

As Seen in The Mirror's

# SPORTS REFLECTIONS

of Athletes and Events

New Bern anglers who plan to do a bit of vacationing in the Land of the Sky can make use of this information. The fishing season for mountain trout in western North Carolina runs until September 4, with an extended season under special regulations through October 31.

Down here in the low country, the Southeastern Fishing Rodeo, sponsored by the Southeastern N. C. Beach Association, continues through November 30. Incidentally, seafood galore will be spread at Sea Level's 13th annual

"Down East" Fish Fry on July 4.

Morehead City's D. G. Bell Memorial Sall Boat race is set for Sunday, and if you happen to be up Black Mountain way next Thursday, Friday and Saturday you can take in that resort's 11th annual Horse show.

At Durham, the Herald-Sun's 21st annual Amateur Golf Tournament, a four-day affair, opens Thursday, and Greensboro's Eastern Invitational Swim Meet (three days) starts July 13. The day before that, Asheville launches its four-day N. C. Open Junior In-

vitational Tennis meet.

Burlington's Pepsi Pro-Am Golf Tournament is scheduled for July 15 and 16, and the N. C. Open Invitational Tennis Tournament (not to be confused with the earlier Junior meet) runs six days at Asheville, starting July 17.

Also at Asheville, the Invitation Golf Tournament at Beaver Lake is set for July 19, and runs four days. Waynesville has its 14th annual Horse Show scheduled for July 20-22, and High Point's N. C. Jaycee Junior Tennis Tournament will be running on the same dates.

Pinehurst gets into the sports picture with its Mid-Summer Skeet Championship, July 21-23, and Winston-Salem's 400 Lap Modified Sportsman Stock Car Race is on July 22. Fayetteville's Pro-Am Golf Tournament, a one-day affair, will be reeled off July 28 at the Green Valley Country club.

No matter where New Bern fans vacation, they'll find sports events.

the pain. If the pain is unusually intense, see a doctor. A lot of miserable New Bernians have found relief in calamine lotion, while others have had good results from olive oil and cocoa butter. In severe cases, a wet dressing of Epsom salts solution is recommended.

Sunburn can be serious, and every summer a number of Americans die from excessive exposure. Offhand, we can't recall a death of this sort in New Bern or the immediate area, but it can happen one of these days, just as it has happened elsewhere.

The sun is no villain, but you had better respect it. Fiery streamers of hydrogen gas shoot out from its chromosphere, and sometimes a hundred thousand miles or more into space before they fall back

to their origin.

They won't get to us here on earth, but sun rays do and your skin can't stand but so much of the stuff. Take heed, and govern your fun in the sun accordingly.

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## Looking Glass-

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suntan lotions is most effective for you until you try them. If you guess wrong, you're in for trouble.

Suntan pills, used under medical supervision and obtained by prescription, can help "easy burners" to be better protected against painful burn while acquiring a tan. They are not for self-dosage.

If you get sunburned, treat it as you would any other burn. Use soothing lotions to ease

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