

Career Week is held at Chowan

BY LAURIE HUFFORD
Staff Writer

Sixteen parents, in a total of 40 speakers, recently participated in Chowan Middle School's 6th grade career week. Many professions were represented, and students especially enjoyed samples brought in by several of the restaurants (e.g., The Lovin' Oven and Creekside Restaurant).

Lori Lichtenwalner, a CMS counselor called "Ms. L" by most students, explains, "Our school, in the School Improvement Plan, decided that we needed to do more career activities through the Counseling Center and through the Job Ready Program. Mr. Boyce (Job Ready) provided the incentive and the information to help it happen."

Lichtenwalner says that, once they decided to get speakers to come in and familiarize students with different jobs

and the education that those jobs require, she began trying to schedule speakers. Through contacts within the community and memos sent home with students, Lichtenwalner was able to enlist the cooperation of policemen, lawyers, writers, hospital administrators, restaurant owners, veterinarians, eye doctors, bankers, florists, extension agents, ministers, recreation department employees, and even the Superintendent of Schools. Each 6th grade class had a speaker every morning for a week.

"It's been incredible," Lichtenwalner says. "There hasn't been anything like this, since I've been here anyway. I think this is a new initiative."

Lichtenwalner says that, up until now, career focus has been primarily on the 8th grade, but that the school is trying to build a program that will be continuous throughout

the grades.

She says that the elementary schools, with "truck days" and similar events, do an excellent job of familiarizing children with different areas of employment, and that it gives CMS something to build on.

Sixth grade has career week. Seventh graders, Lichtenwalner hopes, will soon have job-shadowing for half a day, on Groundhog Day. There is also an interest inventory for 7th graders to take.

"We don't want them to choose a career," she says. "They're very young in their educational process. But it can help narrow down (fields)."

Eighth graders will fill out job interest surveys, attend the business expo, and complete preregistration activities for high school.

With the 8th graders, "the process just continues," she says. "We're slowly trying to build on things."



Edenton-Chowan School Supt. Dr. Allan Smith (right) and Principal Maxter Allen (left) congratulate Colleen Karl on receiving the honor of 1999-2000 Teacher of the Year. Smith made the announcement on Monday, Sept. 27 before one of Karl's freshman science classes. Karl will represent Chowan County in Regional Teacher of the Year competition that is sponsored by the North Carolina Department of Public Instruction.

Hot lunches to be served to students

Monday: Breakfast - Waffles and syrup, milk and juice. Lunch - Pizza or tuna salad with crackers, tossed salad, buttered corn, sliced peaches, milk.

Tuesday: Breakfast - Sausage biscuits, milk and juice. Lunch - Chicken fries and rolls or pork

chops and rolls, green beans, applesauce, milk.

Wednesday: Breakfast - French toast sticks with syrup, milk and juice. Lunch - BBQ ribs on bun or chicken nuggets and rolls, potato rounds, fruit cups, milk.

Thursday: Breakfast - Cin-

namon raisin triangles, milk and juice. Lunch - Chicken patties and buns or cooked ham and rolls, green peas, fresh fruit, milk.

Friday: Breakfast - Cereal, toast, juice. Lunch - BBQ pork on bun or fish sandwiches, slaw, fries, pineapple, milk.

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BBQ Chicken Fundraiser

Saturday, October 30, 1999

Jaycee Building, Soundside Road

Lunch: 11 am - 2 pm • Dinner: 4 pm - 7 pm

Eat-In Or Take-Out • \$5.00 Per Plate

Tickets from Ruritan Members or 482-2169

VOTE TUESDAY, NOVEMBER 2, 1999

ELECT



Marion DesJardins

**FIRST WARD
EDENTON TOWN COUNCIL**

POLLS OPEN 6:30 A.M. - 7:30 P.M.

Marion DesJardins, owner of Marion's clothing boutique and antiques shop on Broad Street in downtown Edenton, has called Edenton home for more than 40 years. As a candidate for Town Council, Marion continues to work on behalf of the people in the community she loves.

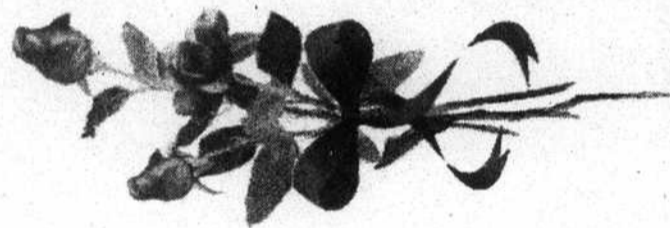
MARION SUPPORTS

- **Recreation and Tourism**
"We've been called 'the South's prettiest town.' Let us increase all efforts to make use of our beautiful waterfront, to build parks and play areas for our children, and to share our town with visitors."
- **Crime Control**
"Our neighborhoods must be safe. I support crime watch, increased police patrols, and action against criminals."
- **Environmental Protection**
"Our natural resources cannot be taken for granted. We must be sure that our water is always clean, drainage ditches are clear, our public spaces are well-groomed, and that garbage collection is prompt and professional. We need to lay sidewalks in areas that are now without them, to protect little children from the street."
- **A Strong Economy**
"We need to continue to make Edenton attractive to business and industry. Expanded commerce means more jobs, and more money to fund improvements to our town."
- **Guidelines**
"After months of thorough research and study our leaders saw fit to revise Edenton's Unified Development Ordinance, which outlines the way our town manages growth. It is important that we follow all that it recommends."

Paid for by the Committee to Elect
Marion DesJardins, 1st Ward, Town Council

Women's Day

This Women's Day is designed by women, for women, to help them feel better about themselves at any age and at any stage.



**Saturday
November 6, 1999
9 am to 2:30 pm**

**Vernon James Center
Plymouth, North Carolina**

- Cold Facts about Hot Flashes
- Understanding Osteoporosis
- For women only; Living, Loving, & Life
- Color Analysis • Nutrition & Diet
- Skin Care • Wellness Screenings
- Massage Therapy
- Dental Care and more

Call Chowan Hospital at 482-6242 to pre register. The \$3.00 pre-registration will be donated to the Governor's Flood Relief Fund.

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North Carolina Cooperative
Extension Service

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COOPERATIVE
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Perquimans, Chowan, Tyrrell,
and Washington Centers

The Vernon James Research & Extension Center is located five miles east of Plymouth just off Highway 64.