

Obituaries

Paul O. Meads
 ELIZABETH CITY - Mr. Paul Odell Meads, 69, of 494 Meadstown Road, died Tuesday morning, August 25, 1998, at his residence. A native of Pasquotank County he was the husband of Kathleen Hurdle Meads and the son of the late Mack Matthew and Gracie Baines Meads.

Besides his wife, he is survived by two daughters, Cheryleen Griffith of Elizabeth City and Paula Wall of Palmer, Ark.; two sons, Timothy "Bones" Meads and Craig Meads, both of Elizabeth City; four sisters, Erma Fields and Tennie Reid, both of Burlington and Emma Meads and Sarah Pierce, both of Elizabeth City; three brothers, Jimmy Meads and Fred Meads, both of Elizabeth City, and Joe Meads of Hertford; nine grandchildren; and 1 great grandchild. He was predeceased by four brothers, Elton Meads, Richard Meads, Mack Meads Jr., and Earl Meads.

A funeral service was held Aug. 27 at Twiford's Memorial Chapel with the Rev. Durmont Reid officiating. Burial was in Highland Park Cemetery.

Twiford's Memorial Chapel Elizabeth City was in charge of arrangements.

Martha C. Winslow
 EDENTON - Martha Chappell Winslow, 86, of 1505 W. Queen Street, died Tuesday afternoon, August 25, 1998, in a nursing home.

A native of Chowan County, she was the widow of Leonard F. Winslow and the daughter of the late Elizabeth Ethridge and Bradford E. Chappell.

Survivors include three daughters, Mrs. James C. (Mary Elizabeth) Dail and Mrs. Thomas (Reba Ann) Umphlett, both of Edenton, and Mrs. Brent (Eloise) Nelson of Zephyrhills, Fla.; a son, Thurman Ray Harrell of Webster, Fla.; a step-daughter, Mrs. Dean (Joyce) Britt of Myrtle Beach, S.C.; a step-son, Leonard F. Winslow Jr. of Greenville; a sister, Dorothy Chappell of Tyner; a brother, Mathias P. Chappell of Orlando, Fla.; 17 grandchildren; 1 step-grandchild; 31 great-grandchildren and 3 great-great-grandchildren. She was predeceased by a son, Earl David Harrell Jr. and her first husband, Earl David Harrell Sr.

Funeral services were held Friday in Swindell Funeral Home Chapel, Hertford with Rev. Greg Brinson officiating. Burial followed in Westlawn Memorial Park, Elizabeth City.

Memorial gifts may be made to the Albemarle Baptist Church, Soundside Drive, Edenton, N.C. 27932.

Notice: Death notices or obituaries should be mailed or faxed to The Perquimans Weekly. We will accept a notice clipped from another newspaper if the death occurs out-of-town. We do not accept notices brought in by individuals.

Eat five servings of vegetables and fruits a day for good health

The number of Americans who know they should eat five or more servings of fruits and vegetables a day has more than quadrupled - from 8 to 34 percent - since the 5 A Day For Better Health Program began in 1991. But how many people actually eat 5 servings of fruit and vegetables a day?

For the second consecutive year, the District Health Department is encouraging putting that awareness into practice during National 5 A Day Week, Sept. 8-14, and to "Take The 5 A Day Challenge."

National 5 A Day Week is a great opportunity to reinforce the 5 A Day message. Supported by the North Carolina 5 A Day Coalition in partnership with the National Cancer Institute and the producers for better health, consumers are encouraged to taste the world of variety available in fruits and vegetables.

"The District Health Department's hope is that the people in our communities will experience how easy it is to eat more fruits and vegetables by trying it throughout the week and continue to eat the 5 a day way throughout their lifetime," said Brenda Moore, registered dietitian with PPC.

"Take the 5 A Day Challenge" is a national promotion that relies on the strength of communities across the country to encourage area residents to challenge

friends, family and coworkers to eat the recommended five daily servings of fruits and vegetables during National 5 A Day Week.

"Many people in our area only need to add two servings of fruits and vegetables every day to reach the 5 a day minimum," according to Moore, "Have a 6-ounce glass of 100 percent juice and a medium piece of fruit in the morning and you've already enjoyed two servings at the very beginning of your day. It's easy, it's delicious, and it's effective. All the varieties of fruits and vegetables - fresh, frozen, canned, dried, and juice - count in the challenge. Dried, canned, and frozen items are included unless they have added fat. All fruits and vegetables are promotable, with the exception of avocados, olives, coconut and nuts."

Research has determined that about 35 percent of all cancer deaths in the United States may be related to diet. Eating five or more servings of fruits and vegetables daily may significantly reduce the risk of some types of cancer, lower the risk of heart disease, boost energy levels, and generally improve overall health. And it's simple.

Even for the growing number of the district's residents who are always on the go, increasing fruit and vegetable consumption is simple and produces numerous health benefits. Getting 5 a day is eas-

ier than many people think. For instance, contrary to some misconceptions, a 5 a day serving is not very big. One serving size is defined as one medium fruit, 3/4 cup (6 ounces) of 100 percent fruit or vegetable juice, 1/2 cup cooked or canned vegetables or fruit, one cup of raw leafy vegetables, 1/2 cup dried peas or beans, or 1/4 cup dried fruit.

During the month of September, North Carolina's northeastern district's residents are encouraged to look for apples, green beans, cabbage, cucumbers, grapes, greens, sweet potatoes, pumpkin, squash, and tomatoes. When preparing these fresh pickings, remember to rinse with clear water before eating and remove the outer leaves of leafy vegetables.

For more information about 5 A Day, contact the local health department at (252) 338-4400. Moore, can be reached at (252) 338-4446 and Jill Jordan, District Health Education supervisor, can be reached at (252) 338-4483. Consumers can also call NCI's Cancer Information Service at 1-800-4-CANCER, or visit the 5 a day homepage at <http://www.dccps.nci.nih.gov/5aday>. In addition, the North Carolina American Cancer Society has a dedicated line to 5 a day messages for the month of September. Call toll free, 1-800-813-3003 to hear more about 5 A Day.

PCRA plans annual Hearth & Harvest Festival

Step back in time at the Newbold-White House for the annual Hearth & Harvest Festival, Saturday, Sept. 12. Try your hand at traditional eighteenth century activities that could have taken place on the Newbold-White House grounds over 250 years ago.

Make a corn husk doll, dip a few candles or churn some butter. Try your hand at spinning. Play eighteenth century games. Join in a performance of traditional music by the Perquimans Pipers, a local recorder group. Artisans will be on hand to demonstrate fine crafts including carving, pottery making, and quilting. Artists participating in Hearth & Harvest Festival include Ben Hobbs - fine furniture-maker; Shannon Anderson - pottery; Virginia White - tatting and lacemaking; and Bert Berry - dulcimer maker.

This family event will have something for all ages. Ticket price is \$5 per carload and includes admission to the Newbold-White House. Food and beverages will be available for purchase. Hours are 10 a.m.-4:30 p.m. For information call (252)426-7567.

About the Newbold-White House:
 From its location on the Perquimans River, the


Newbold-White House interprets early eighteenth century life in North Carolina. Dating to 1730, the house is the oldest brick house in the state and is listed on the National Register of Historic Places. The house is authentically restored and features period furnishings, enormous fireplaces, and a winding corner staircase. Guided and group tours are

available. Hours are Monday-Saturday, 10 a.m.-4:30 p.m. The Newbold-White House is operated by the Perquimans County Restoration Association. PCRA promotes the cultural heritage of Perquimans County and preserves the early 18th century character of the Newbold-White House. For information call (252)426-7567.

FALL FEEDING & PLANTING TIME FOR LAWNS OR GARDENS!!!



Decorative POTS



FOLIAGE PLANTS



MUMS



Shrubs & Trees

K-31 • FESCUE • ANTHEM • GREEN SCAPE
CREEPING RED • WINTER RYE GRASS
FERTILIZER'S
PELLET LIME EASY-SPREAD SLOW-RELEASE

WHEAT STRAW
 PINE STRAW
 MULCHES

HALSEY'S
Lawn & Garden

1009 Badham Rd. 482-2525

BEAN MAN, INC.

FRESH FROZEN VEGETABLES

CALL TO ORDER: 252-758-9226 OR 800-906-6626

CALL MONDAY - THURSDAY 8 AM - 6 PM, FRIDAY 8 AM - 12 NOON

20 lbs. BUTTER BEANS, Tiny Baby	\$26.00
20 lbs. BUTTER BEANS, Speckled	\$23.00
6/2 lbs. CORN Nuggets, Sweet	\$24.00
48/5.5" CORN on the COB, Yellow	\$24.00
20 lbs. CORN, White Shoepeg	\$24.00
20 lbs. CORN, Yellow Cut	\$22.00
30 lbs. FRENCH FRIES, KRINKLE CUT (6/5#)	\$21.00
20 lbs. PEAS, Sweet Green, Garden	\$22.00
12/2 lbs. BROCCOLI SPEARS	\$25.00
120 APPLE TURNOVERS, 3 oz. each	\$32.00
30 lbs. STRAWBERRIES, Whole	\$41.00
21 lbs. SWEET POTATO YAM PATTY Approx. 224	\$20.00
12/3 lbs. COLLARD or TURNIP GREENS, Chopped	\$30.00
20 lbs. PEACHES Sliced	\$36.00
20 lbs. OKRA Cut, Breaded or Whole	\$24.00

NC SALES TAX IS ADDITIONAL

DELIVERY DATE: SATURDAY, SEPTEMBER 19, 11 - 1 P.M.

DELIVERY LOCATION: CABINET OUTLET, EDENTON

SAVE • SAVE • SAVE • SAVE




FURNITURE LION DISCOUNT WAREHOUSE



LABOR DAY SPECIALS

LIVING ROOM SUITES



1/2 PRICE
FROM **\$299⁰⁰** C&C

Magnavox Panasonic **BIG SCREEN TV**




\$500
Just Reduced

FULL SIZE ELECTRIC RANGE



\$299⁹⁵

FULL SIZE MATTRESS SETS



\$169⁹⁵

COMPLETE BEDROOM
HEADBOARD, CHEST, DRESSER, MIRROR & NIGHTSTAND



\$299⁹⁵

All Air Conditioners



Reduced!
Chest of Drawers **\$59⁹⁵**

17 Business N. Edenton 482-5115 **IN-STORE FINANCING** 401 Griffin St. Elizabeth City 338-5866
We Deliver Quality

SAVE • SAVE • SAVE • SAVE • SAVE • SAVE

WHILE ITEMS LAST!

NOW AT

EDENTON FURNITURE COMPANY

DISCONTINUED ITEMS

SALE

1/2 PRICE

3 only	REGULAR \$199.95 Vinyl Platform Rockers...Bg., Rust, Blue	SALE... \$100
1 only	Regular \$229.95 Blue Fabric Platform Rocker	SALE... \$115
1 only	Regular \$799.95 Beige Vinyl TWIN-SIZE Sleeper Sofa	SALE... \$400
1 only	Regular \$799.95 "Fortress" Gold, green, beige print QUEEN-SIZE Sleeper Sofa	SALE... \$400
1 only	Regular \$1,754.95 Beige w/Small rust print Chippendale Sofa & Wing Chair	SALE... \$878
1 only	Regular \$1,199.90 "Arthur's of Thomasville" Dr. Mauve Sofa and Chair	SALE... \$600
1 only	Regular \$1,499.90 "Padgett" Green & Beige Plaid Sofa and Loveseat	SALE... \$750
1 only	Regular \$299.95 "Smith" Beige Vinyl Swivel Rocker	SALE... \$150
1 only	Regular \$799.95 "Padgett" Spice-Tones Plaid Sofa Only	SALE... \$395
1 only	Regular \$899.95 "Smith" Green with Mauve Floral Sofa Only	SALE... \$450
1 only	Regular \$139.95 "Coaster" Multi Color, 5' tall 3-Panel Folding Screen	SALE... \$70
1 only	Regular \$1,395.00 "Country Craft" 1 Cherry Suite Panel bed, night stand Dresser with mirror, 5 dr, chest Bedroom Suite	SALE... \$700
1 only	Regular \$599.95 "Quality" Black color with padded chairs Table and 6 Chairs Dining Room	SALE... \$300
1 only	Regular \$799.95 "Quality" Dark Pine with padded Chairs Table and 6 Chairs Dining Room	SALE... \$400
1 only	Regular \$1,499.00 "Smith" Blue and Mauve Floral Sofa and Loveseat	SALE... \$750

Use Your "Visa" ... "Discover" ... "MasterCard" ... or "American Express" Credit Cards • Cash or Check !!!

EDENTON FURNITURE

• 482-8418 •

211 S. Broad St.