

SCHOOL MENUS

Perquimans Schools

(Menus subject to change)

PERQUIMANS CENTRAL, HERTFORD GRAMMAR SCHOOL, PERQUIMANS COUNTY MIDDLE SCHOOL

■ SEPT 21: BREAKFAST: Sausage biscuit, apple slices, fruit juice. LUNCH: Pizza sticks with marinara dip, corn, baby carrots and ranch dip, diced pears, milk. GRAB AND GO: Cobb salad or yogurt/cheese munchie pack.

■ SEPT 22: BREAKFAST: Yogurt and fruit

parfait, applesauce or fruit juice. LUNCH: Hamburger steak with gravy and whole grain roll, mashed potatoes, seasoned collards, apple, milk. GRAB AND GO: Grilled chicken salad or yogurt/cheese munchie pack.

■ SEPT 23: BREAKFAST: Morning pizza, orange slices or fruit juice. LUNCH: Chicken dippers and sauce, oven-baked fries, broccoli with cheese, spiced apples, milk. GRAB AND GO: Chicken Caesar salad or yogurt/cheese munchie pack.

■ SEPT 26: BREAK-

FAST: Cereal bar, applesauce or fruit juice. LUNCH: Hot dog with chili on bun, baked beans, sweet potato puffs, applesauce cup, milk. GRAB AND GO: Chef salad or PB&J Box.

■ SEPT 27: BREAKFAST: Cereal bar, peach cup or fruit juice. LUNCH: Chicken quesadilla, seasoned pintos, lettuce and tomato cup, seasonal fruit, milk. GRAB AND GO: Chicken fajita salad or ham/cheese wrap box.

■ SEPT 28: BREAKFAST: Sausage biscuit, apple half or juice. LUNCH: Pizza sticks with Marinara

dip, corn, baby carrots and ranch dip, diced pears, milk. GRAB AND GO: Cobb salad or cold cut sub box.

PERQUIMANS COUNTY HIGH SCHOOL

■ SEPT 21: BREAKFAST: Sausage biscuit fruit or juice. LUNCH: Pizza sticks with dipping sauce, corn and/or baby carrots and Ranch dip, diced pears and/or fresh apple. GRAB AND GO: Hot ham and cheese, cobb salad.

■ SEPT 22: BREAKFAST: Yogurt and fruit parfait. LUNCH: Hamburger steak and gravy with roll,

mashed potatoes and/or seasoned collards, apple and/or pineapple tidbits. GRAB AND GO: Western burger or grilled chicken salad.

■ SEPT 23: BREAKFAST: Morning pizza. LUNCH: Chicken dippers with sauce, baked fries and/or broccoli with cheese, spiced apples and/or peach cup. GRAB AND GO: Chicken Caesar salad or chicken filet.

■ SEPT 26: BREAKFAST: Fruit muffins. LUNCH: Chicken filet on bun, peas and/or sweet potato fries, applesauce and/

or orange slices. GRAB AND GO: Bacon cheeseburger or chef salad.

■ SEPT 27: BREAKFAST: Cereal bars. LUNCH: Taco cups with chips, seasoned pintos and/or taco trimming cups, fresh fruit cup and/or peaches. GRAB AND GO: Chicken fajita salad or Chicken filet.

■ SEPT 28: BREAKFAST: Sausage biscuit. LUNCH: Cheese or pepperoni slices, side salads with dressing and/or baby carrots and Ranch dip, diced pears and/or fresh apple. GRAB AND GO: Cobb salad or hot ham and cheese.

ALS WALK

Continued from 1

signs came when he had pain in his legs and lower back. He went to a doctor in Kitty Hawk who in turn referred him to the medical center at East Carolina University.

"Finally Dr. Frere did a test that determined it was ALS."

ALS is a relatively rare disease. About 6,000 people a year are diagnosed

with it in the U.S. each year, according to the ALS Association. That compares to the 1.6 million new cases of cancer.

For ALS patients that often means there are few people they can really talk to. The monthly ALS support group in Edenton addresses that problem, Dixon said.

"It means a lot to me," Dixon said. "The biggest thing it gives us is information and support. We support each other. With ALS

it's important to have a caregiver and for me that's my wife. She's been through it. This was a crushing blow to our lifestyle and she gets to get out and talk to others who are going through it." The group meets on the third Monday of each month at 1 p.m. at Vidant Chowan Hospital.

Tommy Harrell, a lifelong friend of Jimmy Hunter, is one of the big supporters of the local ALS group. The money raised through efforts like this weekend's walk and a softball tournament in Winfall Sept. 30 through Oct. 2 gives the foundation a way to support victims directly.

Registration for the walk starts at 8 a.m. at Perquimans County High School. There will be an opening ceremony at 8:50 a.m. and the walk starts at 9 a.m.

The foundation offers grants of up to \$725 each quarter for things like pre-

scriptions, home goods and transportation for patients going back and fourth to clinics.

Dixon has received some of that help.

"The first thing I had done was we put handicapped bars around the house," Dixon said. "I got a handicapped toilet which was good. We've also got a loaner closet for things like lift chairs, and electric recliners for people that need them."

The local foundation also supports an ALS clinic in Greenville. That's important, Harrell says, because the only other clinics in North Carolina are in Durham, Winston-Salem and Charlotte. The foundation also offers a voice for patients.

"We just got a lady from South Mills this summer who came to our support group," Harrell said. "She needed to get to the clinic

real bad and she had an appointment for October."

Harrell said they got the appointment moved up to August.

ALS made national headlines in 2014 with the Ice Bucket Challenge. People agreed to get dunked in exchange for donations that in turn went to efforts to find a cure for the disease.

It raised more than \$100 million and scientists have since discovered a new ALS gene, NEK1, known to be among the most common genetic contributors of the disease. While the Ice Bucket Challenge did raise awareness for the disease as well as money for research both Harrell and Dixon said the money didn't filter down to the local level with programs like those supported by the Catfish Hunter Foundation.

"The Ice Bucket Challenge got the word out and it helped with funding

some research projects," Dixon said. "Cancer gets a lot of money because of research and the drug companies."

Because the potential market is so small for ALS, drug companies aren't pushing for a cure for ALS as strongly, Dixon said.

"With ALS there is no cure. There is a one pill, but they say it will extend a life by a couple of months, and from what I heard people don't like it."

"It (ALS) happens to some of the greatest people in the world," Harrell said. "I just think it's great that people care enough about the foundation that support us to help with the needs that wouldn't be taken care of."


For more information on the walk, contact Helen Hunter at 426-7988. For more information on the softball tournament, call 340-0210.

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Saturday, October 1, 2016 at 7pm
Perquimans County High School Auditorium
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Opening Performance
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FUNDING

Continued from 1

(Friday) from the holder of federal funds and we should


have it by October. That's good, but that's not great."


The project is more than just a boat ramp to county officials. They see it as a way to spark the even larger

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development of the 72-acre Perquimans Marine Industrial Park next door. Even now there is an investor who has bought land and an existing building next to the proposed ramp that is poised to open a business once the ramp is built, according to County Manager Frank Heath.

"I don't anticipate any problems, but we have a business that could be doing something now that's not doing it because of the ramp."

The delays have already prompted county officials to get an extension from Golden LEAF once. That gave the county until the end of this year.

"I've already talked with Golden LEAF about getting another extension if needed," Heath said. "They told me that's fine, but wait until December."

Sherman said she hopes that won't be needed

"Hopefully we won't have to go that route, but it's nice to know there is a life raft out there," Sherman said.

Building a small boat ramp requires pouring a concrete slab on dry land and just pushing it into the water. Building one 176 feet long with 100 feet of that under water requires building a cofferdam and pumping out the water first.

Sherman said the Golden LEAF funds can be applied to the cost of building the cofferdam and that expense comes at the start of construction. The money from wildlife could then be used on the remainder of the project.

The size of the project has complicated the issue. The state prohibits marine construction for a period from February through the end of June. That's to protect anadromous fish, a type that is born in fresh water, spends most of its life in the sea and returns to fresh water to spawn. Smelt, shad, striped bass and sturgeon are common examples

When the contract was awarded in March it was hoped that construction could start by the first of July when an annual moratorium is lifted.

Perquimans County is participating through the in-kind donation of land at the foot of North Granby Street.

"First anything going through the formal process is going to take time," Sherman said.

STATE OF NORTH CAROLINA UTILITIES COMMISSION RALEIGH

DOCKET NO. E-22, SUB 535

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of Application of Virginia Electric and Power Company, d/b/a Dominion North Carolina Power for Approval of Renewable Energy and Energy Efficiency Portfolio Standard Cost Rider Pursuant to G.S. 62-133.8 and Commission Rule R8-67

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission has scheduled a public hearing in the annual Renewable Energy and Energy Efficiency Portfolio Standard (REPS) cost recovery application and compliance report filed by Virginia Electric and Power Company, d/b/a Dominion North Carolina Power (DNCP), in the above-captioned docket. The public hearing has been scheduled to begin immediately following the hearings in Docket Nos. E-22, Subs 534 and 536, which are scheduled to begin at 1:30 p.m., on Monday, November 7, 2016, in Commission Hearing Room 2115, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina. This proceeding is being held pursuant to G.S. 62-133.8 and Commission Rule R8-67 to consider DNCP's application for approval of REPS cost recovery and compliance with the REPS requirements during the 2015 calendar year. Public witness testimony will be received in accordance with Commission Rule R1-21(g).

On August 25, 2016, DNCP filed direct testimony and exhibits in support of its application for REPS cost recovery and 2015 REPS compliance report. By its application, DNCP proposes to implement the following total REPS rates, including regulatory fee, effective for service rendered on and after January 1, 2017: a \$0.88 charge per month for residential customers; a \$3.87 charge per month for commercial customers; and a \$25.82 charge per month for industrial customers.

The Public Staff is authorized by statute to represent consumers in proceedings before the Commission. Written statements to the Public Staff should include any information that the writers wish to be considered by the Public Staff in its investigation of the matter. Such statements should be addressed to Mr. Christopher J. Ayers, Executive Director, Public Staff 4326 Mail Service Center, Raleigh, North Carolina 27699-4300.

The Attorney General is also authorized by statute to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to The Honorable Roy Cooper, Attorney General, 9001 Mail Service Center, Raleigh, North Carolina, 27699-9001.

Written statements are not evidence unless persons appear at a public hearing and testify concerning the information contained in their written statements.

Any person desiring to intervene in the proceeding as a formal party of record should file a petition under North Carolina Utilities Commission Rules R1-5 and R1-19 on or before Monday, October 24, 2016. Such petitions should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300. The direct testimony and exhibits of expert witnesses to be presented by interveners should also be filed with the Commission on or before Monday, October 24, 2016.

ISSUED BY ORDER OF THE COMMISSION.

This the 31st day of August, 2016.

NORTH CAROLINA UTILITIES COMMISSION
Janice H. Fulmore, Deputy Clerk