

SCHOOL MENUS

Perquimans County Schools

■ TODAY: Breakfast: Fruit and yogurt parfait. Lunch: Cheese and pepperoni pizza, side salad and dressing, glazed carrots, crustless pear bake, (fresh fruit high school), milk. Grab and Go: Cobb salad or yogurt/cheese Muncie pack (chick-

en filet at high school.)

■ NOV. 10: Breakfast: Warm super donut. Lunch: Chicken Alfredo bake, steamed broccoli, seasoned black eye peas, whole grain roll, apples (mixed fruit at high school), milk. Grab and Go: Grilled chicken salad or turkey cheese wrap pack. (high school PB&J).

■ NOV. 11: Veteran's Day Holiday.

■ NOV. 14: Breakfast: Warm fruit muffin. Lunch: Chicken and waffles, seasoned green beans, cucumber slices and dip, applesauce cup (pineapple tidbits at high school), milk. Grab and Go: Chef salad or PB&J Muncie pack. (ba-

con cheeseburger at high school).

■ NOV. 15: Breakfast: Sausage biscuit. Lunch: Chicken and rice soup, PB&J sandwich or toasted cheese sandwich, baby carrots and dip, grapes (high school has pear halves) milk. Grab and go: Chicken fajita salad or yogurt/cheese munchie pack (high school

has fruit/yogurt parfait.)

■ NOV. 16: Breakfast: Fruit and yogurt parfait. Lunch: Baked spaghetti, side salad and dressing, seasoned green peas, pear halves, (strawberry cups at high school), milk. Grab and Go: Cobb salad or cold cut sub pack. (high school turkey/cheese wrap).

ROTARY SPEAKER



SUBMITTED PHOTO

Hilton Barrett, chairman of the marketing committee at Museum of the Albemarle, was recently the guest speaker of Rotarian Bob Ewing at the Rotary Club of Hertford's weekly meeting held at Captain Bob's Restaurant. Barrett informed the Rotarians of the upcoming scheduled activities at the museum as well as an overview of the history of MOA.

Pirates close regular season on winning note

From Staff Reports

Perquimans County High School wrapped up the regular season last week with a 36-14 win at Columbia.

The win gives the Pirates a 6-5 record overall, 4-3 in the Coastal 10 conference.

It's the first time the Pirates have ended the regular football season with a winning record since 2008.

On Friday, the visiting

team got

touch-

down runs

from Dal-

las Hall

and Miles

Chauk

as well

as a pick-

6 from

Garth Upton.

Next for Perquimans is a

first round game most likely

in the IAA state playoffs.



HALL

EMT TRAINING



SUBMITTED PHOTO

EMT students in Matt Leicester's class at Perquimans County High School got hands on experience similar to that of a certified EMT. They have begun the process of lifting and moving each other, using a variety of equipment including stretchers,

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VETERANS DAY

Continued from 1

honorably in the military in wartime or peacetime.

Beginning with the Persian Gulf War, Iraq and Afghanistan and maybe Vietnam, there was an effort made to include the military family, and the many 'Blue and Gold' mothers."

The observance also will include the American Legion's traditional POW/MIA remembrance. A POW/MIA empty chair is placed at all official meetings or observances as a physical symbol of the thousands of American prisoners of war (POWs) and those missing in action (MIAs) still unaccounted for from all wars and conflicts involving this country: "Let us remember and never forget their sacrifice," said Rick Caporale, Post 126 commander.

Participating in the observance will be members of Post 126, Post 126 Legion Riders, Hertford American Legion Post 362, the Perquimans County High School Band and members of Hertford Boy Scout Troop 150 and Cub Pack 150.



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KEYNOTE SPEAKER

Dr. M. Joycelyn Elders

The 15th Surgeon General of the United States

TOPICS:

- The Politics of Healthcare
- Healthcare in the 21st Century
- Education: A Key to a Healthy America
- Health Care Issues in the Minority Community
- Women's Reproductive Rights
- Health Education in Public Schools
- Health Education and Sexual Education



The 15th US Surgeon General, and the first African American woman to hold that post, Dr. M. Joycelyn Elders is the eldest of eight children. Now a Distinguished Professor of Public Health at the University of Arkansas School of Public Health and a Distinguished Professor at the Clinton School of Public Policy, she never saw a physician prior to her first year in college. At the age of fifteen, she received a scholarship from the United Methodist Church to attend Philander Smith College in Little Rock, AR. Upon graduation at age 18, she entered the U.S. Army as a first lieutenant where she received training as a physical therapist.

Dr. Elders attended the University of Arkansas Medical School (UAMS) on the G.I. Bill. After graduation in 1960, she was an intern at the University of Minnesota Hospital in Minneapolis and did a pediatric residency and an endocrinology fellowship at the University of Arkansas Medical Center in Little Rock. She ascended the academic ladder to full professorship after her fellowship and board certification in 1976. She also holds a Master of Science degree in biochemistry.

Dr. Elders joined the faculty at UAMS as a professor of pediatrics and received board certification as a pediatric endocrinologist in 1978. Based on her studies of growth in children and the treatment of hormone related illnesses, she has written many articles for medical research publications and continues as Professor Emerita University of Arkansas Medical School. She was appointed Director of the Arkansas Department of Health in 1987. While serving as director, she was elected president of the Association of State and Territorial Health Officers.

Nominated as Surgeon General of the US Public Health Service by President Clinton in July of 1993, she was sworn in on September 8. During the Senate hearings on her confirmation, Dr. Elders stated "I want to change the way we think about health by putting prevention first. I want to be the voice and vision of the poor and powerless. I want to change concern about social problems that affect health into commitment. And I would like to make every child born in America a wanted child".

Dr. Elders has been active in civic affairs as a member of the Little Rock Chamber of Commerce, Northside YMCA and Youth Homes. She was listed in "100 Outstanding Women in Arkansas", "Personalities of the South" and "Distinguished Women in America". She has won awards such as the Arkansas Democrat's Woman of the Year, the National Governor's Association Distinguished Service Award, the American Medical Association's Dr. Nathan Davis Award, and the National Coalition of 100 Black Women's Candace Award for Health Science.

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