

Immunizations required for school

State health officials are urging parents to make sure their children have had all immunizations required by state law before school starts this fall.

"This is particularly important for parents who have moved to North Carolina from another state within the past few months or parents who have children entering kindergarten or the first grade for the first time this fall," said Dr. J.N. MacCormack, chief of the Epidemiology Section for the N.C. Department of Human Resources' Division of Health Services.

"They may need to get their children's immunization records from their physician or local health clinic before school starts. The records should be verified and signed or stamped by a physician," continued MacCormack.

He noted that the new immunization requirements went into effect July 1, 1987. Under the new requirements, children must receive three doses of DPT (diphtheria, tetanus and pertussis, also known as whoop-

ing cough) vaccine by age one year, one booster dose of DTP vaccine during the second year of life and second booster dose on or after the fourth birthday; three doses of TOPV (trivalent oral polio vaccine) by age two years and a booster dose of TOPV on or after the fourth birthday, and one dose of measles, mumps and rubella vaccine by age two years.

"Even though these are new requirements, they are now in line with what immunizations experts have been recommending for years," MacCormack said. "If your child has been vaccinated according to the recommended immunization schedule, which is now the required schedule, then there should be no problem meeting the requirements."

Under the old schedule, only three doses of DTP vaccine were required by age one year; three doses of TOPV by age two; and one dose each of measles and rubella vaccine by age two.

He pointed out that the immunization law requires students to be vac-

inated within 30 days after the opening of school. After that deadline, students will not be allowed to attend school until they are properly immunized. The majority of children affected are those entering licensed day care centers, kindergarten and the first grade. The law allows exemption only for medical or religious reasons.

"Children entering licensed day care centers may not have completed the basic series depending on their age," MacCormack said. "In this situation, the parents must provide the operator of the licensed day care center with a verified updated record when the child receives the vaccines."

He also noted that students entering North Carolina's colleges and universities for the first time this fall must provide their school with a record of immunization against rubella, measles, tetanus and diphtheria.

Immunizations are available from private physicians and free of local health departments.

Constitution corner

By CHARLES W. LOWRY

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(Editor's note: This year we are celebrating the bicentennial of the United States Constitution. In honor of this celebration for the next several weeks we will be presenting a series of articles written by Dr. Lowry which emphasize the constitution, and its' important role in our nation's history.)

Liberty was a chief motive in the settling of the American wilderness and in the governing of the thirteen English Colonies. It was the watchword in the agitation against British rule. This came to a climax in the Declaration of Independence, which was tantamount to a declaration of war.

The Spirit of liberty was uppermost in the actions taken by the individual States after their separation from the mother country of Great Britain. It can be seen in the Constitution they adopted. The people were jealous for



their hard won liberties and determined to hold on to them.

The Articles of Confederation, the original United States Constitution, reflect this primal passion for liberty. They were drawn upon 1777 but required unanimity of ratification to become effective. One state, Maryland, held up the process for three and a half years—until the war of the Revolution was almost over.

The type of government provided by the Articles is instructive. The only power was that of a Congress. It was made up of delegates appointed annually "in such manner as the leg-

islature of each state shall direct." Each state had the power to recall any of its delegates and to send others for the remainder of the year. The voting on all questions had to be by States, one state one vote. The delegates were unsalaried and could not hold any office under the United States which carried an emolument. The office of president was by election of Congress and was for one year only "in any term of three years."

It is small wonder that government under the Articles was a failure. The experience of the trial run of such a policy was however beneficial. It demonstrated that freedom alone is not enough and that there can be too much democracy.

Liberty in civilized life requires restraint; and this necessitates order. Order cannot exist unless there is authority. Authority is more than power; it is the legitimization of power.

But in the political world there must be authorized clout cannot long endure. The discovery of this truth is what led to our United States Constitution.

Board announces policy for free, reduced-priced meals

The Perquimans County Board of Education announced its policy for free and reduced-priced meals for children unable to pay the full price of meals served under the National

School Lunch, and-or School Breakfast Programs. Each school and the central office has a copy of the policy, which may be reviewed by any interested party.

Eligibility will be determined on the following household size and income:

| HOUSEHOLD SIZE | YEAR | FREE | | | REDUCED PRICE | | |
|--|---------|-------|-------|----------|---------------|-------|------|
| | | MONTH | WEEK | YEAR | MONTH | WEEK | YEAR |
| 1..... | \$7,150 | \$596 | \$138 | \$10,175 | \$848 | \$196 | |
| 2..... | 9,620 | 802 | 185 | 13,690 | 1,141 | 264 | |
| 3..... | 12,090 | 1,008 | 233 | 17,205 | 1,434 | 331 | |
| 4..... | 14,560 | 1,214 | 280 | 20,720 | 1,727 | 399 | |
| 5..... | 17,030 | 1,420 | 328 | 24,235 | 2,020 | 467 | |
| 6..... | 19,500 | 1,625 | 375 | 27,750 | 2,313 | 534 | |
| 7..... | 21,970 | 1,831 | 423 | 31,265 | 2,606 | 602 | |
| 8..... | 24,440 | 2,037 | 470 | 34,780 | 2,899 | 669 | |
| For each additional household member add | \$2,470 | 206 | 48 | 3,515 | 293 | 68 | |

Children from families whose income is at or below the levels shown are eligible for free or reduced price meals.

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free or reduced price meals, households should fill out the application and return it to the school. Additional copies are available at the principal's office in each school. The information provided on the application will be used for the purpose of determining eligibility. Household income may be verified at any time during the school

year by school or other program officials.

For the school officials to determine eligibility, the household must provide the following information listed on the application: names of all household members, social security numbers of all adult household members or a statement that the household member does not possess one; total household income; and the signature of an adult household member certifying that the information provided is correct.

Household are required to report increases in household income of

over \$50 per month of \$600 per year and decreases in household size. Households receiving food stamps of Air for Families with Dependent Children (AFDC) may provide their food stamp or AFDC case number instead of income information.

Applications may be submitted at any time during the year.

Under the provision of the free and reduced-priced policy the school principals or their designee will review applications and determine eligibility.

Last minute chores before the school year begins!

Volunteers needed for NC schools

A desire to help and a genuine concern for children and schools are the qualifications of some 145,000 people in North Carolina who volunteer each year to assist teachers in helping students.

While state and local officials are pleased with the contributions made by community volunteers, much more could be done for students if more citizens offer help.

"A school volunteer can give a child the extra time he or she may need to feel special and can give teachers much-needed relief from extra duties that time away from children," according to Jessie Rae Scott, consultant with the Division of School-Community Relations.

"As I travel the state visiting local school systems," Scott explained, "I see people of all ages and all abilities offering a helping hand in schools, but I also see needs that could be met if more of our citizens would get involved."

It is simple to become a school volunteer. Letting a principal, teacher or volunteer coordinator know of the interest, attending an orientation meeting, receiving an assignment and then showing up to help are generally all that is needed to get involved.

Volunteer services are needed in schools to provide added help for tea-

chers, to supplement and enrich the educational programs by sharing special talents or skills, to offer individual help to students who need one-on-one attention and to relieve teachers and other staff of non-teaching duties such as preparing bulletin boards.

In many school systems, volunteers are given special training in tutoring and classroom assistance. Also, orientation sessions are held to help volunteer become familiar with school structure.

Reading or telling stories, supervising small groups, sharing special talents, making instructional games, tutoring and assisting with art or music are just a few examples of how volunteers assist in schools.

Volunteers also work in the school, helping children select books, checking books in or out or showing filmstrips or movies. The school office also needs volunteers to help answer the telephone, assist with filing and typing or selling school supplies. School volunteers also assist in health clinics, cafeterias, playgrounds and with student clubs and field trips.

Scott says school volunteers increasingly are people who work but spend their lunch hours or evenings and weekends helping out in schools.

School menus

The following is a list of menus for the Perquimans County schools for the week of Aug. 24-28, 1987.

Monday, breakfast—pop tart or cereal, fruit or juice, milk.

Lunch, WELCOME BACK PICNIC—hamburger-bun or steak biscuit, french fries, baked beans, broccoli spears, apple juice, milk.

Tuesday, breakfast—jelly donut or cereal, fruit or juice, milk.

Lunch, chicken pattie-bun or hot ham and cheese-bun, potato tots, corn on cob, green beans, fresh fruit, milk.

Wednesday, breakfast—danish or cereal, fruit or juice, milk.

Lunch, pork pattie-bun, or tuna salad-cracker, potato salad, green peas, grape juice, applesauce, milk.

Thursday, breakfast—coffeecake or cereal, fruit or juice, milk.

Lunch, spaghetti or fish and cheese nuggets, shoestring fries, tossed salad, pineapple juice, slaw, cornbread, milk.

Friday, breakfast—toast-bacon or cereal, fruit or juice, milk.

Lunch, pizza or submarine, potato wedges, green limas, lettuce and tomato, cherries, milk.

Ready, Set Let's go to school

Most school children feel somewhat anxious about returning to the classroom in the fall. This nervousness is likely to increase if the student is entering a new school or making the transition from elementary to junior high or from junior high to high school.

Whether your child awaits the first morning bell with eager anticipation or overwhelming dread, the first few days are likely to be stressful.

To reduce this back-to-school stress, parents can help with an encouraging attitude and by establishing clear expectations for the child. It is also a good idea to take a very worried child to school ahead of time to walk around the halls, go into the classroom and possibly meet the teacher. In this way, the child will be more familiar with his or her surroundings and will know what to expect on that first busy day.

If a child has become accustomed to sleeping late during the summer, the return to school and early morning hours can be a harsh experience for both parent and child. This sudden awakening can be avoided if parents enforce earlier bedtimes and waking times as the start of the school year approaches. A child should have sufficient rest and sleep in order to do his or her best in school. It is also important that your child gets up in time to eat a good breakfast and to avoid rushing in order to get to class on time.

If your child rides a bus to school, know the bus route and schedule. Find out which bus your child is to ride and at what time it will arrive on that first morning. You should also know the opening and closing hours for the school and the lunch and snack schedules.

Much information will likely be distributed to the students during the first few days of school.

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Eyeglass styles have certainly come a long way in recent years. Many are so attractive and fashionable that people think they look better WITH glasses than without them. But if glasses are not your "bag," you should consider contact lenses. They allow you to look and feel more natural, more "yourself." Contacts give you the confidence and freedom to express your true personality. They look good and they FEEL good.

Dr. A.F. DOWNUM
103 W. Eden St.
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Phone: 482-8444

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FACT: Leaks are unlikely. Punctures can be repaired with a patch kit. Water will be caught in a safety liner.



MYTH: You may have heard ugly rumors about the weight of waterbeds causing them to crash through floors.

FACT: The weight is distributed so that floor loading is less than that of a stove, piano or refrigerator.



MYTH: Devoted landlubbers may wonder if the waves will keep them awake or worse yet, make them seasick.

FACT: Absolutely not! Motion is quick to subside. And on the new baffled waveless mattresses, motion is nil.



MYTH: There are still folks who are missing the boat on waterbeds because they're afraid the water's cold.

FACT: The opposite is true. All modern waterbeds feature automatic heating for the perfect degree of comfort.



MYTH: Even today, many people associate waterbeds with hippies, youthful radicals and unsavory characters.

FACT: Waterbeds are now respected by people of every age and lifestyle because they offer superior sleep.



MYTH: A few people think that they will have to bother with changing the water to prevent algae growth.

FACT: The only upkeep required is the addition of a small amount of algicide every six months. Quite simple.

Thursday 9 - 5
Friday & Saturday 9 - 8

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REGISTRATION FOR DANCE CLASSES

The Dance Academy of the Albemarle, directed by Marsha Atkins, is now holding registration by phone for the 1987-'88 dance season. Schools are in Hertford and Elizabeth City. Beginner, Intermediate, and Advanced classes are offered in ballet, tap, jazz, and pointe. Beginner classes are again being taught by Pam Peele of Edenton.

To register, phone Marsha Atkins at 338-1015. Class size is limited so please register early. Classes begin Tuesday, September 1st.

