

SPORTS—SCHOOL



Jacqueline Barnwell receives her corsage from College of The Albemarle register Mary Louise Brown before the procession for the summer

commencement ceremonies at the college last week. Barnwell, a first-year electronics data processing

honors student, was selected as one of four marshals for the occasion. She is a resident of Winfall. (COA photo)

County students graduate

Saying it's "okay" to be uncertain about taking new, untired steps, Northeastern North Carolina Tomorrow chairman Winifred "Winnie" Wood emphasizes the importance of having the courage and self-confidence to explore new avenues of life during the summer commencement last week at College of The Albemarle.

Fourteen Perquimans County residents were among the 98 graduates who received 101 degrees and diplomas at the outdoor, late afternoon ceremony.

"In a world like this," Wood assured, "it's appropriate to be uncertain. But, however uncertain you may be about what's next, at least about your own work, your own ability—you can be sure." She said the study and work the graduates have undertaken at the college has prepared them to handle whatever is next in their lives.

The Camden resident told the graduates that most important is

for them to do the best with whatever they choose to do with their lives. She warned that there will be disappointments, but "as soon as you are able to push aside the disappointment, you find the rewards."

"I want you to do good when you can, and to use your wit and intelligence," she said. "I hope you'll laugh and enjoy yourself in a life of your own choosing."

Perquimans residents who received degrees include: Pamela Carney and Rena Jean Copeland, business administration technology, Ray

Kent Chappell and Jamie Marie Valentine, electronic data processing; Darlene Jones Ivey, Michelle Tolan Mansfield, Tina Rucker Nowell, and Gloria Mae White (summa cum laude), practical nurse education; Zelene Lee Lightfoot and Sandra Ballance Stokely, general office technology; Cynthia Marie Harrell, medical secretary; Francis E. Jellico, Jr., air conditioning and refrigeration; Lloyd Edward Riddick, automotive mechanics; and Jewell Lucurtis Spellman, electrical installation and maintenance.

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Lunch menus

The following is a list of menus for the Perquimans County Schools for the week of September 3 through 7.

Monday — NO SCHOOL
Tuesday — breakfast, toast/bacon, fruit or juice, milk.
Lunch, sloppy joe or hot dog, potato rounds, corn on cob, lettuce and tomato, green peas, milk.

Wednesday — breakfast, coffee/cake, fruit or juice, milk.

Lunch, pizza or beef stew, french fries, green beans, manager's choice vegetable, peaches, hot rolls, milk.

Thursday — breakfast, peanut butter and jelly sandwich, fruit or juice, milk.

Lunch, smoked sausage or porkchoppett with bun, tritaters, applesauce, sweet potatoes, roll, broccoli, milk.

Friday — breakfast, danish, fruit or juice, milk.

Lunch, cheeseburger or ravioli, shoestring fries, corn, fried okra, fruit, roll, milk.

Fall sports sign-up

Youth Soccer—Register now! There will be an organizational meeting today for all players and coaches at 5:30 behind Winfall Central Elementary School. Ages 6-15 may participate. Fee is \$7.

REC HAPPENINGS
by
Howard Williams
Perquimans Co Parks & Recreation Director

Midget football—Registration ends Friday, August 31, 5:00 p.m. at the Recreation Department. Anyone ages 9-13 may sign up with the following exceptions: 1) 9 years old must weigh at least 100 lbs.; and 2) 13 year olds must weigh less than 100 lbs. All other players must weigh between 70-130 lbs. Registration fee is \$10 which includes insurance and a mouthpiece. There will be a Football Clinic Tuesday, September 4, 4:30 at Hertford Grammar School for all.

Cheerleading—Ages 9-12. Registration ends Friday, August 31. Tryouts will be held Wednesday, September 5, 4:30 at the Hertford Grammar School. Fee is \$7.

Gymnastics—Registration will end Monday, September 17. Classes will be held on Tuesday afternoons 4:15-5:30 at the Perquimans County High School

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PORK NECKBONES
29¢ LB.

RIB STEAKS
2.29 LB.

TURKEY WINGS
39¢ LB.



DELMONICO STEAKS
3.99 LB.

PORK TAILS
39¢ LB.

PORK FEET
29¢ LB.



FRESH GROUND BEEF
1.39 LB.

PORK TAILS
39¢ LB.

BONELESS CHUCK STEAKS
1.79 LB.

TURKEY NECKS
29¢ LB.



Econ Cola 2 Liter **59¢**

GWALTNEY FRANKS
12 OZ. PKG. **99¢**

COUNTRY LINK SAUSAGE
1.49 LB.



FRITO LAY RUFFLES POTATO CHIPS
7 1/2 OZ. **99¢**

WONDER CERTIFIED BREAD
1 1/2 LB. **49¢**

KINGSFORD CHARCOAL BRIQUETS
10 LB. BAG **2.39**



6-PACK PEPSI COLA
12 OZ. **1.79**

ALDON DINNER ROLLS
15 OZ. **59¢**

SHEDD COUNTRY CROCK
16 OZ. **59¢**



LETTUCE
59¢ HEAD

THOMPSON GRAPES
59¢ LB.

LEMONS
10/1.00

WHITE CORN
5/69¢

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