

# CHANCELLOR SPEAKS



Elizabeth City State University Chancellor Thomas Conway spoke this month to the Hertford Rotary Club. The club meets weekly on Tuesday morning at Captain Bob's.

# Ducks Unlimited to hold 'Greenwing Day' on Sept. 17

**From Staff Reports**  
The Jim "Catfish" Hunter chapter of Ducks Unlimited will hold its fourth annual Greenwing Day on Sept. 17 at Camp Cale. The event is designed to introduce youth age 5 through 15 to outdoor activities. They will be able to spend the afternoon shooting rifles, shotguns, bow and arrows and learning about conservation and outdoor recreation. The day starts with registration at 10:30 a.m. and lunch at noon. The activities take place from 1 p.m. until 4 p.m. The registration fee is \$20 and includes a DU Greenwing membership, lunch, a t-shirt, duck call and other gifts. The first 75 people who register will be guaranteed a t-shirt and duck call. For more information, call 312-6252 or 337-5195. Checks may be made payable to Perquimans County Ducks Unlimited and mailed to Diane Stallings, 104 Carolina St., Hertford, NC, 27944. Junior Greenwings are age 5-10 and senior Greenwings are age 11-15.

# Food Bank meeting is set

**From Staff Reports**  
The Food Bank of the Albemarle is hosting a second team captain's meeting Thursday for the 33rd annual Walk for Hunger. The meeting will begin at 5:30 p.m. at the Hugh Cale Community Center, 524 S. Road St. in Elizabeth City. The Walk for Hunger is a 4.1 mile walk through the Riverside area, and is the Food Bank's single largest fundraising event of the year. Businesses, churches and individuals are encouraged to put together teams for the walk. Teams should register by Sept. 15 to guarantee an event T-shirt. It is asked that representation to Thursday's meeting be limited to two members per team. Light refreshments will be served. RSVP with Carolyn Anderson, at 335-4035, ext. 111 or by e-mailing HYPERLINK "mailto:caranderson@feedingamerica.org" or "—blank"caranderson@feedingamerica.org.

## NUTRITION

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bacon cheeseburger, or a meal of chicken and waffles to the menu may be part of the solution, but Pelletier has even more sweeping ideas.

She took over the school's child nutrition program this summer and she's prepared to make major changes to what is served, how it's served and how it's marketed.

Pelletier spent 20 years working with a health department with the Women Infant and Children (WIC) feeding program and then 10 years with the child nutrition program for Washington County Schools.

Winning back the stu-

dents who qualify for a free meal is key even for someone without kids. The USDA reimburses the school system \$3.14 for a "free" lunch if a child eats it. School nutrition budgets are supposed to be self-sustaining, and if they're not that siphons away local money that could be used in the classroom.

"My goal is to grow that (number of students eating school food) by 5 percent a year. It's not about putting money in the bank for the school; it's about students getting a meal that they don't throw out. It's doable. I've done it in the past and it can be done here."

Some of it's rebranding. It's no longer called a "cafeteria." It's a "cafe."

The school staff will be

wearing chef'scoats or chef's shirts, not the hospital scrubs that they have been wearing.

"We're rebranding the whole child nutrition program," Pelletier said. "Children eat with their eyes. If it looks nice they'll maybe like the way it tastes. They might be willing to try something different."

The school system is also looking into "alternative feeding models" where students may be able to grab an item at breakfast and not have to eat it then and there. Instead they can snack on it when they get a break.



CULLIPHER



PELLETIER

There are some things Pelletier can't change. The full price of a meal isn't going up, it's still \$2.60 for lunch and \$1.35 for breakfast. The food will continue to come from the same sources. The school system buys its food from a regional 13-county co-op as well as a statewide food program. The staff of 16 is the same. The rules on nutrition that come down from the USDA are also the same.

But Pelletier is changing the things she can change. "What you'll see is more scratch made and home

cooked meals, like hamburger steak and chicken and broccoli bakes."

The school system changed the lunch menus last year to allow high school students to get some items, like chicken wings, that aren't on the menu for younger grades. If cheeseburgers make the list, it may not be for all grades.

While some new menu items will be added, like chicken and waffles, some old staples will appear less often — things like chicken nuggets and pizza. School systems no longer fry food, and school menu nuggets are baked and kids don't like them. School pizza is made with whole-wheat flour, and students don't like that either.

Kim Cullipher, Pelletier's

administrative assistant, said parents might be more inclined to steer their child to a school lunch if they know it's a healthy meal.

Cullipher hopes that some of what she does can migrate home with the student.

"If the student hasn't eaten a kiwi before and kiwi is on our (lunch) line and they try it, they might convince Mom 'let's try this at home.'"

Parents will also have the opportunity this year to see what their children are eating. The school system is rolling out an on-line system that allows parents to deposit money directly into their child's food account. The system also tracks what students spend it on, so parents can know.

## SCHOOLS

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"Our old address was a mouthful," Beardsley said. The old web site address was HYPERLINK "http://www.pcs.k12.nc.us/" http://www.pcs.k12.nc.us/

"We wanted to make it more easily acceptable, more updated and more modern. People who know Perquimans County know the abbreviation PQ."

The school system has 25 new staff members, up from 17 last year.

Both numbers include bus drivers, maintenance personnel, clerical staff as

well as teachers. There will be no teaching vacancies when school opens, but one position, that of school Psychologist will become vacant in a few months and the school system is working to find a replacement. There will be new programs. The middle school is adopting a STEM class as well as biotechnology and agriculture. At Perquimans Central there will be a new class that incorporates STEM subject as well as art.

The school system held convocation Monday. At that time Amy Parker, a teacher at Hertford Grammar School was named the school system's Teacher of the Year. In-

dividual school winners were Tina Mathis from PCHS, Holly Winslow from PCS and Rhonda Meadows from PCMS.

School staff has been working to make some improvements to the schools over the summer. All the hallways at the middle school have been repainted and the roof over the auditorium is being replaced. That part of the building was constructed in the 1920s and it was the only roof that wasn't under warranty.

Holidays are Sept. 5, Nov. 11, Nov. 24-25, Dec. 23, 25-26, Jan. 2, Jan. 16, April 14 and May 29. Annual leave days are Dec. 21-22, Dec. 28-30 and April 17-21.

## STUDY

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were Sentara Albemarle Medical Center, Vidant Bertie Hospital, Vidant Chowan Hospital, Vidant Roanoke — Chowan and The Outer Banks Hospital.

The region also includes Pasquotank, Camden, Chowan, Currituck, Bertie and Gates counties.

This Community Health Assessment is intended to describe the current health status of the community and assess what indicators are

needed to improve the health of the community. The process involved the collection and analysis of a large range of data including demographic, socioeconomic and health statistics, environmental data, and public and professional opinion.

The document is a summary of all the available evidence and serves as a resource to the communities. Together, these can be used as a guide for program planning, policy development, budgets, and other efforts directed at addressing community health issues.

The State of the County Health Report is conducted during the years that a CHA is not completed and gives an update on what is being accomplished with the communities to address issues identified during the CHA process and are available on the ARHS webpage, www.arhs-nc.org.

## YOUTH

Continued from 1

Development Board. "The program was designed to show how to navigate the real world," Aples said.

Participants start by deciding what level of education they want to achieve, and based on that they're assigned a "job" and will be given the equivalent of one month's salary.

"I'm praying the young people learn a lot about what it really takes to operate in the real world. We want them to make better career choices and learn to be self-sufficient."

"From there they navigate from booth to booth to obtain things like housing, electricity, insurance and spend money on entertainment or clothes. What they may find out is "wait a minute, I do need more than a high school degree or maybe being an artist isn't for me."

The four mini-workshops will look at banking, budgeting, insurance and social skills. The last part includes writing a resume.

The young adults aren't given a safety net when they participate in the exercise.

"We don't give subsidized housing, food stamps or subsidized child care. There is nothing wrong with those services, but we don't think they were intended to be a lifestyle."

Aples is looking for businesses or organizations interested in helping. To sponsor a booth, donate funds or supplies or to be a volunteer, contact Aples at 333-5782 or e-mail HYPERLINK "mailto:lapels@accog.org" lapels@accog.org by Sept. 2. A volunteer luncheon will be held on Sept. 7.

The program is open to a 10 county area, and so far five school systems, including Perquimans, as well as River City Youth Build have signed up to send participants. Aples said Camp Cale offered the use of their facilities for the day-long event.

"We debated on the location and we considered doing one on the north side of the sound and one on the south side, and we may do that in the future."

## Labor Day

**Holiday Advertising Deadlines**

**THE DAILY ADVANCE**

PUBLICATION DATE	DEADLINE TIME	DEADLINE DATE
<b>RETAIL AND CLASSIFIED DISPLAY ADS</b>		
SUN, SEPT 4	10 A.M.	WED, AUG 31
MON, SEPT 5	10 A.M.	THUR, SEPT 1
TUE, SEPT 6	2 P.M.	THUR, SEPT 1
WED, SEPT 7	10 A.M.	FRI, SEPT 2
<b>CLASSIFIED LINE ADS</b>		
TUE, SEPT 6	11 A.M.	FRI, SEPT 2
<b>LEGAL ADS</b>		
TUE, SEPT 6	12 P.M.	THUR, SEPT 1

**CHOWAN HERALD, PERQUIMANS WEEKLY**

PUBLICATION DATE	DEADLINE TIME	DEADLINE DATE
<b>RETAIL AND CLASSIFIED DISPLAY ADS</b>		
WED, SEPT 7	5 P.M.	THUR, SEPT. 1
<b>CLASSIFIED LINE ADS</b>		
WED, SEPT 7	11 A.M.	FRI, SEPT 2
<b>LEGAL ADS</b>		
WED, SEPT 7	5 P.M.	THUR, SEPT 1

The Daily Advance, The Chowan Herald and The Perquimans Weekly offices will be **closed** on Monday, SEPT 5 in observance of Labor Day. We will reopen on Tuesday, SEPT 6.  
Have a safe and happy holiday.

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