



DECEMBER KIWANIS GIRL — Cathy Allen, editor of *The Gryphon*, caught in one of her unusual moments typing up a schedule of *The Gryphon*. (Photo by Bryant)

First Girl Honored By Kiwanis Club

In an historic first, Cathy Allen, editor of *The Gryphon*, was chosen Kiwanis Person for the month of December. This marks the first time that the Kiwanis Club has recognized a female for the honor. Ms. Allen is truly worthy of this distinction for the following reasons:

She is intelligent — a member of the National Honor Society.

She has done much to promote school spirit — as a member of the Good Sports Club, as a Jayvee cheerleader, and as a member of the Social Committee.

She is actively involved in Student Government — serves on the President's Cabinet and the highly esteemed Student Advisory Council.

She is a leader — handles the mammoth responsibility of being editor of *The Gryphon*.

She has definite religious beliefs — attends the Our Lady of Perpetual Help Catholic Church.

She has plans for the future — will further her education at William and Mary in Williamsburg, Va. and major in Political Science.

"She is," says Mrs. Henrietta Barbour, Journalism teacher at RMSH, "One of the most poised young ladies I have ever seen. She zeroes in on what she thinks is right and lets nothing deter her from it."

She is Cathy Michelle Allen — and very deserving of the honor of being Kiwanis Person for December, 1974.

DECA Enters State Contests

The Rocky Mount Senior High DECA Chapter has made its first steps in preparation for the State Leadership Conference to be held in Asheville during March.

Local contests were held during the week of December 15 to decide who would represent

Senior High in District 3B competition on January 28 at Wilson Fike. The winners of district competition will act as contestants in March on a statewide level.

The areas of competition are Advertising, Display, Sales Demonstration, Public Speaking, and Student-of-the-Year Young Man and Young Woman.

A cover for the State Leadership Conference program was designed by Harold Hunter, Tim Brown, W. C. Allen, and Sarah Wheeler. Their design idea will be among others sent from throughout the state.

Robert Horton and James Taylor are constructing an exhibition to be entered into the State Fair Contest. If selected, the exhibit will be placed in the State Fair in 1975.

Two DECA members, Teresa Mills and Larry Wooten, are preparing manuals on Marketing and Distribution.

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What Students Can Give

During this season of "cheerful giving," of charitable spirit, and of happy festivities, there is always that big problem of what to get for HIM or HER! "What does he need?" or "What does she want?" Of course, after deciding what to get, there still exist the delicate intricacies of details.

"How in the world can I find out what size he wears?" This is a question facing many girls who are to purchase clothing for their HIMs. Most girls find it effective to sneak a hand under his collar, ever so sweetly, in order to glance at the size tag. Of course, it takes sly talent to

handle the task successfully. Recently attempted by some panicky girls was the question-answer approach. However, to avoid being spotted when questioning, this procedure should definitely be used prior to November 25.

"I wonder whether to get gold or silver or a diamond or a pearl . . . I wish she'd just pick it out herself!" Ah! The problems of a guy choosing just the right gift are largely numbered. Most, however, lean toward jewelry, especially, a ring, for no girl remains unmoved by such a "tender" and sweet gesture. Of

course there is always the size problem involved in buying rings, too. However, the problem is soon erased by that age-old method of inconspicuously trying on the girl's ring and making a mental note of where it comes on one's own finger. One student at Senior High has agreed to reveal his special method to other boys who may need assistance. He playfully (always playfully) ties a string around his gal's finger slipping it off when she won't notice. He then pops the string into his pocket, and he's got the situation completely under control. Just be sure to tie a good knot!

Of course, when all else fails for either sex, the companion's parents can always be consulted! But please use this only as a last resort!

Now that everyone's gifts are purchased, assuming that all secrets will be kept by those with big mouths, we can all settle back, enjoy the lighted tree (and the mistletoe), and have a Merry Christmas!

Seniors Serve As Volunteers

"I especially like working as a Red Cross Volunteer!" This remark was made by Kathleen Sullivan, one of twenty girls who compromise the Health Occupations II class. The class is under the direction of Mrs. Marjorie Brantley, a registered nurse.

The members of the H.O. II class are chosen from the H.O. I class the previous year. The selections are based on the girls' interests in health careers along with their amount of cooperation and ability to get along well with others. The academic average also plays an important part in the final selection. The girls have to be mature, trustworthy, and need to have a great deal of self-confidence. Because they work independently and constantly venture out on their own, the girls must be able to handle all types of situations. They have to rely on their own ability and to make the best use of their skills.

The first nine weeks, the girls remain in class. They watch filmstrips and work out of textbooks in order to learn how to put their skills to use.

During the second nine weeks, the girls are given the opportunity to show what they have learned. The class is presently working at Westgate Nursing Home. They go second and third period every Wednesday and Thursday. Each girl is assigned a patient of her own. Some of the services they provide include giving baths, taking temperatures, wheeling the patients around, and just being a friend.

Second semester the girls are given the chance to work at the hospital. They are rotated through the various services the hospital provides. Some of these are EKG, EEG, X-Ray,

Dietary, Nursing Service, and the Business Office.

All of the girls serve as Red Cross Volunteers. At the present, seven girls have worked with the Red Cross. When the Bloodmobile visited the Rocky Mount area, these girls helped prepare the necessary equipment. They also helped the nurses take the blood and gave encouragement to the donors. Some of the girls worked in the canteen area feeding the donors as they left.

A few of the girls work after hours at the Nursing Service. They have similar duties as those they perform at the nursing home.

This year the H.O. II class entered the Thanksgiving Basket contest. They won third prize with their model of — you guessed it — a hospital!

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