



**TAKING A LOOK**—A group of distinguished North Carolina legislators participated in "A Look at the Legislature," a discussion of the issues facing the 1969 General Assembly. The program was scheduled for telecast by WNCT-TV, Greenville, Tuesday, from 10 to 11 P. M. The legislators answered questions concerning highway construction, additional taxes, liquor by the drink, constitutional changes and other issues. Shown, left to right, are Sen. Edgar (Red) Gurganus of Williamston, Second Senatorial District; Julian Allbrook of Roanoke Rapids Fourth Senatorial District; Ed Fields, WNCT-TV program director; J. J. (Monk) Harrington of Lewiston, First Senatorial District; Albert Ellis of Jacksonville Sixth Senatorial District, and J. Russell Kirby of Wilson, Eighth Senatorial District.

## One Cottontail Figures In District Court Case

A young motorist who led wildlife protectors and an airplane on an early morning chase recently was given a suspended sentence in Chowan County District Court Tuesday.

Judge W. S. Privott convicted Rodney Baker Smith of Tyner of speeding 85 miles per hour. He sentenced Smith to four months, suspended upon payment of \$75 fine and not drive for 18 months.

Smith had entered a plea of nolo contendere. Testimony showed that a plane spotted a car "night-lighting" and officers gave chase. The car sped away and after a 35-minute chase "blew up" and the three occupants fled.

Later Smith admitted he was the driver of the car, according to testimony.

Officers found one dead rabbit in the trunk of the car.

In other cases called, Judge Privott took the following action:

Thomas Sherwood Bass, traffic violation, five days, suspended upon payment of \$5 fine and costs.

Samuel Clinton Marsh, speeding, five days, suspended upon payment of \$5 fine and costs.

Thomas Earl Williams,

no operator's license, 60 days, suspended upon payment of \$25 fine and costs.

Larry Wayne Baker, speeding, five days, suspended upon payment of costs.

Herman Lee Bass, speeding, 30 days, suspended upon payment of \$25 fine and costs.

Robert B. Bass, traffic violation, 10 days, suspended upon payment of \$10 fine and costs.

Hazen Oval James, Jr., speeding, 30 days, suspended upon payment of \$25 fine and costs.

Roy Earl Gregory, speeding, 15 days, suspended upon payment of \$15 fine and costs.

Wayland Stallings, traffic violation, 10 days, suspended upon payment of \$5 fine and costs.

Mary Ann Kephart, worthless check, 30 days, suspended upon payment of \$10 fine and costs and make restitution to Marion's in the amount of \$15.

Robert Lee Holley, speeding, 10 days, suspended upon payment of \$10 fine and costs.

Robert Murry Peoples, speeding, 10 days, suspended upon payment of \$10 fine and costs.

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**Familiar Foot Work**  
Brown—What made you start clapping your hands when that woman stepped on your foot in the crowded car?  
Barlow—I was dozing and thought my wife was giving a musical and was signaling that it was time to applaud.



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## Your MENTAL HEALTH

by **NOBERT L. KELLY, Ph. D.**  
Director, Education Division  
N. C. Department of Mental Health



### PARENTS ARE MOTIVATORS

You are important in your children's education. It's true today that many of the family's functions have been passed on to other institutions. The church has largely taken on religious education. Work is done outside the home. Formalized education is carried out by public schools—to give a few examples.

But parents are still supremely important in character development. The life values we help our young ones develop form the foundation for their evolving personalities.

So, basically, there are two types of education—formal and informal. The child has two types of teachers. His parents influence him first; they are followed by the more formal, impersonal, public school teachers.

In simple, tribal societies, these two types of teachers are combined. Very frequently parents carry out both roles. But in simple societies the need for education is limited. Parents are capable of teaching children the uncomplicated life tasks that are essential to the individual and his society.

In a complex, industrial, urban society, such as our own, however, parents can only set the foundation of

their children's formal education. Life is far too complicated for them to do it all. But setting the foundation is all-important.

A child is fortunate to have parents who appreciate formal education, who understand the advantages that successful education can bring in modern society, and who has had these feelings communicated to him informally before he reaches school age. Again, parents are acting as models for their young. When we are very young, our parents are our principal source of attitudes toward things. If parents appreciate education, their children will learn to do so, also.

Even if the parents themselves have not gone far in schooling if they understand how very important education is today and look forward eagerly with their young to their school entrance, they'll be giving a wise model. The school years cover a long period of time. A child can be miserable going through them if he has not learned to appreciate their value from the very start.

Getting a good start in school, then, involves positive parental attitudes toward education. It involves a number of other things, also.

### It's All Done With Mirrors

A brass band once visited a small village, and the people were delighted with it, but they couldn't make out the trombone, so they sent old Cyrus to investigate.

Old Cyrus watched the performance of the trombone player for some time. Then he said, with a sneer: "Take no notice of him, fellows. There's a trick to it. He don't swallow the durn thing."

Reprove a friend in secret, but praise him before others.  
—Leonardo Da Vinci.

## The Herald Kitchen

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Remove bacon from pan, pour off all but one tablespoon of the drippings. Add sections of one grapefruit to the skillet. Heat, turning once carefully. To serve, turn spinach into serving dish, arrange grapefruit over top and sprinkle with bacon.

Instead of the usual pineapple upside-down cake, why not try making one with bananas?

This recipe uses mashed bananas in the batter and covers the bottom of the pan with banana slices. Serve it with whipped cream or peanut butter fluff.

### Banana Upside-Down Cake

- ¼ cup margarine.
- ½ cup firmly packed brown sugar.
- 2½ cups sifted flour.
- 2 teaspoons baking powder.
- 1 teaspoon salt.
- ½ teaspoon baking soda.
- 2 teaspoons lemon juice.
- 1½ cups ripe bananas (about four).
- 1 cup sugar.
- 3 eggs.
- 2 medium bananas sliced.

Grease a nine-inch baking pan. Blend one-fourth cup of the margarine and brown sugar; spread in bottom of prepared pan. Sift flour, baking powder, salt and baking soda together; set aside. Stir lemon juice into mashed bananas. Blend together the other one-half cup margarine and sugar. Add eggs one at a time, blending until smooth. Stir in sifted flour mixture alternately with banana lemon mixture, mixing until smooth after each addition. Arrange banana slices on top of sugar and margarine mixture in pan. Pour batter over sliced bananas. Bake at 350 degrees for 45 to 50 minutes or until cake tests done. Cool five minutes. Remove from pan and serve warm with Peanut Butter Fluff. (Note: Plan to serve this cake the same day it is baked, since the bananas will darken on standing).

### Peanut Butter Fluff

- 2 tablespoons peanut butter.
- ¼ cup light corn syrup.
- 1 teaspoon sugar.
- ¼ teaspoon salt.
- 1 cup heavy cream, chilled.

Mix peanut butter, light corn syrup, sugar and salt together. Stir in heavy cream. Whip with a rotary beater until mixture forms soft peaks when beater is raised. Use as frosting, topping or filling for cake or refrigerator dessert. Makes two cups.

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