

Beyond the Books: Crafting Eases Insomnia

Are you one of those really amazing crafty people who can create beautiful objects out of ordinary material?

Whether you fall into this category or just enjoy the process, you can still reap the health benefits of crafting.

It may be obvious that one major benefit is reduced stress, but there are so many more!

A craft that involves repetitive motion encourages the release of serotonin, a natural anti-depressant.

That same repetitive motion may also help relieve insomnia.

Have you noticed a sense of satisfaction by

completing a project from beginning to end? This often leads to improved self-esteem. Create new friendships by becoming part of craft groups, including those found online.

Read about more of the benefits of crafting from Ashley Foster's Crafting for Health article on the University of Arkansas Division of Agriculture website (https://www.uaex.edu/life-skills-wellness/personal-family-well-being/navigating-life-blog/crafting_for_health.aspx).

If you are looking for a new craft to try, drop by the library during the month of February to pick up our Craft Carryout kits. Adults



PERQUIMANS LIBRARIAN MICHELE LAWRENCE

and teens can try their hand at quilting, where coiled paper strips are used to create designs.

Younger children can pick up construction

paper and a Valentine tree printout. You can also find instructional videos on our Perquimans County Library YouTube channel.

New Books

Fiction:

■ Spin – Patricia Cornwell

■ Twenty – James Grip-pando

■ All the Colors of Night – Jayne Ann Krentz

■ Deadly Cross – James Patterson

■ Neighbors – Danielle Steel

■ Hush-Hush – Stuart Woods

Large Print:

■ The Sentinel – Lee Child

■ Piece of My Heart – Mary Higgins Clark

■ The Law of Innocence – Michael Connelly

■ The Awakening – Nora Roberts

Audiobooks:

■ The Sentinel – Lee Child

■ The Law of Innocence – Michael Connelly

■ Fortune and Glory – Janet Evanovich

■ The Awakening – Nora Roberts

Juvenile fiction:

■ Bad Kitty Gets a Bath – Nick Bruel

■ King and the Dragonflies – Kacen Callender

■ The Smartest Kid in the Universe – Chris Grabenstein

■ Cat Kid Comic Club – Dav Pilkey

■ Jangles A Big Fish Story – David Shannon

■ Interrupting Cow and the Chicken Crossing the Road – Jane Yolen

ARHS

Continued from A1

individuals who received their first dose of the Pfizer vaccine on or before Thursday, January 7.

The date on your card noting when your second dose is due is the suggested date you should receive your second dose. It can be administered after that date, or four days prior to that date.

The series will not need to be restarted if you re-

ceive it after that date. You will need to bring the vaccine card you received with your first dose with you to this clinic. If you do not have your card, you may experience additional delays, or may be turned away and rescheduled because we have to verify your first dose for your safety.

First Dose Clinics: Albe-marle Regional Health Services and county partners will hold drive through Moderna first dose clinics as noted on the schedule below.

Again, vaccine clinics will have set hours and set vaccine doses available, and will be provided on a first come, first served basis. ARHS is receiving vaccine weekly and are working to establish clinics to meet demand region wide based on current priority groups.

THE CURRENT PRIORITY GROUPS ARE:

■ Healthcare workers (Group 1)

■ Individuals 65 and older (Group 2)

ARHS asks that only individuals who live in the

ARHS region AND meet these priority groups attend this clinic. Please help us meet the needs of our community by adhering to this guidance and supporting our Public Health and Public Safety workforce as they work to vaccinate our communities. NC DHHS priority groups can be found at this site: <https://covid19.ncdhs.gov/vaccines>

As of Jan. 22, ARHS has received notification confirming an additional death associated with

COVID-19 in a Hertford County resident. This individual was over the age of 65 and succumbed to complications from COVID-19. This death is not associated with a facility outbreak.

Currituck County has also received notification of an additional death associated with complications from COVID-19. This individual was over the age of 65 and succumbed to complications from COVID-19. This death is related to the facility outbreak at Currituck Health and Rehabilitation.

Bertie County is confirming three additional deaths related to COVID-19. Two individuals were over the age of 65 and one in the 50-64 year age range. These deaths are not related to a facility outbreak.

In addition, Pasquotank County is confirming eight deaths associated with COVID-19. These individuals were all over the age 65 and succumbed to complications of the virus. Two deaths are associated with the facility outbreak at Elizabeth City Health and Rehab.

ROUND-UP

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great news for the New Year!

When thinking about Brown, this timeless quote from **Winston Churchill** rings true.

"You have enemies? Good. That means you've stood up for something, sometime in your life."

Based on recent headlines, Brown has the patience of Job. Honestly, I don't know how she does it meeting after meeting. Say a prayer for her and Hertford.

In sports news, **PCHS Principal Mickey Drew** congratulated the Lady Pirates Volleyball team on a fantastic season – 17-1, 8-0 AAC. They finished in the top four of the entire state.

"We are proud of each girl and the team as a whole," he said.

Drew said special congratulations goes out to Coach **Kristie Thach**, who has a coaching

record of 350-48 and was named the AAC Volleyball Coach of the Year this season. **Tori Williamson** was named the AAC volleyball Player of the Year. **Natalie Corprew, Eby Scaff, and Carly Elliott** were named All-Conference selections this year.

For more about the Pirates' final volleyball game, see our sports page B1 which includes stories about Pirates' cross country runner **Jayden White** and Pirates' swimmer **Joliegh Connor**, also a soccer season preview.

Per **Connie Brothers**, former Mayor Bill Cox, Hertford, NC declared March 4, 1984 as the "Mrs. M.B. Taylor Day." It will become a reality on March 4, 2021. Preparations are being made. Stay tuned for further information.

Recently, a prominent editor that I knew died Jan. 6 – **Mike Myer**, longtime editor of the Wheeling Intelligencer/News-Register. He was a wise man who helped

shape my career.

See: <https://www.theintelligencer.net/news/top-headlines/2021/01/longtime-editor-mike-myer-dies-at-69/>

When reflecting on Myer, I remember a conversation we had about a prominent loudmouth in the Mountain State. Our transplant West Virginia readers will probably recognize **H. John Rogers'** name and antics. He died about a year ago, Feb. 1.

See: https://www.wvgazette.com/opinion/columnists/james-haught-the-unquenchable-h-john-rogers-opinion/article_d558440b-3284-5924-a5e9-a16f63d2b39a.html

Anyway, Rogers was bright with small town roots that led him to Harvard University where he earned a law degree. Rogers ran for office perpetually, but I don't think he ever was elected to anything.

His campaigns were ... entertaining or disruptive to say the least. So were

the causes he espoused. One time, he hit a television news reporter during a campaign appearance. And when attending the Democratic National convention, he joked that he had a bomb, and was chased by security officers.

Anyway, I covered one of his last campaigns, this time for state senate. Newspaper where I was editor hosted a debate where Myer served as moderator. Having grown up in the same area as the man, Myer knew who Rogers was beyond the headlines.

I was perplexed as to how to cover such a character. Myer advised me to watch and listen because while Rogers was ... he had a small following and every now and again, he might have a good idea.

Another editor, **Charles Winslow**, advised me to keep Rogers at arm's length – keep my distance.

Learned a lot in West Virginia. The things you

think about on a rainy day. RIP Mike Myer and certainly H. John Rogers. **Pastor Todd French Sr.** posted this to Facebook recently from Lamentations 3:22-23 – "The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

And these last items bear repeating: Per the **Perquimans Woman's Club** – it's Turtle 10 time.

Turtle 10 drawings will take place weekly between March 15 and May 17.

Weeks 1-9 – \$150 cash prize

Week 10 – grand prize of \$500 cash

Each week (1-9) a ticket is drawn and the winner receives \$150 the winner is put back into the pot. The 10th week the winner receives \$500!

Tickets cost \$20.

Tickets go back in after each drawing.

Do NOT have to be present to win. ID re-

quired to receive prize.

For more information, give these folks a ring:

• Stacey Hoffman 732-948-6719

• Brandee Phelps 252-333-8485

• Amber Reed 252-312-8485

• Dotti Wahlers 732-286-3848

Per **Penny Byrd**, make plans to check out the Ye Olde Yard Sale between 8 a.m. and noon Saturday, Jan. 30 at Newbold-White House Visitor Center.

STILL lots of wonderful items available for year-round gifting, BUT on Jan. 30 most items are discounted!

Huge assortment of seashells, ceramic vases and bowls, glasses (wine/other), hand-pieced WV quilt, wall art, picture frames, coffee mugs, antique chairs, etc.

Gift Shop also open and remember, all proceeds benefit the Perquimans County Restoration Association

HOPE TO SEE YOU THERE!

CHASE

Continued from A1

didn't stop. He instead continued on U.S. 17 into Chowan County, Jones said.

Losing the front tire didn't slow down the truck much, Jones said. While the truck was traveling 80 mph for much of the pursuit, its speed fell only to about 70 mph after losing the tire, he said.

After leaving U.S. 17 at an Edenton exit, the driver stopped the pickup in the 800 block of North Broad Street about 12:52 a.m., got out and fled, Edenton police Chief Henry King told the Chowan Herald.

Jones said the driver, described as a white male, disappeared into a wooded area. The Chowan Sheriff's Office supplied a canine unit but authorities, including

Camden deputies who had pursued the driver from the state line, were not able to locate him, Jones said.

Law enforcement officials are seeking witnesses who may have been in the area of North Broad Street at the time the pickup came through. Anyone with information about the incident or the driver of the pickup is asked to contact Detective Lopez of the Edenton

Police Department Criminal Investigation Divi-

sion at 252-337-4599 or 252-482-5144, ext. 107, or

to call the department's tip line at 252-632-0303.



NOTICE Perquimans County TAX LISTING DATES

All persons who own property subject to taxation must list during the month of January. Any persons who fail to do so will be subject to penalties prescribed by law.

Due to legislation, real property and licensed vehicles do not require listing by the taxpayer. However, if you have made any improvements to your real property, you must list that with the Tax Department. All other personal property such as boats, jet skis, unlicensed vehicles, IRP's, farm equipment, businesses, etc. can be listed with the lister in the county Assessor's Office between 8:00 a.m. and 5:00 p.m. Monday thru Friday starting January 4 through January 29, 2021. You may also list on the abstract that was mailed to you. If you have personal property or made improvements to your real property and did not receive an abstract, please contact our office. These abstracts must be returned to our office by January 31, 2021.

If you are a business and you need an extension, our office needs a letter requesting an extension by January 31, 2021.

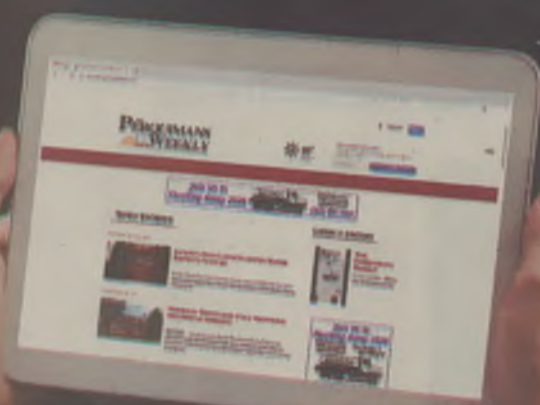
If you are 65 years old or older, or totally and permanently disabled, and your income is less than \$31,500, you may qualify for a tax reduction.

Persons owning real property under cultivation, in forest management or horticulture land may qualify for a tax-reduced valuation (land use). If you are not already in the land use program and you feel you qualify, please contact The Tax Office for qualification.

The Tax Office is located at 107 N. Front Street (in the back of the courthouse) Hertford, NC. Our telephone number is 252-426-7010 or 252-426-5564.

Bill Jennings
Perquimans County
Tax Administrator

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