

Classified

Summer fun includes using good sun sense 'Healthy' tan is misleading

By George F. Sheldon MD, FACS

The sun makes people feel healthy. Warm and invigorating, the sun seems to give us energy. Some people even think they look good only when they have a suntan. They feel and look healthy. But the notion of a "healthy tan" is entirely misleading.

In order to get a suntan, you have to subject your skin to two types of rays from the sun - ultraviolet A (UVA) and ultraviolet B (UVB) rays. UVA is a long-wave radiation that penetrates deeply into the skin and may contribute to skin cancer. UVB, a short-wave radiation, causes sunburn, premature aging, and wrinkling. UVB also causes suppression of the body's immune function, one result of which is suntriggered cold sores. Another difference is that ultraviolet B rays are most intense in the summer and during midday, while ultraviolet A is almost equally potent throughout the day and year -- and it can even penetrate clouds and glass.

Experts predict that as many as 12 million cases of skin cancer and more than 200,000 skin cancer deaths will occur in the U.S. over the next 50 years. That's 12 million cases of potentially preventable cancer.

Skin cancer is a preventable disease mainly because if you can change your attitude about the importance of getting a suntan, you can, for the most part, avoid the cancer-causing rays of the sun. Of course you can't entirely avoid being exposed to the sun, nor would anyone really want to do that. But you can avoid the dangerous practice of lying for hours under intense burning rays at the beach or in your backyard. And if you profession calls for you to spend your day outdoors, you should begin to regard sun exposure as an occupational hazard and take the necessary precautions to protect your skin.

Unfortunately, sunscreens play a limited role in skin cancer prevention. While there are products available that seem effective against UVB rays, very few sun-protection products contain the only chemical ingredient that has been granted approval by the Food and Drug Administration for its protection against UVA rays. However, using a sunscreen -- especially one with a high Sun Protection Factor (SPF)--is better than not using anything at all.

Despite the limitations of most sunscreen products, it's only human nature to want to

spend as much leisure time as we can outdoors--especially in warm weather. If you occupation places you outdoors, you'll inevitably be exposed to the sun throughout your work day. Therefore, you should make a point not only of protecting your skin, but also of becoming aware of the warning signs that signal skin cancer. When detected early, skin cancer is usually curable.

According to the American Cancer Society, any unusual skin condition, especially change in the size of a mole or other darkly pigmented growths or spots, can be a sign that should be checked out. In addition, scalliness, oozing, bleeding, or change in the appearance of a bump or nodule; the spread of pigmentation beyond its border; a change in sensation; itching; tenderness; or pain are all warning signs of melanoma. See your doctor as soon as possible if you detect these symptoms. Remember: early detection is the key.

Skin cancer is highly preventable and highly curable. But the number of its victims is still alarming -- the American Cancer Society estimates that there will be 6,700 deaths this year alone from malignant melanoma. Those are 6,700 people who very well could have been cured--100 percent cured, perhaps--had they detected some of the warning signals sooner. Don't make the same mistake. Be alert, and see your doctor if you suspect that something may be wrong. The right knowledge and early detection are your best defense.

Dr. Sheldon is Professor and Chairman of the Department of Surgery, University of North Carolina, Chapel Hill, and a member of the Board of Regents of the American College of Surgeons. For a fact sheet about skin cancer and prevention, write to the American College of Surgeons, Office of Public Information, Department 792, 55 East Erie Street, Chicago, IL 60611.



Help for sunburn sufferers

What works against the pain of a sunburn? "According to the FDA, products with ingredients such as benzocaine, lidocaine, camphor, phenol and menthol will temporarily soothe the pain of a mild burn," says Dr. Harriet Jennings, extension clothing specialist at North Carolina State University. Moisturizers like cocoa butter and petrolatum can help relieve the dryness when burned skin begins to peel. Check the list of ingredients on the product label.

"Resolve to use a good sunscreen," Jennings says. "Dermatologists recommend an SPF (sun protection factor) of 15 for prolonged exposure." Sunburn has been related to the development of skin cancer, wrinkles and age spots.

"You'll be in good company," Jennings says. A Gallop poll done last year found that 45 percent of women aged 18 to 49 are using more sunscreens with higher SPF's and spend less time in the sun.

MISC. FOR SALE

Electrolux upright Brand new in the box. Take over payments of \$24.85/mo. W.A.C. Call 426-5161. 7/9, TFN

YARD SALES

Behind Winfall ABC Store. Sat. 11, 8-1 p.m. Books, tools, clothes, attic clean-out, dolls (play & collectible). Cheap. Multi-family. 7/9

Moving Sale Center Hill Highway, Hertford across from ballpark. Sat 8 a.m. Furn., woodstove, computer games, books, home interior, dishes, weed eater, etc. 7/9

PETS

Classic Clip & Boutique, 502 N. Hughes B. rd., Elizabeth City. All-breed pet grooming. 338-7588. 7/9, 16, 23, 30

LEGALS

NOTICE OF ADMINISTRATION
Having qualified as Executrix of the estate of Otha I. Winslow, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of the said deceased to exhibit them to the undersigned at Route #1, Box 234, Belvidere, NC 27919 on or before the 1st day of October, 1992 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
This 18th day of June, 1992.
Nellie B. Daughtry
Executrix of Henry Earl Daughtry, Dec'd
7/2, 9, 16, 23

LEGALS

Missouria C. Winslow Executrix of Otha I. Winslow, Dec'd. 6/25, 7/2, 9, 16

NOTICE OF ADMINISTRATION
Having qualified as Executor of the estate of Charlie E. Mathews, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of the said deceased to exhibit them to the undersigned at Route #5, Box 40, Hertford, NC 27944 on or before the 1st day of October, 1992 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
This 22nd day of June, 1992.
Charles H. Mathews
Executor of Charlie E. Mathews, Dec'd
6/25, 7/2, 9, 16

NOTICE OF ADMINISTRATION
Having qualified as Executrix of the estate of Henry Earl Daughtry, deceased, late of Perquimans County, North Carolina, this is to notify all persons having claims against the estate of the said deceased to exhibit them to the undersigned at Route #4, Box 125, Hertford, NC 27944 on or before the 1st day of October, 1992 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
This 26th day of June, 1992.
Nellie B. Daughtry
Executrix of Henry Earl Daughtry, Dec'd
7/2, 9, 16, 23

REQUEST FOR BIDS

The Perquimans County Board of Commissioners is requesting sealed bids from all interested parties for the following county vehicle:

1981 Ford Escort - Station Wagon (1FABP0826BT134710)
Perquimans Co. Bldg. Inspector
Hertford, North Carolina

For additional information, interested parties may contact the County Manager's Office at 426-8484. All bids must be in a sealed envelope, labeled as such and have the vehicle identification information on the outside. All sealed bids must be received by the County Manager by 7:30 p.m. on July 20, 1992. The bids will be opened at 7:30 p.m. by the Board of Commissioners at their regular meeting that date in the Commissioners' Meeting Room, Courthouse Annex. The Board of Commissioners reserves the right to accept or reject any or all bids.

N. Paul Gregory, Jr.
County Manager

HELP WANTED

POSITIONS STILL AVAILABLE to type names and addresses from home. \$500.00 per 1000. Call 1-900-896-1666 (\$1.49 min/18yrs.) or Write: PASSE - 22762 161 S. Lincolnway, N. Aurora, IL 60542. 6/25, 7/2, 9, 16

\$800 Weekly Possible! Working At Home! 37 different opportunities. Rush \$1 and self-addressed stamped envelope to: Work At Home P.O. Box 2657 Elizabeth City, NC 27906-2657. 7/9, 16, 23, 30

HASTE REALTY

Multiple Listing Service
MLS
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426-5211

146 Church St.
Hertford, N.C.

Public Notice Real Estate Brokers

The Farmers Home administration (FmHA) has from time to time various inventory Real properties for sale through brokers having executed an open listing agreement with the agency. Licensed real estate brokers may obtain additional information for 5 county area of Chowan, Perquimans, Camden, Pasquotank, and Currituck by visiting the local FmHA Office located at 512 S. Church St., Hertford, NC 27944 or phone (919)426-5733.

LEGALS

NOTICE OF FILING FOR APPLICATION CAMA MINOR DEVELOPMENT PERMIT

Pursuant to NCGS-113A-119(b), Perquimans County, a locality authorized to issue CAMA permits in Areas of Environmental concern, hereby gives NOTICE that on July 2, 1992, Allen & Diane Freeman, applied for a CAMA permit to install a 28 x 6' Mobile Home & septic system at Lot 23-M Hunt Club Trail Holiday Island, Hertford. The application may be inspected at the address below. Public comments received by July 17, 1992 will be considered. Later comments will be accepted and considered up to the time of permit decision. Project modifi-

LEGALS

cations may occur based on further review and comments. Notice of the permit decision, in this matter, will be provided upon written request. Aubrey Onley, Jr. CAMA Local Permit Officer P.O. Box 462

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7/9

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Just Past Highway 17 by Pass

Buy American or Bye-Bye America

**** RECRUITMENT ANNOUNCEMENT ****

WATER/TAX CLERK
Salary Range \$11,016
AN EQUAL OPPORTUNITY EMPLOYER

LOCATION: Perquimans County, North Carolina
CLOSING DATE FOR RECEIPT OF APPLICATIONS: July 17, 1992, 5:00 p.m.

DESCRIPTION OF WORK: An employee in this position will spend 50% of his/her time working in the water system and 50% of his/her time working in the tax office. This employee will accept payments and receipt the same, log meter readings, make job orders, review abstracts for tax purposes, help in drafting lists of persons owing taxes, compile and compute tax listings, and other tasks relating to tax and water as determined by the Tax Administrator.

KNOWLEDGE, SKILLS AND ABILITIES:

- (1) Ability to work with a small staff of employees.
- (2) Ability to meet the public in a polite and professional manner.
- (3) Ability to deal with the public, in person and on the telephone, in a calm, tactful and courteous way.
- (4) Ability to write legibly in maintaining files and records.

DESIRED EXPERIENCE AND/OR TRAINING:

- (1) Must possess a High School Diploma or GED.
- (2) Previous clerical experience is desirable.

ALL APPLICANTS MUST APPLY THROUGH THE COUNTY MANAGER'S OFFICE.

**** RECRUITMENT ANNOUNCEMENT ****

TAX SUPERVISOR
Grade 67
Salary Range \$18,936-\$28,800
AN EQUAL OPPORTUNITY EMPLOYER

LOCATION: Perquimans County, North Carolina
CLOSING DATE FOR RECEIPT OF APPLICATIONS: July 31, 1992, 5:00 p.m.
ALL APPLICANTS MUST APPLY THROUGH THE COUNTY MANAGER'S OFFICE.

DESCRIPTION OF WORK: An employee in this position will supervise and be responsible for the administration of Tax Appraisals, Collection, Mapping and General Administration of the Tax Department. He or she will also supervise the collection of charges for the Perquimans County Water System.

KNOWLEDGE, SKILLS AND ABILITIES:

- (1) Ability to work with and supervise personnel.
- (2) Ability to talk with, explain and discuss tax and water problems with the general public.
- (3) Ability to formulate and to work within a Departmental Budget.

DESIRED EXPERIENCE AND/OR TRAINING:

- (1) Must possess a High School Diploma or GED.
- (2) Professionals who are N.C. Certified Appraisers and have a working knowledge of the Tax Laws are preferred.
- (3) Previous experience or knowledge of the N.C. Tax Structure will also be considered.

SERVICE DIRECTORY at Your Fingertips

Antiques Buy • Sell • Trade Jockey Lot Antiques Flea Market 4 miles south of Elizabeth City on Hwy. 17 919-264-3655	Building J.W. HARRELL CONSTRUCTION CO. Residential • Commercial Remodeling • Free Estimates 18 Years Experience 264-3123 Call Jimmy Harrell (General Contractor)	FARMER'S MARKET Perquimans County FARMER'S MARKET Located on US 17 BY PASS, HERTFORD 8:00 AM - 6:00 PM	Mail Order Specialties M&E Enterprises Imprinted Business Forms Promo. Advertising Specialties All Occasion Specialty Gifts Home, Shop & Giftwares Moyock, NC (919)232-3716	Satellite Consumer Satellite 1103 N. Broad St. Edenton 482-5083
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Auto Parts Auto Parts & Repairs Now buying all used & junk cars for top dollar. Also buying transmissions & motor work. 339-5601	Concrete B&L CONCRETE WORKS Grading, forming, pouring & finishing 264-2585	Furniture REPAIR, REFINISHING & RESTORATION Extra Care Given To Your Special Pieces *10% Discount When Mentioning This Ad FREE ESTIMATES FREE Pick-Up & Delivery References Available We also paint kitchen and any outdoor furniture 338-3224/330-4119 We Also Buy Furniture	Seafood LAMB'S SEAFOOD Fish, Shrimp, Scallops, Live Crabs 338-1957	Video Rentals VIDEO STARS BREM INC. T/A ★★★★★ RENTALS, SALES, VIDEO TAPES, VCR'S AND ACCESSORIES FRANKY BROWN Owner 110 Market Street Hertford, NC 27944 (919) 426-5111
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