

Community



Travis White (left) and Jeffrey Winslow are attending a conservation workshop this week.

Youth attend state workshop

By: Ginger O'Neal

Travis White, son of Kit and Susan White, and Jeffrey Winslow, son of Wayne and Sandy Winslow, are representing Perquimans County at the state's 25th Resource Conservation Workshop being held in Raleigh at NCSU this week.

White and Winslow are attending classes while at the week-long study course on topics such as soil characteristics, wildlife and fisheries management, forest management and water quality. An awards luncheon has been planned for Friday where special awards will be presented to those attaining the highest scores on the final exam.

The boys were excited about this opportunity and hope to enhance their knowledge about natural resources.

"The future of our soil and water resources is in the hands of our younger generation," stated Floyd Mathews, chairman of the Perquimans Conservation Committee. Chairman Mathews met with the young men prior to their departure to present them with checks to cover their registration and meal expenses.

The workshop is sponsored locally by the Perquimans Soil and Water Conservation Committee.

Wellness program in making at hospital

by Monique Thomas

A new Wellness Program is underway at Albemarle Hospital to help improve the health of its employees.

"The broad mission of this program is to create an environment that supports and promotes positive health and wellness practices. It offers resources that enhance peoples' lifestyles," said Jim Stiles, Chairman of the Wellness Committee. Studies indicate that every dollar spent on a wellness program saves nearly two dollars in healthcare costs. According to Stiles, administrative staff is highly supportive of the effort.

Previously, the hospital provided an Employee Wellness Day. In January, the Wellness Committee decided to encourage employees to take part in activities throughout the year to improve their health.

The Wellness Committee is comprised of employees from various departments and it meets twice a month to plan employee health and fitness activities. Thus far the program's activities have included: employee cholesterol and blood pressure screenings, health tips and articles in employee publications, sponsorship of Cancer Awareness Week, and on-site employee exercise programs.

"Anytime you start a program like this, it takes a while for people to become interested and you have to continually emphasize the importance of it," Stiles said. He believes awareness and education are the keys in initiating a successful program. Pamphlets and posters promoting good health will be displayed throughout the hospital.

Whedbees hold family reunion

The Whedbee family held their family reunion at the Burgess Baptist Church Fellowship Hall on Sunday, June 18.

Those attending were: Minnie Whedbee; J. B. and Dorothy W. Perry; Sidney and Myrtle W. Copeland; Earl, Terry, Quint and Justin Chappell; Frank, Delsie W. and Jackie Ward; Frank Jr., Louise, Brad and Adam Ward; Ora W. Harrell; Jimmy, Anne and James Gard; Elizabeth Trueblood; Nellie Mae Proctor and Joan Lane, all of Hertford.

Attending from Suffolk were: Beulah Whedbee, Aubrey and Margaret Whedbee, Richard and Shawn Whedbee, O. J. and Elizabeth C. Baker, George and Leah Whedbee, John and Joyce Whedbee, and John Whedbee, Jr.

Others attending were: Jimmy and Louise Whedbee from Hanover, Mass.; Clarine W. Stallings from Sunbury; Emmett and Norma Lane and Carl and Sarah Lane from Elizabeth City; Helen and Amos Lane, Cliff and Edith Lane, Sanford and Audrey Mae Lane and Maurice and Lillian Butt from Chesapeake, Va., and Alden and Edna L. Russell from Urbanna, Va.

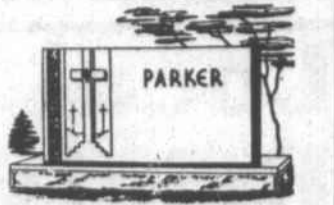
Copeland at Kennedy School

Tony M. Copeland, Executive Assistant and Legal Counselor to Bob Etheridge, North Carolina Superintendent of Public Instruction, was one of 65 executives from 37 states selected to attend Harvard University, John F. Kennedy School of Government. This Senior Executive Program is a four-week course immersing executives in management techniques of government and business.

Copeland resides in Raleigh and is the son of Mr. and Mrs. Willard M. Copeland of Hertford.

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FRIDAY, JULY 7th, 1989

— at the —

Perquimans County Senior Citizen Center

300 Grubb St., Hertford, N.C.

10:00 a.m.-2:00 p.m.

Phone 426-5404

Obituaries

JAMES E. EVANS
Edenton—James "Bucket" Elton Evans, 71, of Rt. 3, a retired foreman for the North Carolina Department of Transportation, died June 20, 1989 in a hospital.

Mr. Evans, a native of Chowan County, was a Baptist.

Survivors include his wife, Willie Marie Casper Evans; two daughters, Faye Swain and Tina Harrell, both of Edenton; four sons, Ray Evans of Orlando, Fla., Marshall Evans of Edenton, Clarence Evans of Merry Hill, and Linwood Evans of Plymouth; his mother, Sarah B. Evans of Winfall; three sisters, Rella Elliott of Winfall, Letha Pierce of Elizabeth City and Gloria Voigt of Edenton; a brother, Horace Evans of Daytona Beach, Fla.; nine grandchildren and a great-grandchild.

The funeral was conducted Friday, June 23 in Willford-Barham Funeral Home, Edenton, by the Rev. Bob Young. Burial followed in Beaver Hill Cemetery.

MATTIE L. CHESSON
Norfolk, Va.—Mrs. Mattie Lane Chesson, 73, of the 7000 block of Suburban Arch, died June 24, 1989 in a hospital.

A native of Hertford, Mrs. Chesson was a member of Glenwood Park Presbyterian Church and Westminster Chapter 99 Order of the Eastern Star.

Survivors include her husband, Kenneth J. Chesson; a daughter, Dianne C. Brown of Richmond; three sisters, Lizzie Boyce of Hertford, Arnie Copeland of Edenton, and Pauline "Polly" Chappell of Tyner; three brothers, William E. Lane of Hertford, James and Claude Lane both of Tyner; and two grandchildren.

The funeral was held at 11:00 Monday in Smith and Williams Funeral Home, Norfolk by the Rev. David Humphreys. Burial was in Rosewood Memorial Park. Information was provided as a courtesy of Swindell Funeral Home, Hertford.

Weekly calendar

Thursday, June 29

AA and Alanon; 8:00 p.m.; Hertford Methodist Church

Monday, July 3

Perquimans County Commissioners; 7:30 p.m.; Perquimans County Courthouse.

Perquimans County Board of Education; 8:00 p.m.; Schools Administration Building.

Tuesday, July 4

Independence Day celebration; 2:00 p.m.; Missing Mill Park.

Wednesday, July 5

Recreation Dept. - Senior Center trip to see "Pump Boys and Dinettes"; 12:00 noon departure.

Thursday, July 6

AA and Alanon; 8:00 p.m.; Hertford Methodist Church.

Hertford Fire Dept. officers; 7:00 p.m.; Hertford Fire Station.

Hertford Lions Club; 7:00 p.m.; Lions Club Building.

SHIIP volunteers here; Senior Center.

Community happenings

Bookmobile stops

The Bookmobile schedule for July 7, 1989 is as follows: Maxine's Day Care - 9:45; Holiday Island Club House - 11:00 - 1:00; Snug Harbor - 1:30 - 2:00; Nebling Drive (Cork Street) - 2:00 - 2:15; George's Store - 2:30 - 2:45; Kirby Drive (Highway 17) - 3:15; Gladys Warren - 3:30; Boyce Drive (Highway 17) - 3:45 - 4:00.

SHIIP volunteers

Senior Health Insurance Information Program (SHIIP) volunteers are specially trained by the North Carolina Department of Insurance to help retired persons with their health insurance problems.

There will be trained SHIIP advisors ready to help with your health insurance forms at the Hertford Senior Center every first Thursday of the month from 10:30 - 1:00. Come in for help or call Mona Sadler at 426-7044 for the advisor nearest you.

Health clinics

The July clinic schedule for Perquimans Health Department is as follows: July 3 - prenatal pm, family planning pm; July 4 - Holiday; July 6 - immunization clinic 5 - 7 p.m.

Nutrition menus

The Nutrition Site menu for the week of July 3 - 7 is as follows:

Monday - country fried steak, marinated tomatoes, broccoli spears, cornbread, margarine, peach cobbler and milk.

Tuesday - HOLIDAY

Wednesday - lasagna, tossed salad, green beans, French bread, margarine, fresh peach and milk.

Thursday - bbq chicken, coleslaw with carrots and green peppers, seasoned collards, whole wheat bread, margarine, brownie and milk.

Friday - baked ham, candied sweet potatoes, buttered green peas, biscuit, margarine, congealed cherry jello with fruit cocktail and milk.

In a continuing effort to provide better service,

Dr. R.E. Lane announce A new office schedule beginning Monday, July 10

Monday, Tuesday, Thursday, Friday
Appointments ONLY 9:00-11:00
3:00-4:00
Walk-ins 11:00-12:30
4:00-4:30

Wednesday
Appointments ONLY 9:00-11:00
Walk-ins 11:00-12:30
Close 1:00

We hope our new hours will be beneficial to our patients by decreasing waiting time for both those with appointments and walk-ins, and will allow for adequate seating in our waiting area.

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WHEN TO APPLY	June 20, 1989 - July 26, 1989 Monday through Friday 9:00 a.m. - 12 noon - 1 p.m. - 3 p.m.
WHERE TO APPLY	College of The Albemarle Building C, Room 113 Elizabeth City, NC 27906-2327
NEXT CYCLE	July 27, 1989 - October 10, 1989

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For information & applications, contact:

BRIDGES PROGRAM College of The Albemarle	Building C, Room 113 Telephone 335-0821
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