

COMMUNITY

Engagements announced — Prepare children for kindergarten



WISNIEWSKI

WISNIEWSKI-DANCHISE
Mr. and Mrs. Jim H. Harrison of Route 4, Williamston, N.C. announce the engagement of their daughter Barbara Ann Wisniewski to Willis Proctor Danchise, son of Mr. and Mrs. John Danchise, Route 5, Hertford.

The bride-elect is a Registered Medical Laboratory Technician and Veterinarian Assistant at Pasquotank Animal Hospital in Elizabeth City, N.C. The prospective bridegroom



WILSON

is a graduate of Perquimans County High School and is employed at Harvey Point Defense Testing Activity in Hertford.

The wedding is planned for September 1 at 3 p.m. in Bethel Baptist Church, Hertford. Friends and relatives are invited to attend.

WILSON-GODFREY

Mr. and Mrs. John F. Wilson announce the engagement of their daughter, Jobina, to Abe L. Godfrey, son of Mr. and Mrs.



ELLIOTT

A.L. Godfrey Jr.
The bride-elect is a graduate of Northeastern High School and is employed at Port Oil Co. Inc.

The prospective bridegroom is a graduate of Perquimans County High School and College of The Albemarle. He is employed at Hockmeyer Equipment Co.

A wedding date has been set for August 17 at 2:00 p.m. in Corinth Baptist Church.

ELLIOTT-BYRUM

Mr. and Mrs. Ivie A. Elliott of Hertford announce the engagement of their daughter, Robin Gail Elliott, to Walter T. Byrum, son of Mr. and Mrs. John B. Byrum of Tyner.

The bride-elect is employed at BJ's Unisex in Hertford.

The prospective bridegroom is a graduate of NCSU and is presently employed with FHA in Plymouth.

The wedding is planned for September 21 at 5:00 p.m. at Happy Home Pentecostal Holiness Church in Tyner. Friends and relatives are invited to attend. A reception will follow at the Ryland Community Building.

Nutrition Site menus

The following is a list of menus for the Elderly Nutrition Program for the week of August 12 through 16. This program, sponsored by the Albemarle Commission, is held daily at the Hertford Housing Authority, Hwy. 17, Bypass. For more information contact MB. Taylor, 426-8552.

Monday—pork chopette, succotash, turnip greens, 1 slice whole wheat bread, oleo, apple crisp, milk, ½ cup orange juice.

Tuesday—chicken salad cold plate, pickled beets, green peas, crackers, oleo, fresh orange, milk.

Wednesday—BBQ pork, stewed potatoes, coleslaw, cornbread, oleo, fruited jello with ¼ cup fruit, milk.

Thursday—spaghetti with meatsauce, green beans, tossed salad with green peppers, french bread, oleo, iced carrot cake, milk, ½ cup orange juice.

Friday—baked chicken, field peas with snaps, broccoli with cheese sauce, roll, oleo, fresh orange, milk.

Fabulous Fallacies!



One has to stay wide awake to uncover some of the common fallacies about sleep. For example, not everyone needs eight hours to get a good night's sleep. In fact, some short sleepers—those who require six hours or less—experience the same amount of deep sleep as those who much longer.



Children enter kindergarten with feelings that range from sheer excitement to absolute terror. But children who are prepared for school have a better chance of working through these feelings than do children who haven't been prepared. So do all you can to help your child get ready for kindergarten.

Extension News



north carolina AGRICULTURAL EXTENSION SERVICE

By Paige Underwood

Keep in mind that your youngster will take all of his experi-

Ivy covers trouble spots

When nothing will grow in those trouble spots around the home, try English ivy. It is one of the most versatile ground covers, and it is the most popular evergreen ivy available.

English ivy is useful on steep banks, rocky slopes and under shaded areas where grass won't grow, suggest agricultural extension specialists at North Carolina State University.

The popular ivy makes an ideal setting for daffodils and other bulbs that flower in the spring and summer.

With its long trailing stems, it will usually spread rapidly, even in northern and western exposures or in dense shade, alkaline soils and high moisture.

The best way to establish English ivy as a ground cover, the NCSU specialists suggest, is to plant runners about one-half inch beneath the soil. Space three small, rooted cuttings per square yard throughout the bed. Keep the area moist to promote rooting.

ences to school with him. So give him chances for gaining self-confidence, learning new ideas, trying new activities, and listening and sharing.

Also encourage your pre-kindergartener to accept mistakes and disappointments. And be sure he has learned that he's OK. It's only when your child learns to accept himself that he will learn to accept others.

There are some other things you can do to help your child get ready for his kindergarten experience:

Take him on a visit to the school, school grounds and play yard. Also let him spend some time with an adult relative or neighbor. That way, he can get used to doing some things without having you nearby.

And be sure your child can state his name address, understand and follow simple directions, talk clearly, take care of his toilet needs and obey traffic rules.

Keep in mind that your

child's school day starts at home.

Look Who's New

RUNYON

Mr. and Mrs. Thomas Runyon and Ashley, of Hertford, announce the birth of their son and brother, Thomas Blake Runyon, born July 25 in Chowan Hospital.

Maternal grandparents are Mrs. Kathleen Harrell of Rt. 3, Edenton and Mr. Norman Miller of Altoona, Pa.

Paternal grandparents are Mrs. Ann Runyon of Hertford, and Bill Runyon of Windsor, Va.

Maternal great-grandparents are Mr. and Mrs. Sidney Blanchard of Hertford, Mrs. Mildred Emery of Hertford, and the late Ralph E. Miller.

Mrs. Runyon is the former Linda Miller of Hertford.

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