

Community

Happenings

Nutrition site menus

Menu for the Perquimans County Nutrition Site for the Elderly for Aug. 21-25 is as follows:
 Monday - Meatloaf w/gravy, green beans, rice, roll, fresh orange, milk.
 Tuesday - Veal patty w/tomato sauce, peas, scalloped potatoes, bread, applesauce, milk.
 Wednesday - Baked chicken, squash, beans, roll, jello, milk.
 Thursday - Vegetable beef soup, pimento cheese sandwich, juice, bread, cake.
 Friday, Turkey w/gravy, succotash, sweet potato patties, roll, melon balls, milk.

School meal menus

The Perquimans County School System announces the school menus for Aug. 24-25 as follows:
 Aug. 24 - Breakfast - Manager's Choice. Lunch - Pizza or chicken pattie/bun, french fries, green peas, lettuce & tomato, juice, milk.
 Aug. 25 - Breakfast - Manager's Choice. Lunch - Tuna salad/crackers or hot dog/roll, baked beans, potato rounds, corn, juice, milk.

Health clinics

The clinic schedule for the Perquimans Health Department for Aug. 21-25 is as follows:
 Aug. 21 - Prenatal in the morning, family planning in the afternoon.
 Aug. 22 - Prenatal clinic in the morning.
 Aug. 23 - Eye clinic PRN.
 Aug. 24 - Adult health clinic will be held in the morning.
 Aug. 25 - Teen clinic in morning, general clinic, pills/problems in the afternoon.

Memory Lane

The Memory Lane Senior Citizens Club will hold its monthly meeting on Monday, Aug. 21 at 12 noon at the Missing Mill Park with a covered dish picnic lunch.

NAACP

The Perquimans County NAACP Branch will hold its monthly meeting on Monday, Aug. 21. The Executive Committee will meet at 7 p.m., and the regular meeting will begin at 7:30 p.m. The meeting will be held at the Senior Center. Mr. Wauna L. Dooks Jr., Director of the Small Business Technology Center at Elizabeth City State University, will be presenting the program. He will be sharing information that will help our people learn how to start small businesses.

Arts Council

An organizational meeting to discuss the formation of an arts council will be held on Tuesday, Aug. 22 at 7 p.m. at the Perquimans County Library. On the agenda is the establishment of short-range goals, by-laws and officers. The meeting is open to those who are hands-on artists as well as those who appreciate the arts. Call Brenda at 426-2271 for more information.

Blood drive

A blood drive will be held at the Senior Center on Thursday, Aug. 24, 3-7 p.m. AARP Chapter 4118 is sponsoring the drive.

Senior Center

The Perquimans County Senior Center has a trip planned to go to the Old Dominion Opry in Williamsburg, Va, on Friday, Sept. 15. We will depart the Center at 3:30 p.m. and stop for dinner at the Chesapeake Square Mall. Then on to the Opry for the program at 8 p.m. Return home about 12:30 a.m. Cost per person is \$28, which includes the Opry and your transportation. Deadline to sign up and pay is August 11. For more information call 426-5404.

Other trips include an overnight trip planned for Sept. 19 and 20. We will travel to Asheboro to visit our state zoo. We will also visit Seagrove Pottery and the Burlington Outlet before we return home. We will stay at the Comfort Inn in Asheboro. Price for double is \$90, three is \$80, four is \$75 for each person. This price includes one breakfast, one dinner, admission to the zoo and transportation. Sign up and pay as soon as possible. For more information call 426-5404.

Engagement



Sara Lynn Bateman, Eric Wayne Buck

Bateman-Buck

Mr. and Mrs. Sidney L. Bateman of New Bern announce the engagement of their daughter, Sara Lynn Bateman, to Eric Wayne Buck, son of Mr. and Mrs. Rickey Buck of Ernul. The bride-elect is the granddaughter of Marjorie Holland of Hertford. The bride-elect is a graduate of West Craven High School and Craven Community College. She is employed at Pitt County Anesthesia. Mr. Buck is a graduate of West Craven High School and Craven Community College. He is employed at Dupont in Kinston. The wedding is set for 2 p.m. on Sept. 23 at Holly Hill Pentecostal Holiness Church in Vanceboro.

State seeks public input

Tell state government exactly what you think - at least as it pertains to the state Historic Preservation Office. Between now and September 30, the Historic Preservation Office (HPO) is seeking public comments on the office's programs and priorities for the upcoming year. It is a perfect opportunity to let them know about the major threats to historic properties in your community, what kinds of project you think most deserve grant monies and how the HPO can best serve North Carolina. For more information about state Historic Preservation Office programs and a comments form, please call Lloyd Childers at 919-733-4763 or write to her at Historic Preservation Office, N.C. Department of Cultural Resources, 109 E. Jones Street, Raleigh, N.C. 27601-2807.

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 on her retirement.



Obituaries

Dr. Douglas R. Holland

...owner of cabinet shop
 Dr. Douglas Ray Holland, 59, of Route 2, Box 341, Hertford, died Saturday afternoon, August 12, 1995, in Chowan Hospital.

A native of Chowan County, he was the son of Mary Ann Wright Holland of Edenton and the late George Phillip Holland. He was pastor of Mt. Sinai Baptist Church and an Air Force veteran.

Survivors include his wife, Janet Williford Holland; his mother; a son, Richard Alan Holland of Charlotte; three daughters, Cynthia H. Carter of Edenton, Janet Inez Horne

and Lois Maeann Horne, both of Hertford; a brother, M. Phillip Holland of Edenton; three sisters, Audrey Whitson of Gambrills, MD., Georgia Leigh Hoffman of Parker, CO. and Wendy Ridgely of Laurel, MD.; and three grandchildren.

Funeral services were held Tuesday at 2 p.m. in Mt. Sinai Baptist Church with Rev. Jimmie D. Williams and Rev. J.N. Baggett officiating. Burial followed in Edgewood Cemetery, Windsor, with Swindell Funeral Home in charge of arrangements.

Donations may be made to the Bertie County Rescue Squad, Colerain Unit.

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INSIGHT INTO EYESIGHT

DR. A.F. DOWNUM
OPTOMETRIST

CAN PRESBYOPIA BE PREVENTED?

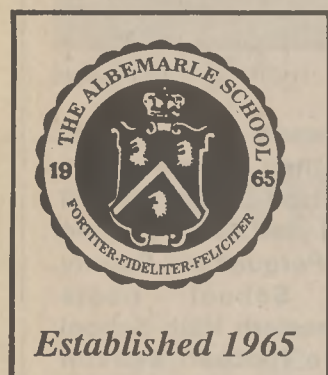
Presbyopia, the gradual loss of focusing ability, is a normal process of aging. By the time people reach the age of 45, it's common for them to need glasses for reading.

Although presbyopia appears to come on suddenly, the loss of focusing skills necessary to read is a gradual process. It only becomes noticeable, however, when it reaches a critical stage.

What are the signs? Blurred vision or eye strain at normal reading distances. You may begin to hold reading materials further and further away from your eyes. Sometimes after a period of close work, you may have a headache or feel exhausted.

Although presbyopia cannot be prevented, glasses can compensate for the loss of focusing ability. Depending on your lifestyle, or other visual conditions, reading glasses or bifocals (or progressive lenses) will be prescribed. Presbyopia does not affect the general health of your eyes.

Dr. A.F. DOWNUM
103 W. Eden St.
Edenton, N.C.
Phone: 482-8444



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