

# Winter squash is a fall treat

Although winter squash is planted in the spring, it is not until the early, cool fall months that the fruit is ready for harvest and enjoyment.

Winter squash is a member of the gourd family, Cucurbitaceae, and includes acorn squash, spaghetti squash and butternut squash. Unlike other members of the family, winter squash is not ready for harvest until the fruit has fully matured and the skin has hardened into a tough rind.

Winter squashes are available in many shapes and colors, but all have a hard rind and will store well. They are loaded with nutrients including vitamins A and C and have only 65 calories per half cup serving.

The inner flesh is smooth and fine-grained which makes winter squash ideal for cooking. In fact, many cooks prefer to use winter squash instead of pumpkin for pies as it tastes the same and is not



**Around the Yard**  
Katy Shook  
N.C. Cooperative Extension Service

as fibrous as pumpkin flesh. It is also a main ingredient in most canned pumpkin pie fillings.

Although it can be used in numerous recipes including breads, soups and salads, cooking winter squash can seem challenging.

Proper selection of winter squash for cooking includes choosing fruit that have a hard, tough rind, are heavy for their size and are free of cuts and blemishes.

They can be stored for months in a dry, 50 degree room. Ideally the fruit should not touch one another during storage, but if it is necessary, avoid stacking the fruit more than two layers deep.

When cooking, the skin of some thinner squash can be peeled with a vegetable

peeler, but others you will have to cut and bake first. Cutting a winter squash in half is not always easy, and a mallet may be needed to assist the knife.

Once cut in half, the squash can be baked, cut sides down, in a shallow baking dish for 30 minutes in a 350 degree oven. Scoop out the soft flesh. Peeled pieces can be cut into cubes and boiled until tender.

For more information on winter squash, contact Katy Shook at the Perquimans County Cooperative Extension office, 426-5428.

Winter Squash Recipe from University of Illinois Extension

Spaghetti Squash with Parmesan Cheese

1 4lb. spaghetti squash  
1 / 4 cup olive oil  
2 cups minced garlic  
3 / 4 cup grated Parmesan cheese

1. Pierce squash in sever-



al places. Place on baking pan and bake 1.5 to 2 hours. Using potholders, squeeze squash to test for doneness. It is ready when it gives slightly under pressure. Remove and cool.

2. Heat a saucepan over heat, add olive oil and garlic and cook about 5 minutes.

3. Cut squash in half lengthwise and scoop out seeds and string portions. Using a fork, pull pulp from the shell in long strands and add them to the warm garlic oil.

4. Toss squash strands gently with pepper, salt and cheese. Pour into serving bowl and garnish with parsley or basil. Serve immediately.




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## Happy Thanksgiving

The Town of Hertford Offices  
**WILL BE CLOSED**  
Thursday & Friday  
November 24 & 25

In case of an emergency  
CALL - 426-5751

**PERQUIMANS COUNTY  
PUBLIC NOTICE**

Except for the Sheriff's Department, Dispatch Office and Emergency Medical Services, all County Offices in the Perquimans County Courthouse, Courthouse Annex, Social Services, Agricultural Extension Service, Perquimans County Library and the Perquimans County Recreation Department **will be closed on Thursday and Friday, November 24 & 25, 2005 for Thanksgiving.** The Water Department will be closed but emergencies may be reported to the Dispatch Office by calling 426-5751.

Bobby C. Darden, County Manager

## NOTICE

**Medicare Part D  
Prescription Drug Benefits**

**BENEFITS BEGIN JANUARY 1, 2006**  
**APPLICATIONS BEGIN NOVEMBER 15, 2005**

*Call Me Now for Explanation of  
Benefits and Plan Cost*

**Wallace Evans**  
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Dickies Outerwear!!!  
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## There's no rush to enroll in Medicare Part D

For those in Medicare who have been struggling to afford the medications their doctors prescribe, significant help has finally arrived: beneficiaries are now able to begin enrolling in the new Medicare prescription drug plans. As of the first of the year, Medicare will help pay the costs of prescription drugs for the first time in the program's history.

Seniors need to realize, however, that there is no rush to enroll. Although savings will start on Jan. 1 for those who enroll in a Medicare drug plan before Dec. 31, the enrollment deadline is not until May 15, 2006. That means there is plenty of time for seniors to get the necessary information and select a plan that covers their drugs and saves them the most money.

Medicare prescription drug plans are being

offered in many shapes and sizes, with differing premiums, deductibles and co-pays. Most importantly, there are also many resources to help people understand how the coverage works.

For those with limited incomes, the new Medicare prescription drug plans will be free or have very low cost. To find out if they qualify for extra help, individuals may go online to [www.socialsecurity.gov](http://www.socialsecurity.gov) or call Social Security at 1-800-325-0778.

Experts say that in beginning to search for a plan, beneficiaries or their family member should first write down all of the senior's medications and their prescribed dosages as an aid in comparing the various plans.

The next step is to consult existing resources to make enrollment easier,

from the Medicare website and toll-free line to the North Carolina Seniors' Health Insurance Information Program (SHIIP).

One popular choice is for beneficiaries or their family members to access the website [www.medicare.gov](http://www.medicare.gov), where an efficient prescription drug plan finder will help an individual choose the plan that's best for them, given their particular medications, location and pharmacy of choice. Medicare also has a toll-free number 1-800-MEDICARE, and trained counselors are also available at North Carolina's SHIIP at 1-800-443-9354. In Perquimans County, Jewel Winslow with the Cooperative Extension Service, 426-5428, is the coordinator.

These telephone lines are extremely busy right

now, so Medicare, SHIIP, AARP and other organizations are counseling patience and emphasizing that there is plenty of time for seniors or their families to wait until the rush dies down in order to get information. If individuals have trouble getting through, they are advised to call back later or even wait a few days; the backlog will eventually dissipate.

Despite the questions many seniors naturally have about it, the new Medicare prescription drug program will help a great many North Carolinians. Advocates say we just need to be patient here at the beginning and let the process work itself out.

(Information from AARP State Director Bob Jackson)

## Feller to speak at Steamers clambake

Bob Feller, described in the baseball world as the game's greatest righthand pitcher, will be the featured speaker at the second annual clambake hosted by the Edenton Steamers. This mid-winter fund raiser is scheduled for Jan. 29 at Nixon's Catering.

Feller's 20-year career with the Cleveland Indians was highlighted by three no-hit games and one of them was on opening day, the only time in baseball history this feat has been accomplished.

He won 266 games in a career that was interrupted for four years when he was an anti-aircraft gunner in the Pacific Theater during World War II.

Feller came out of high school at age 17 to startle the baseball world with his

exceptional speed. He broke his own strikeout record several times, finally recording 18 in a game against the Detroit Tigers.

Feller's retirement years have been filled with speaking engagements all over the country, a role that he continues to enjoy. He serves on the Baseball Hall of Fame Board of Directors and has the distinction of being in the Hall longer than any other living player.

Tickets will go on sale in early December and will be available at several downtown Edenton businesses. They will be priced at \$25 for adults and \$5 for youth age 15 and under.

This mid-winter fund raising event for the championship Steamers has been popular ever since it

began in 2003 when Trot Nixon of the Boston Red Sox was the featured guest.

Last year, it was organized as a clambake and a capacity crowd enjoyed the appearance of Tommy John, former star pitcher of the New York Yankees.

For the past two years, the Steamers have won the Petit Cup, emblematic of the championship of the Coastal Plain League. The team enjoys the distinction of being the only college summer team that is both community owned and non-profit. As such, the program carries out year-round support of local recreation programs under the auspices of its owner, the Edenton-Chowan Community Foundation.

Call 482-4080 for information.

## Skills

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survey stakes a year, Reel said.

Skills employs people in government positions, restaurants, grocery stores and automobile repair shops, but there isn't much interest by their clients in fast food businesses. Skills contributes \$758,000 in wages to the local economy, including their production facility.

"If (people) want to work, there's a place out there for them," he said.

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### PUBLIC HEARING

The Perquimans County Board of Adjustment will hold a public hearing on Tuesday, November 29, 2005 at 7:00 p.m. in the Jury Room of the Perquimans County Courthouse Building located at 128 N. Church Street, Hertford, NC to consider the following:

1. A Zoning Variance application submitted by Floyd and Susan Ford to complete the construction of a storage shed approximately 7' 8" from the property line. Current county setbacks require a 10' setback distance. The property is located at 107 Webb Street, Hertford, NC, (Parcel Number 4-D077-1002-DC)

The proposed application may be viewed at the Perquimans County Manager's Office at 128 N. Church St., Hertford, N.C.

William Ethridge, Planning Director, Perquimans County

## NOTICE

ATTENTION PERQUIMANS COUNTY WATER  
CUSTOMERS IN NEW HOPE/DURANT'S NECK AREA

Contractors are completing construction on the first phase of a 12" waterline project to improve water service to the New Hope Area.

During the next 30 days, water customers in the lower Durant's Neck area may experience periods of low pressure and possible discoloration of water.

Efforts will be made by the Perquimans County Water Department to minimize these effects during periods of peak water usage.

If low pressure or discoloration of water persists, please call Perquimans County Water Department at 426-8230.

We apologize for any inconvenience and appreciate your cooperation. Upon completion of this project, water service in this area will be significantly improved.