

Chapel Hill - Carrboro School Lunch Menus

JANUARY 23-29

ELEMENTARY

FRIDAY — Cheese Pizza; Pepperoni Pizza; Tuna Salad w/Lettuce, Tomato & Crackers; Garden Salad; Green Beans; Applesauce

MONDAY — Chicken Nuggets w/Wheat Roll; Beef Tacos w/Salsa, Cheese Lettuce & Tomato; Spanish Rice; Sweet Yellow Corn; Fresh Apple Halves

TUESDAY — Pork Egg Roll w/Wheat Roll; Chicken Tetrazzini; Fun on the Run; Brown Rice Pilaf; Asian Mixed Vegetables; Chilled Apricots

WEDNESDAY — Cheese Pizza; Pepperoni Pizza; Chicken Salad w/Lettuce, Tomato & Crackers; Carrot & Celery Sticks; Steamed Broccoli; Fresh Bananas

THURSDAY — Ham & Cheese Sub w/Lettuce & Tomato; Chicken Fajitas; Fun on the Run; Vegetable Rice; Steamed Carrots; Chilled Pears

MIDDLE + HIGH

FRIDAY — Spaghetti & Meat Sauce w/Garlic Bread; Corn Dog; California Mixed Vegetables; Corn on the Cob; Vanilla Pudding

MONDAY — Double Cheeseburger w/Lettuce & Tomato; Chicken Caesar Salad w/Garlic Bread; Seasoned Baked Potato Wedges; Peas & Carrots; Chilled Peaches

TUESDAY — Cheese Ravioli w/Garlic Bread; Chicken Tacos w/Salsa, Cheese, Lettuce & Tomato; Seasoned Pinto Beans; Mexicali Corn; Fresh Oranges

WEDNESDAY — Chicken Patty Sandwich; Beef & Macaroni w/Wheat Roll; Green Beans; Steamed Carrots; Chilled Fruit Cocktail

THURSDAY — Herb Baked Chicken w/Wheat Roll; Cheese Quesadilla w/Salsa; Mashed Potatoes; Turnip Greens; Mandarin Oranges

An eco-friendly effort to plant seeds of sustainability at Chapel Hill High School

BY JASMINA NOGO
Staff Writer

CHAPEL HILL — On the cold morning of Martin Luther King Jr. Day, a group of roughly 10 students showed up at Chapel Hill High School for a Fight the Weeds workday to help clean up the school's greenhouse. The effort is part of the Chapel Hill High School Green Tiger campaign, a student-led organization that promotes environmental awareness.

"Our goal is to convert it to a community garden to provide free food," said high school science teacher and club advisor Matthew Jessee.

According to freshman Kristen Powers, president of the Green Tiger campaign, the greenhouse hasn't been used in over a decade. The group plans to plant the community garden in the spring.

"We're trying to make our school more sustainable," said sophomore Daniel Woldorff, head of the greenhouse committee.



PHOTO BY JASMINA NOGO

Sophomore Daniel Woldorff (left), sophomore Marissa Ramirez (center) and parent volunteer Connie Woldorff (right) help clean up the greenhouse at Chapel Hill High School during the "Fight the Weeds" workday on Monday.

The Fight the Weeds cleanup is the Green Tigers' first big project, Woldorff said. The club was started by Powers in the fall of 2008 as the Greener School Campaign, said Jessee. Powers submitted grant proposals to get funding

for the club and then collaborated with Jessee to initiate the effort.

"The club is student directed and student led," Jessee said. "I put in my two cents, but it's mostly up to the students."

Woldorff said the goal is to

plant the seeds for a garden that students can maintain in the years to come and to help make the school more eco-friendly in general.

"Our environmental goals are to reduce the carbon footprint of our school and improve the environmental situation," said Jessee. He said the garden will provide free food for the school community. Any surplus will be donated to homeless shelters.

Although the Fight the Weeds workday is the club's first project, several others are being planned. Jessee said the Green Tigers are brainstorming ways to replace Styrofoam cups that are used in the cafeteria. They are also initiating a school compost effort.

"We are building compost bins and placing them throughout the school," Jessee said.

"We want to lead by example and become a model of sustainability for the other students," said Woldorff.

School Briefs

ECHHS tour

East Chapel Hill High School will hold an information meeting and tour on Jan. 30 at 10 a.m. for private school students in the district interested in attending East Chapel Hill High. Students will receive course and registration information.

The meeting will be held in the East Chapel Hill High auditorium. To attend, RSVP with Wynter Tolliver at 969-2482, ext. 397.

Kindergarten registration

Chapel Hill-Carrboro City Schools will begin accepting registrations for kindergarten for fall 2009 on Feb. 2.

Kindergartners must turn 5 years old on or before Aug. 31. All students entering kindergarten must have a physical exam

any time during the year prior to the first day of school. To register, the following is required: proof of district residency (current Orange County property tax bill, settlement statement, lease or rental agreement, unpaid Duke Power bill, OWASA or Public Service Gas bill); an original or certified birth certificate for the child; photo ID of parent or guardian; immunization record; the child's Social Security number (if applicable); name and complete mailing address of previous school; most recent report card and/or official withdrawal form; and any custody arrangement documentation (if applicable).

Registration forms are available at the Lincoln Center or online at www2.chccs.k12.nc.us/registration. In addition, parents or legal guardians may receive a registration packet by mail

by calling the registrar, Marlen Orio, at 967-8211, ext. 268. Registration forms should be returned in person to the registrar at the Lincoln Center Monday through Friday, 8 a.m. to 5 p.m.

School board meeting

The Chapel Hill-Carrboro City Schools Board of Education meets tonight (Thursday) at 7 in the boardroom at the Lincoln Center on Merritt Mill Road. Items on the agenda include:

- guiding principles for budget development;
- graduation requirements;
- update on elementary school 11; and
- a policy on student sex offenders.

For the full agenda, visit www.chccs.k12.nc.us and click on "Board Agendas."

ECHHS cookbook

The East Chapel Hill High School food and nutrition classes have created a cookbook that is available for sale.

Most of the recipes in the cookbook were contributed by East Chapel Hill High students and staff members.

The cookbook is available for \$10. To purchase it, contact food and nutrition teacher Gisele Washington at East Chapel Hill High.

Teen drinking forum

The Chapel Hill-Carrboro City Schools PTAs will host the fifth annual parent forum, "Should We Drink with Our Teens?" on Feb. 4 from 7 to 9 p.m. in the East Chapel Hill High School Auditorium.

The event will feature an hour of expert panelist presentations followed by an hour of Q&A.

Panelists will discuss the latest research and data on teenage drinking, brain development, lowering the drinking age, the "European Myth," family counseling, the law and crisis counseling.

The event is co-sponsored by the PTSA organizations of Carrboro, East Chapel Hill and Chapel Hill high schools and is free and open to the public.

Laughing Turtle donates to PSF

The Laughing Turtle on Franklin Street will donate a portion of its income each day during the month of January to the Chapel Hill-Carrboro Public School Foundation.

The store sells clothing, household items, jewelry and gifts.

For more information, visit www.thelaughingturtle.com



SPORTS

Field Hockey League

The Carrboro Recreation and Parks Department will sponsor a Youth Field Hockey League for girls in fifth through eighth grade (as of the 2008-09 school year). The fee is \$52 for Orange County residents and \$91 for non-Orange County residents. Registration forms must be signed by a parent/guardian and are accepted on a first-come, first-served basis. For more information, call 918-7364.

Field Hockey Coaching

The Carrboro Recreation and Parks Department is accepting volunteer coach applications for the 2009 Youth Field Hockey League. Coaches must exhibit the ability to organize team practices and communicate effectively with players, parents and recreation department staff. They must

also have the ability to teach proper playing skills and fundamentals, exhibit proper sportsmanship and provide an enjoyable atmosphere at practices and games. To receive a volunteer coach application or additional information, please contact the Recreation Department at 918-7364.

Varsity Boys Basketball

Recent results

Carrboro 47, Northwood 68
Chapel Hill 61, Riverside 65

Coming up

Carrboro — Jan. 23 at Cummings High
Chapel Hill — Jan. 23 at Person
East Chapel Hill — Jan. 23 at Riverside
Cedar Ridge — Jan. 23 vs. Science & Math
Orange — Jan. 27 at Carrboro

Support the Work that Breaks the Silence...

Moses Carey and Dr. Jan Busby-Whitehead
invite you to join them in support of

The Family Violence Prevention Center of Orange County
and the
UNC Hospitals' Beacon Child and Family Program

Silent (No More!) Auction

Thursday, February 5, 2009
5:30 to 8:00 p.m.

The William & Ida Friday Center
100 Friday Center Drive, Chapel Hill, NC

\$35 advance tickets, \$40 tickets at the door
(price includes event ticket, light hors d'oeuvres and wine & beer bar)

Tickets are limited. Please purchase early!

Purchase tickets on-line and view some auction items at:
silent-nomore.com

For more information, please call
(919) 929-0127 or (919) 966-9314



Special Thanks to the Sponsors of the Silent (No More) Auction:



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