



CONTEST WINNERS — Three students at Chowan Academy won honors in the poster and essay contest for Public Health Week, October 7-13. Left to right are: Cheryl Groff, first place; Molly Lane, second place; and Donna Darnell, first place in the essay contest.

Winners Announced

The week of October 7-13 is Public Health Week in North Carolina and the theme this year is "Healthy Children — Everyone's Responsibility."

To emphasize the importance of personal responsibility for good health, the Chowan County Health Department sponsored Poster Contests in our county for grades K-6, and an Essay Contest for the high schools. Winning en-

tries at the county level were sent to Raleigh for statewide competition.

First place poster contest winner for Chowan County is Cheryl Groff. Second place poster contest winner

is Molly Lane and Essay winner is Donna Darnell. All of the winners for Chowan County this year are students from Chowan Academy.

Lunch Week, Oct. 14-20

Want a little "food for thought"? Did you know that: the lunch program offered in your child's school provides approximately one-third of his daily nutritional needs; that it's more economical for a child to eat in the lunch room than it is to prepare a home bag lunch which would have equal nutritional value; that high school students have a choice of foods; that the school lunch is part of the total education program and not a mid-day filling station; that school food service is the second largest away-from-home food operation serving more than 26-million children daily; that not only does the food taste good but that it is also served with loving hands?

If you as a parent or interested citizen didn't know these things, or if you would like to know more, why not attend the school of your choice on October 16, 17, 18 and eat lunch - you're invited!

National School Lunch Week, October 14-20, is a special week dedicated to increasing the understanding of the National School Lunch Program. The theme this year is again "Eat to Learn, Learn to Eat", with a special focus on this theme of "Nutrition With Love."

According to Mrs. Etta Hathaway, this special week is being observed on the local level differently from past years. Instead of a Universal Lunch Day, there will be three universal days when the public is issued a special invitation to visit their school lunch room. On these three consecutive days, all students across the nation will be served the same meals: Fish-n-Chips, Pizza, and Chili, with all the nutritionally packed trimmings.

Lunches prepared for Edenton-Chowan students meet all the nutritional requirements of a Type A lunch. From a student enrollment of 2,672, an average of 1,965 were served lunch daily in the school's cafeterias during September 1. The regular cost of a hot, Type A lunch to students is 60 cents. A bag lunch providing equal nutritional value has been estimated to cost 85 cents. Students at Chowan High and John A. Holmes schools have the choice of a regular

lunch or of one from an a la carte line. Mrs. Hathaway stated that a choice menu is being stressed nationally at all grade levels. A breakfast program is also offered to local students participating daily.

Throughout the county, there are 33 cafeteria personnel who arrive at 7:15 A.M. each day to prepare and serve students with loving hands.

Won't you join the students on October 16, 17 or 18 and help them observe National School Lunch Week?

Recreation Notes

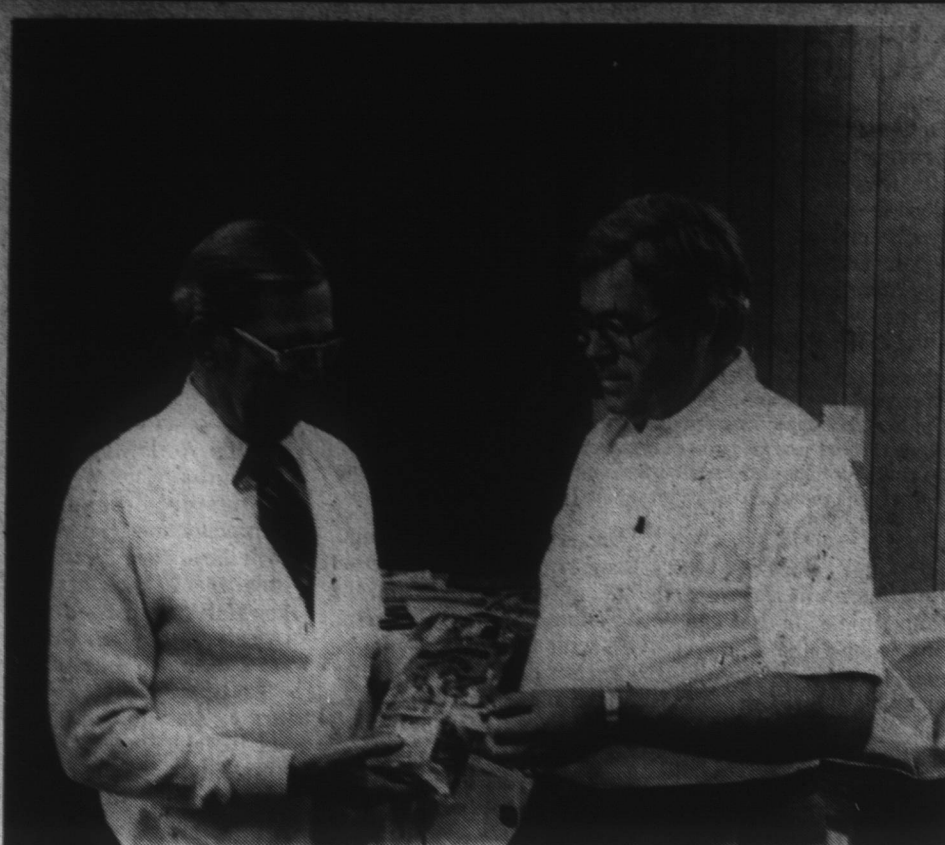
Men's Volleyball		
	W	L
Leary Oil	5	0
Hospital	4	1
Hoke	2	3
Town	1	4
National Guard	0	4

Women's Volleyball		
	W	L
Chargers	5	0
Western Gas	3	2
Ship Shape	3	2
Edenton Savings	2	2
Hospital	0	5

Midget Football		
	W	L
Redskins	0	2
Oilers	0	2
Alb. Home Builders	3	0
Bank of NC	2	1

Soccer		
	W	L
Orange Crush	1	0
Express	0	1

Midget Soccer League
Participation forms are now being accepted for a midget soccer league, ages 6, 7 and 8. This will be an instructional league only. Forms can be obtained from the school offices or from the recreation department.



CANDY SALES SCHEDULED — Edenton Lions Club will conduct a Halloween Candy Sale beginning at 5 P.M. Monday. Proceeds will go to support the club's blind projects. Ben Riddick, chairman of the project, makes an early sale to L. F. Amburn, Jr., left, of The Chowan Herald. Riddick said he intentionally selected a non-political figure to use in this year's promotion. (Staff Photo by Luke Amburn).

Parent Advisory Council Is Formed

In this "The International Year of The Child", parents of exceptional children at Ernest A. Swain School have recently formed a Parent Advisory Council. The first general meeting for all parents of exceptional children will be held at 7:30 P.M. October 11 in Swain's auditorium.

According to Mrs. Mary Horton, director of Edenton-Chowan Schools' Exceptional Children's program, Swain's PAC will serve as a pilot council, possibly to be initiated in the county's other schools. Mrs. Horton, Gilliam Underwood, principal, and Pat Parker, regional coordinator of the

Exceptional Children's programs will assist the newly formed council with its planning.

High on the list of priorities for the new council is to make the public more aware and knowledgeable of exceptional children's programs and to get parents involved with these programs. Tentative plans for approval call for the designation of one week in November as Exceptional Children's Week at Swain. Special activities and programs will be planned during this week by subcommittees to be established at the first

meeting.

Exceptional Children's programs at Swain include those for children who are gifted and talented (GT), educable mentally handicapped (EMH) and those who have learning disabilities (LD). Mrs. Lenita Campen and Mrs. Dell Belangia are co-chairmen of the newly formed Parent Advisory Council.



Modern welding can make a joint stronger than the metal itself.

Workshop Is Slated

Dr. Miriam Moore, Department of Home Economics at East Carolina University, will meet with the Northeast Region N. C. Home Economics Association on October 18 in Currituck.

Dr. Moore will hold a "mini" workshop on public policy for home economists in the fourteen county region.

A "pig pickin'" planned by the Currituck County Home Economists will be a highlight of the meeting. The pig pickin' will be at Callie Hardwick's Currituck Cottage at 5 P.M.

All home economists are urged to attend the "pig pickin'" and workshop. For more information, please contact Mrs. Gladys B. White 221-4928 or any member of the organization.

ELECTED MARSHAL
RALEIGH — Katherine Bolling Harless, Meredith College freshman and daughter of Mr. and Mrs. Allen B. Harless, Jr., 201 North Granville Street, Edenton, has been elected a marshal in the Freshman Class elections held on the women's college campus.

CARD OF THANKS
I would like to thank everyone for being so nice to me while I was a patient in Chowan Hospital. I want to thank everyone for the cards, flowers, prayers, visits and say special thanks to Dr. DeVine and the nurses of Chowan Hospital.
Ruth Stokely
Chg.



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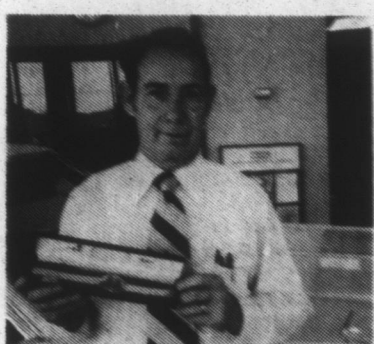
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Winners Of The October 5th Drawing



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Gil Underwood
Hertford

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Plus 3 GRAND PRIZES

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2nd Prize

Interest on \$500,000 for a day

3rd Prize

Interest on \$250,000 for a day

Open for business 9:00 a.m.

Thursday, October 18th