## SCHOOL MENUS

### **Perquimans County Schools** en filet at high school.)

■ 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-

■ NOV. 10: Breakfast: Warm su-day. per donut. Lunch: Chicken Alfredo black eye peas, whole grain roll, apples (mixed fruit at high school), (high school PB&J).

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

■ NOV. 11: Veteran's Day Holicon cheeseburger at high school).

■ NOV: 15: Breakfast: Sausage cheese sandwich, baby carrots cheese munchie pack (high school turkey/cheese wrap).

has fruit/yogurt parfait.)

NOV. 16: Breakfast: Fruit biscuit. Lunch: Chicken and rice and yogurt parfait. Lunch: Baked soup, PB&J sandwich or toasted spaghetti, side salad and dressing, seasoned green peas, pear halves, and dip, grapes (high school has (strawberry cups at high school), pear halves) milk. Grab and go: milk. Grab and Go: Cobb salad or Chicken fajita salad or yogurt/ cold cut sub pack. (high school

# ROTARY SPEAKER



SUBMITTED PHOTO

END OF THE YEAR SPECIALS

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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.

# **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,

### 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 remem-



MCCRANIE

brance. 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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# Pirates close regular season on winning note

From Staff Reports

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

a 6-5 record overall, 4-3 in as the Coastal 10 conference. as a pick-It's the first time the Pirates have ended the regu- Garth Upton.

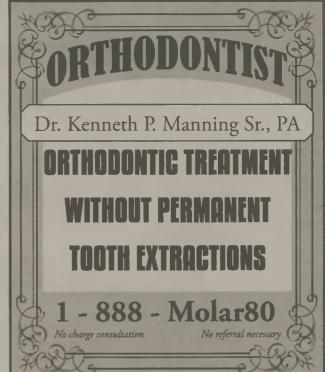
lar football season with a On Friday, the visiting in the 1AA state playoffs.

team got touchfrom Dallas Hall and Miles The win gives the Pirates Chaulk well

HALL

Next for Perquimans is a winning record since 2008. first round game most likely

from



The Gateway Community Health Centers, Inc.

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### KEYNOTE SPEAKER Dr. M. Joycelyn Elders

### 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

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