

Lunch Menus For March 21-25

The following are the Perquimans County School lunch menus for the week of March 21-25:

HERTFORD GRAMMAR PERQUIMANS CENTRAL PERQUIMANS UNION

Mon. March 21

Smoked Sausage
Baked Apples
Corn
Cinnamon Bun
Milk

Tues. March 22

Turkey Pot Pie
Candied Yams
Green Peas
Cranberry Sauce
Bread
Milk

Wed. March 23

Meat Loaf
Rice & Gravy
Greens
Peaches
Bread
Milk

Thur. March 24

Bowl of Beans
Cheese Sandwich
Slaw
Fruit Cup
Milk

Fri. March 25

Hamburger
Whipped Potatoes
Green Peas
Orange Juice
School Baked Rolls
Milk

PERQUIMANS HIGH

Mon. March 21

Smoked Sausage or
Barbecued Chicken on
Bun
French Fries
String Beans
Apple Turnovers
Biscuits
Milk

Tues. March 22

Turkey Pot Pie or
Hoagie Sandwich
Candied Yams
Garden Peas
Cranberry Sauce
Plums
Hot Rolls
Milk

Wed. March 23

Meat Loaf with Gravy or
Luncheon Meat Sandwich
Rice
Greens
Pickled Beets
Hot Rolls
Milk

Thur. March 24

Grilled Cheese Sandwich or
Ham Pattie
Bowl of Beans
Slaw
Fruit Cup
Bread
Milk

Fri. March 25

Hamburger on Bun or
Tuna Salad on Lettuce
French Fries
Lima Beans
Orange Juice
Crackers
Milk



CERTIFIED AS EMT'S — Pictured above are the 15 recently certified Emergency Medical Technicians who completed the required 81-hour course.

Pictured at far left is Class Coordinator Marsha Massey; at far right is Regional Coordinator William Underkofler. (Newbern photo)

Receive EMT Certificates

Fifteen participants recently completed the 81-hour course for Emergency Medical Technicians sponsored by College of the Albemarle and the State of North Carolina.

The course was conducted

under the direction of Regional Coordinator William Underkofler and Class Coordinator Marsha Massey. Classes met regularly at the Perquimans County Rescue Squad Building.

Members receiving certificates for completing the training included: Robert Batteiger, John Beers, Bill Berry, Donald Buck, Doris Chappell, Betty Crawford, Keith Haskett, Daisy Lane, Brant Murray, James Ormond, Reginald Overton,

Annie Peckham, George Peckham, Joe T. White Jr., and William White.

Assigned

MANHEIM, GERMANY — Army Private Sharon O. Brooks, daughter of Mr. and Mrs. Willie R. Brooks of Rt. 1, Hertford, recently was assigned to the 3rd Support Command in Mannheim, Germany.

Pvt. Brooks, a clerk-typist in Headquarters Detachment of the command's 181st Transportation Battalion, entered the Army in August 1976.

The private is a 1976 graduate of Perquimans County High School.

Honor Roll

Rebecca Dare Hurdle, a student at East Carolina University in Greenville, N.C., was listed on the honor roll for the winter quarter. She is majoring in Library Science and is the daughter of Mr. and Mrs. Howard D. Hurdle of Rt. 2, Hertford.

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Zone Enforcement

Coast Guard Aviation Machinist's Mate First Class Johnny R. Jarman, whose wife, Rebecca, is the daughter of Mr. and Mrs. Dutchie Spear of Rt. 3, Box 248, Hertford, will be helping enforce the 200-mile fishery conservation zone which went into effect March 1.

He is serving at the Coast Guard Air Station in St. Petersburg, Fla.

The new law, known as the Fishery Conservation and Management Act of 1976, gives the United States exclusive control of all waters within the 200-mile zone. The Coast Guard and the National Marine Fisheries

Service have been charged with enforcement of the zone, which includes 10 percent of the world's fishery resources.

Coast Guard cutters and patrol aircraft will make regular patrols of fishery areas to monitor foreign fishing activity. Some controlled foreign fishing is permitted within the 200-mile zone and fishing vessels will be boarded at random to ensure compliance with restrictions and regulations. The new 200-mile zone represents a four-fold increase in fishery patrols for the Coast Guard.

Jarman joined the Coast Guard in February of 1962.

Taking A Look Backward

MARCH 1939
By VIRGINIA WHITE
TRANSEAU

CANNING COMPANY CONTRACTS 1,000 ACRES TOMATOES: The full 1,000 acres of tomatoes wanted in this section by the G.L. Webster Canning Company of Cheriton, Va. has been contracted for, as well as 200 acres in test plots of lima beans, according to H.P. Jones, contracting agent for the company. Planting will begin following the harvesting of May pea crops in this section.

105 CHILDREN NOW SERVED LUNCHES DAILY AT SCHOOL: Engineered by the Parent-Teacher Association and carried out by a group of WPA workers, a project at the grammar school provides hot lunches of plain but health-giving foods to approximately 105 graded school pupils each day. Of these lunches, 60 are free ones, tendered to underprivileged children. The others are paid for at five cents each by the children who can afford to pay, and though the project does not show a profit to speak of, the lunchroom operates without showing a loss. The Women's Club Building, easily accessible on the school campus, houses the lunchroom, and many of the stable groceries: meats, potatoes, cabbage, etc. are brought in by pupils from the farms in exchange for meals. Glancing over the menu as it runs from day to day, it can readily be seen that the bill of fare is widely varied, including peas, pie, slaw, hamburger, soups, rolls, milk, cocoa, potatoes, corn bread, and pudding. There are no fancy trimmings but five cents is the whole cost and the food is nourishing. Mrs. Fronnie Lamb and two helpers are in charge of the lunchroom. Several of the older girls in the school don aprons and help with the servings. Another girl stands at the door and takes the lunch tickets.

LOOSE ENDS: Joe Howell was seen in town last Friday after spending a lot of time dangerously ill in a Norfolk hospital and at home convalescing. Hun-

dreds of wild geese are using the J.T. Brinn farm as a nightly gathering ground. "Uninvited and very noisy visitors," says Jack Brinn... Charles Johnson's German Boxer pup, "Baron" was struck and injured by an auto last week. No broken bones... R.S. Monds' pooch, "Gary Cooper" died of

complications last Tuesday... Billy Harcastle has been notified of his appointment as a first alternate to the Naval Academy at Annapolis... Work has begun on the new home David Cox is building out on the Edenton-Hertford Highway a mile from Hertford.

Letters From Our Readers:

**Editor's
Mailbag**



Elderly Citizens Are Rip-Off Target

TO THE EDITOR:

This is just a short note, hoping it will be of some benefit to the elderly citizens of the Albemarle area.

I am indirectly involved. My concern is my mother. She's 78 years old, living alone in beautiful Perquimans County. She's barely existing on a small Social Security and Veterans Pension. There are some very low people operating in that area that thrive off elderly people. The following is an example: Last summer this group went to my mother's home and convinced her that the septic tank should be pumped out. She believed them and agreed, this costing \$75. She had experienced no problems with the sewage at that time. Then to make matters worse, this same gang came back on March 4 to pump out the tank again, this time costing \$70. This fly-by-night gang was smart enough not to leave a receipt or any identification, so I was unable to contact this group regarding this flim flam operation. Further they don't even have a listed telephone. I believe it would be beneficial to elderly citizens and others residing in your area to require a permit and a license from the building inspector or Health and Sanitation Department. I sincerely feel that this type of operation must be stopped. A short paragraph in your very fine newspaper would reach many poor innocent people and help prevent this very disgusting "Rip-Off."

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**Health News
& Views**

WOODARD'S PHARMACY

HERTFORD, N.C.

How to keep a safe home

Q: How can I help prevent poisoning accidents around the house?

A: Number one, keep household products beyond the reach of youngsters and locked up when not in use. While in use, however, never let them out of sight, even when answering the phone or door-bell.

Also, keep items

one, especially kids, can mistake the liquid for "pop." Never call medicine "candy." Avoid taking drugs in front of children. They like to imitate grown-ups. Finally, clean out the medicine cabinet periodically and be sure to close safety packaging lids securely after every use.

Your Pharmacist

R. Ph

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74 Nova 4-dr., 6-cyl., AT.
74 Pont. Sprint, 2-dr., V8, AT.
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74 Opel, 2-dr., 4-cyl., 4-spd.
73 LTD Wagon, 4-dr., V8, AT, PS.
73 Maverick, 2-dr., 6-cyl., ST.
73 Pont. Catalina, 4-dr., V8, AT.

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72 Gal. 500, 4-dr., V8, AT, PS.
72 Chevelle, 2-dr., V8, AT, PS.
72 Gran Torino, 2-dr., V8, AT, PS.
71 LTD, 4-dr., V8, AT, PS, AC.
71 Pont., 4-dr., V8, AT, PS, AC.
71 Camaro, 2-dr., V8, AT, PS.
70 Mach 1, V8, AT.
68 Fairlane, 2-dr., V8, AT.

USED TRUCKS

75 Ford F100, V8, ST, LB.
74 Ford F250, V8, PS, LB.
74 Ford F100, V8, AT, SB.
74 Chev. C-10, V8, AT, PS, 4x4
74 Ford Super Cab, V8, AT, PS.
74 Ranchero, V8, AT, PS.
73 Ford F100, V8, AT, LB.

73 Ford F100, V8, ST, LB, PS.
73 Ford F100, V8, AT, PS.
73 Ford F100, Cab & Chassis
72 Chev. C-10, V8, ST, LB.
77 Ford F100, V8, AT, LB, PS.
70 GMC, V8, AT, LB.
69 Dodge D100, 6-cyl., ST, SB.

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