

Goldsboro Hi News

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For Your Information--

Your reporter has just staggered from that gristmill of journalistic activity—the *Hi News* work-room, where the janitors have to furnish buckets to keep the sweat-of-the-brow from flooding the school. We have gleaned the bare facts and figures of the "Most Representative" contest for you. They are as follows:

Nominations were made by the Juniors and Seniors. The five boys and five girls who had the most nominations were in the first balloting. Winners of the first and second votings were chosen by simple majority.

Candidates in the first voting were: Hilda Liles, Hilda Bell, Effie Ruth Maxwell, Carolyn Hollingsworth, Martha Blue Purser, Billy Charlton, Bob Kemp, Edwin Lee, Bob Powell, and Ned Hart. On the second ballot were: Hilda Liles, Hilda Bell, Billy Charlton, and Bob Kemp.



—for the GHS Band. After their concert on February 20 the general opinion around school was something like this: "Boy! hasn't that band improved! They're really getting good!" They are—and we're proud of 'em. Give us another concert soon, boys, and as a special favor to this column, please let Cecil Columbus play a solo!

—for the new Freshman Class songs, the words to which we herewith present without further comment except that—they're swell!

Class of '46

For we are the class of '46
 Of the school we love the best,
 We're brave and true to red and white
 When she puts us to the test.
 Our class goes always forward,
 Never bowing to defeat;
 Then we sing aloud this praise,
 Dear School,
 '46 just can't be beat!

—Class Song Committee; tune: Marine Hymn.

One of the best things--

that has happened in our school in many years is the new Physical Education course compulsory for all physically fit boys in the Senior Class or 17 years of age.

The boys like the course. They have a fine time and like the activities in which they participate. Of course, they complain about having to march so far, but they wouldn't give it up for anything.

The classes are held first, second, and third periods, which helps greatly in breaking the monotony of the day. Many boys who did not want to change their schedules to include Physical Education now believe that it is more valuable to them than the class they dropped.

Some boys who have not been out for sports before are becoming interested after taking part in the soccer games. Some who in the past had not been accustomed to calling Mr. Jeffrey "Coach" are now doing it; those who had not known each other before have become friends and play on the same teams. They are becoming better acquainted with each other every minute of the period.

—V for victory—

Sandy Says:

How much Scotch do you have in ye, brrrotherrrr? Do your greenbacks think they've been through a turkish bath when ye finish stretchin' and squeezin' 'em? No? well, take it from Sandy, now is the time to learn Scotch thrift. Dig out the family plaids!

—V for vitamins—

Hello, Dear High School

Hello, Dear High School, we're here at last,
 You're what we've worked for, throughout the past.
 We'll keep your honors high and give you more,
 You are the school we love and we adore.

We'll never leave you, our hearts will stay,
 Though some will travel so far away
 You have our pledge now at last; we'll keep it true,
 The freshmen promise you, GOLDSBORO HIGH SCHOOL.

—Written by Nettie Lewis; tune: "This Love of Mine".



Tell me what you eat and I will tell you what you are.

V might stand for victory
 But in this particular case
 V stands for vitamins . . .
 Don't let them go to waste.

An apple a day keeps the doctor away.

Roses are red,
 Violets are blue,
 Carrots and apples
 Are good for you.

An orange a day will keep the dentist away.

Mary had a little orange,
 She sucked it dry one day.
 All of Mary's aches and pains
 Immediately went away.

Eating fast is wasting food.

I like to play,
 I like to sleep,
 But best of all,
 I like to eat!

Eating the proper foods will prolong life ten years—Hygeia.

Candy is bad,
 Coffee is worse,
 Eat vitamins for safety first.

Vitamin A is my name,
 I keep your eyes from going lame.
 You'll be bad off if you don't eat me,
 For you can't have fun if you can't see

For Steady Nerves . . .

Coffee is bad,
 And so is tea;
 Eat all you can
 Of vitamin B.

Scurvy is prevented by vitamin C,
 It is much needed by sailors at sea,
 Citrus fruits are one source
 To keep a sailor on his course.

The bottled sunshine
 Of vitamin D,
 Will make a person
 Bright as can be!

Vitamin G Says

Pellagra is what I keep away,
 So eat a lot of me each day.

Milk is the nearest whole food.

Sunshine is vitamin D
 Milk is vitamin A,
 Healthy and happy you will be
 If you eat these each day.

Carbonated drinks may hit the spot,
 But make one gain, when one should not.
 Listen, my friends, what we should do
 Is eat and count our calories, too.
 Yes, eat and drink and exercise;
 But in all these things we must be wise.

Better food, better health,
 Better health, more wealth.

Jingles by members of Miss Taylor's biology classes:
 Neil McArthur, Macon Michaux, Yates Wilson, Ann Thompson, Betty Reeves, Iris Parker, Pattie Lee Perry, A. W. Griffin, Ralph Bland, Mary Frances Jones, Marie Crone, and Mary Sue Edgerton.

Everyone has heard--

of the many people in the world who haven't enough to eat. We have seen pictures of the starving children of Europe. Do we realize how many, many people are poorly fed simply because they haven't enough common sense to eat the *right* foods? Ridiculous? Emphatically not!

How many of your acquaintances have you seen with a lunch tray on which they had a hot dog, macaroni and cheese, and a piece of pie? If that person feels tired and sluggish, flunks his work, and looks pathetic about the whole thing, you maybe know that it is likely to be his own fault. For the same price, that person could have lunched on a meat, two vegetables, bread, and milk.

We all know that a raised standard of health is necessary for our country's defense program. Balanced diet is necessary for good health, and therefore especially important now. This is another of the not-so-small things we can do for America—keep fit bodies. Watch your diet—substitute fruit for pie and candy, milk for coca-colas, and green vegetables for cake! Remember, we're lucky to be able to eat at all!

—V for victory—

Are You?

What is a representative person like? You students have just chosen Hilda Bell and Bob Kemp as the *most* representative girl and boy in GHS. In conducting the contest, which the *Hi News* has sponsored each year since 1934, the staff set up these standards:

To be eligible for nomination, a student had to be a junior or a senior, to have been in GHS for at least two years, and to have a good scholastic average, as well as an attractive personality.

The qualities most outstanding in a truly representative person we thought were included in an attractive personality, a cheerful nature, honesty and dependability, and a deep interest in everything about GHS. A well-rounded student is a good mixer; he takes part in varied activities—and enjoys them.

These last are qualities that all of us should possess. Measure yourself against these standards. How representative are you?

—V for vitamins—

"Rumor--

of all evils the most swift. Speed lends her strength, and she gains vigor as she goes: small at first through fear, soon she mounts to heaven, and walks the earth with head hidden in the clouds."

Virgil, the great Roman poet, said this thousands of years ago in "the Aeneid". Its modern equivalent is "A slip of the lip may sink a ship." Remember that!

We Honor

MARGARET LINVILLE HOLT

Margaret Linville Holt, or just "Holt", was born in Goldsboro on November 24, 1926.

She began her high school career as secretary of the Freshman Class and has held various homeroom offices since. She was on the SA



nominating committee last year, and has done fine work this year on the Junior Defense Recreation Work Committee. This year she's assistant make-up editor of the *Hi News*, and we think she's done swell work.

"Holt" simply loves ice cream and Duke (it's definitely *her* school). She'd rather curl up in a chair with a book and ice cream and listen to "Deep in the Heart of Texas" than most anything. She's wild about Greer Carson and Stirling Hayden (remember "Bahama Passage"—we couldn't possibly forget it) and her favorite radio program is Red Skelton's.

Her present ambition is to get a driver's license (before next November), and if you get it, Margaret, there're about five hundred people in high school who would like to know how.

So good luck, "Holt", loads of it—at Duke, and from then on!

H. F. FERGUSON

H. F. Ferguson, our Senior honoree, was born in Nashville, Tennessee, on August 2, 1924, and moved here when he was two. Right here and now we are saying we're glad you're here, H. F.

We don't know what the library would have done without you.

For two years H. F. has been the person who greets you when you go into the library and who nods you a friendly 'bye late in the afternoon. What we're trying to say is he has been practically invaluable to Miss Collier doing this, that, and the other—a hundred and one little jobs that add to your pleasure when you're in the library.

Collecting stamps is the hobby of our March honoree, so you collectors who are ready to trade some of yours run down to the library and see H. F. As for likes, he is crazy about asparagus, *Amos and Andy*, and "Do You Care?"

In the summer he loves to spend his spare time swimming. Modeling airplanes takes up a good deal of his time; and speaking of airplanes, he wants to be a pilot in the Army Air Corps. Stick to it, H. F.! We know you'll succeed.

