

Community

Weddings

Coston-Williams

The Coston family announces the marriage of Deborah M. Coston to George Ronald Williams, which took place on March 4, in Honolulu, Hawaii. The couple is now stationed at Fort Bragg.

A wedding reception will be held for the couple on Saturday, April 29 at 4 p.m. at

New Bethel Baptist Church Fellowship Hall, given by the Coston family. All friends and relatives are invited. No invitations are being sent.

Miss Coston is the daughter of Milton Coston of Hertford, and the late Carrie M. Coston.

Mr. Williams is the son of Mrs. Pelzora Williams of Williamston and the late George W. Williams.

Obituaries

Hans K. Harnisch

...Retired engineer

Hans Karl Harnisch, 70, of 103 S. Church St., Hertford died Friday morning, April 21, 1995, in Albemarle Hospital.

A native of Schlesien, Germany, he was the son of Meta and Johannes Harnisch.

Survivors include his wife, Jenny Rapp Harnisch; two daughters, Christa Harnisch of Framingham, Mass., and Angela Schwallier of Las Vegas, Nev.; two sisters, Ursula Kriening and Katel Just both of Germany.

A memorial service was held on Monday, April 24 at 11 a.m. in the Swindell Funeral Home Chapel.

Robert A. Harrell

...Retired supervisor

Robert Anderson Harrell, 74, of 1710 Lobell Lane, Elizabeth City, died Wednesday morning, April 19, 1995, in Maryview Hospital, Portsmouth, Va.

Mr. Harrell was a native of Perquimans County and was a Navy veteran of World War II. Survivors include his wife, Benna Russell Harrell; three daughters, Shirley Smith and Rita Thomas, both of Portsmouth and Carolyn Villanueva of Pullman, Mich.; two sons, Robert E. Harrell and Preston Harrell, both of Portsmouth; a sister, Lillie Thach of Hertford; eight grandchildren and four great-grandchildren.

Graveside services were held Saturday at 2 p.m. in Cedar Wood Cemetery, with Rev. Keith Vaughan officiating.

Swindell Funeral Home was in charge of arrangements.

Joseph F. Long

...Retired carpenter

Joseph Francis Long, 87, formerly of Chesapeake, Va. died Wednesday morning, April 19, 1995, in Albemarle Hospital.

A native of Pasquotank County, he was the son of the late William Henry Long and Hunter Dozier Long and the widower of Mattie Weeks Long.

Survivors include a daughter, Sylvia Spry of Elizabeth City; two sons Mercer Long of Hertford and Thomas Long of Elizabeth City; nine grandchildren and 13 great-grandchildren.

Private graveside services were held with Swindell Funeral Home in charge.

John S. Mohr

...Retired plumber

John Schurmann Mohr, 67, of 8 Halsey Bay Road, Hertford, died Tuesday morning, April 18, 1995, in Albemarle Hospital.

A native of East Moriches, L.I., N.Y., he was the son of the late John Nicholas Mohr and Emma Schurmann Mohr. He was a member of First Presbyterian Church of East Moriches.

Survivors include his wife, Jane Barker Mohr; five daughters, Sherry Pionka and Susan Hassell, both of Hertford, Heidi Calvagna of Long Island, N.Y., Debbie Gray of Fort Myers, Fla.; a son, John Mohr of Hertford; a sister, Gloria Downs of East Moriches; and eight grandchildren.

The body was sent from Swindell Funeral Home, to Sinnichsons Funeral Home, Center Moriches, N.Y. where a funeral was held Saturday at 9:30 a.m.

In lieu of flowers, donations may be made to the American Lung Association, P.O. Box 1407, Greenville, N.C. 27835.

Grace J. Winslow

...Former seamstress

Grace Margaret Jordan Winslow, 78, of Route 1, Box 49, Belvidere, died Thursday evening, April 20, 1995, in Pitt Memorial Hospital, Greenville.

A native of Chowan County, she was the daughter of the late Elihu and Margaret Chappell Jordan. She was a member of Happy Home Pentecostal Holiness Church.

Survivors include her husband, Harold Brenton Winslow Sr.; two sons, Harold Brenton Winslow Jr. and Willis Bruce Winslow, both of Hertford, two sisters, Beatrice Evans and Frances Perry, both of Hertford; four grandchildren and three great-grandchildren.

Funeral services were held Saturday at 3:30 p.m. in Swindell Funeral Home Chapel. Burial followed in Cedar Wood Cemetery.

Healthy eating workshop scheduled

Did you know that blacks have a life expectancy of 70.3 years, compared to 76 for whites. That's in part because blacks and other minorities suffer more than whites from the leading causes of death - disease of the heart, stroke, cancer, diabetes, high blood pressure and cirrhosis of the liver. Many of the reasons for this difference are not yet understood. But doctors do know that unhealthy eating habits are associated with excess deaths in the black community. A modified diet can help reduce the risk for chronic and life-threatening diseases. That's why the American Association of Retired Persons (AARP) and the American Heart Association (AHA) have jointly produced Eating For Healthy Tomorrows, a nutri-

tion education program that can help older African-Americans make dietary changes to positively impact their health.

An "Eating for Healthy Tomorrows" workshop will be held on Saturday, May 6, at the N.C. Cooperative Extension Service - Perquimans County Center. The workshop will begin at 9:30 a.m.-1 p.m. Topics to be covered include; the fat and cholesterol connection, shaking the salt habit and learning to enjoy eating a healthy diet. Lastly, will be food tasting so that participants can see first-hand how good low fat and low sodium food can taste. This workshop will be free, however interested persons will need to call 426-7697 to register for this class on or before April 28.

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