#### Community Program Continued from Page 4

the community college system will have testing centers.

An example of the success that surrounds these centers is what happened at Pitt Technical Institute. When the center opened Monday — Chuck wagon there, 40 applicants imme- steaks, peas and carrots, diately were knocking at French fries, rolls, butter, the door.

How often the tests are Tuesday-Meat loaf with given is up to the indivi- gravy, whipped potatoes, them according to the de- butter, cookies, milk. mand in their communities.

To GED tests, a person must butter, jello, milk. be 19 years old; however, an applicant 18 years old candied yams, steamed may apply provided he has cabbage, corn bread, butbeen out of a regular high ter, chocolate cake, milk. school program for at least six months.

Gains Are Made

North Carolinians who shortcake, milk. have completed high school study in their adult years are finding out that the results are far reaching. Gains are seen in job pro- peas, tossed salad, tomato motions, home improve- wedges, fruit cup, rolls, ments, family budgets as butter, milk. well as in attendance at plays, concerts and cul- mashed potatoes, blackeye tural events.

Many continue their butter, milk. studies at the community college or technical insti- potato salad, turnip greens, tute that made it possible beet pickles, block cake for them to get a high with chocolate icing, rolls, school education. And some butter, milk. enter four-year institutions.

the Revolution.

county.

conventions of 1788-1789.

Another Leader

The name Isaac Gregory stood fore-

most in the thoughts of the citizens of

northeastern Carolina in 1775. He was

a capable statesman from Camden

County who served as a member of the

Later, when small fires of discon-

tent flared into the flame of open re-

volt, Gregory served with distinction

as a Brigadier General of militia in

Returning to his home county, he

Through the years, the Gregory

name has remained prominent in the

represented it as a member of the N.C.

Provincial Congress at that time.

# Menus in the Chowan and gravy, butter beans fruit cup, milk.

will be as follows: John A. Holmes High School

fruit cup, milk.

Wednesday - Chicken milk. croquettes, buttered potaapply to take the toes, green limas, rolls, Thursday - Baked ham,

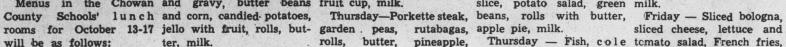
bun with chili, potato chips, rolls with butter, milk. buttered corn, strawberry

### Chowan High School

Monday - Ravioli, green rolls with butter, milk. Tuesday — Hamburgers, hush puppies, cake with

peas, apple sauce, rolls, Wednesday-Baked ham,

Thursday - Roast turkey



Friday - Fish portions, milk.

White Oak Consolidated School

Monday - Spiced ham, cheese wedge, buttered podual centers, who offer string beans, corn bread, tatoes, green peas, caramel lima beans, rolls with buticed cake, roll with butter, ter, peach half, milk.

chilled apple sauce, cook- milk. ies, rolls with butter, milk. Wednesday - Barbecue chicken, cole slaw, green Friday - Hot dogs with lima beans, cherry jello,

Thursday - Meat loaf with tomato sauce, creamed potatoes, buttered mixed tour of historical places in greens, sliced pineapple, Dare County during Aug-Friday - Fish portions, night at the 4-H Camp and toss salad with French went to see the "Lost Coldressing, buttered corn, oy." This was the first

#### lemon glaze, milk. Ernest A. Swain **Elementary School**

Monday — Fish sticks,

peach pie, milk. The group went swimming Tuesday-Spaghetti with meat balls, green beans, rolls, butter, apple sauce,

milk. Wednesday-Cubed steak, to Washington, D. C. dry lima beans, sweet potato puff, rolls, butter,

## Sunday School

Continued from Page 6 the world. The race to be first in so many areas, and best, in others. All these combine to turn our thoughts from God. In the earlier days of Christianity the life of the people was largely based on agriculture, and the people worked with what had been primarily given of God. Today, we have moved into the atomic age and the space age. We have become industrialized. But the atom and space are also primarily given of God. Man has conquered and explored areas that in Biblical times were not positively known to exist. This is a credit to man's mind-his God-given mind.

slice, potato salad, green milk.

rolls, butter, pineapple,

cabbage salad, peach potato salad, sliced toma-Monday - Chuck wagon halves, hush puppies, milk. toes, rolls, butter, cookies, ice cream, milk. .

**Edenton - Chowan Lunch Room Menus** 

#### D. F. Walker High School

Monday - Country style steak, creamed potatoes,

Tuesday - Chicken salad, English peas, buttered Tuesday - Spanish rice corn, rolls with butter, with beef, green beans, chocolate cake square, checkup when you think

A group of 4-H'ers from doing the best thing for Cross Roads and Center your health. Hill 4-H Clubs went on a

ives Saved Have you had a complete saved last year. One and a physical examination late- half million men, women

simple cure.

you're healthy. Once a year. Annual visits help your doctor keep tabs on

you. It also helps you enjoy the peace of mind that comes from knowing you're

Over 200,000 people were

ust. The group spent the COBLE

internet to the second second

11

LI

time for several in the group to visit this part of the state.

The group visited several places of interest such as the Wright Memorial, sand cole slaw, French fries, dunes, the recreation center catsup, corn bread, butter, at Nags Head, the visitors' center at the Lost Colony.

> in the ocean which was a first for some of the group. We hope to go on a longer tour next year-perhaps fresh milk

> > A NEW

DIMENSION

IN FLOOR HEATING

COMFORT

MODEL

Joe Roberts, Center Hill 4-H Club.

Wednesday - Baked ham **4-H Tour** 



Advice is usually worth- Seat belts which are not less because older people used do not save lives, rehave had more experience minds Liberty Mutual Inand rarely heed it and surance Companies. To inyounger people know crease your chance of sureverything and do not vival in case of an accineed it.

dent, buckle up for safety.



