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# THE PERQUIMANS WEEKLY

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## Health regs for food vendors changes

SUSAN R. HARRIS

Before you sell tickets for your next benefit dinner, make sure you comply with the state's new health regulations.

Food vendors previously exempt from state regulation may now need to be inspected or register with public health officials, according to Albemarle Regional Health Services.

Basically, the law still allows nonprofits such as churches, school clubs, civic clubs, and fire and rescue departments, as well as political groups to sell food as long as they operate no more than two consecutive days per month. The change comes in that these groups must now provide their tax exempt number to the health department in advance of food sales.

Some previously unregulated food vendors at events such as fairs, carnivals, and festivals may have to be regulated under the law. Vendors will have to obtain temporary permits which have specific requirements pertaining to equipment and food preparation methods. Churches, civic clubs, and other non-profit organizations such as fire departments and other service organizations will still be allowed to prepare food for one- or two-day events without being subject to regulation.

Environmental Health Specialist Donna Gilbert said individuals may no longer go out selling food, and that a group raising money on behalf of a nonprofit must make sure the nonprofit allows the use of its tax exempt number. For example, Gilbert said, a Relay for Life team sponsoring a dinner would have to use the American Cancer Society tax ID number or the number of another participating group such as a civic club in order to comply with the law.

If a group has no tax exemption number, the group must check with the health department to find out what must be done in order to be issued a temporary food service permit. The temporary permit does require hand washing station and potable water on site.

Health officials say the legislature tightened the law to decrease outbreaks of food-related illness. According to recent data from the Communicable Disease Section of the North Carolina Division of Health Services, there were 1,000 cases of foodborne illness in 2001. **Continued on page 8**

## STRIKING OUT ALS



PHOTO BY SUSAN HARRIS

Members of the Hunter family took on a softball team from WTKR Channel 3 on Saturday during the annual Jim "Catfish" Hunter ALS Softball Tournament. The game brought hoots of laughter from players and those in the stands. Three generations of Hunters took the field to help fight ALS. Even Jimmy's brothers, Marvin and Pete, got in on the action, while his widow, Helen, and sister, Lillie, took turns at bat. Hunter's great-nephew, Travis Riddick (right) handled pitching duties for family. Final numbers for the fund raiser are not in yet, but organizers expect that several thousand dollars will go to the Hunter ALS Foundation from proceeds of the three-day tournament. On Sept. 21, the Foundation sponsored a Walk to D'Feet ALS in Hertford, raising over \$25,000 for research and patient support. The Jim "Catfish" Hunter ALS Foundation is an independent organization operated by a board of directors. The Foundation donates funds to research organizations and directly for patient support. The Foundation works cooperatively with the ALS Association Carolinas Chapter, which has just been renamed the ALS Association Jim "Catfish" Hunter Chapter. Speaking on behalf of the family and Foundation, Helen Hunter thanked everyone for their support in fighting ALS.



## County loses power

SUSAN R. HARRIS

For about an hour last Wednesday, much of Perquimans County was without power.

Parker Newbern, Maintenance Director for the town of Hertford, looked into the problem immediately.

"We got out to the substation and we knew it wasn't ours," Newbern said, referring to another substation serviced by N.C. Power.

At around 3:11 p.m., the power outage began, affecting "most of Perquimans County" according to Wanda Trescott, N.C. Power's Switching Superintendent for the Elizabeth City area.

"A switch failed at the Winfall substation, causing a transformer lockout," Trescott said. "The service people are local that we use and power was back on at 16:02 (4:02 p.m.)"

The substation is located near Bagley Swamp.

## Seniors need flu, pneumonia shots

Senior citizens should carefully consider having both a flu and pneumonia shot, health officials with Albemarle Regional Health Services say.

Nationally, 20,000 deaths and 110,000 hospitalizations occur each year because of flu and pneumonia.

"Adults 65 years of age or older are at the greatest risk of contracting pneumococcal (pneumonia) disease," Jerry Parks, director of Albemarle Regional Health Services said. "Senior adults can get their

pneumonia shot at the same time they receive a flu shot. Pneumonia vaccination is recommended for people 65 years or older who have never had the shot. It's also recommended for younger patients with chronic illnesses such as diabetes or heart disease."

Those not sure of how long it's been since they got a pneumonia shot should check with their doctor.

Pneumococcal pneumonia, caused from the bacterial form of pneumococcal disease, often begins with high fever, cough, and stab-

bing chest pains. Other symptoms include shaking chills, shortness of breath, and cough. A more serious complication of pneumonia, meningitis, has symptoms of high fever, headache and stiff neck.

Medicare Part B pays for pneumonia shots

Influenza, commonly known as the flu, is a highly contagious viral infection found in the nose, throat and lungs, and characterized by fever, chills, muscle and joint pain and extreme fatigue. Influenza can lead to pneumonia.

Individuals who are 50 or older are encouraged to receive one flu shot each year, typically between November and January, to prevent influenza. One dose of pneumococcal vaccine should provide a lasting immunity to pneumococcal disease for individuals age 65 or older.

Family members and caregivers of adults 65 or older should also receive the influenza vaccine. Individuals at any age with chronic conditions should be vaccinated against the flu and pneumonia to

reduce the risk of deadly complications.

Flu and pneumonia vaccinations will be administered at the health department from 8 a.m.—5 p.m., Mondays—Fridays and on Thursdays, 5—7 p.m. at the health department. For more information, call the Perquimans County Health Department at 426-2100.

Private physicians also offer flu and pneumonia shots, and also file appropriate insurance and Medicare forms. Call your primary care physician for information.

## McGee chosen Perquimans Teacher of the Year

SUSAN R. HARRIS

Mae McGee has been teaching all her life. As soon as she started first grade, she came home from school and taught her younger sister. She even left "homework" on a blackboard at home for her to complete before her next "classroom" session.

Teaching still comes naturally to McGee. And she was honored recently by being named Teacher of the Year for Perquimans County Schools.

The fifth grade teacher at Hertford Grammar School believes that some of her greatest contributions in education involve her work with at-risk students. Although working with at-risk students can be a challenge, McGee contends that building their self-esteem, starting from their level, praising successes and individual attention can yield good results. Because of the attention she gives her at-risk students, she said they show



Mae McGee



Sandra Jordan



Bonnie Gregory



Teresa Spruill

amazing growth on end of grade tests.

McGee's philosophy of education is that all chil-

dren can learn. The educational program should try to meet individual needs and help each student

develop to his or her full potential.

Creating a positive environment conducive to learning and trying to help each child experience success from the beginning of school contribute to McGee's philosophy of teaching.

Helping children to reach their potential and making a difference in a child's life are two of the rewards she finds in teaching. It gives her pleasure at the end of the year to have seen children grasp concepts and be rewarded with good marks on end-of-grade tests.

McGee's Teacher of the Year portfolio will be forwarded to the regional committee for competition at that level.

A Teacher of the Year was chosen at each school. Each school's winner then prepared a portfolio and was interviewed by a panel from the community and school system to choose an overall winner. Joining McGee at the school level

were Bonnie Gregory, Sandra Jordan and Teresa Spruill.

Gregory is the preschool developmental teacher at Central School. Her job remains a challenge, even **Continued on page 8**

### WEEKEND WEATHER

THURSDAY  
HIGH: 88  
LOW: 69  
PARTLY CLOUDY

FRIDAY  
HIGH: 86  
LOW: 70  
PARTLY CLOUDY

SATURDAY  
HIGH: 86  
LOW: 66  
ISOLATED T'STORMS