

Hertford Etc... Grammar By Danny Menu Meads

The lunch menu for Hertford Grammar School for the week beginning Oct. 14 follows:

- Mon Oct 14, Hamburger School Baked Rolls French Fries Sliced Tomato Milk
- Tues. Oct 15, Spaghetti with meat sauce Lettuce-dressing Fruit Juice Buttered Toast Milk
- Wed. Oct 16, Beef Vegetable Soup Grilled Cheese Sandwich Crackers Fruit Cup Milk
- Thurs. Oct 17, Ham Biscuit Macaroni & Cheese Turnip Greens Fresh Apples Milk
- Fri. Oct 18, Bowl Navy Beans Slaw Candied Yams Hot Biscuit-Butter Milk

Editor's Note: This is the first of a column which will appear each week in this newspaper. The column will be written by students at Perquimans County High School in an effort to inform our readers of events and activities at the high school.

"Something old, something new," could very well be the motto for the opening of PCHS this year. New teachers occupy old classrooms. They are Mrs. Kay Knox, Mr. Larry Knox, Miss Linda Lassiter, Mrs. Beth Toxey, and Mrs. Brenda Hollowell. Other new additions are 15 clocks donated by the Class of '74, and new carpet in the school's hallways.

New classes include: art, girls-mechanics and classes for the gifted and talented. New English courses were also added to the curriculum.

The new full-fledged Student Council proposed and passed a controversial demerit system.

Clubs planning activities include: Beta, Biology, Chemistry, FFA, Guidance, Health, Letter, and VICA. Seniors and Juniors elected officers to head their classes for 1974-75. The senior class officers include: President-Jackie Overton, Vice-President - Earl Lane, Secretary-Ruby Felton, and Treasurer-Ruthie Ward. Junior officers are: President-Valerie Perry, Vice-President-Mark Cummings, Secretary-Cheryl Walton, and Treasurer-Joyce Winslow.

Venturing away from PCHS this summer were Cathy Evans, who went to Research Triangle in Raleigh; Earl Lane, who attended Governor's School in Winston-Salem; and Anthony Whitehurst, who attended Chowan College for a Student Council Workshop.

Coach Webster comments that he has a bright, perspective outlook on the "Pirates conquest for the 2-A football conference crown."

RECEIVES AWARD

OSAN, Republic of Korea — U.S. Air Force Colonel John N. Elliott, son of Mrs. William H. Elliott, Rt. 2, Hertford, N.C., has received his second award of the Meritorious Service Medal at Osan AB, Republic of Korea.

Colonel Elliott was cited for his outstanding duty performance while serving with the Organization of the Joint Chiefs of Staff, Headquarters, U.S. Air Force.

He now serves at Osan as deputy commander of the 2146th Communications Group, a unit of the Air Force Communications Service.

The colonel graduated in 1950 from Perquimans County High School and received his B.S. degree in science in 1954 from East Carolina University where he was commissioned through the Air Force Reserve Officers Training Corps program. He also holds a B.A. degree in mathematics from the University of Oklahoma and is a member of Chi Beta Phi. Colonel Elliott's wife, Della, is the daughter of Mrs. Ruth Ringdahl, 410 Tenth St. SW, Minot, N.D. (USAF HOME TOWN NEWS CENTER)

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ONE AND TWO AND — Sixth-graders at Union School go through their conditioning exercises with resource teacher Sharon Tunnell during a physical education period.



THE CORRECT WAY — Sharon Tunnell demonstrates the correct way to punt and perform a drop kick in soccer while the students look on and try their luck.

County Students Shape Up In P.E.

By KATHY NEWBERN

One of the new faces seen in three of the county's schools this year is that of Sharon Tunnell. Sharon is part of a new elementary physical education program in the school system this year.

The General Assembly appropriated funds for the program which involves students in Kindergarten through the sixth grade. Funds were allocated to the school systems on the basis of average daily membership.

The money can be used for instruction, supplies or equipment in the elementary physical education program.

Locally, school administrators jointly decided to use the funds for employment of a resource teacher in the three schools. And Sharon is that teacher. However, not enough money was allocated to employ such a person on a full-time basis, so local funds were used to support those received from the state.

Sharon, whose college major was physical education, works with the three schools in the county which have students in the elementary grades. She spends two days a week at Hertford Grammar School, two days at Central Grammar in Winfall, and the other day is spent at Union School since she only works with sixth-graders there.

Sharon organizes physical education activities and instructs the students during her visits at the various schools. During her day at a certain school, the students' regular classroom teacher observes Sharon and her

work with the children. Then, when Sharon moves on to another county school, the teacher follows through with the program that Sharon has initiated.

Since all teachers cannot be physical education majors, Sharon's visits aid them in instructing the students in her absence.

One of Sharon's average physical education periods consists of conditioning exercises, demonstration of the skills needed to master a particular activity, student participation in those skills, and going through the actual activity planned for that day along with other related skills. Sharon teaches the students a variety of things, such as group activities, team sports, individual sports and activities, and indoor activities.

As a result of the resource teacher concept, it is hopeful that students will recognize the value of planned physical activity not only for conditioning and healthy living, but also for enjoyment. Through the program, the students learn how to enjoy physical education; and when they reach grades 7-12, the physical education teachers can build on the skills the students have learned.

Sharon graduated from Appalachian State University in 1972, and briefly taught in Chesterfield, S.C. She is a native of Currituck, and lives with her husband, Lee, in Woodland Circle in Hertford. Currently, Sharon is enrolled in a physical education workshop through East Carolina University that is structured for the primary grades.

Saddle Club To Hold Show

The Hertford Saddle Club will have its last show of the year on Saturday October 11, at 11 a.m.

Classes will consist of Halter, Roadster Pony, Timed Events, Children's Pleasure, English and Western Pleasure.

The judge for the show will be Kenneth Johnson from Snow Hill.

The Show Ring is located 1 mile west of Hertford next to the Little League Ball Park on the Preston Nixon Farm.

Hamburgers, hot dogs, cold drinks, and homemade goodies will be sold at the Concession Stand.

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