

School Lunch Room Menus

Menus at Chowan County Schools January 13-17 will be as follows:

John A. Holmes High School

Monday—Country style steak with gravy, whipped potatoes, turnip greens, rolls, butter, coconut pudding, milk.

Tuesday—Hot dogs, green field peas, French fries, rolls, butter, strawberry shortcake, milk.

Wednesday—Fried chicken with gravy, buttered rice, string beans, orange juice, rolls, butter, jello.

Thursday—Spaghetti with meat sauce, cabbage and carrot salad, green peas, corn bread, butter, sliced peaches, milk.

Friday—Beef-vegetable soup, hamnase sandwich, peanut butter and jelly sandwich, potato chips, bread, pineapple cake, milk.

White Oak Elementary School

Monday—Smoked sausage, buttered potatoes, apple sauce, blackeye peas, rolls with butter, cookies, milk.

Tuesday—Country style

steak with gravy, rutabagas, rice, green beans, rolls with butter, block cake, milk.

Wednesday—Beef vegetable soup with potatoes, tomatoes, corn, carrots and onions, pimento cheese sandwich, pineapple upside down cake, milk.

Thursday—Meat loaf with gravy, steamed cabbage, yams, rolls with butter, jello, milk.

Friday—Tuna salad, buttered greens, French fries, rolls with butter, peach crisp, milk.

D. F. Walker High School

Monday—Sausage with cheese slices, grits, cut beans, rolls and butter, milk.

Tuesday—Fish, slaw, hashed brown potatoes, corn bread squares, jello, milk.

Wednesday—Cheeseburger on bun, salad, cube potatoes, fruit cups, milk.

Thursday—Baked ham, sweet potatoes, lima beans, rolls and butter, pineapple cake, milk.

Friday—Hamburger steak, rice and gravy, collards, pickled beets, apple cob-

bler, school baked rolls, butter, milk.

Ernest A. Swain Elementary School

Monday—Hamburger patties, collards, buttered rice, gravy, rolls, butter, apricots, milk.

Tuesday—Weiners, carrot and cabbage salad, baked beans, rolls, butter, peach pie, milk.

Wednesday—Breaded veal cutlets, green beans, sweet potato puff, biscuits, butter, baked custard, milk.

Thursday—Turkey salad, cole slaw, garden peas, rolls, butter, apple pie, milk.

Friday—Vegetable beef soup, crackers, pimento cheese sandwiches, pineapple upside down cake, milk.

Chowan High School

Monday—Beef and vegetable soup, pimento cheese sandwich, strawberry short cake, bread, butter, crackers, milk.

Tuesday—Spiced ham, blackeye peas, potato salad, beet pickles, rolls and butter, peaches, orange juice, milk.

Wednesday—Hamburgers, mashed potatoes, green beans, chocolate pudding, rolls, butter, milk.

Thursday—Chicken pan pie, green peas, candied yams, jello with fruit, rolls, butter, milk.

Friday—Fish sticks, French fries, cole slaw, hush puppies, lemon block cake, milk.

Make Church - Going A Habit . . .

WHAT IS THIS NEW TEACHING?

International Sunday School Lesson for Jan. 12

Memory Selection: "Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. Matthew 9:35.

Lesson Text: Mark 1:21-45.

Jesus' life on earth followed a pattern of teaching, preaching and healing. And of paramount note, was His concern with PEOPLE.

In Mark 1 (which we are studying today) we observe that Jesus, coming to the city of Capernaum, forthwith entered the synagogue there and began to teach. This was in keeping with His religious heritage and upbringing—he was on familiar ground. But it was soon observed by those who listened that He taught with a difference. His was not the literal translation of the scribes, who were all versed in law; this was teaching with authority—authority backed up by concern and ACTION—for there follows in this Book accounts of several miracles of healing, starting with the casting out of the demons that tormented one poor, demented soul, going on through the healing of the leper, the halt, the maimed, and the blind.

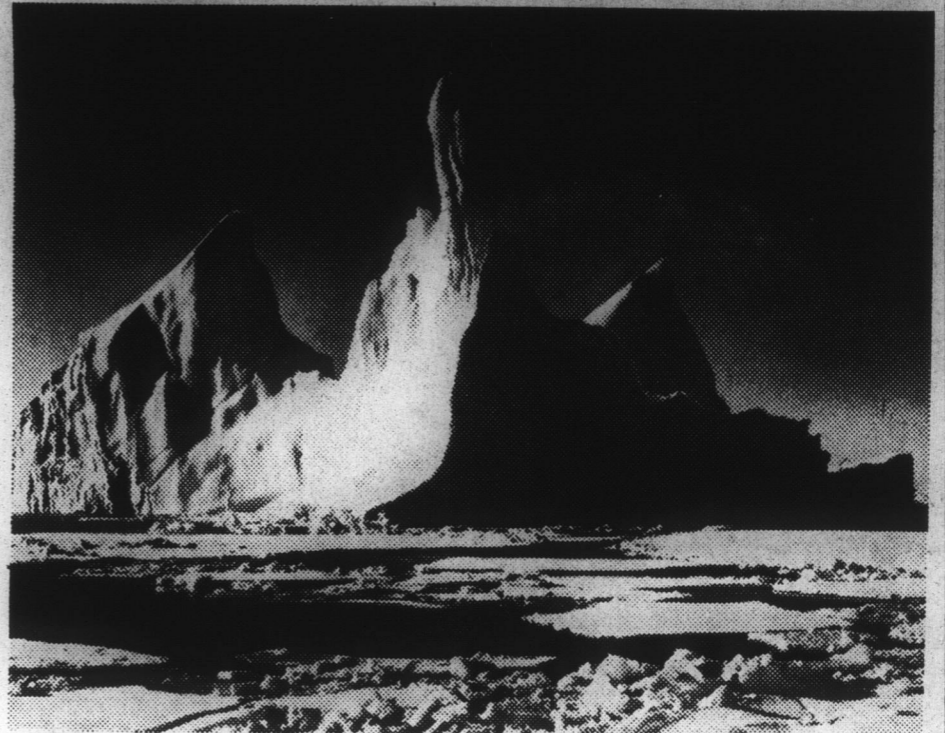
Compassion is, indeed, the crowning fact in this vivid and unforgettable lesson. For wherever there was need, there was Christ, ready to use His power to alleviate human suffering. "He came not to be served, but to serve, and to give His life as a ransom for many." Mark 10:45.

And in the pursuit of His commitment to mankind, Jesus was unafraid to break with the traditional if it stood in the way of the well-being of men. Time and time again, we find Him both criticized and condemned for His oft-times unorthodox approach to a problem. He was to be found in the company of money-changers and tax collectors, of women of easy virtue and sinners of various and complex degrees. It took the very astute to realize that Jesus went—not among the righteous, or the apparently righteous—but among those who were in greatest need of His love and human compassion, of His healing hands and gentle voice, of his understanding and forgiveness in His Father's name.

Courage was the keynote of Christ's character—the courage of His convictions. Prayer was another—for He was constantly in prayerful communion with God. It was this closeness, this dedication to the will of the Supreme Being that fortified Christ in His times of trial and tribulation. It was no wonder that He spoke and taught with such authority in His voice and bearing. He was totally God-directed.

As self-confessed Christians we are obligated to follow His splendid example. As self-confessed Christians we are obligated to make the Church that has been founded in His name an exemplary fortification against the forces of evil

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Too close for comfort

Here's a photograph taken from a kayak. You don't bring a ship this close to an iceberg! For underwater the tentacles of this cruel, cold monster may reach out a mile or more.

Life for some folks is a succession of narrow escapes. But these are adventures we can do without. They don't prove us bold sailors. They simply prove us poor navigators.

Frightened men sometimes turn to religion as a refuge when dangers—moral, spiritual and physical—loom too close for comfort. God does not fail us in crisis.

But the every-day function of faith is to pilot men on a true course through the sea of life. The Church cannot sweep away icebergs. It warns us of their whereabouts and helps us give them a wide berth.

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Scriptures selected by the American Bible Society

Genesis 13:1-11	Genesis 13:12-18	Genesis 14:1-16	Genesis 14:17-24	Genesis 15:1-6	Genesis 15:7-21	Genesis 16:1-14
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Monroe S. Swain, Jr.

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February 1, 1969

Interest will increase every month your taxes remain unpaid after February 1st. This is required by state law.

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AVOID THE INCREASED INTEREST

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EARL GOODWIN

SHERIFF OF CHOWAN COUNTY

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