



Over 50 Perquimans County youth entered animals in the annual 4-H livestock show. They represented Perquimans County well, as they brought home reserve champion trophies in all three livestock divisions, a grand champion trophy, and

took the top three places in the swine judging. Here they are after the awards banquet held at the K. E. White Center at ECSU.



Brian Rayburn, Linda Layden and Daniel Fowler can be proud of the animals they raised for the livestock show.



(Back row) Stuart Rayburn, William Fowler, Leah Harrell, (front row) Christy Layden and Charlie Layden proudly display their trophies won in the showmanship classes.

Help your child achieve

If you have a child in school, you know about report card day, that fateful day of reckoning. Will your pride and joy come bouncing home bursting with happy news, or will it be time once again to review the sad Parade of Excuses? What can a parent do to help the young one succeed?

Consumer Education Research Center has published a book that describes many new and innovative techniques that can help both of you and your child be happier and more satisfied on the day the report card comes home. Based on recently conducted research, HOW TO HELP YOUR CHILDREN ACHIEVE IN SCHOOL includes a five-step plan for better school performance. For your copy send \$3 (plus \$1 p&h) to CERC-Education Task Force, 350 Scotland Road, Orange, N.J. 07050.

How well a child does in school depends in a large part on the child's study habits. There is no substitute for hitting the books, and no short-cuts to getting an education.

Yet many students do not believe that the hours spent studying or amount of work they do will make the difference between success and failure. It's far easier to blame failure on unfair teachers, or distracting classmates, or bad luck or twenty other reasons, rather than admit they just didn't do the work.

Many young people claim there are not enough hours in the day to do all the things they want to do and study too. There may be some truth in that, but most often there is not a shortage of time, but a lack of planning. To encourage better use of time, have your school-agers draw up a weekly schedule. By writing down how they spend their days, hour by hour, young people may be surprised how much time they are wasting. By organizing their time, planning their study hours and sticking to the schedule, they may find they actually have more time for "things". Encourage your youngsters to be faithful to the schedule, and make sure they have reasonable quiet, well-lit place to study, far from the distractions of the radio, record player and television.

You can also help by taking a daily interest in your children's school work and reviewing homework assignments with them. Ask them to give a summary of a chap-

ter they have just read, or to explain how they solved a math problem. By asking specific questions, you can help them focus their thinking and see where their weaknesses are.

The book gives parents explicit strategies to help their children learn skills, attitudes and behaviors that characterize successful learners. It explains in detail:

- how positive self-talk, images and questions related to the task at hand can increase attention.
- how motivating children means helping them change their perception of themselves.
- the five strategies for learning and remembering.
- an effective, organized study and note-taking system.
- how to help students redirect their attention away from fear of failure and toward productive ways to do well on tests.

Always save receipts for tax purposes

When you visit your doctor or dentist, remember to save a copy of your bill and your canceled check. Doctor's statements, prescriptions, insurance policies, and records for amounts deducted by employers for medical insurance should be filed carefully as well. Organize these records now to give yourself a better perspective on your expenses at tax time.

For more information about recordkeeping, write for a free brochure, "Keeping Financial Records." Send your name and address on a postcard to: NC Association of CPAs, PO Box 80188, Raleigh, NC 27623. This message is brought to you by the NC Association of CPAs in cooperation with the United States Office of Consumer Affairs and this newspaper.

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Kimberly Stallings, Michael Stallings, Leah Harrell and David Cartwright hold trophies won at the livestock show. Kimberly, Leah and David won reserve champion honors in the swine, steer and lamb categories respectively, while Michael took third place hog in the show. Leah also produced the grand champion pig.

ECU Spotlight

Greenville—East Carolina University officials have announced plans to establish a regional cancer center which will integrate all activities related to cancer at the ECU School of Medicine and Pitt County Memorial Hospital. The move is expected to yield gains in improved patient care and increased convenience to patients and their families.

Chancellor Richard R. Eakin and School of Medicine Dean James A. Hallock believe the development of the new center is especially important for eastern North Carolina, where cancer is not necessarily more common than elsewhere but, according to data, it is diagnosed at a later stage. When treatment for cancer is delayed, the disease is frequently more difficult or impossible to cure.

To strengthen screening and preventive oncology programs, ECU may work through its extensive network of family physician contacts throughout eastern North Carolina. Said Wiley: "We have a big job to do here."

Church study
An endorsement to support the study of church history and Christian missionary activities in for-

ign countries has been established at East Carolina University in memory of the late Elizabeth Price Crockford of Charlotte.

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