

**Happenings**

❖ Senior nutrition site menus

Lunch menus for the Nutrition Program for the Elderly at the Perquimans County Senior Center for Aug. 17-21 are:  
 Monday - Chopped sirloin, vegetable medley, juice, mashed potatoes, roll, lemon bar, milk.  
 Tuesday - Turkey sandwich, potato salad, cookies, milk.  
 Wednesday - Barbecue pork sandwich, coleslaw, juice, stewed potatoes, cake, milk.  
 Thursday - Tuna salad, pasta salad, fruit salad, crackers, cake, milk.  
 Friday - Salisbury steak w/gravy, peas, applesauce, mashed potatoes, rice pudding, milk.

❖ Clinic schedule

The Perquimans County Health Department announces its schedule for Aug. 17-21 as follows:  
 Aug. 17 - Prenatal in the morning womens health in the afternoon, WIC all day.  
 Aug. 19 - Child health in the morning, Dr. Slade and WIC in the afternoon.  
 Aug. 20 - Adult health all day. Immunizations 5-7 p.m.  
 Aug. 21 - General health in the afternoon, WIC all day.

❖ Indian Summer fish fry

There will be a fish fry at Missing Mill Park on Aug. 28, 4-7 p.m. Proceeds will be used to help fund the Indian Summer Festival, which will be sponsored this year by the Downtown Hertford Merchants Association. Tickets are \$5, take-out only, and may be purchased from most downtown businesses.

❖ Albemarle Republican Women

The Albemarle Republican Women's Club will meet at 11:30 a.m. on Wednesday, Aug. 19 at Tommy's Pizza in Hertford. The speaker will be John Schrote, who served in the Reagan White House and is a member of the Association of Republican Campaign Professionals. For reservations, call Geordie Robison at 482-2274 by Aug. 17. Guests are welcome.

❖ Midget football registration

The Recreation Department is accepting sign-ups for Midget League football players through Friday, Sept. 4. The cost is \$20 and the restrictions are as follows: Age determined as of Oct. 15, 1998, 9 years old must weigh at least 85 pounds, 10-12 years old must weigh between 70 and 130 pounds, 13 years old must weigh 100 pounds or less.

❖ Fall league baseball

Sign-ups are also being accepted for Fall League baseball. The fee is \$15. Registration will run through Aug. 28. Any player born before Aug. 1, 1984 and on or after Aug. 1, 1982 will be eligible for Fall League competition. Players that have completed their final year in little league are eligible. The league will plan on weekends to avoid interference with football, soccer practice and school work.

❖ NAACP

The Perquimans County NAACP Branch will hold its regular monthly meeting on Monday, Aug. 17 at 7:30 p.m. with the Executive Committee at 7 p.m. at the Perquimans County Senior Center.

❖ AARP

Perquimans County AARP, Chapter 4118, will sponsor a blood drive, Thursday, Aug. 27, 3-7 p.m. at the Senior Center. For more information, contact Mona Sadler at 426-7044.

❖ Interagency meeting

The Perquimans County Inter-Agency Council will meet Thursday, Aug. 23 at 7:30 a.m. at the Perquimans County Board of Education Building.

**Aging with Gusto extravaganza planned for K.E. White Center**

Aging with Gusto is living life to the fullest for as long as you live. The North Carolina Cooperative Extension Service and Albemarle Hospital are sponsoring an Aging With Gusto Extravaganza on Thursday, Sept. 10. The theme is Happy Days are Here Again and it will be held at the Kermit E. White Continuing Education Center in Elizabeth City from 9:30 a.m.-3 p.m. This program will help adults of any age learn how to optimize your physical, emotional and financial health as you grow older and is open to the public.

The agenda will include educational exhibits, a keynote speaker, workshop topics on health issues, accessible housing, growing herbs, butterfly gardening, food safety, and exercise. There is a registration fee of \$5 which covers lunch, refreshments and program materials. The deadline to register is Sept. 1.

Tim Dannelly of Edenton will be the keynote luncheon speaker. He is a motivational and humorous speaker. Join the fun as you can learn the best ways to Age with Gusto. The choices you make today will affect your later years.

For more information, contact the Perquimans County Center of the North Carolina Cooperative Extension Service at 426-7697.

*Celebrations*



Annette Rae Butt, Jason Brian Winslow

**Butt, Winslow to wed**

Mr. and Mrs. Harvey Butt Jr. of Hertford announce the engagement of their daughter, Annette Rae Butt of Hertford, to Jason Brian Winslow of Hertford, son of Mr. and Mrs. Jimmy Winslow of Elizabeth City.

Miss Butt is a graduate of Perquimans County High School and COA. She is employed as a pharmacy technician at Wal-Mart Pharmacy.

Mr. Winslow is a graduate of Perquimans County High School and Beaufort County Community College. He is employed as an agriculture diesel technician with Hobbs

Implement Copmany in Edenton.

The wedding is planned for Sept. 13 at 3 p.m. at the residence of Mr. and Mrs. Steve Perry, Old Neck Road, Hertford. Friends and relatives are invited to attend.

**Utilize Chamber calendar**

The Perquimans County Chamber of Commerce keeps a calendar of county events. All organizations are asked to call the Chamber at 426-5657 as soon as dates are set for events. At the time of your call, the Chamber can tell you if something else has already been planned for that date. The Chamber seeks to help promote events in the community, and to assist with scheduling so that several events won't be planned on the same date, resulting in poor turnout.

**Pala Creations**  
 Porcelain Doll Studio  
 Completed dolls or kits. Classes available. Call for times  
 426-5972 or 426-7186 Hertford

**MATTRESS OUTLET**  
 SAVE • SAVE • SAVE  
 Name Brand Bedding  
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**Choose the right leavening for baking**

Leavening is something that makes our food airy. We will look at yeast, baking soda, baking powder, and steam.

Yeast produces carbon dioxide (also known as CO2) which makes gas pockets. The yeast plant makes food ferment while it rises. If you put the food in the freezer, the yeast will stop making gas. The warmer yeast gets the more gas it makes, so naturally, when you put food in the oven, the yeast gives a burst of CO2 before getting hot. Once the yeast is too hot it dies. Too much heat will kill yeast.

Baking soda is chemically known as sodium carbonate. It also makes food rise, but does not make food ferment like yeast. You need some kind of acid in your recipe, so when a form of liquid is added with the acid and soda, it produces CO2. The temperature does not

**The Baking Center**

John Grosjean

effect the rising.

Baking powder is mainly baking soda and cream of tartar. The baking soda is the base. It reacts with the cream of tartar (acid) when wet and produces the CO2. Therefore, baking soda and baking powder are not interchangeable.

The unique topic, steam, will be covered next time.

Send your baking questions to: The Perquimans Weekly, c/o John Grosjean, P.O. Box 277, Hertford, N.C. 27944.

Under New Management  
 PET GROOMING & BOARDING  
 CONVENIENTLY LOCATED  
 OWNER ON PREMISES  
**COUNTRY GROOM-N-ROOM**  
 426-5153 • HERTFORD

Fall registration continues Aug. 18-19, Aug. 24-26 in Elizabeth City and Aug. 24-26 in Edenton  
**COLLEGE OF THE ALBEMARLE**  
 enter your FUTURE

**JOIN SOUTHGATE MALL AdelpHia**  
 Your link. For everything.  
**FOR KID'S FAIR '98**  
**AUGUST 15TH**  
 10:00 AM TILL 5:00 PM  
 MYSTICAL, MAGICAL, MERMAN WITH HIS FANTASY AND ILLUSION  
**FREE HOT DOGS FOR THE KIDS COMPLIMENTS OF ADELPHIA CABLE AND BILL'S DOWNTOWN DOGS**  
 11am-1pm  
 COASTALNET/RADIOSHACK COMPUTER GAMES  
**REGISTER TO WIN**  
 Surprise GRAND PRIZE!  
 (Drawing at 2:00 PM)  
**SCHEDULE OF EVENTS**  
**"PRIZES AWARDED TO WINNERS OF ALL GAMES/CONTESTS"**  
 10:00 am - 1:00 pm AdelpHia Free Throw Booth  
 10:00 am - 1:00 pm AdelpHia Coloring Contest  
 10:00 am - 5:00 pm "MR. STARWALK" (The Air Inflated Pillow Bounce)  
 10:30 am - 11:00 am EC School of Karate Demo  
 11:30 am - 12:30 pm AdelpHia Dance Contest (Macarana, Twist and Hula Hoop)  
 1:00 pm - 2:00 pm "MERMAN THE MAGICIAN" Magic Show  
 2:00 pm Grand Prize Drawing from AdelpHia Cable  
 2:15 pm - 2:45 pm EC School of Karate Demo  
 3:00 pm - 3:30 pm Page After Page Story Time  
 4:00 pm - 4:30 pm Radioshack/Coastalnet "COMPUTER GAMES"  
 4:30pm - 5:00 pm Pats Hallmark Watermelon Eating Contest  
**Exhibitors**  
 ALBEMARLE HOSPITAL \* HEALTH CAROLINA \* SENTARA HOSPITAL \* CHILDREN'S HOSPITAL OF KINGS DAUGHTERS \* E. C. PARKS AND RECREATION \* E. C. POLICE DEPARTMENT \* ALBEMARLE STAMP CLUB \* ALBEMARLE HOPELINE \* E. C. FIRE DEPARTMENT \* SPCA \* DEPT. OF SOCIAL SERVICES \* P. P. C. DISTRICT HEALTH DEPARTMENT \* KEEP PASQUOTANK BEAUTIFUL \* E. C. SCHOOL OF KARATE \* N. C. FOREST SERVICE \* T & C ENTERTAINMENT \* PASQUOTANK 4-H \* PASQUOTANK-CAMDEN EMS \* ELIZABETH CITY CHILD CARE LEARNING CENTER \* BUILDING BLOCKS PRESCHOOL ACADEMY \* CORA'S DAYCARE \* ELIZABETH CTY-PASQUOTANK 1998-99 SCHOOL BUS SCHEDULE  
**SOUTHGATE MALL**  
 1409 W. Ehringhaus Street  
 Elizabeth City, NC 27909