

Lunch Menus

Perquimans County Schools Breakfast and Lunch Menus for April 23-27.

HERTFORD GRAMMAR PERQUIMANS CENTRAL PERQUIMANS UNION

MON. APRIL 23
Glazed Doughnut
Pears
Milk

Turkey Salad/Lettuce
Deviled Egg
Sliced Tomatoes
Corn
Crackers
Peanut Butter Chew
Milk

TUES. APRIL 24
Ham Biscuit
Applesauce
Milk

Beef-A-Roni
Buttered Peas
Cheese Biscuit
Sliced Peaches
Milk

WED. APRIL 25
Blueberry Muffin
Bacon Slice
Assorted Juice
Milk

Fried Chicken
Whipped Potatoes
Cranberry Sauce
Green Peas
Hot Rolls
Milk

THURS. APRIL 26
Buttered Toast
1/2 Banana
Milk

Country Style Steak
Rice/Gravy
Mixed Vegetables
Fruit Cup
Bread
Milk

FRI. APRIL 27
TEACHER'S WORK DAY

PERQUIMANS HIGH

MON. APRIL 23
Turkey Salad/Lettuce OR Ham-burger/School Baked Bun
Buttered Corn
French Fries
Fresh Apple
School Baked Roll
Milk

TUES. APRIL 24
Grilled Cheese Sandwich OR Beef-A-Roni/Cheese*Biscuit
Buttered Peas
Sliced Peaches
Tossed Salad
Milk

WED. APRIL 25
Fried Chicken OR Chuckwagon/School Baked Bun
Whipped Potatoes
Green Beans
Cranberry Sauce
Congealed Fruit
Salad
School Baked Roll
Milk

THURS. APRIL 26
Country Style Steak OR Fish sandwich
Buttered Rice
Mixed Vegetables
Applesauce
French Fries
School Baked Roll
Milk

FRI. APRIL 27
TEACHER'S WORK DAY



COO STUDENTS Christina Howell and Jackie Arnold take a break from a typing session.

COO Roles Varied

As we continue to give you a brief profile on the students at Perquimans County High who are enrolled in the Cooperative Office Occupations Program, we come across four young ladies who stay in school during the afternoons.

Ms. Karen Lightfoot is the daughter of Mr. and Mrs. Joseph D. Lightfoot. Ms. Lightfoot's plans for her future after graduation include entering the College of the Albemarle to become an executive secretary.

Ms. Lightfoot commented on the program by saying, "I think being in the COO class has helped me prepare myself for college."

Another is Ms. Sandra Perry who is the daughter of Mrs. Shirley W. Perry. Being a substitute bus driver put a conflict on Ms. Perry's afternoon schedule as far as finding a afternoon job.

Her plans for the future are to attend Elizabeth City State University and further her education in the business field.

Her comments on the program were, "I have enjoyed the COO program this year, and found it very helpful. It will benefit me in the near future. I recommend it for the upcoming business majors."

Ms. Christina Howell, also a substitute bus driver, is the daughter of Mrs. Elizabeth B. Howell. Ms. Howell plans to

find a job after graduation and later continue on to college to further her education.

"I feel that this program should be continued through the upcoming years. I also feel that this training will help me in my future plans as far as working and going to college", were her comments on the class.

Even though Ms. Jackie Arnold is not employed in the Work Study Program, she does volunteer work at the Albemarle Hospital as a candy stripper.

Ms. Arnold is the daughter of Mr. and Mrs. Charles E. Arnold.

Her plans after graduation include attending the College of the Albemarle and enroll in their Medical Secretary Program.

When asked her feeling about the course she replied, "I feel that I have greatly benefited in the COO Program. I feel that this training will help me in my future plans as a Medical Secretary. I recommend it highly for any student interested in the business field."

Watch It!

Rumors crop up from time to time around the state that cigarette packages, price codes and various product labels can be redeemed for kidney patients. This is not true according to Charles D. Lee, Executive Director of the Kidney Foundation of North Carolina.

Groups who are interested in helping in the battle against diseases of the kidney may contact the Kidney Foundation office for legitimate projects. Address is: Kidney Foundation of North Carolina, P.O. Box 2383 200 Eastowne Drive-Suite 208 Chapel Hill, N.C. 27514, Telephone: (919) 929-7181.

Ushers Plan Anniversary

The Senior Usher Board of First Baptist Church, Hertford, will have their anniversary Sunday, April 22, at 2:30 p.m. A musical program will be held, and friends and members are invited. Pastor is the Reverend J.H. London; President, Mrs. Annie Mae Rodgers.

Dedication Set

Chappell Hill Baptist Church, Rt. 1, Tyner, will hold a special day of dedication Sunday at the Church. Members have recently completed a Fellowship Building.

J. Morris Grant, Editor of the Biblical Recorder in Raleigh, will be guest speaker at the 11:00 a.m. service. Special dedication service will be 2:30 p.m. with host pastor the Reverend Billy Old officiating.

Lunch will be served at 12:30 p.m. All members and friends of the church are invited to the three functions.

BREAKFAST AT NECTAR'S!
EGG MUFFIN & COFFEE
89¢
Mon.-Wed. 6-7:00
Thurs.-Sun. 6-10:00

COOKS

With strawberry season approaching why not prepare a delicious strawberry pie to accompany a light dinner? It will delight your family and I'll guarantee there will be no leftovers.

FRESH STRAWBERRY PIE

- 3 Tablespoons Cornstarch
- 3 Tablespoons Strawberry Jello (Powdered Form)
- 1 cup sugar
- 1 cup warm water
- 1 Tablespoon red food coloring
- 1 quart strawberries
- 1 baked pie crust
- 1/2 pint cream - whipped

Combine cornstarch, Jello, sugar, water, and food coloring. Cook over medium heat 3-5 minutes, until thickened. Cool. Place sliced strawberries in pie shell and pour mixture over the berries. Top with whipped cream. Refrigerate. Yum!

COA Announces Nurses Program

Wilma Harris, nursing department chairman at College of The Albemarle announced today that applications for the Nurses' Assistant program will be accepted through April 30. Classes will begin at the college on May 31.

A Message From Pete and Louis at

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Betty Jones Miss Jones Is Honored

Betty Jones, daughter of Mr. and Mrs. Ken Maynard Jones Sr. of Hertford, N.C., has been honored for her performance in the Southwestern Company's nationally known summer marketing program. While in competition with thousands of students from all over the United States. Betty earned the company's coveted Century Club award for ranking in the top percentage of student dealer in personal sales. She has been asked to return as a Student Manager in the Company's summer program. Her selection was announced after consideration in the areas of initiative, self-motivation, and determination. Betty is a 1977 graduate of Perquimans County High School and is now attending Fayetteville State University.

News Briefs

Students Accepted

Cynthia Wills and Annette Johnson of Hertford and seniors of Perquimans County High School have been accepted for admission to Chowan College for the fall semester beginning August 26.

Pageant Slated

Perquimans County Jayettes will be sponsoring a "Little Miss/Little Mister Pageant" on April 28 at 7 p.m. at Perquimans Union School. Tickets are \$1.50 for adults, \$1.00 for students. Proceeds will go to a scholarship fund awarded annually to a Perquimans County senior.

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