

# SCHOOL

## Child nutrition - The way it's seen today

Recent studies indicating possible links between various physical ailments and nutrition are coming into public consciousness. People are concerned these days with their general health and wellness—how the food they eat may relate to heart disease, high blood pressure, diabetes and colon cancer. This interest in changing one's food habits is powerful. If adults can effect changes to improve health at their age, how much more impact can there be if youngsters learn appropriate eating patterns in childhood.

Impetus was provided nationwide by Congress in 1977 through the Nutrition Education and Training Program (NETP). Children who were involved from the beginning should now be more knowledgeable about their food selection and feel comfortable with their decisions. Though national studies are limited at present, those that are available tend to show an improved attitude toward food, an interest in wide variety of foods, and the awareness that individual control of food eaten affects health.

Children in Perquimans County schools participating in the program appear to be healthier and are selecting more healthful foods at school than before NETP.

LeClaire Anderson, Director of Child Nutrition, said that the nutrition education program began in 1982 in the elementary schools and with expansion is currently in all schools reaching all children.

The initial activity by the Department of Public Instruction was directed toward training elementary level teachers. With that instruction and the ensuing Nutrition Education Supplement to Textbooks and Using Food Experiences to Reinforce Academic Objectives, teachers began new classroom nutrition activities.

Since the first guides, state curriculum specialists and nutritionists have cooperatively developed study units for higher grades in line with required courses. This year, seventh through ninth grade teachers are using units concerning the food situation in developing countries, North Carolina agribusiness, and other nutrition issues.

At the senior high level, students with their teachers, coaches and health coordinators are exploring the areas of food fitness and sports as well as weight management to look and feel great. An indication of the popularity of the weight management project is the number of

persons who attended training sessions during last school year.

Five-hundred teachers, administrators, health educators and nutritionists from one-hundred twenty local systems formed teams to bring the program

back. Educators who need additional resources can refer to North Carolina's Annotated Bibliography of Nutrition Education Resources; or they may borrow any of the volumes of materials available at regional education

centers; they may also take one of the credit courses offered at colleges throughout the state; or once a week they may view videotapes in a series currently showing. Nutrition education in schools has evolved over several years.

But the Program's federal financial support has fallen to a mere token amount. Nutrition education is a subject whose time has come, and one which belongs in every youngster's schooling. Let's not fall back after such great gains.

## ACC nursing graduates ranked first in North Carolina

WILSON, N.C.—Atlantic Christian College's 1985 nursing graduates ranked first in the state in the number of graduates of baccalaureate degree programs passing the state board examinations, according to the North Carolina of Nursing. The passing rate for the group was 94 percent.

Of the school's 34 graduates taking the examination, 32 passed on their first attempt. It was the second time in five years that Atlantic Christian has ranked first.

Commenting on the announcement, Dr. James B. Hemby Jr., president of the college, said, "This announcement proves that Atlantic Christian College has one of the best baccalaureate nursing programs in the Southeast. These results demonstrate the rigor of our excellence of the nursing faculty, and the ability of students admitted to the program. We are all extremely proud of the Nursing Department and this outstanding accomplishment."

Dr. Sue Hunter, chairman of the ACC nursing department, said, "Having achieved the highest passing rate on the state board examinations twice in five years demonstrates our commitment to the college's 'Design for Excellence.' Our program is strengthened by its strong liberal arts foundation and its relationship to other excellent

programs at ACC. Our performance illustrates the professional dedication and enthusiasm evident in our faculty and students. There is no doubt that we have an excellent nursing program."

Dr. Hunter had high praise for the Wilson community. "The support we receive from the community plays a large part in the quality of the experiences we are able to provide for our students," she said. "Wilson Memorial Hospital, the health department, clinics, and schools—all of them share in making our program what it is today."

There are 11 baccalaureate degree nursing programs in North Carolina. The percentage rate for passing the state board examinations ranged from a high of 94 percent for Atlantic Christian to 66 percent. The passing rate for several years for several schools was significantly lower this year. The N.C. Board of Nursing is unable to identify specific reasons for the decline.

Three 1985 graduate of Atlantic Christian's program are serving at Wilson Memorial Hospital and commented about the board scores.

Trudy Lamm, staff nurse on telemetry said, "I felt that we had a good class."

The ACC nursing program exposed me to many different aspects of nursing—some which are not offered in other area schools. That helped me to decide on which clinical area that I would focus."

"It makes me feel great, said Jerry Wadsworth, staff nurse in the emergency room. "I feel that

the ACC Nursing Department provides for the nurses a comprehensive and realistic program that emphasizes primary nursing care."

Donna Holloman, staff nurse on 2 west, said, "I am delighted with the news. Our placement in the state reflects how good the program and the students were."

## Martin Community College offers electrical course

During Winter Quarter, Martin Community College will offer a National Electrical Code class. This course provides a review to assist individuals who are preparing to take the National Electrical Code test.

The class will be taught on Monday and Wednesday nights from 6:30 to 8:45 p.m. on campus at MCC in Williamston. Buck Deaver, Electrical Installation and Maintenance instructor, will

teach the class which has a \$21.25 registration fee.

Registration for this class will be held on Monday, December 2 through Thursday, December 5 from 9 a.m. to 12 p.m., 2 p.m. to 4 p.m. and 6 p.m. to 8 p.m. The class begins on Wednesday night, December 4 at 6:30 p.m.

For additional information about this National Electrical Code class, contact Buck Deaver by calling toll free 1-800-682-2231.

## Union highlights

The Perquimans County Union School's Career Exploration Club of North Carolina had a most rewarding first experience. We had the privilege of manning the club booth at the State Fair on Friday, October 18, 1985.

The manning of the booth is done by selected counties, on a rotating basis.

Two students, Ersal Overton, an eighth grader, and Denesha Asken, a seventh grader, were chosen to make the trip to Raleigh, N.C. Mrs. L.W. Duers was

the chaperone.

Ersal and Denesha answered questions about the display which depicted the fifteen job clusters that encompass the Pre-vocational Education Program and made friends with club members manning other booths.

Our county and school was well represented by the students who were selected. We are looking forward to more trips as an extension of our learning process because these experiences are long treasured and well remembered.

## School lunch menus

The following is a list of school lunch menus for the Perquimans County school system from Nov. 18-22.

Monday—breakfast, pecan swirl or cereal, fruit juice, milk. Lunch, pizza or steak biscuit, tri taters, lima beans, corn, fruit cup, milk.

Tuesday—breakfast, danish or

cereal, fruit juice, milk.

Lunch, grill cheese or luncheon meat sandwich, french fries, vegetable soup, mgrs. choice veg., apple crisp, milk.

Wednesday—breakfast, ham biscuit or cereal, fruit juice, milk.

Lunch, steakum with bun or chicken charms with hot roll,

hash browns, green beans, lettuce & tomato, mixed fruit, milk.

Thursday—breakfast, waffle with bacon or cereal, fruit juice, milk.

Lunch, chicken pot pie with toast or ham & chese sandwich, yam patties, green peas, vegetable sticks, fruit, milk.

## KIDS KORNER



By: Alice Brewin

### November Birthdays

- Carson Stallings  
November 1
- Margie Penny  
November 8
- Dwayne Panlio  
November 10
- Quinton Jordan  
November 11
- Linda Felton  
November 14

### November Flower



Chrysanthemum

Coca-Cola

5 cents  
sold at all soda  
fountains



The World's most popular soft drink was the creation of a druggist named John S. Pemberton of Atlanta, Georgia. After his death, his heirs sold his drug business to another pharmacist, and later two men from Tennessee bought the formula and set up bottling plants to

make their new drink available all over the country. The first ads for Coca-Cola read, "Sold at all fountains and carbonated in bottles, 5¢". Since its invention in 1886, the secret formula for making Coca-Cola has been known to only about ten people and it has sold all over the world.

Write To  
**Kids Korner**  
113 Covent Garden  
Hertford, N.C.  
27944



## 1985-86 WINTER Schedule

### Non-Credit ADULT INTEREST Courses

| COURSE           | BEGINS | ENDS  | DAY(S) | TIME | LOCATION          | INSTRUCTOR | FEE  |
|------------------|--------|-------|--------|------|-------------------|------------|------|
| ABE/GED Prep.    | 11-26  | 2-13  | T&Th.  | 7-10 | Vocational Center | Ansink     | Free |
| Archaeology      | 1-7    | 2-25  | Tu.    | 7-10 | Newbold White     | McCall     | \$10 |
| Bible            | 11-26  | 2-11  | Tu.    | 1-3  | Sr. Center        | Martin     | \$10 |
| Bible            | 11-26  | 2-11  | Tu.    | 7-10 | Emmanuel Church   | Vaughn     | \$10 |
| Bible            | 11-27  | 2-12  | Wed.   | 7-9  | Sr. Center        | Martin     | \$10 |
| Bible            | 11-28  | 2-13  | Th.    | 1-3  | Sr. Center        | Martin     | \$10 |
| Bible            | 11-29  | 2-14  | Fri.   | 11-1 | Wynn Fork         | Martin     | \$10 |
| Bread Baking     | 11-27  | 2-12  | Wed.   | 9-12 | Sr. Center        | Jordan     | \$15 |
| Cake Decorating  | 11-25  | 2-10  | Mon.   | 7-10 | Sr. Center        | Boyce      | \$19 |
| Crafts           | 11-27  | 2-12  | Wed.   | 10-1 | Wynn Fork         | Toler      | \$19 |
| Crocheting       | 11-25  | 2-10  | Mon.   | 1-4  | Senior Center     | Toler      | \$12 |
| English Smocking | 11-28  | 2-13  | Th.    | 7-10 | Senior Center     | Wood       | \$19 |
| Needlepoint      | 11-26  | 2-11  | Tu.    | 7-10 | Vocational Center | Palmer     | \$19 |
| *Notary Public   | 11-26  | 11-26 | Tu.    | 7-10 | Vocational Center | Holman     | \$10 |
| Sewing           | 11-25  | 2-10  | Mon.   | 10-1 | Wynn Fork         | Hurdle     | \$15 |
| Sewing           | 11-26  | 2-11  | Tu.    | 7-10 | Vocational Center | Hurdle     | \$15 |
| Tote Painting    | 11-26  | 2-11  | Tu.    | 7-10 | Sr. Center        | TBA        | \$19 |
| Typing           | 11-25  | 2-11  | Tu.    | 7-10 | Vocational Center | TBA        | \$10 |
| Upholstery       | 11-25  | 2-10  | M&Th.  | 9-12 | Parkers Garage    | Toler      | \$10 |

\*Co-sponsored by the U.S. Small Business Administration

Call: Gladys Hall - 426-5539 - Tu./Thurs. 7-10 p.m.

REGISTRATION will be during the first two weeks at the beginning of the class period for the above general interest (non-credit) courses. Registration is on a first come, first serve basis. Persons 65 years of age and over may enroll at no charge for tuition. Social Security Numbers will be needed.

