

Chapel Hill - Carrboro School Lunch Menus

JANUARY 9-15

ELEMENTARY

FRIDAY — Cheese Pizza; Pepperoni Pizza; Turkey & Cheese Wrap; Garden Salad; Traditional Mixed Vegetables; Pineapple Tidbits

MONDAY — Beef & Cheese Nachos w/Salsa; Chicken Nuggets w/BBQ Sauce & Wheat Roll; Baja Black Beans; Garden Salad; Chilled Apricots

TUESDAY — Pork BBQ on a Bun; Macaroni & Cheese w/Wheat Roll; "Fun on the Run;" Coleslaw; Seasoned Green Beans; Chilled Pears

WEDNESDAY — Cheese Pizza; Pepperoni Pizza; Hot Dog w/Chili; Green Peas; Fruited Gelatin; Fresh Banana

THURSDAY — Turkey & Cheese Sub; Mozzarella Cheese Sticks w/ Marinara Dipping Sauce; "Fun on the Run;" Lettuce & Tomato Salad; Carrot & Celery Sticks; Broccoli w/ Cheese Sauce; Fresh Orange Wedges

MIDDLE + HIGH

FRIDAY — Spaghetti & Meat Sauce w/Garlic Bread; Hot Dog w/Chili, Coleslaw; California Mixed Vegetables; Fruit Cobbler

MONDAY — Double Cheeseburger w/Lettuce & Tomato; Fish-wich; Tater Tots Peas & Carrots; Fresh Apples

TUESDAY — Three Cheese Baked Rotini w/Garlic Bread; Chicken Fajitas w/Salsa & Sour Cream; Vegetable Rice; Steamed Broccoli; Chilled Peaches

WEDNESDAY — Chicken Patty Sandwich; Baked Potato w/Meat & Cheese & Wheat Roll; Traditional Mixed Vegetables; Chilled Pineapple; Chocolate Pudding

THURSDAY — Baked BBQ Chicken w/Wheat Roll; Cheese Quesadilla w/Salsa; Baked Beans; Collard Greens; Fresh Pear



School Briefs

Memorial fund

The Chapel Hill-Carrboro Public School Foundation has established a fund in honor of Jeanette Blackwell, a Chapel Hill-Carrboro City Schools teacher who passed away in September, to provide an annual award to a mentor teacher.

Blackwell served Chapel Hill-Carrboro schools for more than 30 years as a fifth-grade teacher at Glenwood and McDougle elementary schools. As the district's first elementary Peer Assistance and Review Consulting Teacher, she shared her wisdom and supported those new to the profession. She retired in 2007.

To donate to the memorial fund, send contributions to the Chapel Hill-Carrboro Public School Foundation, P.O. Box 877, Carrboro, NC, 27510. Write "Jeanette Blackwell Mentor Teacher Award Fund" on the memo line of the check. Contributions can also be made online at [www.chccs.k12.nc.us/psf](http://www.chccs.k12.nc.us/psf) by clicking "Donate Now." Be sure to enter "Jeanette Blackwell

Mentor Teacher Award Fund" in the comments section at the end of the form.

Asst. principal graduates from leadership program

Crystal Vaught, assistant principal at Chapel Hill High School, graduated from the Leadership Program for Aspiring Principals (LPAP) on Dec. 5.

LPAP is a 12-day course of study offered by the Principals' Executive Program. Major areas of study include the new North Carolina standards for school executives, school law, teacher improvement and retention, resource management and communication.

The Principals' Executive Program is an agency of the UNC Center for School Leadership Development.

Read in day

McDougle Elementary School will host an African-American Read In Day on Jan. 16.

The event, sponsored by the National Council of Teachers of

English, focuses on literacy and black literacy culture. Lincoln Center administrators and other community members are expected to read to children at the school from 8 a.m. to 2 p.m.

CHHS yearbook needs sponsors

Chapel Hill High School is looking for sponsorship advertisements for its yearbook.

Sponsorships help keep the yearbook affordable for all students. If businesses are unable to purchase an ad, they can make a donation of any amount and still be listed on the sponsors page.

For more information, contact Tom Stanfa at 933-5357.

Volunteer for Project Grad

Volunteers are needed for the annual Chapel Hill-Carrboro City Schools Project Graduation on June 13.

Some volunteers will be needed beginning in the next few months, while others won't be needed until the night of the event. Past volunteers have

been parents, teachers and other community members.

To volunteer, visit [projectgraduationchccs.org/volunteer.htm](http://projectgraduationchccs.org/volunteer.htm)



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UNC NOTES FRANK HEATH



The men

UNC's men's basketball team fell with a clunk from the ranks of unbeaten on Sunday, losing in a dull, cluttered performance to surprising Boston College, which had been picked pre-season to finish second to last in the ACC. Instead, the Eagles are 13-2, ranked in the Top 25 and, for now, atop the league.

Carolina, which dropped from No. 1 in the country to last place in its own conference in the space of two hours Sunday, seemed to suffer from the "we're too good to try that hard" syndrome until after the tone of this game had been set, at which point BC had decided it could in fact compete with the Tar Heels.

The UNC loss has been picked up, examined and dissected from all different angles over the past few days. The prevailing opinion is that Carolina may not be as dominant this season as people have been guessing unless the Tar Heels (a) pick up their defense and (b) become, or act, tougher and more aggressive.

Boston College seemed to say to UNC, "hey, you guys may be All-Americans and whatever, but we want to win also and if you don't punch back, we're going to take your candy." It remains to be seen how Carolina will respond to this loss, which definitely qualifies as a "wake-up call." But if comparisons can be made to last season, the Tar Heels will find ways to at least shore up the problem areas and win a lot of games. That is a big "if," of course.

Whether the Heels will bounce back well enough to cruise all the way to ACC and NCAA glory remains another question. A couple of statistics that might be good indicators to keep an eye on are Carolina's free-throw shooting and rebound-margin numbers. In 2007-08, the Tar Heels ranked at or near the top nationally all season in both of these focus-and-hustle/ toughness stats; right now, through 14 games, they lag behind last year's pace significantly.

It is also likely that Carolina will look more like a team as its toughest and most fundamentally sound player, Marcus Ginyard, rounds back into shape from his foot injury -- assuming he is able to fully recover.

A good measure of how well Carolina will identify its mistakes and weaknesses -- and work to correct them -- could come this week against College Of Charleston on Wednesday night and then at Wake Forest on Sunday. The Deacs, one of four unbeaten teams remaining, will no doubt be sky high for a Top 5 match-up on their home court.

The women


The UNC women, thankfully, are still carrying the undefeated flag for Carolina. Led by surprising junior forward Jessica Breland (14 points, 7 reb. per game) and senior all-star candidate Rashanda Mc-

Cants, the Tar Heels have won 14 straight in impressive fashion and have earned the No. 2 national ranking. The Heels begin ACC play Thursday night on the road against 10-4 Clemson and then return home for a couple more tough league games against Virginia (13-2) and N.C. State before a Jan. 19 marquee showdown with top-ranked Connecticut at the Smith Center.

The gridiron

And finally, the Carolina football season came a bit more full circle in the past week with the 29-23 loss by N.C. State to Rutgers in the Papajohns.com Bowl and the announcement that junior wide receiver Hakeem Nicks will be heading to the NFL a year early. Nicks has been Carolina's most focused, consistent and productive player in many years, and no one will be more deserving of a big-time pro career than he is.

And somehow, Rutgers managed to return a bit of balance and perspective to a football season that saw UNC blast the Scarlet Knights early, 44-12, on a memorable Thursday night in Piscataway, only to suffer an equally crushing beating (41-10) at the hands of State in Chapel Hill two months later. By knocking off the Wolfpack, the Knights reminded everyone that each game is still decided out there on the field, not in the stat box or the preview articles.



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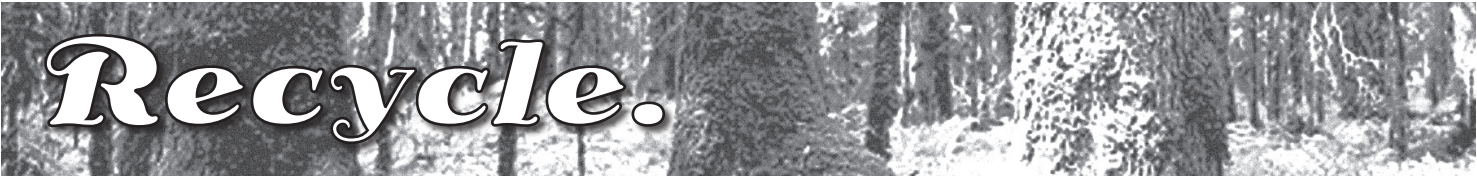
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