

School

Poet inspires students

Mrs. Hoggard-White's third grade class had a visit from Mr. Glendell Moore of Elizabeth City, a well-known poet. Mr. Moore shared with the students the importance of being able to express their feelings through words. He also stated how people all over the world can share the beauty of their surrounding area(s) with a few brief sentences. Mr. Moore shared some of his poetry and songs that he was inspired to write.

The students have been studying poetry this year. They thoroughly enjoyed Mr. Moore's works and his words of encouragement.

Jami Harrell and Amber Jones were inspired to write these poems after the visit with Mr. Moore.

Country Beauty
As I look at the field
I see the wheat swaying gently
There is no need for a shield
As the metal on the barn
speaks to us mentally
The trees grow and blossom
The grass grows up green
The mosses seem very different
from possums
The Beautiful Country Surrounds Us!!!
(Amber Jones)

Two Cats
Two cats were playing out in the yard
They were very noisy with Sam
Do they bounce on one another very hard?
Lots of people feed them ham.



Central School Milestones

Compiled by school staff

Who would dare walk in that yard?
(Jami Leigh Harrell)

Students of the Week

Third grade students of the week are Jami Harrell, Hannah Winslow, Glenn Wiggins, Ashley McCleary and Leora Thompson.

School meal menus

March 22-26:

Monday: Breakfast - coffee-cake, cereal, bread, fruit or juice, milk; Lunch - Pizza, chicken charms with biscuit, French fries, green peas, corn, pears and milk.

Tuesday: Breakfast - Breakfast pizza, cereal, bread, fruit or juice, milk; Lunch - Pork chop-pette with bun, roast beef

sandwich, broccoli/cheese, carrots, tri-taters, pineapple and milk.

Wednesday: Breakfast - ham biscuit, cereal, bread, fruit or juice, milk; Lunch - Taco basket, hot dog with bun, potato wedges, lettuce and tomato, lima beans, fruit and milk.

Thursday: Breakfast - Filled donut, cereal, bread, fruit,

milk; Lunch - Pork/rice/gravy or ham & cheese sandwich, field peas, green beans, French fries, fruit, roll and milk.

Friday: Breakfast - Super donut, cereal, bread, fruit or juice, milk; Lunch - Sausage dog, chicken pattie with bun, French fries, baked beans, winter mix, applesauce and milk.

COA stress reduction seminar set

College of The Albemarle's Small Business Center and the Women's Network of the Albemarle are sponsoring the network's 11th Annual Seminar, *Beat Stress and Live Longer*, presented by Winnie Morgan of Morgan and Associates, Hillsborough.

The seminar will be held from 9:30 a.m.-3 p.m. on Tuesday, April 20 in COA's Lecture Auditorium at the main campus in Elizabeth City.

After a brief overview of the definition and stressors in your life, Winnie Morgan will share techniques for coping. These techniques include balancing family and career demands, getting control of your time, positive self-esteem and positive self-talk, and exercises to reduce stress.

Morgan, an experienced trainer, graduated from East Carolina University and received her master's degree in Adult and Continuing Education from Virginia Tech. She served as department head for local government in Loudon County, Va. before returning to North Carolina. Morgan has conducted training from Delaware to Florida on leadership and management topics.

As a recognized trainer, Morgan leaves her audiences inspired to "grab the tiger by the tail" and create change. This workshop is designed to give you skills and knowledge to fight stress. It is for anyone interested in learning how to recognize and reduce stress, especially in the workplace.

The cost of the seminar is \$20 per person. Checks may be made payable to the Women's Network of the Albemarle and mailed to Kyle Watts, P.O. Box 38, Elizabeth City, N.C. 27907. Registration and payment must be received by April 15. Attendance will be limited to the first 75 enrollees.

Art on display

College of The Albemarle's main campus art display for March is watercolors, paintings and mixed media in the A building.

Pitt College lists honor students

Pitt Community College released its honors lists for winter-quarter recently.

Earning inclusion on the Dean's List were Roberta Lynn Chappell and David Glenn Lane of Perquimans County. William James Gregory was named to the honor roll.

COURTESY

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HOURS:
Mon-Fri 8:30AM to 7:00PM
Sat 8:30AM to 5:00PM