

Lunch Menu Aug. 26-29

Perquimans County school students will again pay only 50 cents for paid lunches and 20 cents for reduced lunches; teachers and other staff members pay 60 cents. Chocolate milk will be available with lunches and as extra or recess milk for only 7 cents to the students on a trial basis. Central and Union will try centralized menus for awhile. Boxes and plates will be the same at PCHS for the first week. The School Food Service staff would like to encourage your child to eat with us at school each day.

HERTFORD GRAMMAR

- Monday:**
No lunch
- Tuesday:**
Hamburger-Bun
French Fries
Purple Plums
Milk
- Wednesday:**
Orange Juice
Grilled Cheese Sandwich
Corn Field Peas
Peanut Butter Chews
Milk
- Thursday:**
Baked Beans-Weiners
Slaw
Glazed Apples
Hot Biscuit
Milk
- Friday:**
Tuna Salad-Lettuce
Green Peas
Sliced Tomatoes
Hot Rolls
Milk

PERQUIMANS CENTRAL & UNION

- Monday:**
No lunch
- Tuesday:**
Pizza
Lettuce & Dressing
1/2 Pear
Milk
- Wednesday:**
Tuna Salad-Lettuce
Sliced Tomatoes
Green Peas
Crackers
Milk
- Thursday:**
Pork Pattie
Whipped Potatoes
Greens
Hot Rolls
Milk
- Friday:**
Hot Dog-Roll
Potato Salad
Purple Plums
Milk

PERQUIMANS HIGH PLATES & BOXES

- Monday:**
No lunch
- Tuesday:**
Cheeseburger-Bun
French Fries
Buttered Peas
1/2 Peach
Milk
- Wednesday:**
Sausage Pizza
Buttered Corn
1/2 Orange
Milk
- Thursday:**
Roast Beef Sandwiches
1/2 Peanut Butter Sandwich
Lettuce-Tomato Salad
Purple Plums
Milk
- Friday:**
Hot Dog-Roll
Peas & Carrots
French Fries
Pineapple Upside Down
Cake
Milk

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The Perquimans Carpenters upset the regular season champion Rangerettes to capture the recreation department's tournament championship. The Carpenters scored a 10-8 victory in the final game of a best of three series. Team members are Sandra Keaton, Sandy Hurdle, Sharon Stanton, Carrie Umphlett, Diane Banks and Margaret Perry (bottom row from left to right). Also Linda Robbins, Pat Carver, Kathryn Lamb, Marta Colson, Audrey Nixon, Carolyn Trueblood and Pat Riddick (top row from left to right).



WINNING TEAM — The 76'ers finished the regular season play in men's softball as the top team. Winning team members are pictured above: (front row, l. to r.) Clark Winslow, Ray Winslow, Pete Hunter; (second row): Charles Woodard, Vincent Stone; (third row): Tony Winslow, Billy Winslow, Gary Baker, Eddie Winslow; (top row) Martin Owens, Kelvin Roberson; Marvin Hunter, Edgar Roberson and Billy Stallings. (Newbern photo)



SCHOLARSHIP WINNER — Miss Nezhida Davis, granddaughter of Howard Martin of 308 King St., Hertford was the recent recipient of a \$1,000 scholarship awarded by the National Sorority of Phi Delta Kappa. Miss Davis, a graduate of Atlantic City High School in New Jersey, left August 17 to attend Cornell University in Ithaca, N.Y. where she will have a dual major in foreign languages and engineering. She resides with her grandmother Mrs. Charles Davis Sr. in Atlantic City, N.J.

Taking A Look Backward

AUGUST 1975
By VIRGINIA
WHITE TRANSEAU
SCHOOL TEACHERS
FOR COUNTY
SELECTED: Miss Mary Onella Relfe was elected teacher of history in the Perquimans High School at a special meeting of the school committee on Tuesday night, to succeed Mrs. T.L. Jessup, who recently resigned. She is a graduate of Greensboro College and has had a year's experience in teaching, having taught last year at Robersonville. She will coach girls athletics as well as teach history. Other members of the high school faculty, all of whom taught last year in the school, are Miss Esther Evans, Miss Helen Gaither, Miss Elizabeth Knowles, Mrs. G.W. Barbee, Mrs. T.E. Harrell, Miss Ruth Wilson, Mrs. C.R. Holmes and G.C. Buck. The faculty of the Hertford Grammar School remains the same with one exception. This school lost a teacher this year on account of the new Winfall consolidated school and this teacher, Mrs. Lucille Sutton Britt, will teach the Bethel School. Other members of the faculty are Mrs. Thad Chappell, Mrs. S.P. Jessup, Mrs. C.W. White, Miss Alice Babb, Mrs. N.E. Relfe, Mrs. Jenkins Walters and Miss Mary Sumner. Rupert Ainsley, of Creswell, has been elected principal of the new consolidated school at Winfall, which completes the selection of the faculty for this school. All of the other teachers are taken from schools which were

consolidated, Winfall, Whiteston, Chapanoke, Belvidere and Snow Hill. They are Mrs. W.F. Morgan, Miss Alma Leggett, Miss Lucille Long, Mrs. Herman Winslow, Miss Mabel Lane, Miss Cora Layden, Miss Bertha Chappell, Mrs. A.R. Winslow, Jr., and Miss Margaret Scott White. There are now only seven elementary schools in the county. The teachers for these not already mentioned are as follows: New Hope, Miss Rebecca Webb, Miss Carolyn Riddick and Mrs. Margaret Goodman; White Hat, Miss Hazel Ainsley; Ballahack, Miss Ruth Hurdle; Beach Spring, Miss Ruth Hollowell. The white schools of the county will open on September 8.

WINTON MAN CHOSEN
SCHOOL BUS MECHANIC: Wade Hampton, of Winton, has been employed to repair and maintain the school buses of the county schools for the coming year. Mrs. Hampton is highly recommended to this position by the state school authorities. He expects to move to Perquimans about the first of September. The family includes Mr. and Mrs. Hampton and three children.

BIRTHDAY PARTY: Mrs. Willie Lane gave a delightful birthday party for her daughter, Edna Ruth age six on Wednesday afternoon. Lollipops dressed in pink crepe paper to represent dolls were used as favors, the color scheme being pink and blue. Those hostess served delicious ice cream and cake. Those

present were Mary Proctor, Mary Ruth Wood, Ann and Carolyn Matthews; Lizzie Ward and Irene Hunter, Alma Lee Evans, Juanita and Marjorie Davenport.

Doormats, Dolls, Other Crafts Made of Shucks

Making "something from nothing" sounds impossible in these days of inflation. But homemakers in Rockingham County are coming close to doing that when they make craft items from cornshucks. Through the monthly Extension Homemak-

ers program, club members are learning to appreciate the age-old craft of using cornshucks to make dolls, doormats and flowers.

As a starter, each homemaker makes a flower, adds Mrs. Joyce Hildreth, home economics extension agent.

Charles Woodard's

PHARMACY NEWS

Guard against heat stroke/exhaustion

If you're butting helmets this Fall on the gridiron, or doing any other kind of heavy-duty exercise, try to avoid heat stroke and heat exhaustion. It's not unusual for either to "set in" this time of year.

Heat stroke occurs when the body fails to adjust to extreme heat and humidity after intensive workouts. Heat exhaustion, on the other hand, occurs from a lack of salt and potassium. This deficiency can also cause fatigue.

By itself, salt is not

enough to ward off heat exhaustion. Be sure to include potassium. Excellent sources are bananas and the popular drink, Gator-Aid. Salt tablets can be obtained at the drug store.



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BEACH GUESTS

Mr. and Mrs. Glenn E. White of Fayetteville, N.C. and Mr. and Mrs. Alan Felton of Franklin, Va. were recent weekend guests with Mr. and Mrs. Edwin White at their cottage in Kill Devil Hills. They were accompanied home by their children, Angie and Nancy Felton and Christie White, who had spent some time with their grandparents.

Mrs. Tim Baker and son, Corey, of Fayetteville are guests of Mr. and Mrs. Mac White and Mr. and Mrs. Willard Baker at Belvidere this week.

Mr. and Mrs. Julian White were guests of Mr. and Mrs. Julian White, Jr. at Bel Aire, Md. for a few days this week.

Mr. and Mrs. Bob Reed are spending this week at Nags Head.

Mrs. C.E. Cannon and Miss Cornelia Cannon left this week for a visit with Mr. and Mrs. Garland Stanton at Portsmouth, Va. While there they will take a trip to the Va. Mountains.

Mr. and Mrs. John Stallings and daughter of Greenville are spending this week at Nags Head with Mr. and Mrs. Jimmy Sawyer.

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