wednesdays, Oct. 5, 12, 19, and 26; John A. Holmes High School in

Edenton on Thursdays, Oct. 6, 13, 20, and 27; and Manteo High School on Mondays, Oct. 3, 10, 17, and 24.

Topics to be covered in the class will include creating tax-free income, where the Stock Market will go from here, the five-way test for the perfect investment, increasing retirement income, finding a good real estate investment, choosing the best investment for an IRA, estate planning and wills, future interest rates, and lowering income taxes under the new law.

Designed as a common-sense approach to conservative investing, this course offers help to the novice as well as the experienced investor. The cost for the course is \$20 and \$6 for the workbook. Couples may share the same workbook. Senior citizens who are age 65 or older pay for the workbook only.

For more information, interested persons may call COA's Elizabeth City campus at 335-0821, ext. 250, or call the Dare County Center at 473-2264.

Local students given opportunity to study for semester abroad in Europe

"Qualified high school students are offered a unique opportunity to spend an academic year or summer holiday in Scandinavia, Germany, France, Switzerland, New Zealand, Australia, or Canada (French or English speaking) as part of the ASSE International Student Exchange Program," announced Julie Khaleghi, Southern

Regional Director of ASSE. "Until a few years ago, only a fortunate few could afford to spend a school year or summer abroad. Now, ASSE has changed all that," continued Khaleghi.

Students, 15 to 18 years old, qualify on the basis of academic performance, character references, and a genuine desire to experience life abroad with a volunteer host family from Europe, Canada, New Zealand, or Australia.

"ASSE families abroad are carefully screened to provide a caring environment in which students can learn the language and culture of their host country," explained Khaleghi. Summer exchange students live with a family abroad who speaks English. Year students need not have learned a foreign language as they receive language and cultural instruction as part of the ASSE program. ASSE students

attend regular high school classes along with their new overseas teenage friends. "ASSE exchange students learn by living the language and culture of their new host country," added Khaleghi.

The non-profit, public benefit ASSE International Student Exchange Program is affiliated with the National Swedish and Finnish Departments of Education and is participating in the President's International Youth Exchange Initiative.

Local students who are interested in receiving more information about becoming an exchange student in Scandinavia, Germany, France, Switzerland, Britain, Holland, Spain, Italy, Canada, New Zealand, Australia or participating in a student travel group to Russia can contact: Ursula Morhard, 313 W. Main St., Elizabeth City, N. C. 27909 at 919-335-0177.

Tips on drying herbs; a bagatelle

Drying Herbs; A Bagatelle

Nothing to it, says Susan Kubal of Chicago. She saves drawstring bags in which she bought onions, apples, and the like. She then places whole herb plants in the bags, and hangs them up to dry. The netting provides proper air circulation, and prevents shattering of the leaves if they are bumped.

Sock It To 'Em

Keep birds and bees out of your grapes with panty hose, says E.H. Carley of Chalfont, PA. Cut them into 8 inch strips, slip over ripening grape clusters, tie at top and bottom with twisties. After harvest, wash and dry the hose segments and save for next year.

See It To Believe It

And I'm not from Missouri, but Pete Riley is. And he swears by his method of drying fruits and vegetables: he uses his car. He slices produce and spreads it on racks covered with aluminum foil, shiny side up. Then he puts the racks in the back window ledge of his car, and parks it in the sun.

And calls a cab, I guess.

Hot Tips on Making Ristras

Ristras, those bright strings of chili peppers, are a welcome decoration and addition to any serious cook's kitchen. They look like they are braided. They aren't. Here's what you do to make your own.

With needle and good, stout thread, string a number of hot peppers together by their stems. Make several strings. Hang them up to dry either in the sun, or a breezy spot of shade.

When the peppers are quite dry, twist a number of the strings together and knot them. Hang where you may enjoy their colorful beauty. Remove only the number of separate pods that you need. Soak in warm water for at least 15



minutes, chop and add to chili and other eye-watering dishes.

Proper Picking of Pumpkins is Pertinent

How do you intend to use your pumpkin and winter squash crop? Those for table use should be picked earlier than those you plan to store, say the specialists at North Carolina State.

A reliable time-to-harvest indicator for table use is a change in the glossy appearance. When that shiny look disappears, they are ready for the table.

Those that are destined for storage should not be picked until the vines die completely, and the fruit surface is hard to the touch. If ground moisture is a problem with late harvested fruit, put an aluminum pie tin under each fruit, upside down so it won't hold water.

When preparing fruit for storage, avoid puncturing or breaking the skin. Harden skin by curling at 80 to 85 degrees for 10 days. Curing also heals small wounds, insuring better storing results.

Butternut squash may be stored for several months in a cool, dry place. Acorn squash, on the other hand, will store for only a few weeks. When the fruit begins to take on an orange color it is losing its quality.

Remove larger winter squash and pumpkins from the garden on

a dry day to an open shed, or protected area. Provide a bed of clean straw, but make sure the straw doesn't get wet.

Examine squash regularly for rot. Dispose of any that show signs of deterioration. Cured Onions Can Cure a Dull Winter Menu

When onions reach their full growth, the stew right above the bulb is weak, but the top part is usually still too green to store. Step these tops down by walking along the row and pushing the tops over with your foot. The fibers above the bulbs will be broken down, and in a few days the part of the stem will be quite dry.

Pull or dig the onions at this time and let them lie on the ground for a few hours, so that dry earth clinging to the bulb may be brushed off.

Move to a shady area and tie them into strings, if desired. Soft twine is good. Starting with three or four onions, loop the twine and knot it at the area just above the bulbs. Move up the twine a few inches and loop a knot around three or four more onions, pulling the string tight. Continue until the string of onions is 18 to 24 inches in length. Hang them in filtered shade for about two weeks, suggest Willard and Elma Waltner, onion growers from South Dakota, in Organic Gardening Magazine. They say it doesn't matter if it rains on them; just make sure there is adequate circulation and the strings don't touch. When the tops are dry, hang them in some place where they will not freeze. Clip onions off as you need them for cooking. Is it dinner-time?

How about making a dressing of sauteed chopped onions, bread cubes, a little cumin and some allspice? Get one of your acorn squash out, cut in half, seed, and bake at the same time you're roasting a chicken for dinner?

Constitution corner

WOMEN'S RIGHT OF CHOICE

The mighty broom of the Warren Supreme Court perhaps reached its ultimate climax in the case of Roe v. Wade (1973). The issue in this case was the right of women to abortion.

This issue has come to be called freedom of choice. It has set off one of the most profound and far reaching controversies in American history. More perhaps than any other action of the highest Court, Wade v. Roe has proved to be a Pandora's box.

Any number of issues are raised by this issue. What about the rights of the unborn? Is the inalienable right of Life to be confined to individual persons out of the womb? What about the rights of the father of a child conceived? After all it does take two. How far does the authority of the physician go? What is his responsibility for the life of the unborn?

The deepest issues of philosophy, over and above ethics, are raised. When does personal life begin? What about the soul? If there is a soul, when does it enter the body? Or if, as one tradition of theology called traducianism, has it, when does the inherited sould (from the parents) emerge as an identifiable reality?

Millions of Americans and numerous politicians have called for a constitutional amendment, in order to make it clear that the unborn share recognized constitutional rights. In order to write such an amendment, a position must be taken on the soul. I have been aware for 60 years that in the thought of an Aristotle, and after him a Thomas Aquinas, the idea of the trimester is fundamental. The human soul, as distinct from the animal soul, and before that the vegetable soul, does not emerge until that approximate stage.

Prior to this intervention of the Supreme Court, motivated by the magical discovery of the latitude of the 14th Amendment, abortion issues had been in the purview of the States and largely in the province of the Common Law. There was wisdom in this, and in the ancient maxim that sometimes it is better to let a tolerable condition alone than to try to fix it.

We need, it seems to me, in the matter of abortion a return to a common sense, good judgment, and ancient wisdom. The answer is neither in a constitutional amendment nor in judicial simplism. We are dealing with the sacred, with birth and death, childbearing and parenthood, weal and woe.

Fathers are involved as well as mothers. Physicians are fundamental. Sexual responsibility is a central concern. The Church is bound to be a party, but their in-

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Look who's new

BRITTANY ANN DAVENPORT
Mr. and Mrs. Ernest G. Davenport, Jr. of Rt. 1, Creswell, N. C. announce the birth of their first child, Brittany Ann Davenport, September 18, 1988 in Chowan Hospital, Edenton, N.C.

Maternal grandparents are Mr. and Mrs. Linwood Trueblood, Hertford, N. C. Maternal great-grandmother is Mrs. Julia Miller Harris of Portsmouth, Va.

Paternal grandparents are Mr. and Mrs. Ernest G. Davenport, Sr. of Creswell, N.C.

Mrs. Davenport is the former Sandra Trueblood of Hertford, N. C.

JOSHUA KEITH ROBERTS
Mr. and Mrs. David Roberts of Hertford, N.C. announce the birth of their first child, a son, Joshua Keith Roberts on September 12, 1988.

The maternal grandmother is Georgette Miles.

The paternal grandparents are Mr. and Mrs. Frank Roberts of Hertford, N.C.

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