



FIRST NIGHTERS.—This group of visiting newspapermen and their wives were among those coming to Boone over the week end to help celebrate Newspaper Publishers' Week End and the tenth opening of "Horn in the West." Posing as they talked to Jim Jones (left), Horn promotional manager, are, left to right (ladies in front): Mr. and Mrs. E. A. Resch, Siler City; Alfred Mynders, Chattanooga, Tenn.; Mr. and Mrs. L. F. Amburn, Statesville; Mr. and Mrs. J. D. Fitt, Morganton; and Mr. and Mrs. William Shires, Raleigh.—Staff photo.

College Trustees Pledge Continued Efforts To Improve School Systems

The Board of Trustees of Appalachian State Teachers College, in session at its summer meeting adopted a motion that, inasmuch as the college is dedicated to the preparation of teachers for the public schools, the trustees and administration pledge support to the continuing effort to contribute in every possible way to improve educational opportunities for the children and youth of the state.

The motion was made by Mrs. Harry B. Caldwell of Greensboro, seconded by Kidd Brewer, vice-chairman of the Board from Raleigh, and others.

The Board expressed appreciation for the increases made for the college in the new budget as outlined by the administrative authorities. They went on record as accepting, on behalf of the institution, the challenges which the increases present to help make possible "quality education" in the public schools of North Carolina and pledged themselves to constant efforts to secure funds necessary for a continuing program of education second to none.

The Board expressed its awareness of responsibilities which increases in the budget impose on the college to use the additional funds to improve the quality of its program. They emphasized that to meet this challenge "will require full devotion, dedication, and cooperation of those responsible for the administration of the college,

those who teach and support the teaching efforts, and the students who constitute the real purpose for which the institution exists." It was pointed out that the self-study now under way at the college is directed primarily toward this goal.

The trustees stressed the importance of every thing possible being done to continually assure that those who go out from the college to teach will be able to perform their duties in a manner in keeping with the ideal of making "educational opportunities for the children and youth in North Carolina second to none."

The Board agreed that Appalachian is now contributing to quality education in these ways: Constant improvement of the criteria for admittance of students; increasing effectiveness of the screening procedures designed to admit to the professional program those who meet the highest personal and professional standards; continuous

study of the academic and professional curricula and the instructional program for the preparation of teachers; and seeking those of promise and known quality as additions to the faculty as enrollment increases or replacements become necessary.

The Board expressed its gratitude to Governor Sanford, the budget authorities, members of the General Assembly, and to the people of the State for the challenges presented by the new budget of the college, and said that as new opportunities come, they will furnish a stimulus for fresh vigor on the campus.

Those participating in this statement were trustees B. C. Brock of Mocksville, William J. Conrad of Winston-Salem, George Corn of Shelby, John P. Frank of Mount Airy, J. B. Hagaman, Jr., of Boone, E. G. Lackey of Winston-Salem, W. R. Winkler of Boone, Mrs. Caldwell and Mr. Brewer.

Winkler Speaks To Young Demos

The Watauga County Young Democrat Club met Friday evening at the Boone Trail Restaurant, and heard Senator Gordon H. Winkler give a description of the recently adjourned session of the Legislature.

Senator Winkler said there were 1776 bills of local nature presented and 1278 of them were enacted into law. Of these 1278 bills, several of them affected Watauga county.

These included: Continuing the primary system of choosing candidates for the general election; tax evaluation, fixing office of Register of Deeds fees; reduction of percentage of tax collectors' pay at the expiration of the present term; S-258 to give Appalachian State Teachers College the right to fix the regulations of the college.

Senator Winkler also spoke of the Airport Commission, and explained the "whys and hows" of the sales tax on food.

George C. Thomas, president of the YDC, reported the members voted to have a dinner meeting on the last Friday of August, with a guest speaker. Tickets will be available soon, he said.

The next regular meeting of the YDC will be July 28, at the Boone Trail Restaurant, at 7:30 p. m.

Rug Workshop At Hodges Gap

A "Braided Rug" Workshop was conducted by Mrs. Don Hodges for the Hodges Gap Home Demonstration Club which met Friday night with Mrs. Norman Critcher. Much interest was shown by the ladies attending.

A short business meeting was also led by the president, Mrs. A. E. Vannoy.

Mrs. Blanche Roberts was welcomed as a guest.

Mrs. B. A. Hodges will be hostess to the club for July.

U. S. AND JAPAN

The United States and Japan have agreed to establish a joint economic committee at a cabinet level, United States officials have disclosed.

The agreement appeared to be a major outgrowth of talks between Japanese Prime Minister Hayato Ikeda and President Kennedy.

State Sponsored Cattle Sale To Be Held In Boone Next October

Watauga County will have a State sponsored steer, and feeder calf sale in October. This fact was assured July 1, when farmers consigned and paid the \$1.00 per head entry fee on 612 yearling and two year old steers, and 599 feeder calves. The tentative date for the steer sale is Friday, Oct. 13, and for the calf sale is Friday, Oct. 27. Both sales will be held at the Boone Livestock Market which will be enlarged to accommodate the cattle already consigned, and the ones that are consigned within the next few weeks.

The Boone sales will be advertised along with other State sponsored sales, and will be conducted in accordance with the rules governing these sales. Buyers are expected to come from areas where many cattle are fed, as it is hoped to have 700 or more cattle in each sale.

The consignors to date are as follows, A. T. Adams, Herbert M. Aldridge, Collins Austin, Jr., D. Frank Bair, B&M Cattle Co., C. H. Blackburn, Jr.; C. S. Bolick, Bill E. Brown, Mack D. Brown, Walter G. Brown, William R. Brown, Wilson Brothers, Billy Byers, J. B. Christenbury, Ronnie Christenbury, Charles Church, John D. Clawson, J. W. Clawson, Wade Coffey, W. G. Cook, Bill Critcher, Carl Critcher, Carlton Critcher, Dwight Critcher, Edward Critcher, F. L. Critcher, S. L. Critcher, Lloyd C. Dishman, Howard Edmisten, J. E. Edmisten, Walter Edmisten, Clint Eggers, Dick Farthing, Edmund Farthing, H. Grady Farthing, Marshall Farthing, Russell Farthing, Ned Glenn, Howard Gragg, Jack Gragg, A. W. Greene, Burl J. Greene, Earl Greene, E. F. Greene, Fred E. Greene, N. Claude Greene, S. C. Greene, H. M. Hamilton Jr., F. L. Hampton, Jim Hampton, Edgar B. Hardin, Boss Henson, Ethel D. Hodges, M. M. Hodges, John H. Hollar, Jones Hollar, Lige C. Hollar, Bud Isaacs, Tom R. Jackson, Bill Krider, Tom Lawrence, Clint Mast, Howard W. Mast, Sr., J. D. Matheson, Fredrick Michael, James F. Michael, Jean Michael, J. M. Michael, Clinton J. Miller, Avery H. Moretz, Milton W. Moretz, V. L. Moretz, Wade Mor-

etz, Lewis Norris, Lynn B. Norris, Minnie C. Norris, Charles Proffitt, Jr., C. B. Reese, Dean Reese, Glenn Reese, Norman Reese, Vaughn Reese, Lloyd Roark, Jessie Sheeler, William K. Sherwood, Green Smith, W. L. South, E. W. Stallings, M. H. Stephens, Farris Stout, Dallas Sturgill, Frank Taylor, Henry Taylor, B. G. Teams, Jay Teams, Otto Thomas, Robert Thomas, Homer Townsend, Wade Tugman, Valle Crucis Orchard, Lynn Vines, W. R. Vines, R. P. Walker, Amos L. Ward, Ben L. Ward, Ray Ward, Tom Ward, Joseph Warren, J. B. Watson, F. P. Wilson, Mrs. Millie Wilson, John W. Winkler, Dexter Yates, Fred Yates, Jr.

About Your Home

Are you sure that your family is getting a balanced diet? A well-balanced diet is essential for good health. This is especially true if you are reducing or are still growing.

The human body is a complicated machine that needs a wide variety of raw materials to make it work efficiently. The only way you can get this variety is by eating different foods.

Vegetables and fruits are stressed on any reducing diet because they give you many of the elements you need and are often fairly low in fat-making calories. They give you the all important bulk and at the same time valued vitamins.

Vitamin B2 is found in vegetables such as spinach, peas and kale. Vitamin K is derived from green leafy vegetables such as spinach and tomatoes. Tomatoes are also a fine source of Vitamin C along with oranges, tangerines, lemons, grapefruit and strawberries.

Vitamin A is found in vegetables such as spinach, peas, carrots asparagus and sweet potatoes. Vitamin's C and A are damaged by heat. For this reason it is a must to include in each day's diet some uncooked vegetable and fruit.

Meat supplies the necessary protein to rebuild tissue and blood. Milk is often called the "perfect food" and should be a part of every person's diet—young and old. Some sugar is important but most of us tend to over-eat in this department.

Try to get your children to develop a taste for all foods. In this way you can be sure that they will eat a variety of foods and thus get a balanced diet. If there is some vegetable or meat that you

do not eat—keep this knowledge from the children until after they have been eating this food for quite a while and you are sure they enjoy it.

D. Glenn Hodges



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