

The Sayings Of Josh Abrams...

Uncle Ike Abrams, jest turned 93, celebrated his birthday last week by proclaimin' that he owns most uv the town, which is prob'ly true. A committee uv elderly citizens is reported attemptin' t'have him shot.

There don't seem t'be much t'do in this town. Sattidy nights, some uv our more enterprisin' youth likes t'go down to the bus station an' pretend they're leavin'.

Sinbad Brittle nearly froze last week, when he fell in the snow an' couldn't git up. He wuz saved when his cussin' maled the snow.

Milford Fritkel, inveterate sports fan, has stopped readin' the papers 'til March. "No baseball news," he explained.

Ever wonder if yer fam'ly doctor cheated his way through

medical school?

Age ain't allus reckoned in terms uv years.

Flem Sapp sez he got his money the good ol' American way—he inherited it.

"My rheumatiz didn't bother me so bad," Ferdinand Blotch said, "til I came down with St. Vitus' Dance."

Alfred E. Blitt, local inventor, has come up with a novelty item that he claims'll make him a million dollars—once he finds out what it'll do.

Sinbad Brittle an' Rufus Blotch nearly got into a fight Sattiday night, we heard—but Sinbad wuz afraid an' Rufus wuz glad uv it.

It's allus easy t'find a excuse fer a mistake, but sometimes it's hard t'find a reason.

B. Rock Chamber Is Incorporated

The Blowing Rock Chamber of Commerce, Incorporated, has been chartered by W. H. Barnwell, R. B. Hardin and Louis H. Smith to succeed the unincorporated Blowing Rock Chamber of Commerce.

At the Chamber meeting Friday, December 13, the Directors of the Chamber approved the incorporation of the Blowing Rock Chamber of Commerce. The charter has been filed with the Office of the Clerk of Superior Court in Boone.

All the assets of the unincorporated Chamber of Commerce will be transferred to the Blowing Rock Chamber of Commerce, Inc.

There will be little actual change in the structure of the Blowing Rock Chamber of Commerce, Inc.

Its purpose is still to promote cooperation in matters of interest to residents, property owners and businessmen of the town.

It still will classify its members into two groups—business or professional members and resident members.

An important aspect of the by-laws of the corporation is that none of the assets of the corporation shall go to the benefit of any member. If the corporation dissolves, its assets will become the property of the town of Blowing Rock, which is a municipal corporation.

This means that the Chamber of Commerce is a non-profit organization and does not have to file a tax return.

In other business, Mr. Howard Barnwell, president, reported that the Blowing Rock-Boone Chambers will jointly print 2,000 weather data charts on the Boone-Blowing Rock area.

At the request of the U. S. Department of Commerce, the Boone Chamber of Commerce will provide the State Climatologist with a 30-year average temperature and precipitation weather report. The Climatologist will prepare a weather data chart which will be used by the two Chambers.

The weather data reports will be useful to the Chambers in talking with persons planning to live here at least part of the year.

The directors also voted to ask Mr. and Mrs. Ernest Hayes to report the high and low temperatures and precipitation to the U. S. Weather Bureau in Raleigh each day (except Sunday). The Hayesses will also report skiing conditions to the weather bureau in Raleigh.

Mr. Barnwell appointed Mr. Smith, Mr. Hardin and Mrs. C. S. Kipp to a committee to explore the insurance needs for the new incorporated Chamber of Commerce.

Mrs. Duke Custer, secretary, reported that all 231 resident members have paid their mem-

bership fee for the past year. Only six of the 142 business members failed to pay this year's dues.

The Directors unanimously agreed to request Mr. John Goodwin, treasurer for this year, to serve as treasurer for

the Chamber of Commerce, Inc. The Directors recommendation will be made to the 1964 Board of Directors who take office Friday, January 10.

Mr. Barnwell, who will retire as president of the Chamber this year, expressed his ap-

preciation for "all the help from all the committee members and the board. Without their help, it would be impossible to do the job."

Mr. Hardin commended the outgoing president on a job well done. The motion was put into the minutes with unanimous approval by the directors.

The Dining Room of the Daniel Boone Hotel WILL BE CLOSED ON SUNDAY, DECEMBER 22nd, TO RE-OPEN MONDAY, DECEMBER 30th, 1963. Wishing All Of Our Patrons A Merry Christmas And A Happy New Year

Old fashioned GOOD WISHES Vance Recapping Co. Boone, N. C.



Doctor Talk

By JOHN B. REMBERT

Heart disease today is the leading cause of death in America and the problem of high blood pressure is one of the chief causes for heart disease. High blood pressure is most often seen in the middle-age group of people and the resulting heart impairment accounts for a large number of deaths and much disability.

High blood pressure can be found to follow kidney disease, as seen in Bright's Disease. At times, hypertension will be found to run in families as an hereditary factor, and in other cases blood pressure increase is seen in the overweight patient. Perhaps, one of the largest groups of hypertensive patients in this day of universal anxiety are those who can't control their "nerves," the result is generalized spasm of the arterioles of the body and resulting increase in the blood pressure.

This increase in the blood pressure, regardless of the cause, exerts an increased work load on the musculature of the heart. The pressure must go up if the heart is to force the blood through the restricted or spastic arterioles, and this increased work causes the heart muscle to enlarge and damage to the arteries usually occurs, with the vessels becoming scarred, thickened, and inelastic (this change in the blood vessels is referred to as sclerosis or arteriosclerosis).

Persistent hypertension causes marked changes in the blood vessels of the brain, heart, and kidneys at an early stage—those changes then can bring on a "stroke." A brain "stroke" occurs when a small artery ruptures or becomes clotted or blocked with blood.

Symptoms of high blood pressure vary, in some no symptoms are present at all; in others there may be headaches, dizziness, full-feeling in the head, fatigue, or general aches and pains. If you should have any

of these symptoms it does not necessarily mean that hypertension is present—you should see your family doctor. He can examine you and if hypertension is your problem proper treatment can be started and if you follow your doctor's advice carefully you can certainly count on living a long normal life.



At His Birth the Angels sang, "Peace on earth to men of good will." May this same peace, the gift of the Prince of Peace, be yours this Christmas and may it fill your life with joy!

Hunt's Department Store

Boone, N. C.

Guy Hunt

- | | | | |
|------------------|----------------|-------------------|---------------------|
| Ollie Smith | Frances Culler | Ronnie Hunt | Nina Banner |
| Edith Brookshire | Mrs. Jim Smith | J. C. Boone | Bunie Greene |
| Lucy Lawrence | Jim Smith | Winifred Hodges | Lois Greene |
| Madge Dancy | Guy Hunt, Jr. | Marguerite Tugnan | Margaret Rose Brown |

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Christmas Blessings

At this Holy Season, let us remember Him Whom we seek, and may His spirit be with you in all the days of the year to come.

Pat's Beauty Salon

Boone, N. C.



A Very Joyous Christmas

Across the years, the blessed Nativity renews in our hearts the message of spiritual joy and peace. We extend to you and your loved ones our sincerest wishes that you may experience to the fullest the wonders of this Holy Season.

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and

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