

Perry celebrates turning 90

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Colors of autumn fall around us

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Lady Pirates, Lady Tigers win

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THE PERQUIMANS WEEKLY

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Schools get P.E. grant

SUSAN HARRIS

Perquimans youth are not physically fit, and the school system, thanks in part to a Carol M. White Physical Education Program Grant, hopes to change that.

The schools will receive almost \$254,000 per year for three years to plan and implement a comprehensive physical education program that will increase physical activity at all grade levels, improve social and emotional well-being, and maximize academic potential. The grant will also provide for staff training and equipment to implement the program. Perquimans is the only district in North Carolina to receive funding.

A present, students at Central School are scheduled for physical education each week for two 30-minute sessions. At Hertford Grammar, the two sessions increase to 40 minutes each. In middle school, students take one semester of physical education, going to class each day for 45 minutes. High school students are required to take only one semester of physical education during their four years, meeting each day for 90 minutes. The course is a combination of physical education and health.

Weight training and advanced physical education are offered at the high school, but are generally taken only by student athletes, records show.

Local studies show that by high school, about 75 percent of the student population is not physically active outside of any physical education class required. About 65 percent of the entire student population exhibit poor health behavior and 5 percent require daily medication during the school day.

Perhaps most telling, however, is that 26 percent of the student population is overweight, the highest percentage in Northeastern North Carolina. About 12 percent of students have chronic diseases such as asthma, ADHD, diabetes, sickle cell, seizures, genetic disorders and gastrointestinal disorders.

The new program, called Physical Activities Promoting Active Lifestyles or PAPALS, will help achieve the state mandate requiring 150 minutes of moderate to vigorous physical activity each week for elementary students and 225 minutes for middle and high school students.

Based on studies and local assessments, school officials expect that the program will not only improve the physical health and wellbeing of students, but will also improve academic per

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Love my grandma



PHOTO COURTESY PERQUIMANS COUNTY SCHOOLS

Cathy Linton (center) enjoys breakfast with her 4th grade granddaughter Tashani Maniqault (right) and grandson Brandon last week during the Grandparents' Day celebration at Hertford Grammar School. Both Hertford Grammar and Central schools invited grandparents in for meals with their grandchildren. "This is a great opportunity for grandparents to take an active role in their grandchild's education," said Hertford Grammar School Principal Dianne Meiggs. "Children gain self-esteem and self-confidence by feeling loved. One of the greatest gifts offered by a grandparent is unconditional love and support."

New PAL exhibit opens

The Perquimans Arts League gallery is holding a new exhibit with the theme of Flora and Fauna of Perquimans County. The display will run until Oct. 7 in the Hall of Fame Square.

A number of artists are showing their works in a variety of mediums, including watercolors, acrylics, wood carvings, stained glass, fiber arts and photography. Two local artists, Ruth Kemp and Pedro Beildeck, are among the exhibitors.

Fabricating fabric

Hardly a day goes by when Ruth Kemp isn't stitching together fabric shapes into what will become wall hangings, ornaments, place mats, tree skirts, tote bags or, especially, quilts.

Kemp, who lives in the Hertford Beach area, has



Pedro Beildeck turned an interest in photographing his children into a long-term hobby. His close-up nature scenes are exhibited at the PAL gallery through Oct. 7.

been quilting or watching her mother and grandmother quilt since she was a child. She used to play under their large pull-down quilting frame that hung from the ceiling.

"As long as I can remember, my mother and my grandmother quilted and I was right there with it," she said.

She usually machine stitches the fabric pieces together and hand quilts

the stitching into the material. About 10 years ago, while she cared for her sick son, she hand-sewed an entire quilt.

Kemp grew up in Arkansas, married a U.S. Navy man, Elton Kemp, and retired from Geico in Virginia Beach, Va., after 19 years of working there. During the years Kemp was working and raising four children, she worked on the craft sporadically, mostly giving the finished pieces away as gifts. After

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Ruth Kemp works on fall quilts for the Craftsman's Fair in Elizabeth City in her home full of colors and fabric. Her favorite is a double wedding ring quilt she made. A difficult pattern to piece together, the quilt blends new with old as it's displayed next to the one her mother and grandmother made.

PHOTO BY MARGARET FISHER

No one injured in bus wreck

MARGARET FISHER

Ten Perquimans County High School students and the driver incurred no injuries after their school bus was hit by a truck.

The accident happened on Monday at about 3:10 p.m. on Pender Road when the driver, Cynthia White, was dropping off students from bus No. 106.

White said that she was driving at about 40 miles per hour and was not near any of her stops when she saw a truck starting to back down a driveway.

"I was coming down the highway and blowing the horn," White said. "...As I was going by, she started backing out."

The driver of a Ford F-150 truck — Margaret Ratliff, 37, of 638 Pender Road — was backing out of her driveway.

According to Trooper K.R. Briggs of the N.C. Highway Patrol, Ratliff told him she had looked both ways, but did not see a bus coming.

The truck hit the right side at the back end of the bus, scraping the side of the bus and the tire. The wreck dented the back of the truck.

"There were no injuries. There was minor damage to both vehicles," Briggs said.

Ratliff was charged with failure to yield from a private driveway.

White said it is her first accident in 25 years of bus driving.

"The first thing I did was to make sure the kids were okay," White said.

The school's public information officer, Brenda Lassiter, said that drivers need to slow down now and be aware that buses are on the road.

"People who are on the road need to be cautious," Lassiter said. "One of the most dreaded phone calls we can receive is about a bus. We're just thankful that no one was hurt."

Students used their cell phones to call home. Once the bus was inspected, they were transported on the same bus to their homes.

Hertford shrinks paving list

MARGARET FISHER

The town of Hertford is dropping some of its priority paving projects because of a hike in costs.

This month, town councilors approved removing Newby Street and the portion of Hyde Street from Market to Dobbs streets off the paving list for this year.

Roads remaining on the paving list include Front Street from Punch Alley to the north end, Hyde Park from Dobbs to King streets and Pennsylvania Avenue from Charles Street to Woodland Avenue.

These streets were selected based on having numerous potholes, gross deterioration of the roadbed and shoulders and hazardous curbing.

Road improvements are funded by the Powell Bill, which draws from the state gasoline tax. Last year's remaining funds of about \$34,000 coupled with funds available in October total about \$60,500.

The cost for paving the four original streets were estimated in June to be about \$30,000, but the current estimate is \$73,200.

Escalating oil prices have driven up the cost of asphalt, a petroleum-based product, said Town Manager John Christensen.

Dropping the two street projects will lower the total cost by about \$12,800.

WEATHER

THURSDAY
 HIGH: 75, LOW: 55
 MOSTLY SUNNY

FRIDAY
 HIGH: 79, LOW: 64
 MOSTLY SUNNY

SATURDAY
 HIGH: 84, LOW: 69
 PARTLY CLOUDY