

Education, Recreation Opportunities Abound

Education and recreation don't necessarily have to take a big chunk out of your family's budget.

Educational opportunities abound; many are free or at low cost. Public programs or short courses and documentaries and educational TV programs are available to everyone, say extension specialists at North Carolina State University.

Educational expenses can be reduced by using library facilities whenever possible, attending public rather than private schools and attending in-state rather than out-of-state colleges.

Library facilities can also be used to find information on colleges and universities rather than purchasing handbooks on the schools.

By saving in advance, a minimum of credit will be needed to finance a college education. If credit is needed, seek low-interest loans. Take advantage of available scholarships and student-work opportunities. The college's financial aid officer can supply information on these.

Educational skills can also be upgraded or improved through on-the-job training or courses offered by accredited colleges.

Avoid dealing with unknown schools.

Benefits from recreation can also be extended. Get away from regular work or routine tasks and invest your money in the most meaningful activities.

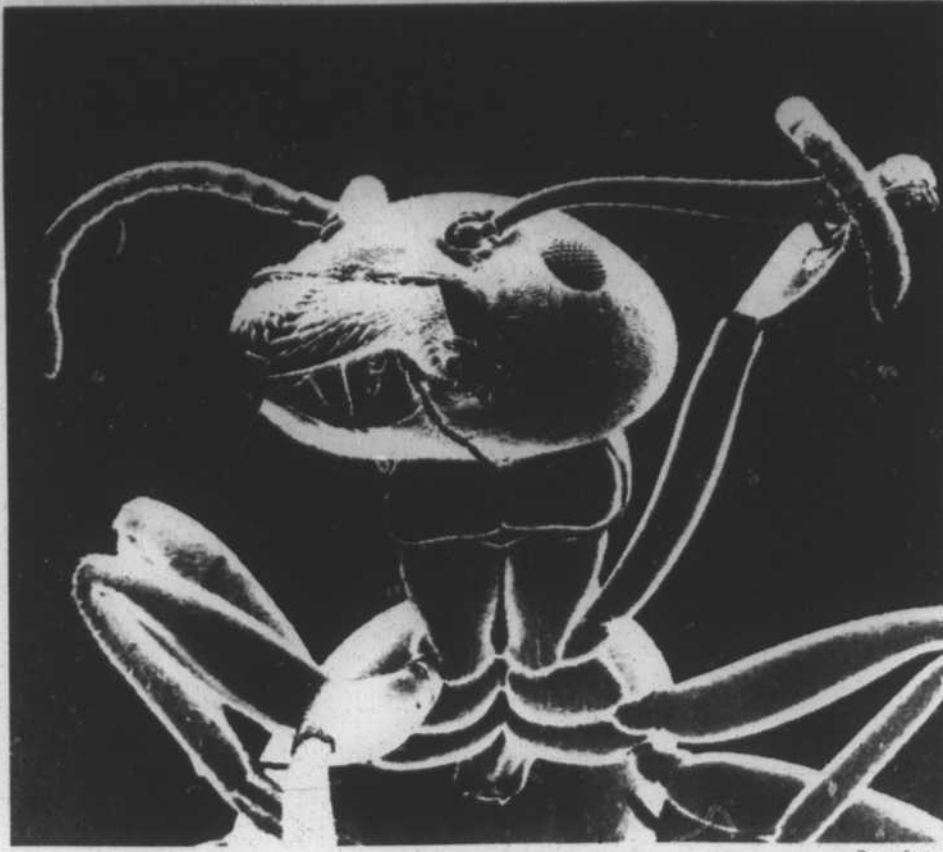
Take advantage of mini-trips or one-day trips to points of interest or combine parttime jobs with travel in an area. The job will help finance the travel.

Save money in advance for expensive recreational activities such as travel or personal improvement and avoid excessive credit charges.

Seek wise buys in recreational equipment and give it proper care for long service. Rent recreational equipment used only occasionally rather than buying it.

Take advantage of recreational activities and facilities in your community. Many are free or low-cost because you have already paid for them through your tax dollars.

Make your own extra pancakes and waffles and freeze on a cookie sheet covered with paper towels. When frozen, stack and store in plastic bags. To reheat, just pop in the toaster.



VELVETY TREE ANT manages a lopsided grin for a scanning electron microscope. Powerful new instruments, electron microscopes enlarge images with electrons instead of light rays. Research photographer and artist David Scharf who took the pic-

ture has perfected methods enabling him to examine live insects with the microscope. By lowering the energy of the electron beam and adjusting the system for maximum sensitivity, he is able to produce detailed three-dimensional images.

Electron Microscopes Spy On Nature's Invisible World

An incredible research tool now takes scientists into the Alice-in-Wonderland world in inner space.

A whole new realm of atoms and molecules, a world man has never seen before, has been revealed by the electron microscope, an instrument that enlarges images with electrons instead of light rays.

The best optical microscopes, limited by the wavelengths of light, magnify no more than 2,000 times. They resolve, or discriminate, objects no closer than about 2,000 angstroms, or 1/125,000 of an inch.

"By contrast, the best electron microscope can magnify an incredible 20 million times, with a resolution on the order of two angstroms," reports Kenneth F. Weaver in the National Geographic.

Sees the Invisible
"And even the individual atom, which has a diameter of only about one angstrom (about four-billionths of an inch), can be photographed in the same way that an invisible mote of dust can be 'seen' by the light scattered when the mote floats through a bright beam of sunlight."

"Angstrom-wide atoms are so small that it would take nearly a million of them to equal the thickness of a sheet of paper. The amazing viewing power

of the electron microscope has already had an enormous effect on the life sciences. It is now possible to see viruses that are as small as 60 angstroms in diameter.

Two scientists recently developed the electron microscope to such a point that they were able to make a movie of uranium atoms in motion.

Biologists can even spot normal cells changing into cancerous cells and identify genes that cause hereditary diseases.

The powerful electron microscope is focusing on other sciences as well. Metallurgists are gaining new insights into crystal structure, learning how metals corrode and fracture.

Materials experts are looking into the heart of rubber molecules to predict a tire's performance. Ecologists tracking down pollution can identify fine droplets of sulfuric acid even in the pristine air of Antarctica.

Works In Reverse
"But perhaps the most unexpected benefit of the

State Has Number Of Ghost Towns

The 100 counties of North Carolina have 157 uninhabited, abandoned towns and more than 1,000 ghost towns, all originally established in the 1700's and 1800's, according to a recently completed study by Treasure Index, a national publication.

A relatively small number of the old towns bloomed in size, in population and in prominence. The others are buried under such identifications as uninhabited abandoned towns, ghost towns and forgotten hamlets. Early indications show that the counties of Bladen, Buncombe, Chatham, Iredell, Moore, Randolph, Robeson and Watauga lead the state in numbers of old towns.

An abandoned town differs from a ghost town in that the latter is a community in drastically reduced circumstances. An abandoned town is exactly what the term implies—abandoned and therefore uninhabited. Such a town may have originally grown around a factory, a processing plant, a mine or a railroad station, for example. Many towns have suffered because they were bypassed by more modern means of transportation. Some suffered from too much water, other with not enough.

Reports For Duty

Marine Private First Class Charlie M. Dortch, son of Mr. and Mrs. Charlie G. Dortch of Route 2, Ridgeway, has reported for duty with Third Marine Division, Okinawa. He joined the Marine Corps in September 1976.

Leftover baked potatoes may be reheated by dipping them in hot water and baking again in a moderate oven.

Attach mini-pegboards to the insides of cabinet doors and hang cooking, cleaning, gardening, and craft tools nearby out of sight.

Norlina 4-H Club Meets On Monday

By CHARLIE FIELDS, JR. Reporter

The Norlina Youth Improvement club held its monthly meeting Monday at the home of Mr. and Mrs. Thomas Kersey. The meeting was called to order by the president, Oita Cheston. Devotion and the minutes followed.

The business session was thereafter. Two new members joined the club. The group discussed having a sports event on April 11 at 1 p. m.

The educational topic was based on the play, "The Go Go Ghost Club." Three leaders, two parents and 27 members attended the meeting. Dues were paid and refreshments were served by the Kerseys.

Graduates

DENVER—Airman Michael D. Thompson, has graduated at Lowry AFB, Colo., from the U. S. Air Force technical training course for weapons mechanics.

Airman Thompson is a 1976 graduate of Mount Vernon (N.Y.) High School. His mother, Mrs. Geraldine C. Thompson, lives in Manson.

Birth

Mr. and Mrs. Raymond D. Stainback of Raleigh announce the birth of their second son, Christopher Brent, Mrs. Stainback is the former Sylvia Watkins of Palmer Springs, Va.

We Have:
ICE COLD BEER & WINE
SOFT DRINKS & MIXERS
LAKE SUPPLIES
BACON SAUSAGE MEATS
FRESH EGGS & GROCERIES
MILK & BREAD
OPEN 7:30 AM - 11:00 PM
7 DAYS A WEEK
BAG ICE
Warrenton
Drive 'N Shop
We Accept Food Stamps

NEW COMPACT Gilson CHAIN DRIVE TILLER

- Portable - Storable - Light Weight, 65 lbs. Removable Handle.
- 2 H.P. Briggs engine, durable power efficient chain drive transmission.
- Spring Steel Tines, tough, sharp, flexible make operation and control easier and more comfortable. 11-inch diameter, quickly adjusts to 7"-12"-17" and 22" widths.
- The ideal all season yard & garden tool.



\$222.95 SPRING SPECIAL

CONVERTS TO A COMPACT WALKING TRACTOR

For real versatility, remove tines and install steel drive wheels. "Weight over wheels" balance gives you plenty of traction for a variety of pull behind attachments: furrowing, hilling, weeding and many other soil conditioning jobs get done fast and easy.



INTRODUCTORY OFFER
FREE DRIVE WHEELS AND ATTACHMENT KIT
Kit includes:
• Drive Wheels
• Cultivator
• Hiller
\$46.00 RETAIL VALUE
Free with purchase of Model 51104 Gilson Compact Chain Drive Tiller. OFFER EXPIRES—MARCH 31, 1977

NORFLEET'S SAWS and MOWERS
113 N. Bragg St. Warrenton, N. C.



NEED EXTRA ROOM?

When the extra space runs out and you begin to feel crowded, your house becomes uncomfortable and cramped. Maybe it's time you added a room or two, or installed a new bath. Or, maybe you need to modernize your kitchen. Ask your Association representative about our home improvement loans. Farmers and rural homeowners are eligible. Improve your house and make it "home" again!



Herbert J. Moseley

Phone 257-3930
Warrenton, N. C.



THE LIGHT TOUCH From...
ALEX S. WATKINS, Inc.
"Your Home's Best Friend"

A genius is often just the man who was lazy enough to do it right the first time.

Behind every successful man is a representative of the Internal Revenue Service.

Notice how delicately balanced the economy is. The minute auto prices went down, gas prices went up.

There's one advantage to being married: you can't make a fool of yourself without knowing it.

Few things give a man a longer face than a receding hairline.

You won't have a long face when you see our complete selection of building supplies at Alex S. Watkins, Inc., 222 W. Montgomery St. Come on over! We have trained personnel to help you!



PRESSURE TREATED LUMBER
Olympic Stains
For Lake Homes, Decks, Outdoor Wood Furniture

Formica Brand Coated
WALL FABRICS . 25% OFF
DURING OUR SPRING SALE

ALEX WATKINS BUILDING SUPPLY
"Your Home's Best Friend"
DIAL 438-3314 222 WEST MONTGOMERY ST.
P. O. BOX 438 HENDERSON, N. C. 27536

Your Business Is Always Appreciated

Designate

YOUR TOBACCO TO

Centre Warehouses

No. 1 and No. 2

Warrenton, N. C.

Our competent sales force works together to bring you the most for your tobacco crop.

Sell with the men with the experience to bring you the top dollar for your 1977 crop.

Ed Radford • Ed Moody • B. M. Griffin