



SHERIFF'S DEPARTMENT COMPLETES TRAINING COURSE — Shown are the 7 members of the Transylvania County Sheriff's Department with Certificates recently awarded for completion of a 60-hour course in Law Enforcement. Four members took the training at the Sylva-Webster Community College and the other 3 completed the work in Hendersonville under the college's aus-

spices. The course has been established and made a mandatory requirement for law enforcement officers by the North Carolina General Assembly. Left to right are: Sheriff Carter McCall and Deputy Sheriffs Ed Owen, Ralph Patterson, Elbert Chapman, John W. Hooper, Boyce Galloway and John J. Brown. (Times Staff Photo)

Area 1 Spring Workshop Set

D. R. Updegraff, Chairman of Area I of the North Carolina Association of Soil and Water Conservation Districts, has announced that the Spring Workshop will be held on Friday, March 6, beginning at 10:00 a.m. in the Federal Building in Waynesville.

Area I is comprised of the following counties: Avery, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Mitchell, Swain, Transylvania, and Yancey.

All agricultural workers and others interested in conservation are invited to attend.

Soil and water conservation district supervisors in this area and throughout North Carolina are increasingly concerned with developing better conservation programs for both rural and urban use. Spring workshops, such as the one to be held in Area I, determine conservation goals for the future.

All too often teen-age diets are deficient in calcium, riboflavin, vitamins A and C. Because milk and milk products contain these essential vitamins and minerals, they are an excellent base on which to build a nutritionally complete diet.

Solar Eclipse Is Slated For Saturday, Use All Precautions

Many people still believe that if viewing of an eclipse can be done "comfortably" and the glaring visible rays of the sun are blocked, there is no danger. Would-be viewers are advised by their optometrists that there is still danger from the invisible infrared rays which cause damaging burns to the eye's retina in a manner similar to the way a magnifying glass will focus the sun on paper and burn a hole.

Late complications of solar damage listed by the author could include obstruction of the central retinal vessels, retinal hemorrhages, retinal detachment, optic atrophy and macular degeneration in later life.

ctuket and the southern tip of Cape Code, will head over the ocean to Nova Scotia and Newfoundland out into the sea.

The length of the "totality" for the areas in the path of the eclipse will average approximately 3 minutes, with an upper limit of about 7 minutes under optimum conditions.

All other portions of North America except the northern tip of Alaska will experience a partial eclipse, with the magnitude of the sun blocked decreasing as the distance from the path of the total phase increases. The portion of the sun blocked at maximum eclipse will be 72% in St. Louis and approximately 35% in Los Angeles.

The article, referring to the "so-called protective devices," such as filters, smoked or stained glass or old negatives, indicated the author believes that these "even acclitate injury by prolonging the time of exposure. Of the 15 eyes in this series which did not improve beyond a visual acuity of 20/30, 11 had used one or another of the methods mentioned. Under no conditions should anyone look directly at the sun more than two seconds, even with best protection.

Potential Damage Irreparable

The retina not being sensitive to pain — would hardly feel a retinal burn. However, all vision care specialists realize retinal burns are incurable and produce a blind spot in the victim's field of vision — in the vital macular area.

Bilateral central scotoma, macular hole, severe macular edema, persistent paracentral scotoma, zilateral macular lesions, macular burn, etc." were the remarks indicated on a series of cases seen in a London hospital following the partial eclipse of the sun, May 20, 1966 as reported in the British Journal of Ophthalmology.

Total Eclipse

A total eclipse of the sun is due again March 7, 1970—the first in the United States since 1963. The path of the total eclipse will average an 85 mile width and will angle up from the Gulf of Mexico, through northern Florida, to the eastern coast of the U. S. over the Delaware Peninsula and after passing Nan-

The AOA in observance of "Save Your Vision Week," which falls during the March 7th eclipse, through its state association as well as local society affiliates plans a barrage of public service releases directed against eclipse viewing.

When you think of prescriptions, think of VARNER'S. adv

MARCH 1970						
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Rites Are Held For Mrs. Israel

Mrs. Bessie Hayes Israel, 77, of Rt. 2, a lifelong Transylvania County resident, died last Thursday morning in a Henderson County hospital after a long illness.

Surviving are the husband, Homer H. Israel; three sons, Frank and Fred of Brevard and Ray Israel of Penrose; a brother, Freeman Hayes of Brevard; three sisters, Mrs. Chillum Howell of Ocala, Fla., Mrs. Lele Castle of Brevard Rt. 2 and Mrs. Mamie Dale of Brevard; five grandchildren and two great-grandchildren.

Services were held Saturday in Mt. Moriah Calvert Baptist Church, of which she was a member.

The Revs. James Parham and Tommy Owen officiated. Burial was in the church cemetery.

Frank Moody Funeral Home was in charge of arrangements.

Fresh or frozen blueberries, strawberries, and peaches, topped with a dollop of dairy sour cream, make a delicious quick and easy dessert.

Rosman High School News

FROM THE TIGER RAG

Cheerleaders Spotlight

Acting as captain for the cheerleaders is a senior, JUDY HALL, daughter of Mr. and Mrs. Clinton Hall of Route 2, Brevard. She is a member of Monogram, FHA, and Beta, and her ambition is to graduate.

BRENDA SNIPES is the daughter of Mr. and Mrs. O. D. Snipes. She is a junior and her hobbies are water skiing and swimming. Her activities, besides cheering, are Monogram, Red Cross, and FHA. She has a motto of "Live while you can, because life is too short to waste." Brenda plans to be a secretary.

CAMELLIA HENSLEY, daughter of Mr. and Mrs. Donald F. Hensley of Calvert, is a senior at Rosman. Her ambition is to be a "Stewardess" with a motto of "To love him and not leave him." She enjoys swimming, cooking, and keeping house. She is a member of Library and FHA clubs.

Mr. and Mrs. John Nicholson of Lake Toxaway are the parents of an active junior, SUZIE. To be a medical secretary is her ambition. She is interested in "Jesse O.", Cheerleading, and hiking. "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference" is the junior's motto.

PATTY CHAPMAN, a senior, is the daughter of Mr. and Mrs. J. C. Chapman of Rosman. Her hobbies include cooking and sewing. Her motto is "To live and learn." She participates in Monogram and FHA. She plans to be a secretary.

A junior, NANCY WALDROP, daughter of Mr. and Mrs. Ralph Waldrop of Cherryfield, is a very active junior in FHA, Beta and Journalism. Her ambition is to attend college and be an interior decorator and her motto is "Where there's a will there's a way."

GERENNA OWEN, a sophomore, is the daughter of Mr. and Mrs. Syvalia Owen of Balsam Grove. Her hobbies include sewing, knitting, and motorcycle riding. Her ambition is to be a professional cosmetologist or interior decorator. She participates in FHA and Library. She has a motto of "A smile never hurts anyone."

CHARLENE McCALL of Balsam Grove, daughter of Mr. and Mrs. B. F. McCall, is a very active junior, participating in FHA and Beta clubs. Her hobbies include cheerleading and playing the piano. She plans to go on to school and be a secretary. Her motto is "Live for today and look for the future."

"No matter what, always keep smiling" is the motto of NINA McCALL, a very active junior, daughter of Mr. and Mrs. Ira C. McCall of Balsam Grove. She plans to be an airline stewardess and participates

March 1, 1932 — The twenty-month old son of Colonel and Mrs. Charles A. Lindbergh was kidnapped from his bed in the Lindbergh home at Sourland Mountain, near Hopewell, New Jersey.

March 8, 1933 — Madam Frances Perkins became the first woman to serve in the President's Cabinet as the Secretary of Labor.

March 16, 1945 — Japanese resistance on Iwo Jima came to an end after one of the bloodiest battles in World War II.

March 26, 1913 — The famous Palace Theatre of New York opened its doors for the first time.

March 29, 1932 — Jack Benny made his radio debut as a guest on the Ed Sullivan show.

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