

CALENDAR

Meeting Set At Centerville Church

Douglas Leon Byrd, executive vice president of the United Methodist Foundation, Inc. will give a presentation on Wills and Plan Giving Opportunity Wednesday, March 18, at 7 p.m. (Missionary Meeting) at Mt. Zion Apostolic Faith Church of Giving Grace, Inc., Centerville. The church is located on County Road 1436. Bring a friend and be on time to the Missionary Meeting to hear Mr. Byrd.

Gospel Fest Plans Are Announced

The Educational Council of the Memorial Forest is sponsoring "Gospel Fest in the Woods '87," a concert on March 15 at 3 p.m. at the Henderson Armory. A recording will be made during the performance. Featured will be the gospel choirs of Union Grove Baptist Church, Jordan Chapel Baptist Church, Brookston Baptist Church and First Baptist Church of Chapel Hill. For tickets or further information, call 257-2477 or 1-438-4204.

Lenten Service Scheduled Today

Lenten service will be held today (Wednesday) at 5:20 p.m. at All Saint's Episcopal Church at the corner of Front and Franklin Streets in Warrenton. The public is cordially invited to attend.

Blood Pressure Check Is Offered

The public is invited to take advantage of a blood pressure check at the Senior Center on March 18 and 20 from 10:30-11:30 a.m.

Basketball Game Practice Slated

Practice for the Warren County 4-H Fund Raising Basketball Game will be held Saturday, March 14 and Saturday, March 21 at John Graham School Gymnasium. Practice for girls and ladies is scheduled for 2-3:30 p.m. Practice for boys and men is scheduled for 3:30-5 p.m. Interested and eligible players are asked to be present and on time for practice.

Annual Spelling Bee Plans Made

Warren County school's Annual Spelling Bee will be held Thursday, March 12, at 7:30 p.m. in the Warren County High School Theatre. Grades four through eight will be represented. Parents, students, teachers and friends are invited to attend.

Spring Revival Set At Hollister

Spring revival at the Pleasant Grove Baptist Church of Hollister will be held March 18-20. Speakers for the evening sessions which begin at 7:30 p.m. are: the Rev. Herbert Scott (Wednesday), the Rev. James Hunter (Thursday) and the Rev. Richard Battle (Friday). A different choir will provide music for each service. The Rev. James M. Johnson, pastor, invites everyone to attend.

Warren's NAACP Branch Will Meet

The Warren County branch of the N.A.A.C.P. will meet Sunday, March 15, at 4 p.m. at Coley Springs Baptist Church in Afton. Everyone is encouraged to attend.

Norlina Revival Services Planned

Revival services are planned at Norlina Baptist Church, Division Street, for March 22-25. The services will begin at the 11 a.m. worship hour on Sunday and continue nightly at 7:30 p.m. The guest speaker will be the Rev. W. V. Tarlton of Shelby. The Rev. Bob Lowman, pastor, invites everyone to attend. For more information, call 456-4121.

Severe Weather Program Scheduled

The National Weather Service will conduct a program on severe weather spotting and reporting at the Warren County Courthouse on April 1, beginning at 7:30 p.m. Emergency Management Coordinator Gary L. Robenolt said the 90-minute program has been developed to assist the National Weather Service and the people of Warren County through the timely and accurate reporting of severe weather incidents.

Cooperative Ministries To Meet

North Warren Cooperative Ministries will meet on Monday, March 16, at Jerusalem United Methodist Church at 7:30 p.m.

Northside PTA Planning Meeting

Northside Elementary School PTA will meet on March 17 at 7:30 p.m. Miss Rosiland Gilliam will be the featured speaker. All parents and patrons are encouraged to attend.

Crafters Sought For Spring Fair

Crafters are reminded of the fourth annual Spring Crafts Fair scheduled for Saturday, April 11, at the National Guard Armory. Space is available for a maximum of 58 crafters. Reservations may be made by calling Mrs. Monroe Gardner at 257-3203, Mrs. Cal White at 257-4145 or Mrs. Bill Robinson at 456-3717.

Benefit Program Plans Outlined

The Eighth Annual Benefit Program for the Community Development Corporation will be held at the First Baptist Church of Hodgestown in Roanoke Rapids on Sunday March 22 at 5 p.m. The church is located on U.S. 158 near the junction of the first traffic light in Roanoke Rapids. Groups scheduled to participate are the Carolina Stars, the Sensational Mellotones, Otis Jones and Brother James Martin and the Harmonettes. A Day Care King and Queen will be crowned. Arnette Manley will host the program sponsored by Joseph L. Brown. The public is cordially invited to attend.

Anniversary Service Set By Choir

The Senior Choir of the Greater Ashley Chapel Baptist Church in Vaughan will celebrate its 15th anniversary on Sunday, March 15, at 3 p.m. The Rev. Wilson Battle of the Shiloh Baptist Church will deliver the message and music will be rendered by the senior choir of the Ivory Hill Baptist Church of Hollister. The public is invited, according to the Rev. Lynne J. Bradley, pastor.

Barbecue Chicken Supper Planned

The Afton-Elberon Fire Department will sponsor a barbecue chicken supper on Saturday, March 14, from 5-7:30 p.m. at the firehouse.

Third Sunday Night Sing Slated

The Third Sunday Night Sing is scheduled for March 15 at 7:30 p.m. at the North Warrenton Baptist Church. Local talent will be featured. A Brotherhood breakfast will be held at 8 a.m. Sunday.



Court subjects honor the orders of the emperor of China and begin their search for a small and magical nightingale in last week's production of "The Emperor's Nightingale" at South Warren Elementary School. The adaptation of Hans Christian Andersen's story combined music and dance styles of China in a colorful retelling of the tale of

the small bird and its effect on the emperor. The production was brought to South Warren by the Edwin Gill Theatre Project through the State Department of Public Instruction. Arrangements for the production were made through Warren County Schools' Cultural Arts Program.

(Community Schools Photo by Mary Hunter)

Calcium Need Underscored By Nutritionist

By ANN KILIAN
Child Nutrition Director
Warren County Schools

Everyone needs calcium! An adequate intake of calcium is very important throughout the lifetime. Calcium helps make bones and teeth strong and keep them that way. It helps to maintain the function of muscles and nerves and helps to clot the blood.

Milk of any kind is the richest source of calcium. Products made from milk—yogurt, hard cheeses, custard, pudding, cottage cheese and ice cream—also provide some calcium.

In addition to the milk and milk products, some other foods also provide calcium. For example, sardines and canned salmon, when eaten with bones, are very valuable sources of this nutrient. Dry beans, green leafy vegetables and broccoli also contain some calcium.

Various combinations of calcium-rich foods can be eaten throughout the day. One cup of milk contributes about one-quarter of the calcium needed by

teenagers every day. One-half cup of cooked greens contributes only about one-tenth of a teen's daily requirement. Thus, some milk and milk products are needed daily to meet the calcium requirement of any age group.

Calcium is present in the body in larger amounts than any other mineral. About 99 percent of calcium in the body is found in bones and teeth; the rest is found in the blood and inside of cells.

People often think that once calcium is deposited in the bones it stays there forever. This is not so. There is a continuous flow of calcium to and from the bone throughout the entire life. This flow of calcium in and out of the bones helps to regulate the amount of calcium present in the blood. The reason the body so carefully regulates the level of calcium is because too much or too little calcium in the blood would not allow muscles and nerves to function properly.

The bone is a huge reservoir of calcium. Bone calcium can leave our bones whenever the body demands increase, and when too little calcium is supplied in the diet. If the diet supplies too little calcium over a long period of time, the bones will become fragile from loss of calcium. Adequate intake of calcium is very important throughout the lifetime; first to help bones grow hard and strong, and later, to keep them that way.

Several studies have indicated that a diet that is high in calcium actually reduces the incidence of fractures among senior citizens. This evidence is strong enough to encourage people of all ages to be sure they get an adequate amount of calcium in their diet, if they wish to minimize the risk of broken bones.

Valentine Wants

Study Of Impact

Second District Congressman Tim Valentine introduced legislation last week requiring the completion of an Environmental Impact Statement before permission is granted to begin pumping 60 million gallons of water each day from Lake Gaston to Virginia Beach.

"Because the Lake Gaston Pipeline Project will have widespread environmental impact, because it involves an irretrievable commitment of more water than is presently used by any city in either North Carolina or Virginia, because it could set a major water use precedent, and because it is the subject of great public concern and controversy, it is clear to me that an Environmental Impact Statement should be required before a permit is issued," said Valentine in a speech delivered on the House floor.

Valentine faulted the U.S. Corps of Engineers for rushing the permit process to begin construction of the pipeline before all studies, including environmental and economic impact studies, planning reports, recreational, industrial and municipal impact studies and others, had been concluded. A wave of criticism from public officials and private citizens shortly after permission was given to begin work on the pipeline prompted a court order to halt the implementation of the pipeline.

"Adequate study has not been given to the impact of the project and the alternative sources of water supply. Instead of a careful decision-making process, the Corps of Engineers has taken a hasty and careless approach that disregards public concern," he said. "This imprudent action by the Corps forces us to come to the Congress for a remedy that should have been granted by administrative action."

Warren County School Menus

March 16-20

All schools will have a choice in their menus.

MONDAY—Pork barbecue/bun or crunchy fish on bun, seasoned green beans, creamy cole slaw.

TUESDAY—Super taco or corn dog, tossed salad/dressing, buttered corn.

WEDNESDAY—Fried chicken w/roll or ham/cheese sandwich, broccoli w/cheese sauce, chilled sliced peaches.

THURSDAY—Lasagna or chicken nuggets w/sauce, shredded lettuce/dressing, potato rounds, roll.

FRIDAY—Hot ham/cheese on bun or manager's choice, butter beans, sliced peaches/chocolate cake.

Breakfast

Breakfast will be served grades K-8.

MONDAY—Pecan twirl, applesauce, milk.

TUESDAY—Buttered toast w/jelly, bacon, juice, milk.

WEDNESDAY—School baked cinnamon bun, juice, milk.

THURSDAY—Ham roll, orange juice, milk.

FRIDAY—Cereal, banana, milk.

Two Are Graduates

Two Warren County students, James Alston and Shelby G. Davis, have graduated from North Carolina A and T State University in Greensboro during the winter commencement.

The croissant is a very rich, buttery French roll shaped like a crescent.

Coming Soon!

Another Gigantic STEVENS

CARPET WAREHOUSE SALE

Watch for Announcement

STEVENS CARPET OUTLET

Owned & Operated by J. P. Stevens & Co., Inc.
44 West 11th St. Roanoke Rapids, N.C.

PROTECTIVE SERVICE CAREERS

Learn A Rewarding And Employable Skill



Through The Mid-1990's, Employment of Protective Service Workers Is Expected To Increase Faster Than The Average Of All Occupations.



Prepare For Your Future
Enroll Full Time
or Part Time
Day or Evening
Classes

Apply:

Vance-Granville Community College

P.O. Box 917, Henderson, N.C. 27536

Oxford 693-6575

Henderson 492-2061