

Area Students Say 'Cheese' For Dental Health

Although the bad weather prohibited the school system from active participation during National Dental Health Week, area children found a variety of ways to observe good dental care habits. Bulletin boards abounded with the original thoughts of students on what constitutes good dental care, and health classes demonstrated the many facets of dental health. Students at Mars Hill kindergarten received complimentary toothbrushes with instructions on how to use them properly.



MEMBERS OF the four-year-old play school class in Mars Hill visited the office of Dr. Reese Steen to practice examining their cavities. Pictured are Michael

Wallin, Suphong Thavichith, Parish Phillips, Elizabeth Crawford, Tracy Steen, Kelly Briggs, Todd Blair, Rick Chapman, John Michael O'Brian, Carey Burda, and Michael McKenzie.

Physical Education: Student's Message

By PEGGY RICE

The following article was written by Peggy Rice of Madison County for a class at Berea College in Berea, Ky., where Miss Rice is a student. She sent it to The News-Record in hopes that it might be of interest to other county residents.

Physical education is education through the physical. It is education in care and development of the human body with the domain being movement. Although man's culture no longer requires physical activity for survival, his biologic nature does. Man must choose to engage in some form of strenuous physical movement since his environment no longer forces him into activity. If he does not choose to exercise, he faces degenerative effects biologically. People must recognize that movement and its related play, games, sports, exercise, he faces degenerative effects biologically. People must recognize that movement and its related play, games, sports, exercise, and dance are not just means of sweat, fun, and weight reduction, but they are basic to all types of learning, intellectual as well as physical.

I would like to bring to your attention that March 1-7 is National Physical Education Week. All throughout the country, March 1-7 has been set aside specifically to emphasize physical education. Just what is physical education and of what value does it have?

Physical education has evolved from influences of history and at the same time is making history. There was no need for organized physical activity in a primitive society, but fitness in primitive times was necessary for survival. Although physical education did not become an integral part of the school curriculum until the first quarter of the twentieth century. Society soon realized how important physical education was and is.

Physical education is important. The difference between mental and physical learning is one of degree rather than kind. I, Peggy Rice, am challenging you to do something for National Physical Education Week, but more importantly, for your life.

Real Estate Course At A-B Tech

Asheville-Buncombe Technical College is sponsoring a real estate course entitled, "Improving Your Real Estate I-Q", to be held each Tuesday evening from 7-10 p.m. beginning March 11, and ending April 15. The course will be taught by J.D. Jackson.

and responsibilities in the purchase, ownership, and sale of real estate.

For further information and reservations, please call the Continuing Education Department at A-B Tech: 254-1921 ext. 137.

The subject matter will include: how to protect yourself in the purchase of and the investment in real estate; the different aspects in the financing of the purchase of real estate; the different approaches to estimating value of residential and commercial real estate; how to sell your home and how to prepare your home for selling; and some of the individual's legal rights

PICTURED ARE MEMBERS of Mrs. Jamie Briggs' class as they show off their brushes: Carla Bortell, Marcy Mitchell, Gerald Roberts, Jody Lewis, Bryan Hixon, Bryan Edgerton, Jennifer

Cody, Matt Allison, Nancy Ray, Dacote Whitaker, Robert Krause, Dustin Norton, Josh Boone, Scott Briggs, Stephen Page, and Brenda King.



GREG PAYNE, far right, son of Mr. and Mrs. Thomas Payne of Marshall, is one of those who performed with the North Carolina School for the Deaf Cloggers in the Raleigh Civic Center on Wednesday, March 12. They participated in the Arts and the Child Conference. The young cloggers

are 10 to 13 years old, and all are students at the state's School for the Deaf in Morganton. They have been performing together for two years under the direction of Miss Debbie Turner, a junior at the school and a former member of the Grandfather Mountain Cloggers.

School Menu

(Subject to Change Without Notice)

BREAKFAST

Monday, March 17: dunkin sticks, juice and milk.
Tuesday, March 18: manager's choice.
Wednesday, March 19: waffle with syrup, juice and milk.
Thursday, March 20: donut, juice and milk.
Friday, March 21: sausage biscuits, juice and milk.

LUNCH

Monday, March 17: sea dogs, cole slaw, french fries, cake and milk.
Tuesday, March 18: manager's choice.
Wednesday, March 19: pizza, tossed salad, corn buttered, pear halves and milk.
Thursday, March 20: roast beef on bun, lettuce and tomato, potato salad, applesauce cake and milk.
Friday, March 21: manager's choice.

'Gandalf' Helps Students Learn

(Continued from 1)

Sprinkle. "It is definitely not a toy. Right now it's just set up as a teaching aid so the students can learn programming. And it isn't too difficult. I'd say that any student just a little to this side of average in intelligence would be able to pick it up."

big problem we had. The only problem was our own stupidity. Our eyes were a little bigger than our brains, I guess. We did have a problem with the language."

"We did have a problem with the language," Cox continued. "Every trade has its own jargon, and it own buzzwords. The computer trade has millions of buzzwords, it seems like, and there's nothing to do but learn 'em."

The biggest advantage to the home-made Gandalf, now that it's built, is that the builders are always available to make repairs.

"If it tears up," said Sprinkle, "we can fix it. If we had bought one from someone, we'd never be able to fix it. And we'd never be able to pay to have it fixed by someone else. The kids can learn to take it apart and fix it, and if they tear it up, the school doesn't have to come up with a big chunk of money for

repairs." The builders point out that most of the bulk of the computer is just the metal housing and empty air. The "heart" of the whole system is a little semi-conductor unit about the size of a little finger. A computer built 30 years ago, powered by vacuum tubes, would have filled the entire classroom; the first computer built took 275,000 watts of electricity to run. Gandalf hums along happily on about 300 watts — the power used by three large lightbulbs.

Most of the hardware that went into Gandalf was assembled by members of David Cox's electronics class, most of whom have graduated. "The first goal of the class was simply to put together a calculator with a big readout," said Cox. "But it grew and it grew and it grew." Then he and Sprinkle decided that what they really wanted was a computer. They went to a seminar on microprocessors held by Motorola in Asheville, and the seed was sown.

"Was it fun building Gandalf? "It's fun now, as we look back on it," said Sprinkle. "It wasn't so much fun sitting up at 3 a.m. scratching our heads. There wasn't any one

PERSIAN PAINTINGS
WASHINGTON (AP) — An exhibition of 16th-century Persian paintings has opened at the National Gallery of Art. Described as "perhaps the greatest assemblage of 16th-century Persian painting seen in the past 400 years," the exhibit will remain through March 2. The museum says the showing includes some of the finest Persian miniatures ever created, among them Sultan Muhammad's "The Court of Gaymans," which is considered the supreme example of Persian painting.

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