

HAPPENINGS

School menus

Menus for Perquimans County Schools for April 9-13 are as follows:

Monday - Breakfast - Breakfast bagel. Lunch - Chicken nuggets or pizza, succotash, fries, beets, biscuit, pineapple, milk. Tuesday - (PCMS) Breakfast - Pecan spins. Lunch - Chick fillet sandwich or cheeseburger, winter mix, carrots, peaches, fries, milk. (Other schools) Breakfast - Muffins. Lunch - Fried chicken w/roll or hot dog, greens, whipped potatoes, corn, strawberries, milk. Wednesday - Breakfast - Sausage biscuit. Lunch - Grilled cheese sandwich or porkchoppette, fries, blackeyed peas, broccoli, apple-sauce, milk. Thursday - Breakfast - French toast sticks. Lunch - Stromboli or corn dog nuggets, green peas, corn, pears, fries, milk. Friday - Good Friday - Holiday

ARHS Clinic schedule

The Perquimans County Health Department announces its schedule for April 9-13 as follows:

Tuesday - Prenatal clinic in the morning, pediatrics all day. Wednesday - Child health all day. Friday - Holiday, clinic closed.

The Perquimans County Health Department is located at 103 Charles St., Hertford, phone 426-2100. Hours are 8 a.m.-5 p.m., Monday-Friday. There is a fee based on income. Patients are seen by appointment except for immunizations, sexually transmitted diseases and general. Other services offered through ARHS include: Albemarle Rehabilitation Services, 338-4044; Albemarle Home Care, Albemarle Hospice, Jeff Jones HIV Care Consortium, 338-4066; Diabetes Care, 338-4370.

Nutrition site menus

Menus for the nutrition site at the Perquimans Senior Center for April 9-13 are as follows: Monday - Smoked sausage, orange juice, turnip greens, roll, mashed potatoes, dessert, milk. Tuesday - Spaghetti w/meat sauce, tossed salad, sweet peas, noodles, garlic bread, dessert, milk. Wednesday - Sausage patty, navy bean soup, orange/pineapple juice, glazed carrots, biscuit, dessert, milk. Thursday - Grilled chicken breast w/Hawaiian sauce, green beans, rice, roll, dessert, milk. Friday - Chicken noodle soup, peaches, pimento cheese sandwich, dessert, milk

Income tax assistance

Perquimans County Library will host Volunteer Income Tax Assistance (VITA) for low-income citizens on Saturday mornings during March and April. Trained volunteers will help individuals prepare tax forms such as 1040, 1040Z, 1040EZ, 2441 (child and dependent care credit), 8812 (child tax credit), and 8863 (education credits). Those wishing to take advantage of this service must make an appointment by calling the library at 426-5319. For additional information or to request an appointment for a time other than a Saturday morning, please call the library.

Saturday reading academies

Perquimans Middle School is conducting a series of Saturday Reading Academies from 9 a.m.- noon, through May 11. The Reading Academy will not meet during spring vacation, April 13 and 20. Students who have consistently earned ones and twos on interim and end-of-grade tests are invited to attend. Please call Christy Boyce at 426-7355 to register.

Blood drive at PCHS

A blood drive is being sponsored by PCHS senior Kalisha Jackson as part of her senior project on April 9 from 9 a.m.-2 p.m. Kalisha's project entailed a paper regarding sickle cell anemia. While researching her paper, she met with the American Red Cross and a representative stated there was a big need for African American donors. The drive is open to the community. Senior Ashley Winslow will have her senior project booth regarding organ donations. Charity Meadows' booth will have information regarding ADHD and Lakisha Wiggins will have a booth devoted to heart and nutrition

Habitat meeting

There will be a Chowan/Perquimans Habitat for Humanity meeting on Thursday, April 5. Families in the Chowan/Perquimans area who are interested in becoming the owner of a Habitat for Humanity house may attend the informational meeting at the COA Chowan County Center seminar room at 7:30 p.m. A follow-up meeting will be held on April 20 at 7:30 p.m. to fill out applications for families interested in becoming the owner of a Habitat for Humanity house at the COA Chowan County Center seminar room.

Regular government meetings

Elected governing bodies hold regular meetings each month. The schedule for those meetings in Perquimans County is as follows:

- Perquimans County Commissioners: first Monday at 3 p.m.
- Hertford Town Council: regular meeting - second Monday at 7:30 p.m.; work session - first Monday at 7 p.m. - Planning & Zoning Board of Adjustments - 3rd Monday at 7 p.m.
- Winfall Town Council: Second Wednesday at 7 p.m.
- Perquimans County Board of Education: fourth Monday at 7:30 p.m.

The boards may also hold special meetings as warranted.

CELEBRATIONS



Kelly L. Rogers, Robbie Hammett

Rogers, Hammett to wed

Mr. and Mrs. Clarence W. Rogers of Hertford announce the engagement of their daughter, Kelli Lisabeth Rogers of Atlanta, Ga., to Robbie Hammett of Hoshton, Ga., son of Mr. and Mrs. Asa Daniel of Martinez, Ga. and Mr. and Mrs. Steve Hammett of Evans, Ga.

Miss Rogers is a graduate of Perquimans County High School and Appalachian State

University and is employed by Graphic Press in Atlanta.

Mr. Hammett is working on a business degree from the University of Georgia and is employed by Best Buy as a supervising manager.

The wedding is planned for April 21, at the Dunes House, Palmetto Dunes Resort on Hilton Island, S.C. Friends and relatives are invited to attend.

MORE HAPPENINGS

RELAY FOR LIFE

Fundraising teams are forming now for the American Cancer Society's RELAY FOR LIFE 2001 to be held June 1 and 2. The goal this year for Perquimans/Chowan is \$110,000 and more teams are needed from Perquimans County in order to reach that goal. Why not get your family, friends, church, school, neighborhood, or place of business actively involved in the fight against cancer? For information call Brenda Newbern at 426-8349 and ask about My Reason To Relay.

Albemarle Crisis Pregnancy

The Albemarle Crisis Pregnancy Center will hold its annual fund-raising banquet, "A Season of Miracles," Thursday, April 26, at 7 p.m. (Classy Basket Auction at 6 p.m.) at Leon Nixon's Catering Facility on Hwy 32, Edenton. The guest speaker will be Rev. Johnny Hunter. Tickets are \$10 for the catered dinner. For tickets or information please call the center at 338-1655.

Asthma awareness session

There will be an Asthma Awareness Session at Perquimans County Middle School on Thursday, April 5 at 7 p.m. Light refreshments will be served and information will be shared by Dr. Timothy Tolson, allergist and asthma specialist, and School Nurse, Lou Ann Jackson, RN. This program is sponsored by the Albemarle Pediatric Asthma Coalition. For more information, please call 426-5741.

Kindergarten registration

Registration for students (must be 5 years old on or before Oct. 16) who will attend kindergarten at Perquimans Central School in the fall of 2001 will be held on the following dates: Tuesday, April 24 from 9 a.m.-4 p.m.; Wednesday, April 25 from 9 a.m.-3 p.m.; Thursday, April 26 from 9 a.m.-3 p.m.; and Thursday evening, April 26 from 5-7 p.m. Parents should bring proof of residency, child's social security card, immunization record and birth certificate. For additional information, contact Lynn Stallings-Jordan at 426-5332.

COA offers appraisal class

The Continuing Education Division of the COA Elizabeth City College of The Albemarle (COA) is offering a course titled, "Residential Sales Comparison Approach and Effectively Writing the Appraisal," on Saturday, April 21 and Saturday, April 28 from 8 a.m.-4 p.m. at the COA Elizabeth City Campus, Building C, Room 113. Registration fee is \$35. For more information contact the Continuing Education Office at 335-0821, ext. 2233 or 2250. Office hours are from 8 a.m.-4 p.m. Monday through Friday.

News deadline Friday 5 p.m.

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chowan.uhseast.com

Mended Hearts
Tuesday, April 10, 2:00 pm, Pembroke Room, Chowan Hospital's Rehabilitation/Home Care Building
A deputy sheriff from the Chowan County Sheriff Department will address school safety and other issues. Call 482-2889 for more information.

Fibromyalgia Support Group
Tuesday, April 10, 7:00 pm, Washington County Hospital, Classroom Annex
Guest speaker Tammy Mercer will present *Using Herbs to Relieve Fibro Symptoms*, and a certified message therapist will demonstrate ortho-bionomic techniques that relieve stress and injuries with gentle, non-invasive body therapy. Call 793-3969 for more information.

Stroke Support Net
Monday, April 16, 7:00 pm, Chowan Hospital classroom B
Topic of discussion: *Low Fat Eating in a High Fat World*. Call 482-6429 for more information.

Community Screening
Thursday, April 19, 1:00 pm - 3:00 pm, IGA food store, Columbia
Free blood pressure screenings; cholesterol screenings will be available for \$2. Call 482-6242 for more information.

Diabetes Support Group
Thursday, April 19, 7:00 pm, Chowan Hospital cafeteria
Call 482-6227 for more information.

2001 Biennial Pilgrimage
Friday, April 20, 4:00 pm - 7:00 pm, Broad Street (in front of the Barker House), Edenton
Chowan Regional Health Care Foundation is sponsoring a pig pickin' to support its charitable work in the community. Cost: \$20 per person. For more information or to purchase tickets, call 482-6440.

Free Health Screenings
Saturday, April 21, 10:00 am - 1:00 pm, Pilgrimage Car Show (across from the Cotton Mill on McMullan Avenue)
Chowan Hospital and Chowan Healthy Carolinians will sponsor free screenings for cholesterol, blood pressure and blood sugar.

Community Outreach Program on Substance Abuse
Thursday, April 26, 6:00 pm - 8:00 pm, Edenton National Guard Armory
Presentations will be made by local law enforcement agencies, mental health and substance abuse programs, local coalitions, youth organizations, parent groups, schools and other organizations involved in educating the community on substance abuse. Call 482-2521 for more information.

CHOWAN HOSPITAL
University Health Systems of Eastern Carolina

Chowan Hospital is part of University Health Systems of Eastern Carolina, which includes Pitt County Memorial Hospital, other community hospitals, physician practices, home health and other health services. University Health Systems is affiliated with the Brody School of Medicine at East Carolina University.

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