

THE PERQUIMANS WEEKLY

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30 CENTS

Local Briefs

School personnel to learn improved management skills

Perquimans County Schools administrative personnel will be learning improved management practices through a new program being implemented beginning this school year. The system has been chosen to participate in this project, making it one of only 11 systems statewide, that are involved. The other 11 systems include Granville, Dare, Guilford, Davie, Haywood, Pasquotank, Chapel Hill City, Charlotte-Mecklenburg, Pitt and Lexington City.

Jackie Savage, Director of Training and Development for the Public School Forum, shared information on the "Managing For Results Program" in a meeting with the group on Tuesday, August 29. Superintendent Dr. Mary Jo Martin and four other school administrators will participate in the program. They are as follows: Jake Boyce, Assistant Superintendent; Susan Winslow, Director of Instruction-K-12; Chris Barber, Chapter 1 Director-Observer-Evaluator and William Byrum, Principal of Perquimans High School.

The program has been developed to assist with the compliances required by the recent approval of Senate Bill 2. The program was made possible through a grant by the Bell-South Corporation. The program will help participating systems to gain more flexibility in their local operation, as well as increase accountability.

Atlantic Express to visit Hertford during festival

Atlantic Express is a unit of the Commander in Chief, U. S. Atlantic Fleet Band, stationed in Norfolk, Virginia. Featuring Glenn Miller style classics through Top 40 hits, the band is a pleaser for audiences of all ages.

Under the direction of Ensign Mark R. Cole, of Jacksonville, Florida, the twenty members of this band hail from all over the United States. Each is a music professional and a graduate of the Armed Forces School of Music. The result is a highly versatile and capable ensemble.

Atlantic Express is happy to be bringing the "big-band" sound back to the Hampton Roads area. Please join us for the excitement, style, and full, rich sound of a professional Big Band during the Indian Summer Festival in Hertford on Saturday, September 16th!

Peoples Bank will trade on American Stock Exchange

Rocky Mount—The American Stock Exchange announced recently that Peoples Bancorporation began trading 7,044,165 common shares and \$14,950,000 principal amount of 8.75 percent convertible subordinated debentures, due 2005. Peoples is the first bank holding company in the state to be listed on the American Stock Exchange. The company previously traded in the NASDAQ National Market System under the symbols PBNC and PBNCG.

Trading under ticker symbol PBK, Peoples Bancorporation's common stock opened on 2,300 shares at 16 and the debentures, trading under ticker symbol PBK.A, opened on a bid and offer of 102½ - 106½.

Perquimans Weekly FOOTBALL CONTEST

SEE PAGE 6 FOR DETAILS

\$15.00 1st PRIZE

"89" FOOTBALL CONTEST

Indian Summer Festival will liven Hertford

Summer is coming to a close, Fall is just around the corner and the Perquimans County Chamber of Commerce is busy making final plans for the ninth annual Indian Summer Festival set for September 15th and 16th in Hertford.

This year's festival will kick-off on Friday in downtown Hertford with fun and good times for all ages throughout the day.

Friday's activities include a variety of events and entertainment including performances by the Perquimans County High School Band, Perquimans Middle School Band, Perquimans County Schools Chorus, Snug Harbor Combo, Stever School of Dance and Dance Academy of the Albemarle.

Merchants will be offering old-fashioned bargains and sidewalk sales. Prizes will be given away during the day courtesy of the merchants. Hot Dogs and hamburgers will be available at the "Sidewalk Cafe" during lunch. Fried

chicken plates will be available for festival visitors for \$3.50 per plate beginning at 5:00 p.m.

On Saturday the festival activities will continue in Missing Mill Park. Booths and displays featuring all types of arts and crafts and food items will be spread throughout the Park beginning at 10:00 a.m. Forty-five craftsmen featuring everything from tole painting to face painting are planning to attend and display their talents. Woodwork, jewelry, baskets, belts, toys, Christmas ornaments, dolls, furniture, and clothing are but a few of the many items to be available.

Long's Country Crafts of Greenville, the Wilsons of New Hope, Julian Creef, Dick Manns, Sid Eley, Pauline Kingston, and Watkins Products are among the craftsmen that are regular participants in the festival.

Many newcomers will have their wares on display. Richard Heitman of New Hope, Weeksville Crafts, Annie Winslow, and Sunshine Originals are among those joining us

for the first time.

Food will be in abundance with German sausage, baked goods, hot dogs, barbeque, homemade ice cream, French fries, fish sandwiches, and steamed and fried shrimp to name a few of the items being served.

Saturday's entertainment will feature the Flatland Cloggers, Shrine String Band, Atlantic Fleet Band, "She Said" Band, Karate Demo, Blackbeard, Jet Ski boats, dunking booth, and much more. Train rides and other entertainment is planned for the kids. "Silver Chalice", Elizabeth II's Ship's Boat will be docked and will entertain during the day.

A pig-pickin with all the trimmings will begin at 5:00 p.m. No tickets will be sold, first come-first served.

This year's Indian Summer Festival will provide fun and entertainment for young and old alike. Make plans to attend and join in the fun Friday and Saturday, September 15th and 16th in Hertford. For more information call (919) 426-5657.

Jaycees sponsor successful bloodmobile

At right, potential blood donors answer health questions asked by trained American Red Cross nurses. Below, the first blood donors relax while donating the gift of life. Seventy-one pints of blood were collected last Thursday when the bloodmobile visited Hertford at the Senior Center.



Over 80 people offered to donate blood at last Thursday's bloodmobile, according to Jaycee Bloodmobile Chairman Edgar Roberson, and 71 pints were collected.

The Jaycees and Red Cross representative Laurie Horner met with county, civic and business representatives several weeks prior to the blood drive to discuss ways to improve dona-

tions, which had fallen to around 20 pints per visit. Roberson credits the success of last week's drive with increased communication which resulted from the advanced planning.

Roberson was delighted with the county's response, and thanked the volunteers who helped to man the bloodmobile. "Without our volunteers, we wouldn't have been able to handle the amount of traffic in the Senior Center. Their

help is indispensable and I thank them on behalf of the Jaycees, American Red Cross and myself."

The blood supply hit dangerous lows last week as the Labor Day Holiday approached. Especially low were supplies of type O blood, known as the universal donor. Hopefully, the good collection in Perquimans made a difference in someone's life.

Hardee's offers diverse menu

Sale of non-hamburger entrees now account for over 50 percent of Hardee's business

Hardee's Food Systems, Inc. announced that sales of its non-hamburger products now account for more than 50 percent of the total entree sales made during lunch and dinner in its 3,200 restaurants across America.

Once known strictly as a hamburger and breakfast chain, Hardee's began broadening its menu in the late 70's when it introduced its specialty sandwich line consisting of sandwiches with leaner cuts of meat such as Roast Beef, Turkey Club and Ham 'N Cheese. In April of '83, Hardee's continued the trend to offering more lighter and nutritional items with the introduction of its Chicken Stix (a chicken finger food product) and prepackaged salads.

Last year, Hardee's also switched to all-vegetable oil from a beef tallow-vegetable blend of shortening to cook all of its fried products. In doing so, Hardee's became the first major restaurant company to completely convert to the lighter and less-greasy, choles-

terol-free oil.

Noting the trend to order more non-red meat products by consumers, Hardee's broadened its menu to include four chicken items on its standard menu: the Chicken Fillet Sandwich, a Chicken Biscuit (for breakfast), a Chicken Fiesta Salad and Chicken Stix. This made it possible for Hardee's customers to order a white meat alternative during all dayparts: breakfast, lunch or dinner.

Recently, Hardee's went one step further, introducing its fifth chicken product, the Grilled Chicken Breast Sandwich.

Made from all-white chicken breast, Hardee's Grilled Chicken Breast Sandwich is non-breaded and is not fried. "This makes our product unique," said Bob Stover, Vice President of Menu Development. "Unique because it's a great tasting chicken sandwich that is not only high in nutrition, but is also low in saturated fat (2 grams) and low in cholesterol (65 milligrams)."

Stover added that much of Har-

dee's recent gains result from the successful introduction of non-red meat products like the Grilled Chicken Breast Sandwich. "We're still the third largest hamburger restaurant chain and serve the thickest and juiciest burgers in America. But we also serve a whole lot more. Chicken products throughout the day, plus lean Roast Beef, salads, even soft-serve ice cream made with 5.5 percent butterfat," he said.

Interestingly enough, Hardee's first introduced the Grilled Chicken Breast Sandwich last spring with a marinated flavor. "While accepted favorably by our customers, we worked diligently to lower the sodium and saturated fat levels of the product," noted Stover. Both levels are well within nutritional guidelines recommended by government and health officials.

Hardee's is America's third largest fast food hamburger restaurant chain with over 3,200 restaurants in 42 states and nine foreign countries. The company is headquartered in Rocky Mount.

marketing posters, as well as with a television advertising blitz.

"We expect a tremendous response to the offer," said Stover. "Hardee's is the only major chain to offer a Grilled Chicken Breast Sandwich and it clearly gives customers another reason to shop at our restaurants versus our competitors."

And what if customers don't want to try the new chicken product? "We still have the thickest and juiciest hamburgers and diverse lineup of equally delicious specialty sandwiches like fish, roast beef and turkey club," Stover said. "All are wholesome, delicious and relatively low in fat and cholesterol content."

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Local Agencies Conduct Food Festival Week

More than 24,000 North Carolinians die each year of cardiovascular disease, making it the state's number one killer. It's estimated that nearly one million Americans will die of heart disease this year. In an effort to help people learn more about their cardiovascular systems and overall "heart health", the American Heart Association and Perdue Farms are sponsoring the fifth annual American Heart's Food Festival. Mayor Bill Cox has issued a proclamation declaring September 10-16 American Heart's Food Festival week in Perquimans County.

The week-long event focuses on the role of good nutrition in the prevention and control of heart disease. Some of the local agencies involved thus far in conducting educational activities to promote Heart Health include Perquimans County Extension Service, Area Agency On Aging of the Albemarle Commission, Perquimans County School's Food Service staff, Chowan Hospital, PPCC District Health Department, Belo and the American Heart Association.

"We want to provide people with the opportunity to learn more about how they can modify their eating habits to improve their health," said Juanita T. Bailey, Home Economics Extension Agent. Dates and locations for activities scheduled during Food Festival week are:

September 11-15 - Heart Healthy educational materials will be provided to Senior Nutrition Site and homebound meal participants in Perquimans County and the other nine counties served by Albemarle Agency on Aging of the Albemarle Commission. Contact Leanne Schultz, at 426-5753.

Perquimans County's School Foodservice Staff will also make available heart healthy educational materials, decorate school cafeterias with banners and balloons and promote heart healthy foods. Contact LaClaire Anderson, 426-5741.

September 12 - A Heart Health workshop will be conducted at the Perquimans County Extension Office for Expanded Food and Nutrition Education Program Homemakers. Contact Earline Saunders at 426-5428.

September 15 - A mini-health fair featuring heart healthy food samples, free cholesterol screening by Chowan Hospital, blood pressure checks, and nutrition counseling in relation to blood cholesterol. (To obtain a more accurate blood cholesterol reading, you may want to fast from midnight until the time you come to have your cholesterol checked.) You do not need an appointment, however there may be a short waiting period. Contact Juanita T. Bailey at 426-5428.

September 16 - Heart Healthy foods exhibit-demonstration will be held at Belo in Hertford. Exhibit time 10:00 a.m. to 1:00 p.m.

Candidates view issues in next Perquimans Weekly

Six men will vie for two seats on the Hertford town council in November. So that the voters will be aware of the stands the candidates take on issues affecting the town, next week photographs and opinions of those candidates will be featured on the front page of the Perquimans Weekly.

The candidates have received questionnaires which cover a broad range of subjects. Their answers to the questions will hopefully enlighten the voters of Hertford, and help them to make an informed decision at the polls.

The seats of councilmen John Beers and Eric Haste are open. Those who have filed to fill those seats are Beers, Haste, Vance Hoover, Bill Glover, John London and Jordan (Jim) Bonner.