



Attends Science Conference

Prof. C. Ray Pruette of the Chemistry and Physics Department at Louisburg College attended a one day topical conference in the physics of Wave Motion Monday at East Carolina University, Greenville, N. C.

This conference is a new activity of the departments of Physics and Science Education of the University in an effort to improve the teaching of college physics teachers.

Topics presented by the physics staff during the day were: Introduction To Waves, Mechanical Waves (Sound), The Interference Pattern, and Electromagnetic Waves (Light).

It is not "un-American" to disagree with others, regardless of what position they occupy.

DRAMATIC—Cotton brocade in a distinctive dahlia design makes a striking ensemble for afternoon or evening. The back-beited coat goes over a matching dress with asymmetrical button closing. By Mike Anthony for Jean of California.

In Service



BOWERS

Pfc. John C. Bowers, 20, left in December following a 15 day vacation for Camp Page near Seoul, Korea. He is connected with the Hawk Missile Radar Division.

Bowers is the son of Mr. and Mrs. J. A. Bowers of Route 3, Louisburg and received the Good Conduct and Rifle Marksmanship medals while training at Fort Bragg, N. C.

Louisburg Elementary School Menu

February 24th thru 27th

Monday:
Hot Dogs on/School Buns
Buttered Corn
Tossed Salad
Apricot Halves
Peanut Butter Delight
½ pint milk

Tuesday:
Beans w/Bits of Ham
Green Beans
Whole Orange
Crispy Corn Bread
Cinnamon Bun
½ pint milk

Wednesday:
Birthday Lunch

Baked Turkey w/Dressing
Giblet Gravy
Orange Sweet Potatoes
Green Peas
Hot Rolls
Party Cake Squares
Ice Cream
½ piny milk

Thursday:
Barbecued Pork w/Rice
Greens
Fruit Jello
Cracked Wheat Rolls
Cookies
½ pint milk

Friday:
Tuna Pizza
French Fried Potatoes
Cole Slaw
Peach Halves
Buns
½ pint milk

New Magic

"We have a magic record player at school," said the little boy. "You don't have to use electricity - just wind it up with a little crank."

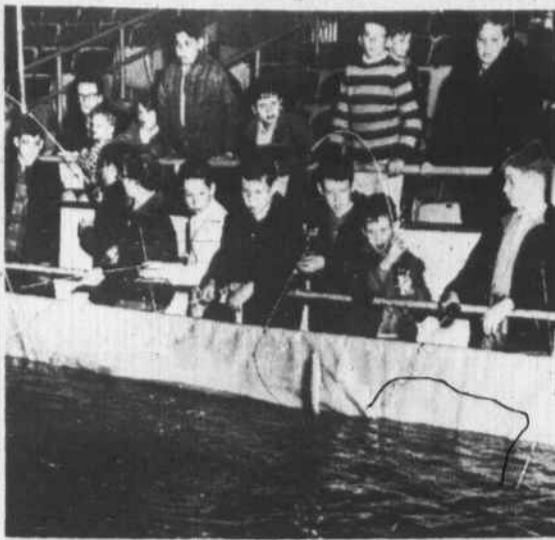
Boat, Sportsman's Show Held

The Fifth Annual Eastern Carolina Boat and Sportsman's Show will be held February 24 through March 2 in Rocky Mount, N. C. at Tarrytown Mall. Last year's show drew over 175,000 spectators from several states and this year's show should be an even larger attraction.

A unique display at this year's show is a pool of water filled with live fighting trout. Everyone will be able to try their fishing skills for a nominal fee. Rods, reels, tackle, bait and even take-home bags for catches will be provided. All profits from the Boat Show and this event will go to the Civitan Club of Rocky Mount for charitable use.

The Boat Show is a jointly sponsored venture presented by the Rocky Mount Civitan Club and Tarrytown Mall. The exhibits featured include displays of the newest model boats, boating equipment, campers, camping equipment, motorcycles, and other outdoor equipment. Manufacturers such as MFG, Johnson, Thunderbird, Glassmaster, F & M Catamaran, Owens, Correct Craft, Sabre, Cobia, Starcraft, Boston Whaler and Skeeter boats; Evenrude, Mercury, Johnson and Motor Glide motors; and manufacturers of outdoor sporting and camping equipment will be represented.

Dealers and distributors from Henderson, Sharpsburg, Ruanoke Rapids, Washington, Wrightsville Beach, Littleton, High Point, Nashville, Durham, Rocky Mount and others will be present at the Boat Show to discuss the outstanding features of their products. Admission to the show is free and the hours are scheduled from 10:00 a.m. to 9:00 p.m. daily. Hours on Sunday, March 2, are from noon to 9:00 p.m.



Tarrytown Mall, the setting for the Boat Show, is an enclosed shopping complex with a year 'round climate-controlled temperature of 72 degrees and has a large Mall in the center which serves both as a sheltered passageway for shoppers as they go from store to store and as an exhibition area. Throughout the year various educational, civic, charitable and entertainment programs are scheduled in the Mall.

Located at the junction of Highways 301 and 64 in Rocky Mount, Tarrytown Mall is known as the shopping showplace of Eastern North Carolina.

Your Mental Health

By Dr. Norbert Kelly
Part III

One for the Road?

Most sincerely, if you do, you may be taking the fatal one.

Alcohol is an anesthetic. When taken in small quantities it relaxes you. It acts as a sedative.

When you drink it in larger volumes, you're asking to be put to sleep.

Sleeping and driving don't mix.

Can you imagine yourself walking into a hospital and asking for a few quick whiffs of ether before driving home?

Well, alcohol acts very much like ether. It makes you sleepy. It doesn't stimulate you, as a lot of unformed people still think.

Science tells us beverage alcohol is a depressant, an anesthetic. If you want to stay alive, keep away from alcohol when you're on the road.

Now don't kid yourself—as many a cadaver did. You won't get away with it anymore than they did.

Science tells us that every year thousands die because drinking doesn't go with driving. Nor does it go with walking on the highway. The drinking pedestrian, frequently winds up in the

grave.
How about you? Think about it.

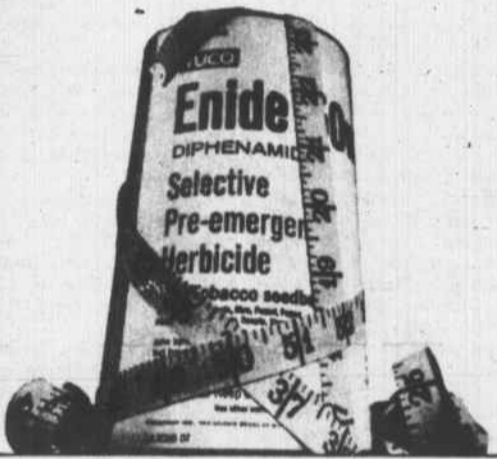
Beer, wine, hard liquor numb the brain. The more you drink, at a given time, the more you are numbed. This is why beverage alcohol has been called an escape agent. Drink enough of it and it will numb your feelings. It will numb the problems that may be upsetting. This is why the alcoholic drinks alcohol. He's trying to forget (numb) his unhappiness, his fears, his frustrations. Of course, when he sobers up those same problems, fears, frustrations are right back with him as strong as ever.

A safer bet would be to try to get at the basis of the problems and do something about them—perhaps with the help of Alcoholics Anonymous, the local alcoholism information center, or the mental health center. Consult your phone directory for any of these if you or a member of your family are using alcohol excessively.

There are very few young people, starting out in life, who do not believe that, in a few years, they will be rich.

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