

ExplorNet helps Perquimans Central reach milestone

Perquimans Central School is the first school in North Carolina to send every educator through ExplorNet's Centers for Quality Teaching and Learning (QTL) professional development program.

"We are extremely excited that all of our 30 teachers and three administrators have been through QTL training," said Cynthia Stallings, Instructional Technology Specialist. "This training has inspired our teachers to advance to a level in technology that they would not have otherwise experienced."

The Centers for Quality Teaching and Learning (formerly ENTech) provide research-based professional development that focuses on quality teaching and learning in a technology-enriched environment.

"This intensive seven-day program demonstrates how teachers can use research-based instructional practices to support state curriculum standards and use technology to maximize performance," said ExplorNet's Senior Vice President for Programs, Harold Brewer.

"QTL training helped to motivate my students," said second-grade teacher

Tracy Gregory. "The training provided a wealth of information on how to begin implementing technology within the curriculum."

Gregory teaches math using digital cameras.

"The students were absolutely thrilled when they were able to utilize digital cameras to take pictures of polygons found in their environment. This activity created a buzz of excitement and compelled students to question each other. Learning was truly transpiring as evidence in the conversations and the images captured."

Through the help of a recently awarded IMPACT Model School grant, the school plans to take the QTL program one step further.

"We are now looking forward to partnering with ExplorNet to design a pre-k-2 technology/information skills integration curriculum for all staff based on the developmental needs of the pre-k-2 students," Stallings said.

"Superintendent Ken Wells, Cynthia Stallings, Technology Director Victor Eure, and Perquimans Central Principal, Billy Stallings prove on a daily basis their commitment to

the success of Perquimans County students," said ExplorNet CEO, Dave Boliek. "The Centers for Quality Teaching and Learning are pleased to be a strong part of their vision that students in every community deserve high quality teachers."

"I hope that the word of QTL spreads like wildfire and ignites a phenomenal interest among all educators," Gregory said.

The Centers for Quality Teaching and Learning provides research-based professional development designed to enhance teachers' capacity to put educational strategies to work

and to use technology as a tool to help individual students reach higher levels of performance. ExplorNet was recognized by national publications including the New York Times and Wired magazine for its 2002 role in helping Mississippi Governor, Ronnie Musgrove, enable the state to become the first in America with an Internet-accessible computer in every classroom.

Centers for Quality Teaching and Learning are located in Perquimans, Buncombe, Duplin, Martin, Moore, Durham and Guilford counties.

Parental involvement key to adolescent success

A 10 to 15 year-old may act as if he or she wants parents to stay out of his or her life, but it's essential that parents stay engaged in the lives of these young adolescents if they are to succeed. That's the best strategy parents can keep in mind dealing with their young adolescents.

"Parents better be ready for change when their child enters the early adolescence years, but it's natural change," said Sue Swaim, executive director, National Middle School Association, the nation's only educational group focusing specifically on the needs of 10 to 15 year-olds. "This timeframe has been called the second most important period in a person's development, and it's when children are experiencing tremendous emotional, behavioral, physical and intellectual changes. That's why parents must be there to support and encourage their young adolescent."

Swaim recommends that parents consider five action steps to help their students:

• Think ahead. One of our best tools as parents is being prepared. As your son or daughter enters the

middle school years, get ready for at least occasional conflicts. Think through what is truly important to you, and focus your energy on those big issues. Is your youngster's hairstyle really as important as homework? Isn't curfew more of a concern than crabbi-ness?

• If the issue is minor, keep things light. The shoes on the floor, the wet towel on the bed, the carton left open; these are maddening, but not earth-shattering. Call attention to them in a light way, so your middle-schooler knows you want action but you aren't being punitive. "Either the cat's smarter than I thought or you left the milk carton open on the counter. One of you please put it back before it spoils."

• Don't use power unless it's urgent. Parents have the ultimate power, and kids know it. We don't have to "prove" it to them at every turn. Save your strength for those really important issues you've decided are non-negotiable.

• Encourage your middle schooler to keep daily "to-do" list. Stick with daily; weekly is too much. Put a few things on the list

that need to be done that day. It may be necessary to assign a specific time to each task. When it's completed, draw a line through the task to show accomplishment. This strategy will help young adolescents learn responsibility and planning.

• Break down big chores into smaller parts. Sometimes young people feel overwhelmed by tasks and give up rather than getting started. If there are 12 overdue school assignments, focus on one Thursday night, another on Friday, and five during the weekend.

"Parents are essential in the lives of young adolescents," said Swaim. "Even though your child may scream, 'Get out of my face,' he or she needs and eventually will appreciate your support. When parents and schools work together, kids succeed. Contact your child's teachers and principal to discuss working together."

Parents can receive a complimentary copy of "Tips for Parents" from NMSA by going to the association's web site, www.nmsa.org/tipsforparents, or by phoning 1-800-528-NMSA.

EYE EXAMS

Michael L. Steiner, M.D.



SHOP, INC.

331-7922

1125 N. Road Street
Elizabeth City, NC

CAROLINA DETAILING

- Sailboats
- Powerboats
- Automobiles

Expert Washing & Waxing Detailing

"If you can't come to us, we'll come to you"

Call Michael Reading

426-2092 337-5044

Subscribe to
THE PERQUIMANS WEEKLY

MARCELLO
Real Estate
Lots & Land
252-338-9161

SUNROOM SALE!



Monthly payments as low as \$105**

PGI NatureScape

- Worry-free construction
- Lifetime warranty
- Guaranteed pricing
- Service department

SWIMME & SON SUNROOMS

No Payments for 6 Full Months and Financing as low as 6.99%
*With approved credit. Secured loan only. Offer good from June 1 - June 30, 2003. Financing options are subject to state limitations and restrictions. **1.00% for 240 months at 6.99% APR.

Call Today 252-338-8443 or Toll free 877-665-4966

FUN TOURS

Senior Discount 50 Yrs. & Up

- Dover Downs 7/5 - 8/2
- "Dames at Sea" at Nauticus 7/26
- Nova Scotia 8/16-27
- Niagara Falls 8/18-23
- Tangier Island Cruise 8/23
- Alaska Cruise Tour 9/4-15
- New York City Weekend 9/12-14
- Myrtle Beach Fall 9/22-25
- Shenandoah Mountain Gospel Jubilee 10/8-9
- "Sound of Music" at Roper Theatre 10/11
- "Daniel" in Lancaster, PA 10/16-17 Final Year

109 N. Church St. Suite D
Hertford, NC 27944
426-2990
www.funfoursinc.com

New firm

Edenton real estate firm All Seasons Realty announced its recent affiliation with global residential real estate leader ERA Franchise Systems, Inc.

Effective May 1, the company began conducting business as ERA All Seasons Realty and will serve consumers in the Albemarle/Edenton area from its 1623 Virginia Road location.

Thomas Chappell Broker Associate, Anne J. Burroughs Associate and Thomas Gregory Broker Owner staff of the office.

ECB dividends

ECB Bancorp, Inc. ("ECB"), the parent holding company of The East Carolina Bank, announces that on June 18, ECB's Board of Directors declared a quarterly cash dividend of .125 cents per share, payable July 14, to shareholders of record on June 30.

On an annualized basis the Company's 2003 dividend of .50 cents per share represents a 25 percent increase over the annual dividend in 2002 of .40 cents per share.

Arrests

Ann Spruill of 1043 Ocean Hwy 17 S, Hertford, was charged with worthless checks on June 14.

Kia Foreman of 108 Camelot Road, Hertford, was charged with worthless checks on June 14.

Ross Cook of 1887 Belvidere Road, Belvidere was charged with worthless checks on June 17.

David Jordan of 162 Riverside Drive, Hertford, was charged with simple physical assault on a female on June 18.

Cecil Elliott of 216 Hurdletown Road, Hertford, was charged with equipment and paraphernalia possession, drug violations maintaining and dwelling and manufacturing marijuana on June 18. Bond was \$10,000 secured.

Shopping For A Great CD



2.02%
7 Month CD

2.28%
15 Month CD

2.53%
25 Month CD

Annual Percentage Yield (APY)



Excellence in Community Banking

You'll be amazed at how fast your money grows at ECB's 18 branches.

A Smarter Choice of Television.



Quality Choices for Every Taste

If you're looking for choice, then look to Mediacom.

Our state-of-the-art system delivers a wide variety of services with packages to fit every taste and budget.

We feature family channels like ABC Family and

Nickelodeon plus special interest channels like Animal

Planet and Fox Sports South.

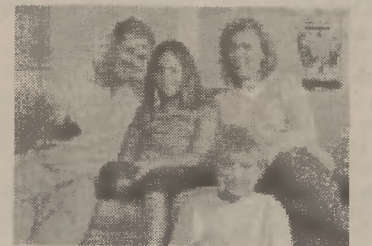
You can even check out what's happening in town

with My Mediacom Online. More channels. More

choices. From a company you can trust... Mediacom!



You'll see Steve Irwin, The Crocodile Hunter.



Quality choices for today's family.

Mediacom
800-946-5388