

Seniors share fun, laughs at 'Aging with Gusto' event

From Staff Reports

Nearly 100 seniors from a seven-county area of north-eastern North Carolina gathered in Currituck County on Oct. 13 for an event that has become known as "Aging with Gusto."

Jewel Winslow, the director of the Perquimans County Extension Service, served as mistress of ceremonies.

The event took on the theme of a senior prom. Attendees were able to have their prom picture taken, dance under a disco ball, choose from several educational workshops and visit with representatives from local community organizations that offer services to seniors.

Sid Stickle of Chowan County was crowned Prom King and Rosa Lee Overton of Pasquotank County was crowned Prom Queen.

"Overall it was a day of fun and laughs to chase away those hurricane season blues," Winslow said.

Other extension agents attending were Jenny Thompson from Dare County, Olivia Jones who serves Currituck and Camden counties, Ellen Owens from Pasquotank County, Mary Morris from Chowan County, Dee Fur-



SUBMITTED PHOTO

Sid Stickle of Chowan County was crowned Prom King and Rosa Lee Overton of Pasquotank County was crowned Prom Queen at a recent "Aging With Gusto" event.

lough who serves Tyrrell and Dare counties and Stephanie Parker-Helmkamp from Hertford County.

For more information about future "Aging with Gusto" programs and other cooperative extension programs, contact the Perquimans County Extension Center at 426-7697 and ask to be added the mailing list.



SUBMITTED PHOTO

Dillon Parker speaks to the Public Safety EMT class at Perquimans County High School about surviving from a car accident in 2010.

Public Safety EMT students hear from accident survivor

From Staff Reports

Dillon Parker, a survivor of a car accident in 2010, recently spoke to the Public Safety EMT class at Perquimans County High School.

The instructor, Matt Leicester, was an EMT that tended to Parker and he too

spoke of the experience.

"Somebody's life is going to depend on the things you learn in this class," Leicester said. "Had I made a mistake with Dillon, moving his head even an extra one or two inches, he would likely have been paralyzed, or possibly even killed."

Parker discussed his

injuries, his recovery, and what he's learned since then. Leicester and Parker met several months after the accident, and have kept in touch over the years. Leicester said he wanted to use a real situation to show students why it is so important to know what to do in times of extreme stress.

RETIREES MEET



SUBMITTED PHOTO

The first PQ NCRSP (Perquimans County North Carolina Retired School Personnel) meeting was held at Captain Bob's Restaurant on Sept. 26 with 14 charter members present. The goal of the organization is to offer a scholarship to a Perquimans County High School graduating senior and to assist in other projects benefiting Perquimans County Schools employees and students.

COA to offer Federal Student Aid Day

From Staff Reports

College of The Albemarle will have computers and staff available Saturday so students can apply for free federal student aid from 9 a.m. until 12 p.m.

Free Application for Federal Student Aid (FAFSA) Day will be held at the Elizabeth City Campus in the AE Building.

Students will be able to

Fill out their FAFSA.

Apply for more than \$160,000 in COA Foundation scholarships.

Get information on college payment plans.

Learn about COA's programs and campuses.

To apply, participants must bring: Your Federal Student Aid Identification (FSA ID): Before the event, both the student and one parent should apply for FSA

IDs at fsaid.ed.gov; Your 2015 tax returns: Bring your 2015 federal income tax returns and the student's (if they filed taxes); Your child: Both a parent and the student must be present to complete the FAFSA.

One student who attends Saurday's event will win a \$500 COA scholarship.

For more information, contact Michelle Askew at 335-0821, Ext. 2290.

Legion Auxiliary collecting food

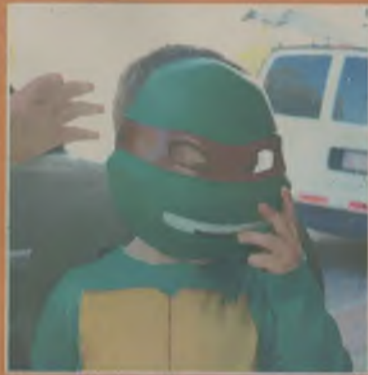
From Staff Reports

Hertford American Legion Ladies Auxiliary Unit 126 is sponsoring a local Food Bank Holiday Food Drive. The drive is underway and will run

through Nov. 18. Canned goods, dry type boxed non-perishable food items are being collected. Food can be dropped off at the American Legion Post 126 Building, 113 W. Academy St. across from the Perqui-

mans County Library. The building is open Monday-Friday from 8-9 a.m.; Thursday night from 4-9:30 p.m. For additional information or drop-off information contact 426-1532.

Have a Safe & Happy Halloween!



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