

"KATA" ANYONE — Students of Job: A. Holmes High School were entertained by a new faculty member, Mr. Tyrone Spellman, during their popular "Lunch Bunch" last Friday. Mr. Spellman showed the students personal defense movements and demonstrated "Kata" which is a prearranged form of fighting. He is a graduate of East Carolina University and while attending East Carolina, Mr. Spellman received Karate Training and was a member of the East Carolina University Karate Championship Team. He has received eight awards, six certificates, three major trophies and many medals. Mr. Spellman represented East Carolina University in 1982 at the Battle of Atlanta as a Green Belt. That year, at Atlanta, he won the second place heavy weight trophy and was ranked third out of one hundred fifty participants! (Photo by Harold Nichols)

National School Lunch Week

The Edenton - Chowan Schools will be joining schools across the nation in celebrating National School Lunch Week (NSLW) during October 10 - 16. "School Lunch: America's No. 1 Energy Source" is the 1982-1986 program theme developed by the American School Food Service Association that will be observed.

Special emphasis for NSLW 1982 is "Eat Well, Your Body Can Tell!" Now more than ever, Americans are concerned about good nutrition and physical fitness. One way to be healthy is to develop healthy habits early in life since these habits will stay with children all of their lives. A school lunch is an excellent example of good nutrition.

The American School Food Service Association along with local school food service staffs are promoting proper nutrition since six out of ten leading causes of death are related to poor nutritional habits.

Highlighting the week's activities will be a school lunch that includes colorful and taste-tempting oriental delights: oriental chicken, stir-fried vegetables, steamed rice, fruit fantasy, Chinese almond cookie, and milk. This special menu will be served Wednesday, October 6th. The meal represents a basic school lunch that includes items from the four basic food groups: meat or meat alternative, fruit and - or vegetables, bread or bread alternative, and milk. A school lunch also provides one-third of the recommended daily allowance for children.

— Cards Of Thanks —

The family of Mable Rollins acknowledges with grateful appreciation your kind expressions of sympathy.

The Family
pd.

The family of the late Herman Lee Granby would like to express sincere appreciation to all who acknowledged acts of kindness during the illness and death of our loved one. Special thanks to Dr. DeVine and Dr. O'Leary, also to the nursing staff at Chowan Hospital.

The Family
pd.

We would like to thank our many friends for the beautiful flowers, food, cards, visits, phone calls, contributions, prayers and all other kind expressions of sympathy during the death of our loved one, Hilda Brabble.

The Family
pd.

Encourage children to help pick up toys by providing a large box, bag, cart or basket with the child's name on it.

Creswell Interdenominational Prayer Breakfast To Be Held Oct. 2

The Creswell interdenominational prayer breakfast will be held October 2, 1982. The meeting will be at 9 A.M. in the private dining room of Donnie's Restaurant in Creswell, N.C.

The guest speaker will be Mrs. Peggy Kelly of Tyner, N.C. Mrs. Kelly is the wife of Rev. Robert Kelly who is the pastor of the Center Hill Baptist Church and Great Hope Baptist Church. Mrs. Kelly has recently

returned from a trip to Trinidad. She will be sharing her experiences while there.

Everyone is invited to come and enjoy this meeting. For reservations in the Edenton area call

Louise A. Wheeler at 482-3189. In the Creswell area call Jean Crispian at 797-4036. Reservations must be made before 5 P.M. October 1.

Student Teaching At E.C.S.U.

Area residents are among 24 Elizabeth City State University seniors who have begun 12 weeks of student teaching.

Assigned as cadet teachers include: Linda McCleave of Edenton; Mary A. Moore of Colerain; and Harrell G. Thach of Hertford.

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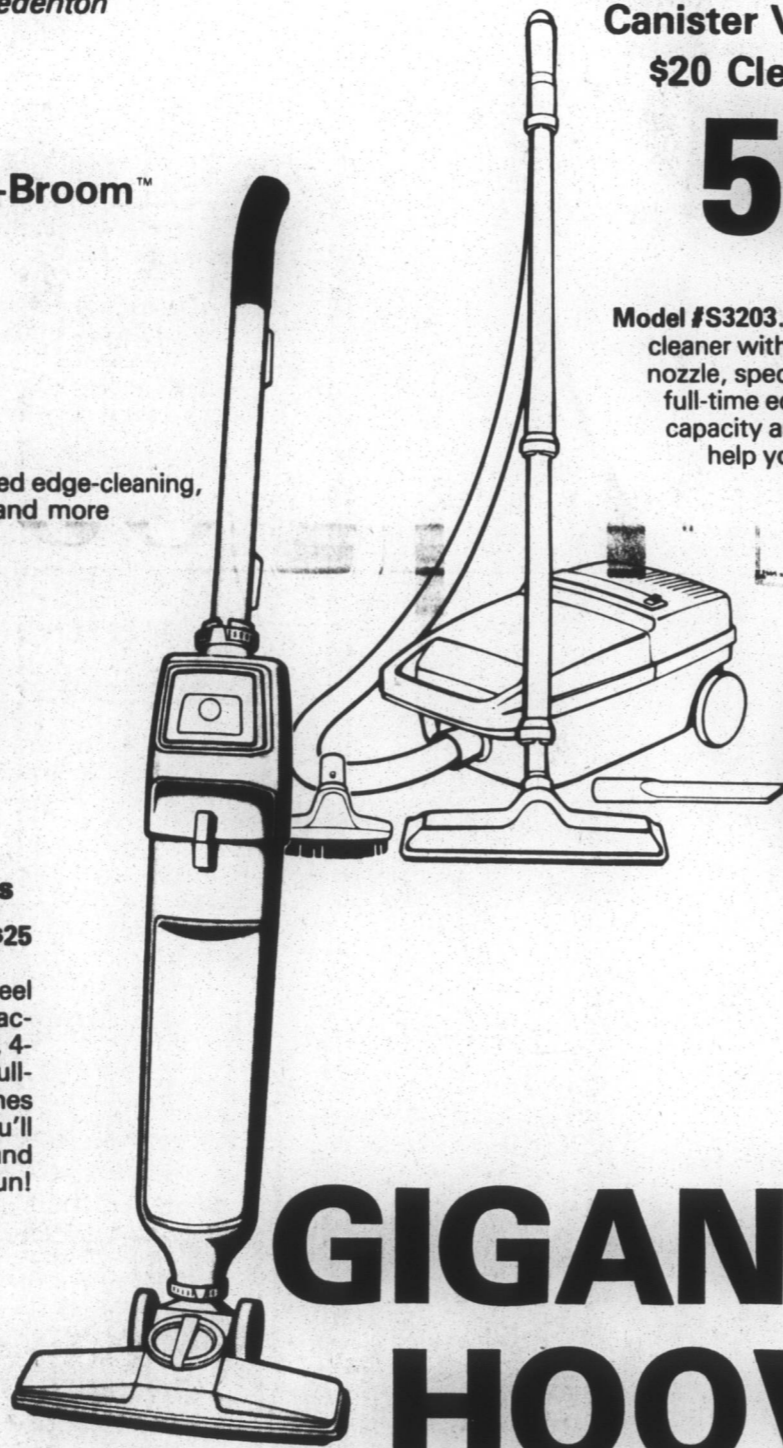
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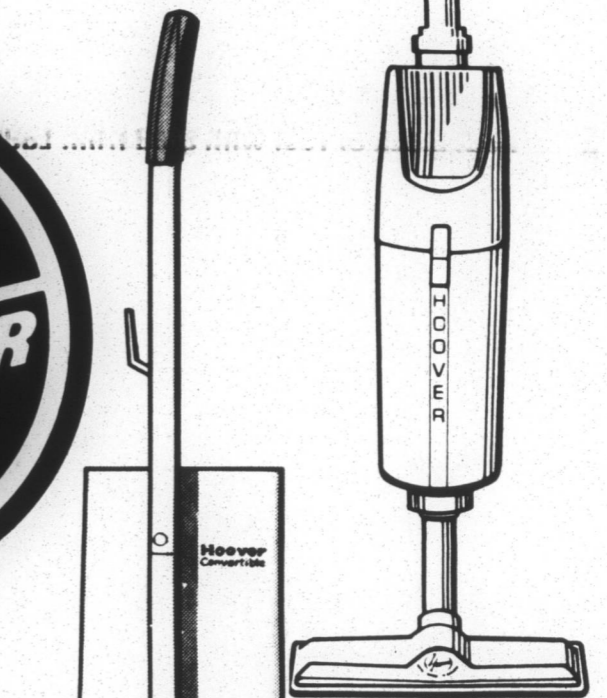
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