# Outstanding Club Member To be Honored Friday Night 



## Farm Bureau

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## Historicol Sociery Will Meet Saturday, Beaufort     Sonk oneer <br> 

 The meiths will sats wieh, a


## Rotarians Hear

## Report on Port



 up here, biat minit ouid preempergrain
 -arate thorenead opor of call


 said Mr. Davies, as it oflectstion, conomy of the whole community.
Visiting Rotarians were Hoyd Wygant, Ashland, Ohio, and Joyck
B. Sharp, Blowing Rock. Jim San
ders bad Allen Knott Kinter

Coast Guard Ups Limit in Active Duty Program Nortolk-Rear Adm. Harold C.
More, commander. of the Fith
Coast' Guard District, announced Coost Guard District, announcee
today that openings in the Coast
Guard Guard reserves six-mont active
duty program have been doubled
for the riopths of Oetober and No Under this plan, men between
the ages of 17 and an will go on
active duty for six months and active duty for six months an
then truin in a. reserve unit
their hometown. High school sen


## Toastmastars Club Sets

 Mepling for Jomorrow




Lions Campaign Mes 53 . 3.
ciur Eavorts charmin ot the Cartedurds, chairman or the

 the sateot white Came Pins on

 was well-spent. At present there
are industries for the blind at
Greensboro. Asheville. Charlotie. Greensboro, Asheville, Chariotie
Winston-Salem and Durham. President E. C. Watson read
letter from the state highway com

 The cuty ecererar idund instruet.
 Next Mooudy nimat members of
 aention Ansone imersted in

 Truectood and deputy district Rov. vietors, what muradey, night


## Negro News <br> Horehead Clty Hospital

 Discharged: Thursday, Mrs. In-
diana Mobley, Master Jamie L Le, Ton, Havelock, Versia Reels and dayuhter, Beauuart.
saturday, Mr. John Curry, ChePower Goes Off Sunday Night in Morehead City Power went off in Moreheed City
for six minutes shortly before 10 p.m. Sunday. Power and Light Co. reporied hat a pole was leaning
on lines at Fry Rooting. To get
the pole out of the lines, the power fow was cut. The county was
swept all day Sunday and most
of yesterday by northeast winds

Guardsmen Can Pick Up Storm Duly Checks Now head City Gailt ean pick up Morecks
now at the armory for their duty during Helene. Sgt. Denenis duty
Win, administrator, said the men Win, administrator, said the men
muint piek their checks up in per-
son. son.
Total pay. for the Guardsmen
tom 4:30 p.m. Saturday, Sept. 27 ,
to $12: 35$ p.m.
amounday, Sept. 28 ,
amounted to $\$ \$ 45.68$.
 .

Figure A shows how a child keeps a lumbo-sacral joint went into lazy adult hoop in rotary motion by rapid reciproand extensors of the vertebral folumn the pelvis, -and the thigh are used (arrows). Figure B shows how rapid tilting of the pelvis is synchronized with sagittal flexion-extension. Muscle groups act singly and then in concert to produce gyratory motion. The muscles involved (shown by arrows) are iliacus, psoas, quadratus, lumborum and erector spinae.
Cartoon below shows an adult who
thought there was nothing thought there was nothing to it. Pop, unless you want a painful reminder that your
retirement years ago.
For the benefit of those puzzled paris employed to keep a hoop gaily spinning areuñd jupenile hips, Scope Weekly -a medical newspaper published for doctors by the Upjohn Co. - took hula hooping in for a clinical examination. Here's the verdict:
Hula hooping is an excellent form of exercise for youngsters, but can cause disastrous consequences in an adult. This is because it involves museles that the average adult doesn't ordinarily use.


Kongan Visits Air Base

Leutenant General Kim Dal Shik, Commandant, Republic of Korea
Marine Corps (left) is welcomed upon arrival at Cherry Point Friday mariue Corp. E. C. Dyer, commanding seneral, Marine Corgs Air by Brig. Gen, E. C. Dyer, commanaing general, yasrine Corps Air bases to study Marine Corps organization and training methods.
(Official US Marine Corps Pboto )
Port Calendar

## Morehead City State Port

 Erlangen-Docked Saturday toload tobacco for Europe and
sailed Sandoy sailed Sunday Chastine Maersk-Docked Sat.
urday to load tobacco for Bangkok and sailed Sunday. Esso New Orleans - Docked
Saturday to unload petroleum Saturday to unload petroleum
products for standard oil and
sailed yesterday sailed yesterday.
Trinity-Docked last week and Trinity-Docked last week and
is still waiting for a load of grain is still waiting
for Europe.
Kindepdyk-Due Wednesday to
load tobaceo for Eurone. load tobaceo for Europe.
Essen-Due next Wednesday to Essen-Due next Wednesday to
load tobacco and grain. Eastern Prince - Due next
Thursday to load tobacco for Angels Indexed
New York (AP)-Broadway's an
gels have been indexed gels have been indexed. A diree
tory of show investors has bee compiled by Steve Keegan. Covering theatrical productions of the invested a total of more than 25
million dollars.

Patrol Looksfor Hil-and-RunCar
A 1957 Ford driven by Otis Earl wiped by a hit-and-run driver at $10: 30$ Saturday night on the West
Beaufort Road. Beaufort Road. . Smith Jr. ssid
Patrotman W. J.
that Lewis was headed east when car turned west on to the whest was going at a high rate peed and hit Lewis's car on the
eft side and continued on. Thide and continued on.
tit-and-run car is blieved
be a green and white 1956 Ford. to be a green and white 1956 Ford. A headight rim from the uniden-
tified car was found on the road. If anyone knows of such a car
with a missing headlight rim, or knows any other helpfill informa
tion about it, they are asked to
call the highway patrol, PA $\$ 3772$. Receives Promotion James C. Steed, outside salesman
Sears, Roebuck and Company or Sears, Reobbuck and Company
on Carteret County, yesterdapy sumed new duties as manager of
Sears' order store in Ahoskie.

