

ROTARY HOLDS BANQUET



SUBMITTED PHOTO
Hertford Rotarian Connie Jaklic was awarded Rotarian of the Year by Sandy Stevenson, Hertford Rotary president at the Rotary Annual Banquet held at Albemarle Plantation Clubhouse Restaurant recently.

SUBMITTED PHOTO
Tom Hartley (left) was inducted as the new president of Hertford Rotary by Rotary District Governor Bob Phippen at the recent Hertford Rotary Annual Banquet.

Trillium Resources: Mental health sessions planned

From Staff Reports

Trillium Health Resources plans to expand the Compassion Reaction initiative to include elementary schools in the 24 counties it serves. Trillium launched the Compassion Reaction initiative in 2015 with middle and high schools as an effort to educate and train school administrators, teachers and the community to increase mental health awareness. Compassion Reaction aims to create a community-wide reaction of the kindness and compassion to address suicide, self-harm, bullying and substance abuse among elementary school

launches will include presentations on Rachel's Challenge, Youth Mental Health First Aid, Mobile Crisis, and the Trillium Call Center. The public is welcome and invited to attend. In addition, Trillium is coordinating six Marzano Trainings led by Dr. Tina Boogren. Dr. Boogren will help participants explore the array of resources and strategies available to help motivate and inspire students. Based on a comprehensive model of the nature of motivation and inspiration, participants will delve deeper into the six levels of the hierarchy by exploring specific strategies that have the

potential to awaken our learners. There will be an elementary school launches in Elizabeth City on Aug. 10 and Williamston on Aug. 11. Registration will start at 8:30 a.m. and the event will be from 9 a.m.-4 p.m. Marzano training will be held in Elizabeth City on Aug. 9 with registration at 8:30 a.m. and the event will be from 9 a.m.-3 p.m. Sites vary based on location; please visit www.TrilliumHealthResources.org for more information and to register. For more information, contact Kate Hanley at 1-866-998-2597 or e-mail Kate.Hanley@TrilliumNC.org

PCHD announces schedule

From Staff Reports

Albemarle Regional Health Systems has announced the August schedule for the Perquimans County Health Department. Clients are seen by appointments only except for immunizations, STDs, and general clinics. There is a fee, based on income for some clinics. The Perquimans County Health Department, 103 ARPDC St., is open Monday through Friday from 8 a.m. until 5 p.m. and Thursday from 5 p.m. until 7 p.m. For information about Albemarle Home Care and

Albemarle Hospice's services call 338-4066. The number for the Albemarle Regional Diabetes Care Center is 338-4370. ■ Aug. 1: New prenatal AM, general. ■ Aug. 2: General. ■ Aug. 3: Child health PM, general, WIC. ■ Aug. 4: Women's health services, prenatal PM, DEPO AM, immunizations 5-7 p.m. ■ Aug. 5: General, WIC all day. ■ Aug. 8: General. ■ Aug. 9: General. ■ Aug. 10: General, WIC. ■ Aug. 11: Women's health services, prenatal PM, DEPO AM, immuniza-

tions 5-7 p.m. ■ Aug. 12: General. ■ Aug. 15: New prenatal PM, general. ■ Aug. 16: General. ■ Aug. 17: General, child health PM. ■ Aug. 18: Women's health services, prenatal PM, DEPO AM, immunizations 5-7 p.m. ■ Aug. 22: General. ■ Aug. 23: General, WIC. ■ Aug. 24: General. ■ Aug. 25: Women's health services, prenatal PM, DEPO AM, immunizations 5-7 p.m. ■ Aug. 26: General. ■ Aug. 29: General. ■ Aug. 30: General. ■ Aug. 31: General.

Health workshops to start in Oct.

From Staff Reports

The Albemarle Commission Area Agency on Aging will be offering two free Chronic Disease Self-Management (CDSMP) workshops in October. CDSMP is an evidence-based health promotion program intended for older adults with a chronic condition, including arthritis, asthma and lung disease, cancer, heart disease/heart failure, diabetes, high blood pressure, Multiple Sclerosis, Parkinson's Disease, re-

nal failure, and stroke. Participation in the workshops will help people learn the tools needed to effectively self-manage their condition. The classes consist of six sessions held once a week. Interactive lessons, discussions and brainstorming will help participants take the "tools" they choose and put them into action. They will also receive a FREE copy of the book, Living a Healthy Life with Chronic Conditions and an audio relaxation CD.

The classes will be held at the Albemarle Commission, 512 S. Church St. in Hertford from 10 a.m. until 12:30 p.m. Sessions are held every Thursday, beginning Oct. 13 and ending on Nov. 17. Classes will take place on the same dates from 2 p.m. until 4:30 p.m. at the Northern Chowan Community Center, 2869 Virginia Road in Tyner. For more information or to register, contact Ashley Lamb at 426-5753 ext. 232. Class sizes are limited and pre-registration is required.

SCHOOL RETIREES



SUBMITTED PHOTO

Eassie Revell, Claudia Bunch, Betty Hartley, Lynwood Winslow, Yvonne Stallings, Belinda Long and Celeste Maus were among 15 Perquimans County School employees who recently retired. Not pictured are Jessica Adams, Betty Byrum, Victor Eure, Donna Harris, Brenda Hurdle, Nancy Maitland, Catherine Tillett and Sandy Winslow.

PAL to hold photo contest

From Staff Reports

Because of the huge interest in photography, the Perquimans Arts League is having its first "Zoom In - Zoom Out" competition and photography show. Rules: • Each photographer may submit up to three images • Subject matter is completely open • Photos must be framed and wired for hanging • The show will run from Aug. 19 through Sept. 28. (drop off August 15-16 between 10 a.m. and 3 p.m. at 109 N. Church St.) • Entry Fees: \$10 for

PAL members; \$15 for non-members Judging: Photographic skill Camera management (focus, exposure, depth of field, etc...) Color management Contrast management (for Black & White) Artistic skill Composition Creativity Overall Presentation First, second and third places will receive cash awards. There will also be three honorable mention certificates. The judges will be Ed Sanford and Becky France.

CHURCH NEWS

■ **Up River Friends**
Up River Friends Meeting will celebrate 150 years of worship, ministry and service "up the river" on Homecoming Day Sunday. Registration begins at 10 a.m., followed by meeting for worship at 10:30 a.m., dinner at the rise of worship, and fellowship through music at 2 p.m.
■ **Ellis Temple**
Reverend Terrence White will celebrate his sixth pastoral anniversary at Ellis Temple Baptist Church on Aug. 14 at 2 p.m. Reverend Alvin Boone and the Melton Grove Church family will render the service.
■ **Soup Kitchen**
Hertford United Methodist Church will host The Lord's Table Soup Kitchen every Wednesday from 11:30 a.m. to 1:30 p.m. in the fellowship hall. For information call 426-5467.

DEATH NOTICE

HERTFORD — Sandra Stanzel Bennett, 80, died on July 31, 2016. No service will be held. Arrangements by Miller & Van Essendelft, Funeral and Cremation Providers.

SHERIFF'S REPORT

Perquimans Sheriff

■ 7/22 Caitlin Ann Williams Pinewood Trail, assault by strangulation, 48-hour hold.
■ 7/23 Russell Webster, Bethel Fishing Center Road, misdemeanor larceny, \$500 unsecured bond.

■ 7/23 Michael Waterfield, Harvey Point Road, failure to appear possession of river herring in closed season, \$1,000 unsecured bond.
■ 7/27 Lonnie Bunch, Kemp Land, failure to appear, \$5,000 secured bond.

Island Christian Fellowship
121 Clubhouse Road
Holiday Island
252-562-5000



Pastor Ismael Melendez
Living at a Higher Level

"You are the light of the world. A city set on a hill cannot be hidden. Nor do men light a lamp and put it under a peck measure, but on a lampstand, and it gives light to all in the house. Let your light so shine before men that they may see your moral excellence and your praiseworthy, noble, and good deeds, and recognize and honor and praise and glorify your Father Who is in heaven." Matthew 5:14-16 Amplified Bible.

Followers of God are indeed leaders of men and must live at a higher level. Jesus said we are blessed when men rise up against us, persecuting and reviling us because we follow Him. When we give ourselves, our whole selves, we can expect trials and temptations. We are tested on a continual basis, no matter where we are in our walk with Christ. Our example to live by is Jesus and we strive to follow his footsteps.

Jesus calls His people to live at a higher level or standard than the rest of the world. We must pray for our strengths to overcome our weaknesses which will only come by God's grace and our own diligence. Our God is a loving and forgiving God Who is ever-present with us. We simply have to ask for help and guidance in the leadership role we are to play. Tests of our leadership will come but in the end we will have fulfillment in that role through God's merciful intervention.

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