

# Circle K Joins Drive Against MS

By JIM HUNTER  
A week-long educational program to alert Americans and Canadians to the tragic dimensions of multiple sclerosis, a neurological disease of the brain and spinal cord, will begin February 7 as Circle K International celebrated "Canada-U.S. Friendship Week".

Circle K International the largest collegiate service organization in North America, in coordination with the National Multiple Sclerosis Society will launch a program to involve youth in seeking a cure for this crippling disease which strikes people between the ages of 20 and 40.

It is up to youth to start the ball rolling toward change, and change can only occur through education. Broader knowledge of MS is essential if the cause and cure of the disease is to be found in the near future.

Since MS affects the central nervous system, such important body functions as walking, talking, seeing, hearing, eating, typing, opening a door, and typing a shoe are often affected. These functions are controlled by the brain and spinal cord. The impulse travels along nerves in the brain and spinal cord, then to other parts of the body. The nerves are coated with a material called myelin. When the disease hits, patches of myelin disintegrate, being replaced by scar tissue. Why this happens, or how, is a medical mystery. But when it does happen, impulses have trouble getting by the scarred spots; there is interference, and with interference comes malfunctions - the danger signals of ms.

Multiple sclerosis is usually progressive, proceeding in a series of unpredictable attacks, each attack usually causing further disability. There is no known cure. The cause is yet to be found. Unfortunately, no medication has been found successful as a treatment for MS.

But good general medical care devoted to prevention of upper respiratory and other infections is recommended for the patient.

For the first time in the century-old history of MS, the prospects have greatly improved for developing a preventive cure for the disease or more effective methods of treatment. New research clues show promise of substantive proportions and must be exploited without delay. Dr. Jonas Salk has said, "Every disease has its time and the time has arrived to find the answer multiple sclerosis." A potential breakthrough for a rehabilitative and a preventive cure via

scientific research is foreseen in the not too distant future if funds continue to remain available. The National Multiple Sclerosis Society has had many successes, but its main objective remains to wipe out MS.

When MS strikes, families can turn to their local chapter of the National Multiple Sclerosis Society for information, sympathetic help and guidance. Your local chapter can make available many specific services including aids to daily living, social, recreational, and friendly visiting, opportunities, professional counseling to alleviate social and psychological pressures and medical guidance through the chapter's medical advisory committee. The address for this area's chapter is: National Multiple Sclerosis Society, Piedmont, North Carolina Chapter, 1401 East Seventh St. - Apt. 4, Charlotte, North Carolina 28204.

## Know Your Professor

The professor I chose to interview for this issue of the Smoke Signals was Mr. Gilgert Tripp. Mr. Tripp teaches General Chemistry and Organic Chemistry. He also helps with the Physics laboratory classes. He is originally from New Hanover County, Wilmington, N.C. His wife, Mrs. Linda Tripp, is professor of Biology. They have one girl, Beth, who is four years old. He has two dogs, Dan and Al, which are considered as his "sons."

Mr. Tripp's interests are fishing and hunting. Mr. Tripp attended Cambell College where he received his Associate of Arts Degree and his Bachelor of Science. He received his Master's degree at East Carolina University.

When asked his opinion of Chowan as an educational institution he stated, "One of the very best junior colleges in the nation and the very best in the state."

His opinion of Chowan's students was, "Ninety-five percent of the students are wonderful people."



**HELPING OTHERS**—Who can resist the appeal of a pretty girl, especially when he is attired in her short cheerleaders' uniform? The answer is "HARDLY ANYONE" as the coeds discover in December when they

collected donations for the Christmas Seal campaign to fight tuberculosis and other respiratory diseases. It was reported that "truck drivers were the most generous." We wonder why?



**RECEIVING CONTRIBUTIONS**—Dr. Bruce E. Whitaker, chairman of the Christmas Seal drive for Hertford County, receives a donation from Penny Thompson, Chowan majorette,

who helped in the solicitation of motorist. Chowan's Stage Band, directed by Professor Bob Brown, performs in the background.

## Robert Culver New V-P

Robert Lee Culver, Jr. of Salisbury recently assumed the vice-presidency of the Student Government Association of Chowan College, a private, two-year liberal arts college with an enrollment of 1,533 students representing 25 states and eight foreign countries.

Bob is the son of Mr. and Mrs. Robert Lee Culver, Sr. He graduated from Wicomico High School. At Chowan, he is enrolled in the pre-law curriculum. After earning the associates degree in May, 1972, Bob plans to transfer to the University of Maryland.

Chowan is recognized as one of the top five private junior colleges in the United States. Professional education is available in business administration, teacher education, religion and philosophy, law, music, art, drama, science, engineering, optometry, forestry, pulp and paper technology, agriculture, medicine, dentistry, pharmacy, nursing, journalism, secretarial administration, accounting, and Graphic arts.

The 1970 graduates of Chowan College transferred to 53 different senior colleges and universities without loss of credit.



# Forests More Than Trees

"Trees are more than just a source of lumber for homes and pulp for paper products. Trees are a vital controlling factor in our environment," according to Ranger Wayne Alexander. "Most people are aware that trees take in carbon dioxide and water to make their food and that the by-product of this process, called photosynthesis, is oxygen. One fully-grown tree will produce enough oxygen for one person on a continuing basis, while an acre of young trees will produce oxygen for 18 people. All together the forests of North Carolina are able to supply the oxygen for 316 million people."

The beneficial effect of forests on our water supplies is without measure. "In fact," said Ranger Alexander, "watershed protection is the forest's greatest single value." The floor of the forest acts as a giant sponge that soaks up rainfall and allows this water to replenish our ground water supplies. The flow of water in our streams and rivers tends to be equalized by the effect of this "sponge in reducing overland water flows to a minimum. This sponge effect also permits what rainfall that does not enter our ground supply to flow slowly through the soil to these streams and rivers. This prevents countless small floods and reduces the impact of major floods. "Since rivers which originate in North Carolina flow through 14 other states, the value of our forest watersheds are certainly far reaching."

Aside from the forest's effect on our watersheds and oxygen supplies and their ability to reduce noise and cool the air, forests also have a psychological

effect on our watersheds and oxygen supplies and their ability to reduce noise and cool the air, forests also have a psychological effect on people. "The calm of our forests are haven for people who spend most of their lives under the tensions of everyday living," said Alexander. Forests screen and camouflage unsightly scenes such as junk yards and mining sites, and break the monotony of endless miles of our highways.

"All forms of wildlife, from songbirds to black bears, need and use the forests," Alexander said. "Forests are a source of food, shelter, and a resting area for wildlife." Trees, lesser vegetation, and the forest floor combine to provide the requirements for good wildlife

habitat. Abundant forests and wildlife provide good hunting grounds, no matter if the hunter uses a gun, a camera, or just his eyes and ears.

Forests provide other forms of outdoor recreation for all people. Present camping and picnicking facilities are inadequate for the growing demand. Ranger Alexander said, "Woodlands provide private and public landowners with the environment and opportunity to meet the needs for development of recreation facilities. But all too often woodland owners fail to plant a new forest after harvesting their trees or don't harvest and manage their forest at all." Trees, like any other living thing, will mature and eventually die. Dead trees are of little value to anyone or anything. They require more oxygen to decay and the room they take up prevents new trees from growing. "If there were just a few trees reaching this stage at the same

time in our forests, this wouldn't be a problem. But in many areas, the entire forest will reach this point at the same time. When the trees start to die, the forest has lost much of its value and beauty. Even the wildlife will leave and seek a new home where food is more plentiful." About the only thing to do in such cases is to harvest the trees and plant a new forest. With the current demand for wood and wood products increased demands in the future, this harvesting and replanting is the most logical way to go.

"This is the only way we can guarantee our citizens of a constant supply of wood, as well as the benefits of clean air, clean water, a place to play, and a refuge for retreat and renewing of values."

(Note from the Editor: This article appeared in the December 27, 1971 publication of "The Salisbury Evening Post and was supplied for publication in "The Smoke Signals" by Jim Hunter.)

## Your Stopping Power

WASHINGTON—Brakes that "stop on a dime" are probably on a car that crept up on the coin, according to the statistics of the National Safety Council.

You may think you're ready for a fall vacation trip after a tune-up and a brake inspection, but there are several other factors that determine whether you'll be able to stop in time to avert an accident.

Stopping distance is the sum of reaction and breaking distances, and these depend on several variables.

Reaction Distance is how far you go while you make a decision and get your foot to the brake. It varies with speed.

Reaction time for most drivers is about three-quarters of a second. In that time a vehicle moving at 20 miles per hour travels 22 feet; at 50 miles an hour it goes 55 feet. At a given speed, the distance is the same regardless of the type of vehicle, condition of roadway or state of weather.

Breaking distance is how far you go once the brakes are applied. This varies with speed and type of vehicle, as well as with conditions of road, brakes, etc.

For a passenger car on level, dry pavement, braking distance at 20 miles per hour averages 47 feet, while at 50 miles an hour it is 243 feet.

The stopping distances are greater for trucks and vary with

their size. At 20 miles per hour, a light two-axel truck needs about 52 feet, while a heavy three-axel truck or combination needs 72 feet. At 50 m.p.h. these distances increase to 280 feet and 375 feet.

The Council reminds everyone that these stopping distances are averages. Precise stopping distances cannot be determined because of such obvious variables as roadway and brake conditions, and less obvious ones, such as the weight and physical strength of the driver in applying pressure to the brake pedal.

More important than the braking distance is perception time. This can be zero, as when a driver is watching the taillights of the car ahead when the brake lights go on. It can be several seconds if the driver is watching something to one side and does not see at once a situation in the roadway which requires him to stop.

"The greatest possible alertness is necessary in today's traffic," says the Council Traffic Safety Director. Knowing that reaction distance at 30 miles an hour is 33 feet does not mean that that is a safe distance to keep from the car in front.

Don't rely on reaction time to get you out of trouble! You can't see every emergency as soon as it arises. Drive in such a way that you don't need your reaction time and braking distance to avoid an accident. Then, when you do need them, they will be there!

# Bridgewater College



## A PERSONAL APPROACH TO EDUCATION LOCATION

Bridgewater College is a small, four year, coeducational school, founded in 1863. It is affiliated with the Church of the Brethren and located in the heart of the Shenandoah Valley in Western Virginia.

### FACILITIES

Modern dorms; large library; new campus center include cafeteria, book store, snack shop, lounges, post office, recreational areas. New Home Economics building.

### MAJOR PROGRAMS

#### Bachelor of Arts

- art
- biology
- business administration
- chemistry
- economics
- English
- German
- French
- German
- Spanish
- general science
- health and physical education
- history
- history and political science
- home economics
- mathematics
- music
- philosophy and religion
- physics
- physics
- psychology
- sociology

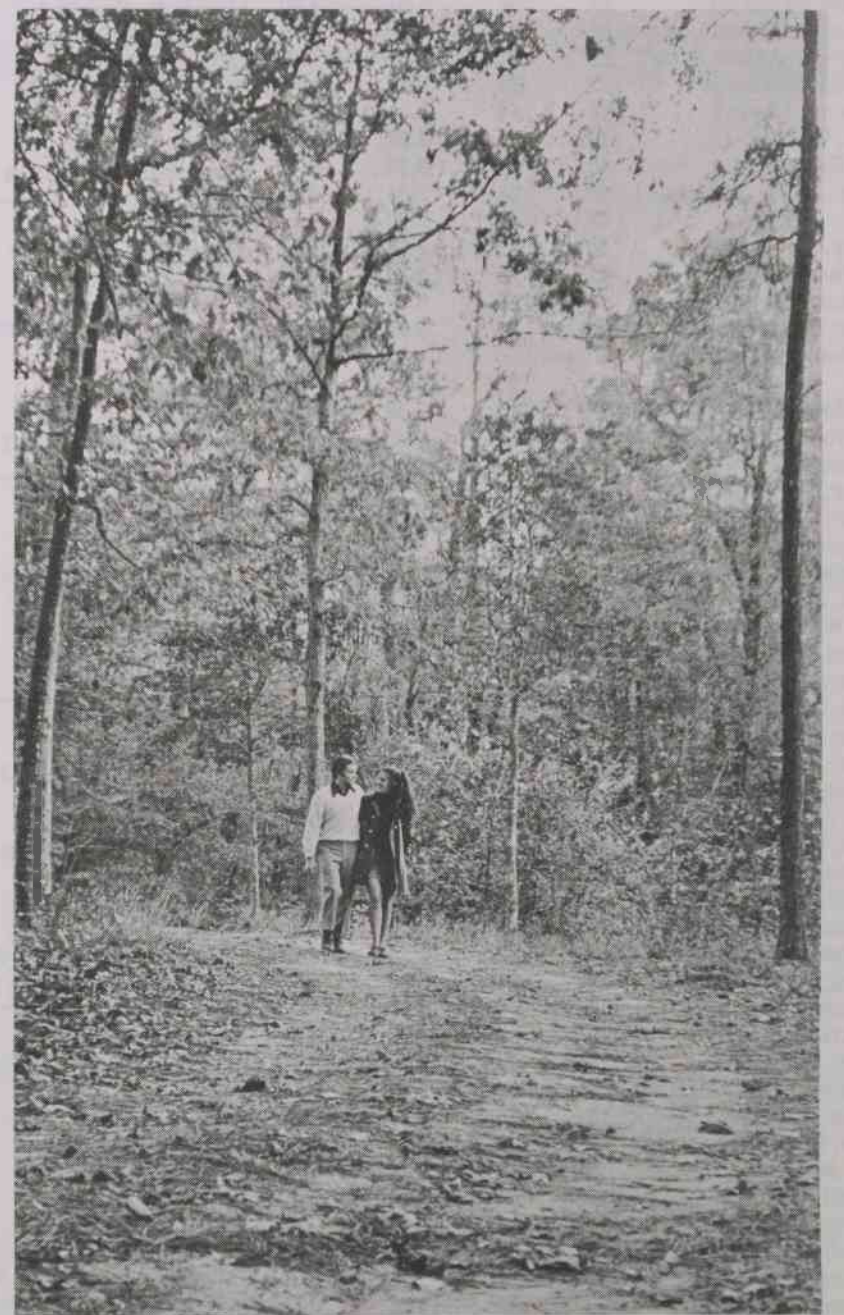
#### Bachelor of Science

- home economics education

### ADDITIONAL PROGRAMS

While all students must have a concentration in one of the areas mentioned above, programs are provided for prospective early childhood, elementary, and secondary school teachers. Also available are pre-medical, pre-dental, pre-law, pre-ministerial, and forestry (2-2 plan) programs.

FOR FURTHER INFORMATION direct inquiries to the Director of Admissions, Bridgewater College, Bridgewater, Virginia 22812.



# DISCOVER

A fully accredited four-year church-related liberal arts college for men and women granting the B.A., B.F.A. and B.S. degrees. ATLANTIC CHRISTIAN COLLEGE, Wilson, North Carolina