

Perspectives

The Perquimans Weekly

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The day hike

Human beings have generally made it their business to insulate themselves as much as possible from the natural world. On the other hand, humans have found it fascinating to head off, on foot, to confront it. Deep within us all there is a Davy



Nature in a Nutshell

Gail Roberson

Crockett or Robinson Crusoe and a surprising number of us go forth, despite the unknown, even if it's for an hour.

Once you've made the decision to take a day hike in the woods somewhere or out in the countryside, despite poison oak, stinging nettles and flies, snakes, dope growers, mean dogs, rednecks, electric fences and little boys with B-B guns, you might want to remember these few words of advice:

Carry nothing in your hands but maybe a good walking stick. The same applies to your pockets. Don't weigh yourself down with useless junk. Research your walk in advance enough to choose a quiet, safe place. Have a destination. Return by a different route so you'll have something different to look at. Plan ahead so you don't have to settle for a road walk.

Take vegetable juice and water enough. I've found that chewing on gum keeps my mouth moist. A bandanna or handkerchief will be your most versatile item, useful as a wash cloth, towel, headband or cloth, compress napkin, sling or even as toilet paper. A fanny pack is a wonderful way to carry what you need, but make certain not to put over five pounds in it.

Tell yourself you are going on a walk, not a hike. Walking is fun. Hiking is hard work. Take a partner along who isn't wimpy and shares familiar interests. Set a pace but stop often to inspect natural "stuff." Look to the sides, don't have tunnel vision. Remember this walk is so you can see and experience the outdoors, not

just count down the miles so you can say you've done it.

Read the weather. Be alert to all changes in the air and sky. Before you start out, let someone know where you are headed and how long you'll be gone. They should know to come look for you if a

storm arises.

Don't take the dog. You'll spend most of your time calling him from the woods or listening to his yelps as he goes off chasing God only knows what with outright trespassing on God only knows whose property. Many landowners will allow you access to walk on their property, but will not tolerate a bouncing, energetic dog knocking down the tobacco stalks and eliminating himself on their truck tires. Don't chance it. Leave the dog at home.

Explore your own farm or a section of the county near you, or a hike along the border of the county creek or river. There's no need to leave the vicinity when you go for a walk. And there's no need to walk all day. You may prefer just an hour or so at a time, especially if you don't do this often and need to build physical stamina.

Shod yourself well. Break in, beforehand, a sturdy walking shoe. It's a myth that high-tops are essential for ankle support. Best are the one-pound nylon running shoes that have a decent arch support.

I learn a lot each day just by walking around my own yard. When I go out on the trails of the refuge I open a natural library to my every sense. A nature hike offers something for everyone. Yes, there is much communion with nature during the walk, but it's a special time to unwind, find personal peace and growth and certainly acts as an ideal way to exercise. Take a nature hike. It's more more than a stroll until the sun goes down.

As I get older, I find myself sprinkling my conversations with phrases from out of the past. I'll be telling Bubba about some funny incident and my reaction to it. "I fell out!" I'll exclaim, the memory of it bringing on a big smile and wet eyes. Now where did that come from, I'll ask myself. Oh yes, now I remember.

I'd overheard that sentence and many others while I perched on kitchen chairs or squatted on front porch steps, eavesdropping on my grandmother and all those other older ladies and gentlemen in

Out of the past



All over the map

Tony Key

the neighborhoods of my youth. "I ain't studying her!" someone would say, meaning the speaker gave little consideration to the object of their

scorn. Or, as one lady re-told a bit of juicy gossip to her neighbor, the neighbor might exclaim "Honey, hush yo' mouth!", confirming the thrill the news gave her and imploring the other to, for God's sake, continue. But then my memory goes blank - I can't recall another saying.

New at the Library

In George Plimpton's latest book, *The X Factor - A quest for Excellence*, the man whose claim to fame is based on being the world's best known professional/amateur sportsman endeavors to figure out why some of us are winners

and the others are runners-up; what's the killer instinct, who has it, and can any of the rest of us get it.

He covers some fairly familiar ground, especially if, like me, you are a voracious reader of self-help books. But take a chance anyway, if only to read some words of wisdom from tennis legend Billie Jean King, a side-splitting "interview" in chapter nine, and a fascinating behind-the-scenes visit with then President George Bush and family on a wet weekend at Camp David. This alone is worth giving *The X Factor* a look-see.

Letters

Dear Editor:

To the people of Perquimans County: Words can never express how grateful Bert & I are to have chosen this part of North Carolina to retire.

During my recent "total knee replacement" experience we were shown daily examples of "Love thy neighbor as thy self" and "Do unto others as you would have them do unto you."

We were showered with prayers, kind and loving phone calls, visits, cards and food.

What a wonderful place our whole world would be if the rest of the world would be as loving & caring as the people of this county.

We both know the best "thank you" we can give is to pass on these kindnesses and follow the examples of the beautiful Christ-like people here who are our neighbors and friends.

God bless you all,
Bert & Jimmye Hayes
Winfall

Dear Editor:

I'd like to thank everyone involved in the 4th of July activities in Hertford. The flags placed in the yards, fireworks, and other 4th of July celebrations showed a great deal of patriotism and community pride.

It was a super day, and everyone who contributed in any way deserves our thanks.

Sid Eley
Hertford

Dear Editor:

To each and every person who was involved in the 4th of July Fireworks Display at Missing Mill Park - BRAVO!!! It was the best I've seen in our area and judging from the enthusiastic response of the crowd, everyone enjoyed it. I know it took a lot of money, hard work and effort and without the dedication of a few individuals, there would've been no fireworks. You deserve a huge THANK YOU!!!

Jonetta W. Long
Hertford



Bring back lazy summers

What happened to those long, lazy days of summer? Children long for them in May, songs have been written about them, they're often spoken of in novels...but I fear they are gone forever, or until my children grow up whichever comes first.

I fear I am becoming selfish. I want a day just for me. I don't want to have to wash a uniform. I don't want to have to worry about what somebody else eats. I don't want to have to kick cleats out of the doorway to enter my den. I don't want to hear that infernal telephone ring. I don't want to have to take anyone to ball practice or to a game. For just one day, I want to be totally alone.

Social creature that I am, I have learned over the years that everyone needs a "down" day. Everyone needs space, except maybe folks still on their honeymoon. The rest of



Ramblin' with Susan

Susan Harris

us need some time that is ours alone. Everyone, now and again, needs to get in touch with themselves.

I use to hate being alone, actually fear being alone. As a teenager, an unpopular teenager at that, I always craved belonging. I always wanted to be going and doing and in the middle of everything.

That feeling followed me into adulthood, when I still feared saying, "No." Civic

duty, professional duty, Christian duty, family duty and the responsibilities that I felt accompanied those obligations kept me in a whirlwind all the time. And to tell you the truth, quite often they still do.

But now I know that when the pressure of my self-imposed "duties" threatens my questionable mental health, it is time to take a "me" day. There comes a time when one needs to stop and take a time out.

I am reaching that point. where I need a long, lazy summer day. And I'm going to take one. After swimming lessons. After All-Star tournaments. After Bible school. After volleyball camp. After band camp. After football practice. After cheerleader camp.

Let's look at my calendar. Ah! I have found a date at last. My first free day will fall on or about June 15, 2007 - Holly's projected graduation date!

Letter to the editor policy

The Perquimans Weekly welcomes the opinion of its readers. Letters should be limited to 300 words and should include the name, address and telephone number of the writer. Letters without signatures or telephone numbers will not be printed. Only the name and city of residence will be published with the letter.

The subject matter should be of interest to the community, not a personal gripe. Letters may be edited for clarity and space limitations. These guidelines also apply to opinion pieces submitted for publication.

NOTICE OF FILING FOR NON-PARTISAN ELECTION

TOWN OF HERTFORD

The Perquimans County Board of Elections will conduct a Non-Partisan Municipal Election for the Town of Hertford, November 7, 1995. Hertford will elect a Mayor and two (2) Town Commissioners at that time. The filing for candidates begins at 12:00 noon, July 7, 1995 and ends at noon August 4, 1995. The voter registration deadline for town residents who will vote in this election is October 13, 1995. Persons already registered do not have to reregister.

Perquimans County Board of Elections

Hrs. Mon., Wed., Fri., 8:30-12:30
Phone 426-5598

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