## SCHOOL



ABE RECRUITERS - Per- initiated a special project to Helen Shaw and Gladys Hall, quimans County was well- develop a volunteer network COA continuing education represented recently at an Adult Basic Education Volunteer Recruitment Workshop conducted by the Continuing Education DiviAlbemarle. The college The Henry Felton, Teri Coepland

## Hertford Grammar School

## participates in state contest

February is Children's Dental calling attention to schools in North Health Month. To highlight the
month of February, the Children's $\begin{aligned} & \text { Carolina making an effort to } \\ & \text { significantly improve children's den- }\end{aligned}$ mental Health Month Contest wll be

## Perquimans Bands attend band clinic

GREENVILLE - Young musi- Participating students also heard cians from 80 eastern North Carolina performances by the ECU Sym-
schools participated in the annual . phonic Wind Ensemble and the ECU schools participated in the annual phonic Wind En
All-District Band Clinic at East Jazz Ensemble.
Carolina University last weekend. Herbert Carter of the ECU music
The clinic is sponsored by the N.C. Bandmasters School of Musicciation, the ECU Carolina Music Educators Conference.
Students auditioned for four clinic bands, conducted by Dr. William P. Levy Gillorida 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.

## School menus

The following is a list of menus for choice meat, french fries, corn,
the Perquimans County Schools for the week of February 20 through 24 . $\begin{gathered}\text { green peas, fruit, dinner rolls, milk. } \\ \text { Tuesday - breakfast, honey bun or }\end{gathered}$ Monday - breakfast, doughnut or cereal, fruit or juice, milk.

## SKIN CARE ini

It's something
you learn.
Mary Kay Cosmetics
for a complimentary facial. Peggy Rohrer at 426-9217

Hertford Grammar School will participate in the contest February
6-17. Each teacher has an activity 6-17. Each teacher has an activity
score sheet, "Let's Get Dental", 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 students wearing smile buttons at
least one day, writing letters to 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 (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 di
will be presented later
plesticks, fruit, tri-taters, milk. Wednesday - breakfast, peanut
butter \& jelly sandwich or fruit or juice, milk. Lunch, sausage biscuit or ravioli, applesauce, tossed salad, mgrs. choice veg., fruit cup, milk.
Thursday - breakfol. Thursday - breakfast, sausage link, biscuit, or cereal, fruit, juice,
milk. nilk. Lunch, fish square, sausage pizza, slaw, potato rounds, string beans, fruit, cornbread, milk.
Friday - breakfast, cheese toast or cereal, fruit or juice, milk. Lunch, steak biscuit or lasagna,
broccoli, vegetable sticks, fruit punch, mgrs. choice vegetables, bread, milk.

## Remember When...

RADIO WAS NEW. THE SHOWBOAT CAME TO HERTFORD. MOVIES WERE SILENT. CHAUTAUGUA CAME TO TOWN 1900's."
Mrs: Sue Leete's 7th grode Longuoge Arts Closs ot. Union School is proparing the 4th book in MISS SADIE PLACED YOUR PHONE CALIS the series of Oral Historv Prolects through the HERTFORD HAD A SEMI-PRO BASEBALL TEAM. THE STUDENTS WANT TO RECORD YOUR MEMORIES FROM 1900 IO 1950
If you would like to share your memories, Photos, entertainment programs, etc., with us, contact Mrs, Leete or Mrs. Matthews, of the school, by calling 426-7355.

Quiz Bowl '84

## Perquimans County Library

 to host five area teamsThe local l9e4 Quiz Bowl has been
scheduled for Thursday, today at
10:00 a.m. in the Perquimans High 10:00 a. m . in the Perquimans High
School Auditorium in Hertiord. Participating in the Quiz Bowl this year are the following schools: Creswell High School, Plymouth High School, Columbia High School, John A. Holmes High S
High School.
High School.
The team members, alternates and
sponsors are as follows for each
school:
Creswell - sponsor, Gwendolyn
Moye; team members, Stewart
Moye; team members, Stewart
Woodley, John Leigh, Ginger Liv.
Woodley, John Leigh, Ginger Liv ingston and Sylvia Freeman; alter
nates, Sandra Phelps, Kim Halsey nates, Sandra Phelps, Kim Halsey Plymouth - sponsor, Linda Morgan; team members, Rodger Williams, Tami Nesbitt, Janie Porter
and Dineane Smith; alternates Tam-
my Lee, Liz Stanley
and Brian Alligood. and Brian Alligood.
John A. Holmes John A. Holmes - sponsor, Ruth
Bass; team fnembers, David Evan Danny Hogan, Bobby Jones ans, 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 Cahumbia - sponsor, James W.
Cahoon; team members, Che Cooper, Ginger Clough, Austin Respess Jr. and Starlyn Combs; alternates, Stephanie Wall, Stacy Sawyer, Ka
my 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, Februar 5, 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 of the college, will give a "State of
the College" address at $10 \mathrm{a} . \mathrm{m}$. in the College" ad Chapel.
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
sites.

A luncheon will be held in the Hamlin Student Center cafeteria

## Heart Answers

| WHAT IS STROKE? <br> 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. Association |
| :---: |
|  |  |

From $2-3$ p.m. seminars for
parents will be held in Hines Hall parents will be held in Hines Hall "Academic Standards and Status," "Cost and Financial Aid,", "Educating the Whole Student," and A will be held in the parents and guests 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

Stage and Script and the Drama Department will present "You Can 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 furnished by the Weyerhaeuser prizes. The awards will be given out based on the local competition results to the local competition high school library to purchase materials.
In addition, a plaque will be presented to
local meet.
The public is invited; come out and support your local school. Root for he "Quiz Kids."
Survey results available
Are today's teenagers uncommit-
ted to long term goals? or are they ted to long term goals? Or are they optimistic, planning rewarding careers and investing time in per-
sonal realtionships? sonal realtionships?
"On Your Own" which presents 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 special section in "On Your Own" reviews George Orwell's famous novel and presents through the
science of futurology, scenarios of science of futurology,
the next four decades.
the next four decades. Free copies of "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.

## "I find the big catches.

 Block finds me the big

People who know
their business go to BRBCK
Harris Shopping Center Hertford OPEN 9 A.M. 6 P.M. WEEKDDISS, 9 PHOLS SATURDAY appointments available

## Tumtriey:

 2 Sman Ra- All Winté Merch dise-50\%
- Crafts 10-20\% Distoulit
- Sprin r Summer Metchan



