

SCIENCE TEAMS



Perquimans Central School students and Perquimans High School students will be able to team up again this school year for collaborative Animal Science and Horticulture classes thanks to the funding of a Dominion Education Grant. The grant, written by Perquimans Central School teacher Michele Aydlett, was funded for \$2,200 and will allow elementary students to participate in monthly field trips to the high school classroom, greenhouse, and a variety of animal farms. Students will observe firsthand and learn about the organisms in the natural world, allowing them to develop an appreciation for the study of science.

Birds

Continued from page 5

owl that cannot be released because of blindness, and a red-tail hawk no longer able to fly because it had been shot. A beautiful cockatoo named Peaches came to her as a result of a drunken husband who beat it so badly the left wing no longer exists. An African Grey Congo now lives at the retreat who had been hit with objects so often that even now when Jackie approaches it with anything in her hands it will still panic and attack. She calls the bird "Choo Choo" because of its verbal habit of, "Hurry up, I gotta go to work, get on board." Each time she feeds vegetables, another bird proclaims, "I don't want that." Jackie responds with, "Well, that's too bad, eat it anyway," after which it only insists again, "I don't want that!" In addition, there are two cockatoos now in her care that were once locked in a closet for months because

they screamed loudly and tore up furniture. They are still partly bald of feathers. It's hard for her to believe that people are so ignorant of bird behavior and needs that they don't have the slightest idea what to expect before they purchase one.

When we sat in her house and talked, a small but fully-grown mourning dove flew through the window and perched on the top of Jackie's head. It later moved to her shoulder and pecked at me. For four years "Mourning" has refused to leave for the wild. Meanwhile, "Stubborn," the lovebird, flew through the room twice. She named him that because he was too stubborn to die.

This good-hearted woman needs help. Send financial donations, bird seed, peanuts, scratch corn, vegetables, bird toys and 4 mill 20x100 plastic to Jackie Phillips, 411 Highway 37, Gates, N.C. or call (252) 357-2295. Tours are welcomed at minimal fees, and some birds are for sale.

Quit smoking cigarettes

Each January, many Americans make the decision to quit smoking cigarettes. Making this decision is an important first step. However, nicotine is highly addictive; the body becomes physically and psychologically dependent on it, making smoking a difficult addiction to overcome.

Here are some recommendations from the American Cancer Society to help you understand the difficulties of quitting smoking and plan a strategy.

When people quit smoking the body reacts to the absence of nicotine, and smokers have withdrawal symptoms that are uncomfortable though they are temporary. These symptoms include depression, feelings of frustration or anger, irritability, difficulty sleeping, restlessness, headaches, tiredness and increased appetite.

Nicotine substitutes and prescription oral medicines can help ease withdrawal symptoms.

Once the physical symptoms of quitting are under control, it is time to focus on the psychological chal-

lenge of quitting. For many people, smoking is linked to daily activities such as waking up, eating a meal, watching TV or drinking coffee, a situation that causes people to crave cigarettes even though they are using medicine to treat physical symptoms. To cope with the psychological difficulties, it is necessary alter your behavior.

When confronting the psychological difficulties associated with smoking keep the following suggestions in mind:

- Get rid of smoking related items.
- Let your friends and family know you are quitting so that you have a strong support system, or attend a cessation class.
- Avoid people and places where you are tempted to smoke.
- Try alternatives such as chewing gum, hard candy or sunflower seeds.
- Find ways to keep your hands busy to distract you.

To learn more about lung cancer research and treatment at City of Hope Cancer Center in Los Angeles call 1-800-826-HOPE or visit www.cityofhope.org.

Harrell honored by state high school athletic association

Nine more outstanding names in the annals of state prep athletics have been selected for induction into the North Carolina High School Athletic Association Hall of Fame.

Among those chosen for induction is James "Pat" Harrell of Hertford. The 17th group of inductees to join the prestigious hall brings to 84 the number enshrined.

"These individuals joining the Association Hall of Fame this year have certainly had a tremendous impact on high school athletics across North Carolina," said NCHSAA associate executive director Rick Strunk, who coordinates the Hall for the Association. "Their records are certainly impressive, but the character they exemplified and the lives they touched are really representative of what the NCHSAA stands for. Their selection maintains the high standards of excellence established by previous inductees, and we are proud to honor these deserving individuals."

Harrell has had a distinguished career in education, primarily as an outstanding administrator in a number of different school systems. A native of Perquimans County and a 1961 graduate of East Carolina University, Harrell was a teacher and coach at the

high school level before moving into administration. Among his tenures as a superintendent were from 1976-88 as head of the Perquimans County Schools and from 1988-93 in Dare County. He also assisted several systems as an interim superintendent, including Lee, Scotland and Nash-Rocky Mount.

Harrell served a term on the Board of Directors of the NCHSAA and served two terms as president, from 1988-90. He has received a number of honors from the NCHSAA for his involvement in athletics on a statewide level, and he also has been vitally involved in church and civic affairs.

He received the Order of the Long Leaf Pine Award for service to the state from Governor James B. Hunt.

The new inductees will be honored during special halftime ceremonies at a football game at Kenan Stadium on Saturday, Nov. 8, when North Carolina takes on Wake Forest. The University of North Carolina has designated the day as the 18th annual NCHSAA Day. The new class will officially be inducted at the special Hall of Fame banquet next spring at the Friday Center in Chapel Hill.

The NCHSAA Hall of Fame is supported by a special grant from GlaxoSmithKline.

Law enforcement report

Perquimans Sheriff

Cathy Parks of 273 Old US Hwy 17, Hertford was charged with failure to appear on July 18. Bond was \$120.

Betty Wagner of 115 Taylor Lane, Hertford was charged with being a fugitive from justice on July 18. Bond was \$20,000 secured.

Eric Creamer of 574 Lake Road, Hertford was charged with injury to real and personal property on July 20. Bond was \$500 unsecured.

Bill Weaver of 106 Riverview Drive, Hertford was charged with communicating threats on July 21.

Randle Bohren of 205-B East Church Street, Hertford was charged with larceny injury to real and personal property on July 22.

Ross Cook of 887 Belvidere Road, Belvidere was charged with failure to appear on July 23. Bond was \$1,000 secured.

Rashie Belfield of Davis Place Apartments #71, Hertford was charged with possession with intent to sell and deliver cocaine on July 24. Bond was \$20,000 secured.

Charles Louder of 113 Cedar Hill Road, Hertford was charged with possession with intent to sell and deliver cocaine on July 24. Bond was \$10,000 secured.

Karen Riddick of 415 King Street, Hertford was charged with failure to

appear and probation violation on July 25. Bond was \$6,000 secured.

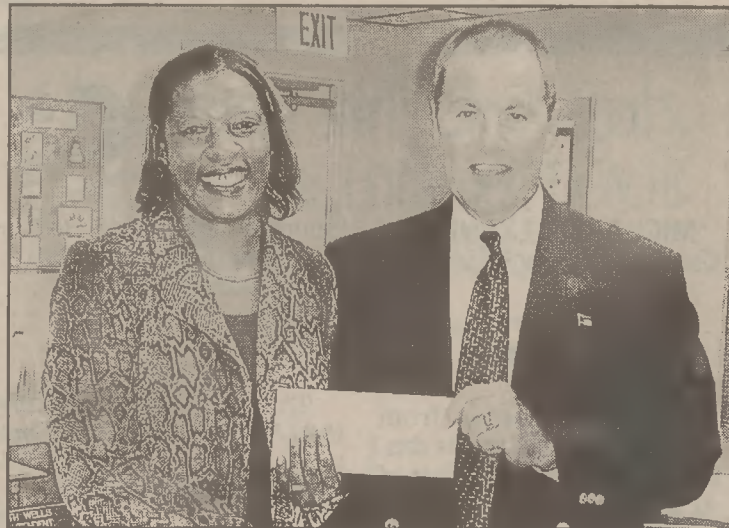
Kia Foreman of 108 Camelot Road, Hertford was charged with failure to appear on July 27. Bond was \$200 secured.

Lennie Moore of 117 Old Chapanoke Road, Hertford was charged with worthless checks on July 27.

Ervin Jackson of 823 Ocean Highway 17N, Hertford was charged with harassing phone calls and simple assault on July 29. He was released on a written promise to appear.

Christine Bovat of 800 Red Gale Ave. Apt. #12, Norfolk, Va. was charged with a wildlife violation on July 30. Bond was \$100 secured.

Bryson Ghose Jr. of 133 West Island Trail, Hertford was charged with simple assault on August 1. He was released on a written promise to appear.



Veteran bus driver Mary C. Williams was recently named the school system's Bus Driver of the Year.

Williams is Bus Driver of the Year

Mary C. Williams was selected as Bus Driver of the Year for Perquimans County Schools.

Williams began her career with Perquimans County Schools 15 years ago. In addition to driving a bus for the school system, she works as a custodian at night at Perquimans Central School and serves as a substitute teacher for the school system.

Williams is credited with working well with her parents and keeping them informed about problems or concerns she might have. She is always willing to address problems with students, parents and staff in a positive way.

She drives bus 65, traveling 9,250 miles last school year. Williams was absent only one day.

Freedom from Smoking class

The American Lung Association announces the Freedom from Smoking® program at Pasquotank County Health Department beginning Aug. 12, from 5:30 - 6:30 p.m. Professionally trained instructors help smokers create a supportive environment to break the smoking addiction. Please call Laura Meads at 338-4369 for more information.

PAC event

The Pasquotank Arts Council will host a Bridge and More Card Party and Luncheon on Wednesday, Aug. 27 at First United Methodist Church. Tickets are \$25 per person and include lunch and lots of extras! RSVP by Aug. 20. For ticket information call Lisa at 338-6997.

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Weight Loss Puzzles Doctors

ATLANTA, GA - Doctors were surprised when two separate studies found that a natural dietary supplement could help cause significant weight loss.

Although not conclusive, both studies found that patients receiving the formula called Bio-Rex 3000® lost more than twice as much weight as those in a control group on the same fat reduced diet. Neither group was instructed to decrease the amount of food they ate or to increase their exercise levels. An article published in the *American Journal of Clinical Nutrition* says that you don't have to decrease the amount of food you eat to lose weight, provided that you limit the fat.

According to a spokesperson for Phillips Gulf Corporation, the exclusive North American distributor of Bio-Rex 3000, the company is considering additional studies in order to get federal approval to make pharmaceutical claims. Currently, weight loss claims for the Bio-Rex 3000 supplement are limited. However, with the requisite approval, the company could say that Bio-Rex 3000 decreases sugar cravings, increases metabolism and interferes with the body's ability to produce excess fat.

Bio-Rex 3000 is currently available as a dietary supplement and plan in pharmacies and nutrition stores or by calling 1-800-729-8446. www.hcdsales.com

Bio-Rex 3000 is available at:

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Author's Note: This statement has not been evaluated by the FDA. Bio-Rex 3000 is not intended to diagnose, treat, cure, or prevent any disease. © 2003 HCD

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