

Phillips' Guide To The Beaches

By JONATHAN PHILLIPS

Little does it matter that just as much sun, and more seclusion and relaxation, can be found on the banks of the Neuse River—most Craven Countians will, at least once this summer, pack up the Pepsi and the Kids and go to the Beach.

We've been at it for years. But there are newcomers to the area, and perhaps those who've gone to the same beach for the past 26 years and are looking for a change of seaside scenery. It is for you that this guide to the beaches is presented.

Atlantic Beach

What people usually mean when they say they're going to "Morehead," though Morehead City is a crowded bridge and a cultural gap away.

If fistfights, traffic jams, public drunkenness, loud high school kids, U.S. Marines, high-decibel one-riff bar bands, high-density mobile homes and station wagons full of screaming, sandy kids are your bag, Atlantic Beach is for you.

For night life, the infamous "circle" features a large assortment of underage teens drinking on fake ID's and greasy bikers.

Bring your Alka-Seltzer and brass knuckles.

Emerald Isle

What Atlantic Beach was probably like 25 years ago. For what Emerald Isle will be like 25 years from now, see "Atlantic Beach."

One interesting thing about E.I. is that its small full-time population manages to create more controversy per capita than any other community in North Carolina. Most of this fuss stems from efforts to keep the place from becoming "another Atlantic Beach."

Carolina Beach

See "Atlantic Beach," but without the Marines.

Wrightsville Beach

Is to Carolina Beach as Emerald Isle is to Atlantic Beach.

Topsail Island

Too developed to offer much in the way of seclusion and enjoyment of nature, but not developed enough to offer much in the way of nightlife and overpriced surf shops. Either the best or worst of both worlds, depending on your point of view.

The Outer Banks

Great fishing, and many stretches of beautiful, unspoiled beach. Enough development in places like Nags Head to keep from getting too bored with nature.

The problem is the mosquitoes. Outer Banks mosquitoes are the biggest, baddest, and meanest on Earth. Small children and pets have been carried away.

Take along bug spray, insect repellent, citron candles, bug lights, mosquito netting, anti-aircraft guns, and large weights to attach to pets and small children.

Brunswick County

See Topsail Island. Includes Holden, Ocean Isle, Sunset, Long, Yaupon, and couple of other puny beaches. Lots of Spanish Moss.

Myrtle Beach

Nice place to visit, but you wouldn't want to park your car there. Like Atlantic Beach, except a whole lot more so. No Marines, but they make up for it with sailors and Canadians, who are just as bad.

Virginia Beach

Full of surf punks and conventioners. Notable for two things: The world's largest concentration of pancake shops (don't ask me why) and a 40-foot gorilla named Hugh Mungus at a place called Jungle Falls.

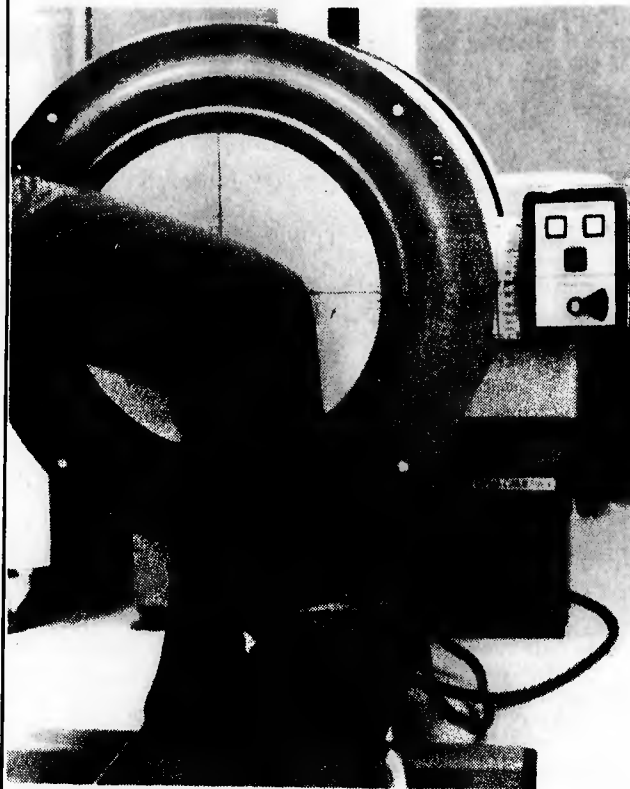
Another major attraction was a miniature golf course that has a giant shark statue with a girl in its mouth. But this person was staring at the shark and wrecked her car, and the cops made 'em take the girl out of its mouth. At least that's what Tom and Barbara said, and I have no reason to doubt them.

Cowpens Landing

You gotta be kidding.

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Craven Co. Hospital Goes Nuclear



PHOTOGENIC KNEE CAP—Once a small amount of harmless radio-active material has settled in the leg, the gamma camera can scan your bone and diagnose any problems.

Anita Weiss: "It can all be done without surgery and without pain."

Nuclear energy can be evil, bringing death and destruction.

It can also be used positively like it is at Craven County Hospital's Nuclear Medicine Department to bring hope and health in a quicker, less painful way than methods used in the past.

Using gamma cameras that do not emit x-rays and a sophisticated computer that electronically displays a picture, the seven member Nuclear Medicine Department is able to scan and diagnose almost any organ or bone in the body like the heart, lung, liver, brain, etc. - without pain and without surgery.

Assistant Director of Nuclear Medicine Margaret Lakey of New Bern took two years of training at Bowman-Gray Medical School in Winston-Salem just to learn how to use the latest in diagnostic equipment.

Margaret says that nuclear cardiology - taking pictures of the heart to find out what's wrong-makes up about one-third of the department's work.

She adds, "These machines do not use x-rays and do not emit radiation when we are taking pictures, rather we inject a harmless low level radiation material into the patient's bloodstream and then our scanners act as detectors of this radiation as it settles in an organ of the body. The type of material we inject depends on what organ we are diagnosing, for

example we use thallus chloride-201 in a heart scan. It travels in the bloodstream to the heart in less than ten minutes and tissues in the heart not getting enough blood will also get low amounts of thallus chloride-201 and this will be revealed in our computer picture of the heart."

Assistant Director of Public Relations Anita Weiss of Vanceboro refers to this diagnosis using nuclear medicine as a non-invasive procedure, "it can all be done without surgery and without pain."

For the patient its just a matter of sitting or lying still for a few minutes next to a drum-shaped object called a gamma camera. The head of the camera is covered by a heavy lead plate and inside the head there is a crystal and 37 photo-multiplier tubes which take the picture in 2-10 minutes, send it across the room electronically to a computer terminal where the picture is displayed on a t. v. screen. Finally the screen image is put on a piece of film that looks like an x-ray so that the picture of the patient's bone or organ can be taken to the doctor for analysis.

Margaret Lakey, originally from Mocksville, North Carolina, says the scanner-computer system has more than paid for itself in less than two years and that Craven County Hospital is way ahead of other similar-sized hospitals. Many patients are referred from other counties like Jones, Pamlico, and Onslow by their doctors.

No one is turned down when a scan is necessary.

Diagnosis by use of nuclear medicine is quick and convenient.

Much of the scanning is done on outpatients while they are wearing their street clothes. They can be in and out of the hospital in an hour.

Margaret describes some more uses, "We can pick up any change in the bone material, we can see fractures, tumors and any kind of cancer. We can see changes caused by painful arthritis. If someone's had a chest pain they can come in and we will find out if they've had a heart attack."

So you see at Craven County Hospital they use nuclear energy to make scans, not war.



THE FINAL STAGE OF DIAGNOSIS—Margaret Lakey processes a cardiac study just finished on a patient who complained of chest pains. She sits at the computer terminal and to her right is a device which can put the t. v. image of the heart on film. The computer system plus two gamma cameras cost a total of \$300,000.

Letter To The Editor

A four year term for members of the General Assembly is self-serving and will not benefit the citizens of this state. Our electoral system was designed for the protection and safeguard of our citizens not for the convenience of the candidates.

Senator Sam Ervin, Jr. recently stated: "I believe that a four year term would destroy the ability of the people to rule and would substitute the rule of politicians. A four year term would be a great mistake and I would urge all North Carolinians to vote AGAINST Amendment 1."

The State Democratic Party and the State Republican Party are officially on record against Amendment 1 and are urging voters of this state to vote against four year terms for members of the strongest General Assembly in the nation.

Our primary check against bad legislation and legislative excesses are the voters of this great state being allowed to utilize their right to vote every two years at the ballot box. I would urge all of the voters of this state to vote AGAINST a four year term.

Tom Gilmore
Chairman

West Craven **HIGHLIGHTS**
Craven County's Family Weekly Newspaper

R.L. Cannon, Jr. Publisher	Betty Daugherty News	Sharon Buck Production
Business Manager	Edith Hodges Mike Hodges Circulation	Jeff Greenberg Editor

P.O. Box 404, Main Street, Across from the Post Office
Vanceboro, North Carolina 28586
Phone: (919) 244-0780, (919) 244-0508

PUBLISHED EVERY THURSDAY
Second Class Postage Paid at Vanceboro, N.C.
(Permit entered March 1, 1978)

SUBSCRIPTION PRICES

Single Copy	20¢
1 Year	\$6.24
2 Years	\$10.40
3 Years	\$14.56

(Includes N.C. Sales Tax)
(USPS 412-110)

(Payable in advance. Subscribers desiring their Highlights terminated at expiration should notify us of this intention otherwise we will consider it their wish to continue to receive the paper and they will be charged for it.)