

Student Council Gets Under Way At CCHS

The Student Council of Cove Creek High School got into full swing with the election of the secretary, Mary Francis Deal; reporter, Janie Shipley; and sponsors, Mrs. Robert Thomas and Mr. Lenard Evans.

The council has been very busy getting their projects organized for the year, holding nightly meetings in doing so.

We are very happy to welcome to the faculty, three new teachers.

In the French and English department is Mrs. Linda Tate, a 1963 graduate of Appalachian State. Mrs. Tate was reared near Charlotte and went to high school at Harrisburg. She and her husband, Dean, are the parents of eight-month-old Michael. Occasional reading, playing the piano, and taking care of Michael are Mrs. Tate's hobbies.

Mrs. Betty Fowler is a new teacher in the math, civics and health departments. Mrs. Fowler, a graduate of ASTC was chief majorette in college, so she is certainly well qualified to sponsor the new baton club.

We're very glad to welcome back to Cove Creek, after two years' absence, Mr. Lenard Evans. During these two years, Mr. Evans had a position with Delta Airlines in Atlanta, Ga. He is married to the former Glenda Lawrence and they have two children, Cheri, 2, and Greg 3.

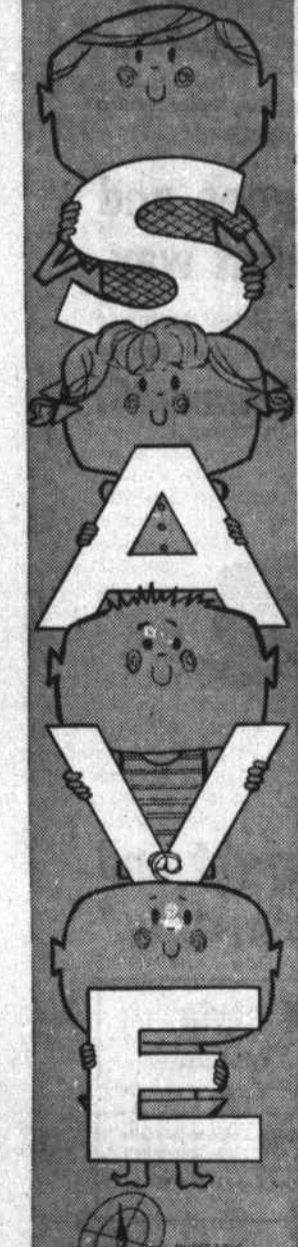
A graduate of Wake Forest, Mr. Evans is teaching current history, health, civics and business arithmetic. Mr. Evans is a student council sponsor and

Ford Tractor Showing Set

Mr. Howard Walker, of Walker Tractor Company in Vilas, announces showing dates for the new line of Ford 6000 tractors, Ford's new corn cutters and silage choppers.

Showings will be held at Mount Bros. Farm in Shouns, Tenn., Friday, September 20, and at Ben Ward's farm at Sugar Grove, Monday, September 23.

As Needs Increase...



THE NORTHWESTERN BANK

Boone — Blowing Rock

Letters To Editor

Little Theatre Support Asked

Dear Mr. Rivers:

I have been away from Boone for only two years and yet, in this short time I have noticed many great improvements and advances that have been made in the county.

The special school-hospital bond issue of the Democrat evidenced the desire for educational and cultural advancement displayed by the townspeople. Ironically, in this same achievement-bound edition was an article clearly indicating the lack of interest in Boone's new Little Theatre.

I witnessed a superb dramatic reading of "Don Juan in Hell" in Boone this summer. I have seen this bit of literature done by professionals and I can truthfully say it was done no more convincingly by them than by our Little Theatre cast. How many people observed this bit of genius? Ten!

I have met many people in Charlotte who have attended a summer session at ASTC. Inevitably, from each there came a sarcastic remark about the "cultural opportunities" of our town.

How can the citizens of Boone desire educational advancement and at the same time hinder cultural achievement? Do the people of the town feel that the actors of the Little Theatre are merely amateurs? Having witnessed their performances, I can assure you that they are amateur only in the lay term, for they are professional in the spirit of acting.

In this time of advancement, I urge the people of Watauga County to support the Little Theatre. It may be one of the most promising adventures of Boone.

Thank you,
Carolyn Brittain

Why Juveniles Are Acting Up

Dear Mr. Editor:
Why juvenile delinquency is on the increase:

New York teachers threaten strike in defiance of law. A Governor makes stand against school integration in defiance of law.

Adults sit down in school in defiance of law.

If they can, so can we, says the juvenile.

Yours for adult cooperation,
J. C. CHURCH

72 Johnson Avenue
Uniontown, Pa.

P. S. We also might consider a march on Washington to put the Bible and the Lord's Prayer back in the schools as a combat against juvenile delinquency.—JCC

Says President Failed Vets

Mr. Editor:

Political promises, what are they worth? How many are kept? As an example I am referring you veterans to a part of the Democratic platform, which President Kennedy agreed to in Los Angeles, when he was chosen as the Presidential candidate, and I quote the exact words contained in this platform which was drawn up in 1960.

The Democratic platform of 1960 states:

Veterans of World War One, whose Federal benefits have not matched those of subsequent service, will receive special attention of the Democratic party, looking forward to equitable benefits.

President Kennedy on September 9th, at Los Angeles stated: I believe in our program, and in 1961, I intend to see its pledges are carried out. Let us make it very clear that when the Democratic Party wrote its platform in July, it meant it in September and in November and in January, in 1961. I intend to see these commitments are carried out.

In a "State of the Union" message, President Kennedy said: We shall we judge more by what we do at home than what we preach abroad. We must never find ourselves preaching first class service to veterans while not seeking at home in our agencies, the best, the most up-to-date, and the most effective means of providing that service (end of quote).

If we can not depend on the promises made by our President, how can we possibly depend on the promises of our other elected officers of the government, state or national? The promises of President Kennedy as mentioned herein have not been kept. It is time we reminded him of his commitments.

Jack Dunwoody
P. O. Box 583, Lenoir, N. C.

CARD OF THANKS

The family of Fred M. Blair wishes to express its deep appreciation for the many acts of kindness and sympathy shown by his many friends during his illness and death.

Noted Authority On Fitness Has Symposium Last Week At College

Dr. Thomas Kirk Cureton of the University of Illinois, the world's leading authority on physical fitness and health, conducted a symposium during the week end, under the sponsorship of the Appalachian Department of Health and Physical Education.

Dr. Cureton reported that he saw in Poland, Italy, both East and West Germany, and in Formosa programs and research centers that put America's in the shade. He stated that in each of these countries, and in many others, the health authorities and the medical profession are using exercise both as preventative medicine and to rehabilitate persons with maladies. It has been discovered that rather than resort to rest and no activity in cardio-vascular (heart and blood vessel) insufficiencies, that patients recover faster and more completely when they are programmed into a supervised progressive program of exercise.

Rather than allowing the heart and blood vessels to grow weaker and the tone of the small muscles of the vessels to grow weaker, exercise has the effect of strengthening the heart and blood vessels and preventing stagnation of the blood. Research has shown that broken blood vessels (especially in women), and the varicose veins that sometimes follow, can be prevented with exercise, if it is begun in time.

Dr. Cureton stated that for most Americans "middle age"

is not in the 40's or 50's but on the average begins at 26. Measuring most persons physiologically, cardio-vascularly, and organically most people in our country are physiologically "middle aged" at 26.

Research, most of it being done in Russia, has revealed that diet and food intake is closely correlated with fitness. Studies show that even though the amount of food is not decreased that persons through exercise can build an organic system that is more efficient in using the food, thereby giving them more energy and through exercise develop a better elimination system. Dr. Cureton gave one objective of exercise as "the attempt to create more energy for living."

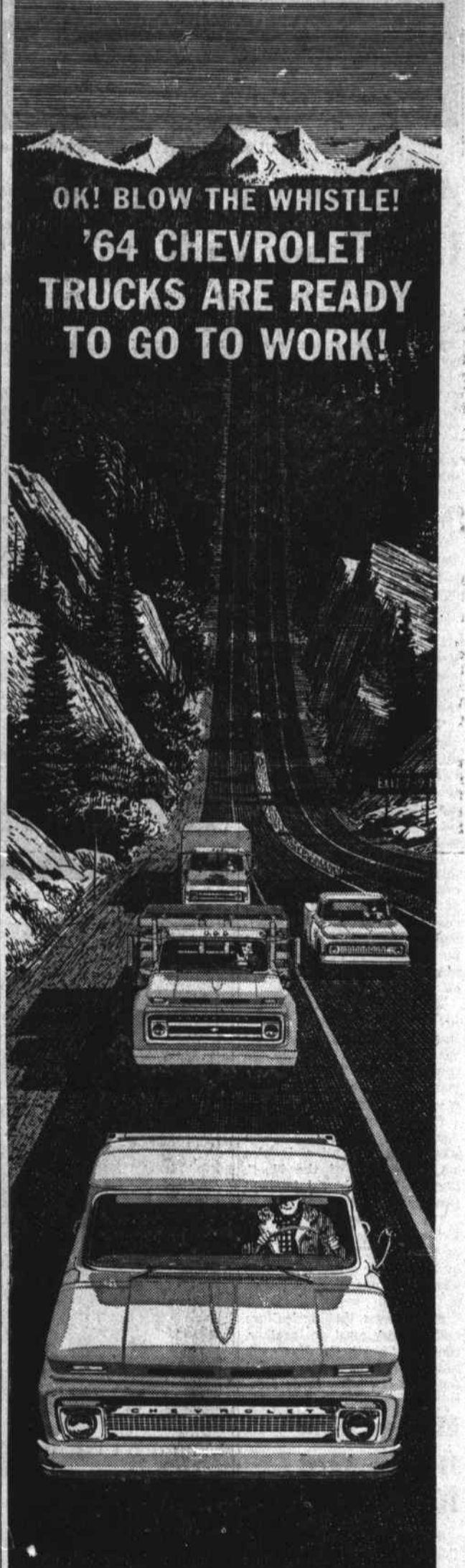
The audience presented many questions and points for discussion, some of which dealt with obesity, heart attacks, backaches, migraine and mental strain, etc.

One of the interesting aspects of the fitness effort in America

is the many results of the President's backing of the program. Dr. Cureton, and the national leaders believe that not much real progress will be made until the school administrators themselves take part in, practice and back the scientific exercise program of strength, health and endurance for American youth. For ex-

ample, in California the first three day clinic was for college presidents and deans, city and county school superintendents and principals. They not only listened but went through the program in action. The enthusiasm was such that the State Department of Education then set up seven district exercise clinics to include all school teachers, not just physical educators.

"Until the college and school administrators themselves show that they believe in this thing and practice it, we cannot expect youth to follow it," said Dr. Cureton.



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