

ABE RECRUITERS — Perquimans County was wellrepresented recently at an Adult Basic Education Volunteer Recruitment Workshop conducted by the Continuing Education Division at College of The Albemarle. The college has

initiated a special project to develop a volunteer network to recruit more of the 14,200 adults who are considered illiterate in its seven-county service area into ABE classes. From left, volunteers Mary Jones, Karen Ferrell, Henry Felton, Teri Coepland,

Helen Shaw and Gladys Hall, COA continuing education supervisor, have begun to contact the 1,900 county residents whose education ranges from none to an eighth grade level. (COA Photo)

Hertford Grammar School participates in state contest

February is Children's Dental Health Month. To highlight the month of February, the Children's Dental Health Month Contest will be

calling attention to schools in North Carolina making an effort to significantly improve children's den-

Perquimans Bands attend band clinic

GREENVILLE - Young musicians from 80 eastern North Carolina schools participated in the annual All-District Band Clinic at East Carolina University last weekend.

The clinic is sponsored by the N.C. Bandmasters Association, the ECU School of Music and the North Carolina Music Educators Conference.

Students auditioned for four clinic bands, conducted by Dr. William P. Foster of Florida A & M University, Levy Gaillard of Laney High School, Wilmington, Patricia Garren of South French Broad Junior High School, Asheville and Ronnie Wooten of Goldsboro High School

Performances by the clinic bands highlighted the event.

the Perquimans County Schools for

the week of February 20 through 24.

cereal, fruit or juice, milk.

Monday - breakfast, doughnut or

Lunch, pork choppette or mgrs.

School menus

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SKIN CARE isn't just something you buy .

Participating students also heard performances by the ECU Symphonic Wind Ensemble and the ECU Jazz Ensemble

Herbert Carter of the ECU music faculty, director of bands for the ECU School of Music, was honored during the clinic by the eastern division of Bandmasters Association. The division announced its plans to commission a band composition in honor of Carter, which will be premiered by the ECU Wind Ensemble at the 1986 All-District Band

Perquimans County High School and Perquimans Union School were among those participating in the

choice meat, french fries, corn,

Tuesday - breakfast, honey bun or

Lunch, sloppy joe/bun or mgrs.

choice meat, lettuce & dressing, ap-

green peas, fruit, dinner rolls, milk.

cereal, fruit or juice, milk.

Hertford Grammar School will participate in the contest February 6-17. Each teacher has an activity score sheet, "Let's Get Dental" calendars and daily evaluation reports. The superintendent also has specific activities for which he can earn points for the school.

Suggested activities forthe twoweek emphasis are a classroom dental display, a dental play or puppet show, dental health film/filmstrip, dental health art projects, reporting students' daily home brushings, students wearing smile buttons at least one day, writing letters to parents on "Let's Get Dental" stationery and wearing "Let's Get Dental" buttons

Each class involved receives ten (10) points for the completion of each activity. At the end of the contest, the points are totaled and presented to the principal.

All information will be submitted to the field coordinator by February 27. Cash awards for district winners will be presented later.

plesticks, fruit, tri-taters, milk.

fruit or juice, milk.

Wednesday - breakfast, peanut

butter & jelly sandwich or cereal,

Lunch, sausage biscuit or ravioli,

Thursday - breakfast, sausage

Lunch, fish square, sausage pizza,

Friday - breakfast, cheese toast or cereal, fruit or juice, milk.

Lunch, steak biscuit or lasagna,

broccoli, vegetable sticks, fruit punch, mgrs. choice vegetables,

slaw, potato rounds, string beans,

link, biscuit, or cereal, fruit, juice,

applesauce, tossed salad, mgrs.

choice veg., fruit cup, milk.

fruit, cornbread, milk.

Quiz Bowl '84

Perquimans County Library to host five area teams

The local 1984 Quiz Bowl has been scheduled for Thursday, today, at 10:00 a.m. in the Perquimans High School Auditorium in Hertford. Participating in the Quiz Bowl this year are the following schools: Creswell High School, Plymouth High School, Columbia High School, John A. **Holmes High School and Perquimans** High School.

The team members, alternates and sponsors are as follows for each school:

Creswell - sponsor, Gwendolyn Moye; team members, Stewart Woodley, John Leigh, Ginger Livingston and Sylvia Freeman; alternates, Sandra Phelps, Kim Halsey, Ezroe Webb and James Livingston.

Plymouth - sponsor, Linda Morgan; team members, Rodger Williams, Tami Nesbitt, Janie Porter and Dineane Smith; alternates Tammy Lee, Liz Stanley, Karen Moore and Brian Alligood.

John A. Holmes - sponsor, Ruth Bass; team members, David Evans, Danny Hogan, Bobby Jones and Madison Phillips; alternates, Casey Bass, Bran Bunch, Tony Evans and Kinnan Lane.

Perquimans - sponsor, Lois Stokes; team members, David Cain, Sonny Larabee, Chris Mansfield and Alice White; alternates, Scott Dizon, Paul Merritt, Tim Bryant and Jeannette Jennings.

Columbia - sponsor, James W. Cahoon; team members, Chet Cooper, Ginger Clough, Austin Respess Jr. and Starlyn Combs; alternates, Stephanie Wall, Stacy Sawyer, Karen Simmons and Tommy White.

Teams will be asked questions of

ACC slates Parent Day activities for Feb. 25

WILSON, N.C. - A large number of parents are expected to attend Atlantic Christian College Parents' Day activities, Saturday, February 25, on the college campus.

Registration will be held from 9:30 a.m.-12 noon in the lobby of Hamlin Student Center

Dr. James B. Hemby Jr., president of the college, will give a "State of the College" address at 10 a.m. in Howard Chapel.

An "Academic Fair" will be held from 10:30 a.m.-12:30 p.m. in Hardy Alumni Hall. Faculty/Parent conferences will be held from 11:30 a.m.-12:30 p.m. at pre-arranged

A luncheon will be held in the Hamlin Student Center cafeteria from 12:30-2 p.m. with entertainment

From 2-3 p.m. seminars for parents will be held in Hines Hall. The seminar topics include "Academic Standards and Status," "Cost and Financial Aid," "Educating the Whole Student," and 'Career Planning and Placement."

A reception for parents and guests will be held in the lobby of Hines Hall at 3 p.m.

The National Scholastic Art Award honorable mention exhibit will be open from 9 a.m.-5 p.m. in the Case Art Gallery.

Stage and Script and the Drama Department will present "You Can't Take it with You" at 8 p.m. in Howard Chapel.

specific subjects such as current events, hisotry, science, literature and the arts.

Prizes for the Quiz Bowl are being furnished by the Weyerhaeuser Foundation and Hardee's Enterprizes. The awards will be given out based on the local competition results to the teams for their local high school library to purchase materials.

In addition, a plaque will be presented to the 1984 winner of the

The public is invited; come out and support your local school. Root for the "Quiz Kids."

Survey results available

Are today's teenagers uncommitted to long term goals? Or are they optimistic, planning rewarding careers and investing time in personal realtionships?

Find out in the upcoming issue of "On Your Own" which presents the results of its national annual poll of tomorrow's leaders, today's high school seniors.

The survey reveals what seniors think of themselves, their lifestyles and society. This is a unique source of information with views on trends, issues and the future. What's ahead for the class of '84? A

reviews George Orwell's famous novel and presents through the science of futurology, scenarios of the next four decades. Free copies of "On Your Own," published by 13-30 Corporation for

special section in "On Your Own"

the U.S. Army, will be distributed at Perquimans High School on Friday, February 17. Seniors can obtain copies from

their homeroom teachers.

Heart **Answers**



WHAT IS STROKE?

A stroke occurs when the blood supply to part of the brain is halted by either a clot, a ruptured vessel or pressure on the blood vessel by a tumor. Strokes are more likely to occur when arteries leading to the brain have been previously damaged by a disease process called hardening of the arteries. Warning signs of a possible stroke may include temporary loss of speech, loss of vision or double vision, unexplained headaches or dizziness. Regular medical checkups are the best protection against strokes. Contact your local American Heart Association for more information.



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