

KNCB Begins Education Program Thrusts

RALEIGH--Keep North Carolina Beautiful, Inc. (KNCB) has begun its 1986-87 environmental education programs for all schools in North Carolina. The School Beautification Awards Program Handbook will be distributed during the final week of September through the eight N.C. Department of Public Instruction District Educational Centers. All schools are encouraged to plan and implement a beautification project for their campus and submit documentation to KNCB for district and state awards competition. In the past, over 3½ million students have participated in this improvement program.

Also in late September, the rules packet for the 1986 Essay Contest for eighth grade students and teachers will be distributed through the Dept. of Public Instruction's Division of Communication Skills. In 1985, over 11,000 students submitted essays on the theme "Why I Should Keep North Carolina Beautiful" in hopes of winning the \$1,000 savings bonds for the winning essayist and their teacher and the chance to appear in a 30-second public service announcement to be distributed statewide.

The Carolinas Glass Recycling Program is the sponsor of the 1986-87 School Beautification Awards Program and the A.J. Fletcher Foundation is the sponsor for the second year of the Eighth Grade Essay Contest.

Keep North Carolina Beautiful, Inc. is celebrating its 20th Anniversary as a statewide non-profit agency dedicated to the improvement of our visual environment. Mrs. Dan K. Moore is the chairman of the organization which is based in Raleigh.



Hot rod tractor jockeys will tug for \$12,380 in prize money at the North Carolina State Fair again this year. The "good ol' boys" (and girls) will gather on the red clay with hopped-up trucks and tractors at 5:30 p.m., October 20 for their "tug-of-war."

It's called tractor pulling.

The idea is first to take a perfectly good tractor or pickup truck and turn it into a monster even Japanese moviemakers haven't thought of. Then you haul it to the State Fair and hook it to a sled that becomes progressively heavier the further it's pulled.

If you pull your sled further than I pull my sled, then you win the prize and I've probably blown a very expensive tank or airplane engine.

"People really turn out for tractor pulling," said Larry Tetterton, superintendent of the tractor pulling contest. "It's a great spectator event, sort of like car racing. They like the dust flying and the noise. Those engines sound like a rocket taking off."

Major classes are stock, super stock, hot rod, open, 4-wheel Jeep, 4-wheel Pickup, 2-wheel truck and hot rod garden tractor. The contests are sanctioned by the N.C. and American Tractor Pullers Association.

For information, contact Jimmy Crabtree, Route 5, box 178, Apex, N.C. 27502 (919)362-6619.



Terry Conran

Conran Wins First Place

Terry Conran of Rt. 2, Box 402, Vanceboro spent eight months of his leisure time designing a butterfly picture using 2066½ chewing gum wrappers. He used many brands of gum wrappers to give the picture color. He stated "I didn't chew that much gum, but my friends helped collect the wrappers." Terry is still collecting gum wrappers, so send him all your favorite gum wrappers, maybe they will end up in a beautiful picture.

Terry entered the Butterfly in the Ayden Collard Festival Arts and Crafts Show and won 1st place and Best in the Show Trophy and a \$25 cash prize.

So you see, Terry kept the area clean of gum wrappers and made money by doing it.

Leave Most Ears Alone They'll Clean Themselves

Unless you swim regularly, your ears probably can take care of themselves.

"The normal ear cleans itself," said Frances D. Whaley, an assistant clinical instructor in pharmacy practice at the University of North Carolina at Chapel Hill.

"You shouldn't have to do anything to your ears. You don't have to clean them out."

Ear wax and tiny hairs along the ear canal gather up the dirt and the wax automatically moves it out, Whaley said. "It's like cleaning your oven while you sleep."

Whaley taught about common ear problems at UNC, where she also is a pharmacist at the Student Health Service.

Ear problems occur, she said, when the normal cleaning process is interrupted. Owner interference is one way that happens.

"Putting a cotton swab in your ear is nothing less than trauma," Whaley said. Cleaning with a swab may even much the dirty wax back into the ear. If the wax becomes impacted, a doctor has to reopen the canal. Ear washing kits available without a

prescription are only for people with chronic wax problems.

"Some people have abnormally narrow ear canals, and some produce more wax, or it's thicker," she said. But people use the kits only after receiving instructions from their doctors.

For people with normal ears, however, only swimmers need to do regular maintenance. Damage to the skin layer due to moisture allows bacteria to thrive in the ear canal and infect it, causing a painful condition called otitis externa, or "swimmer's ear."

Ear canal skin wrinkles in moisture the same way your fingers do, Whaley said. Moisture also lowers the acidity in your ear to a level where bacteria can survive.

Drying your ears with a hair dryer or plain rubbing alcohol can prevent swimmer's ear, she said. Products for this purpose are available in drug stores.

But otherwise, ears should be left alone to clean themselves.



Donna Kay Mills, 12, of Rt. 1 Vanceboro, is shown with a 6 point buck she killed with a bow and arrow at Pollard Swamp. Donna has killed other deer but this was a first with a bow and arrow.

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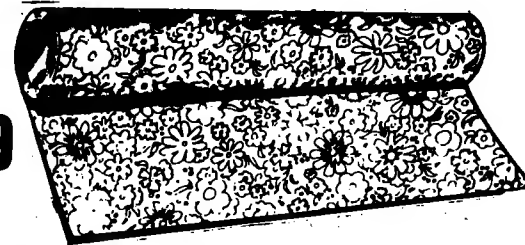
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