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# THE PERQUIMANS WEEKLY

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35 Cents

## Stay cool and avoid heat-related illness

The heat wave that has blanketed the county for weeks has made life miserable, especially for those who work outdoors or in industrial settings. Temperatures soaring into the upper 90s and even over 100 degrees can not only cause misery, but health problems as well.

During hot and humid weather, a buildup in body heat can cause heat stroke or heat exhaustion, especially in the elderly, according to Juanita T. Bailey, Home Economics Extension Agent. Those with heart and circulatory disease, stroke or diabetes face more risk of heat-related illness.

Heat stroke is a medical emergency requiring immediate attention and treatment by a doctor. Among the symptoms are faintness, dizziness, headache, nausea, loss of consciousness, body temperature of 104 degrees F or higher (measured rectally), rapid pulse and flushed skin.

Heat exhaustion takes longer to develop than other heat-related illnesses. It results from a loss of body water and salt. The symptoms include weakness, heavy sweating, nausea and giddiness. Heat exhaustion is treated by resting in bed away from the heat and drinking cool liquids.

Bailey said the best means of protection from the heat is to remain indoors in an air-conditioned room when possible. Those whose homes are not air-conditioned might consider visiting a cool public place, like the library, during the hottest hours.

Other good ways to cool off include taking baths or showers, placing icebags or wet towels on the body and using electric fans.

Bailey also recommends the following tips during heatwaves:

•Stay out of direct sunlight and avoid strenuous activity.

•Wear lightweight, light-colored, loose-fitting clothing that permits sweat to evaporate.

•Drink plenty of liquids such as water, fruit and vegetable juices, and iced tea to replace the fluids lost by sweating. Alcoholic beverages and fluids that contain a lot of salt are not recommended, because salt can complicate existing medical problems, such as high blood pressure. Use salt tablets only with a doctor's approval.

•Above all, take the heat seriously, and don't ignore the danger signs like nausea, dizziness and fatigue.

For additional information on dealing with the heat, call the health department or your family physician.

## Schools honor retirees

Perquimans County Schools said goodbye to five employees with over 120 years of combined service. Honored were Gay Howell, Virginia Chappell, Katie Lightfoot, Virginia Whedbee and William Felton.

Miss Howell served as a Chapter 1 teacher at Hertford Grammar School at the time of her retirement. Previously in Perquimans County, she taught seventh grade and seventh and eighth grade math, and coordinated the migrant program. Howell has over 30 years in the education field, 25 of those years in Perquimans County. Before coming home to Perquimans County, Howell taught in Mantoe, in Richmond, Va. and at Bob Jones University.

Mrs. Chappell worked in the Perquimans High School cafeteria for five years.

Mrs. Lightfoot was a fourth grade teacher at Central School. She was with the county schools

for 27 years, and taught music at King Street Elementary School prior to moving to Central. She also taught in Currituck County briefly.

Mrs. Whedbee spent 25 years in Perquimans County, teaching fourth grade, sixth grade and a fourth-fifth combination. She taught at both Hertford Grammar and Perquimans Central Schools. Mrs. Whedbee has a total of 30 years of classroom experience.

The maintenance department was home to Mr. Felton for 30 years. He performed a variety of tasks while fulfilling his job duties.

Superintendent Randall L. Henlon and Board of Education chairman L. Wayne Howell presented gifts to the retirees in appreciation for their years of dedication and service to education.

## Miss Indian Summer Festival to reign over annual gala

An exciting new event will kick off the 12th annual Indian Summer Festival.

On Thursday, Sept. 23, the first Miss Indian Summer Festival pageant will be held at Perquimans High School. The winner will reign over the festival, scheduled for Sept. 24 and



25. The pageant is open to all girls between 13 and 18 years of age who are Perquimans County residents. Contestants will be judged on beauty, poise and talent.

Applications can be obtained from the Perquimans County Chamber of Commerce. There is a \$5 entry fee. The application deadline is Friday, Sept. 10.

For more information, please contact Mary Harrell at the Chamber office at 426-5657 or Betty Waters at 426-8250 after 6 p.m.

## Cooling off



This smart young lady beats the heat under the pavilion at Missing Mill Park with a sip of cool milk. She was visiting her great grandmother and took advantage of the summer feeding program sponsored by the Perquimans County Schools. (Photo by Susan Hariss)

## Open Door needs donations

The Open Door has been slammed a couple of times recently, and those in charge said they hope the community will help fix the damage.

A storm took the roof off the front portion of the thrift store building, ruining the carpet and many items for sale. That was followed by the theft of an air conditioner.

According to Open Door spokesperson Barbara Laughinghouse, the two incidents have hindered the operation of the food pantry, and also put a damper on the morale of volunteers who man the site.

There is an air conditioner in

the food pantry building, which is open Monday, Wednesday and Friday, 10 a.m.-noon. But there is no escape from the heat in the thrift shop. Although it is only open on Saturdays from 9 a.m. until noon, Laughinghouse said volunteers spend many hours in the building sorting, pricing and displaying clothing and other household items for sale. The heat wave has made those hours uncomfortable.

Thrift shop sales supplement the small state grant and donations that stock the food pantry.

Everything in the front section of the thrift shop was ruined when the roof was damaged. There are items in the shop for sale, but the ecumenical outreach center

needs more donations to get supplies back up. Clothing, small household items, and furniture are needed. In addition, Laughinghouse said a fan or used air conditioner would help keep the volunteers in the thrift shop more comfortable while they work to help others.

Non-perishable food items are also needed for distribution.

For more information contact the Open Door at 426-7776.

## Night call



A leaking water pipe in front of Cannon's Cleaners on Grubb Street brought town maintenance crews out around 8:30 Monday night. Hertford town manager Bill Cox said it took about two hours to fix the leak. Cox said the town couldn't afford to lose water

## Cox to retire

The town of Hertford will lose over a quarter of a century of municipal government experience on Dec. 31 when town manager W.D. "Bill" Cox retires.

Cox presented his letter of resignation to the town council Monday night.

Cox, 73, was employed as the town's first full-time manager on March 1, 1975. He served as mayor from 1971-1991, after first serving as a councilman for four years.

"I've enjoyed every minute of it," Cox said of his tenure as town manager.

Cox said he has enjoyed a great deal of support and assistance from council during his stint as town manager, and appreciates the good working relationship. He has pledged his assistance to the town during the transition period after a new manager is employed.

Mayor John Beers said Cox had mentioned retiring prior to Monday night, but that did not make accepting Cox's resignation easy for the board.

"We hate to see it (Cox's retirement), but we respect all the good years he's given us," Beers said. Beers added that he felt confident Cox would continue to work for the improvement of the town even after his retirement.

Beers said the position opening will be advertised soon to give council plenty of time to find a replacement for Cox.

## Council approves equipment buys

The Hertford Town Council started off its fiscal year by dipping into budgeted funds to replace worn out equipment.

The town will purchase a 1984 Chevrolet flatbed truck with a dump from the state for \$2,800. Town manager W.D. "Bill" Cox said the 1971 truck the town presently owns is broken, and needed repair costs would exceed the value of the truck.

The second item to be purchased is an industrial mower. Public works director Parker Newbern told council that the town owns two mowers at present, but one cannot be repaired and the other is in poor condition. Because the town must maintain parks, lots, the sewer plant and the well field, a commercial-grade mower is essential. Newbern said it presently takes 13 man-hours just to mow Missing Mill Park.

Newbern had gotten bids from Brady Outdoor Equipment, Hobbs Implement and Hertford Hardware ranging from \$3,400 to \$7,000. The horsepower was the same on all the engines, but the construction was not equal. Council told Newbern to get more information on the mowers and to negotiate the best price he could before purchasing a mower.

The town will honor retired police officer Robert Harvey on Aug. 2. Council told Cox to organize a dinner recognizing Harvey's 27 years of service on the Hertford police force.

The council will request another meeting with the Perquimans County Commissioners to discuss dispatch and building inspection services. The town has met with the county several times, maintaining that Hertford residents are double taxed for those services since they pay county and town taxes.

**NOTEWORTHY**  
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