

# Program Of Better Eating Habits Being Stressed In Haywood Schools

## Meetings Being Held In County By Instructors

A series of meetings are being held in Haywood schools, showing the importance of the lunchrooms to a well-rounded educational program. Two of the six scheduled meetings have been held, with Mrs. Rufus Siler, lunchroom supervisor in charge.

The theme of the program is "To contribute to the total growth of the child through the use of the lunchroom as a learning situation."

Meetings have been held in Hazelwood and Waynesville, with others slated at Fines Creek, Crabtree-Iron Duff, Bethel and Clyde.

Mrs. Siler, discussing "Why A Lunch Room," pointed out that:

"We want our school child to be physically fit, mentally alert, and morally sound. We feel that the lunchroom may be used as a learning situation to help make him just that way."

She discussed the National School Lunch Act and explained how this act provides 3, 4, 5 or 6 cents for all children who want to eat, and at the same time requires each community to provide a lunch for those who cannot pay. In this way the 20 cents each child pays for his lunch is divided to pay for those who cannot pay.

## THIS WEEK'S BEST SELLERS

**FICTION**  
Don't Go Near The Water, William Brinkley.

Peyton Place, Grace Metalious.  
A Certain Smile, Francoise Sagan.

The Last Hurrah, Edwin O'Connor.

The Mandarin, Simone de Beauvoir.

**NONFICTION**  
The Nun's Story, Kathryn Hulme.

Profiles In Courage, John F. Kennedy.

Arthritis and Common Sense, Dan Dale Alexander.

The Outsider, Colin Wilson.

The Unicorn, Anne Morrow Lindbergh.

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room facilities and personnel, Mrs. Siler stated, "problems still exist, such as poor participation, children not eating the food prepared, bad manners, untidy habits, children coming to school without breakfast, and sometimes the selling of candy and soft drinks near the school."

"We decided one way we might try to solve these problems was to have meetings such as this and let the public know our policies and what we are striving to do and ask for cooperation."

"Our goal is to give the child back to you, the community, a happy, healthy, and wise individual ready to take his place in building a better place to live."

In discussing the "Physical findings of school children of Haywood county," Mrs. Ruby Bryson, public health nurse, pointed out these six needs of school children: (1) regularity in meals, (2) time to eat, (3) plenty of sleep and rest, (4) outdoor exercise, (5) pleasant environment, and (6) annual physical and dental checkups.

She also told the audience that growth of children should not be measured merely with yardsticks and scales, but for their normal development in: habits, responsibilities, understanding, independence, and abilities.

Mrs. Carl Ratcliffe, teacher supervisor, used as her topic, "The Lunchroom — A Road Map To Health," told of the need for nutrition education and consistent classroom teaching of food values, and their proper uses.

"We no longer try to force a child to eat, but instead stress the value of good eating habits," she said.

On the national level, about one-third of the total enrollment of students eat lunches in the school lunchrooms. Here in Haywood the percentages are far above the national and state levels. This is attributed, in a large part, it was pointed out, to the quality of the food, and the modern lunchrooms which have been provided, plus the educational programs which are being consistently stressed.

The percentages in schools in this district are: Maggie 96; WTHS 83; Central Elementary 97; East Waynesville 90; Rock Hill 68; and Junaluska 96.

**Fashion Note**  
HOLLYWOOD, Calif. (AP) — Where else but Hollywood could you see a sight like this: A pretty blonde in a white convertible seated next to a big black French poodle wearing a red beret.



MRS. JOHN COOKE, of Hemphill, was Haywood's first school lunchroom worker, back in the early 1930's, and received \$1 a day for the work, which included the cooking, marketing, carrying wood and water, and then taking the food over a quarter of a mile to the school. She is shown discussing the early days with Mrs. Rufus Siler, school lunchroom supervisor of Haywood.

(Mountaineer Photo.)

## Haywood 4-H's Win First Places In The District

Representatives of 4-H Clubs from 15 counties of the Western Extension District gathered in Asheville recently to honor their fellow 4-H'ers for achievement during the past year.

A ceremony presenting certificates to the district winners in many projects carried on by 4-H youngsters highlighted the day's events.

Haywood County first place winners were Neal Kelly, Jerry Ferguson, R. E. Cathey, and Verland Edwards, on the livestock judging team; Dale Wheeler and Ashby Cathey, farmer cooperative demonstrations; and Bernard Ferguson of Collegiate Club at State College, Achievement projects.

The Western District Recognition Day has as its special purpose the recognition of a job well done by the boys and girls and their adult leaders, G. L. Carter, Jr., western district 4-H leader, says the meeting serves to help boys and girls get acquainted with other youngsters in their section of the state who have worked on similar projects.

## Lonnie Riddle Dies In Mishap In New Jersey

Lonnie O. Riddle, 21, was killed at Glassboro, N. J., Monday, when he was accidentally electrocuted when he fell on a power line while trimming a tree.

His brother, William E. Riddle, was killed last Jan. 28 in an auto accident at Allaway, N. J.

Lonnie Riddle was born in Haywood County.

Surviving are his wife, Mrs. Lida Gannon Riddle; a son, Lonnie B. Riddle of the home; a daughter, Terry Lee, of the home; his parents, Mr. and Mrs. Charles Riddle of Waynesville; six brothers, Dean, Lloyd and Frank of Waynesville, Ray of Newport News, Va., Jack of Pennsville, N. J., and Ernest of Salem, N. J.; and two sisters, Mrs. Hannah Burdell of Salem, and Mrs. Gordie Sutton of Cedarville, N. J.

Funeral services will be held at 2 p.m. Friday in Garrison Funeral Home at Salem, N. J. Burial will be in East View Cemetery.

## Haywood Lions To Attend Meet Sunday In Tryon

Five Haywood County Lions Clubs, Canton, Clyde, Hazelwood, Pigeon Valley and Waynesville, are planning to send representatives to the quarterly meeting of the District 31-A Lions Club cabinet to be held Sunday, Nov. 4, at 1 p.m. in Oak Hall Hotel at Tryon.

Among those expected to attend are three officers from each of the Haywood County clubs: Canton, William J. Brooks, president; Allen A. Angel, secretary; and Ernest Messer, publicity chairman.

Also Clyde, Dr. Robert Yost, president; Harry L. Haynes, secretary; and Larry Cagle, publicity chairman; Hazelwood, Glen H. Wyatt, president; W. E. Cope, secretary; and James D. McClure, publicity chairman.

Pigeon Valley, James Reeves, president; Fred Murray, secretary; and Carson Clark, publicity chairman; and Waynesville, Dr. James E. Fender, president; Lawrence B. Leatherwood, secretary; and T. E. Robinett, publicity chairman.

The five Haywood County Lions Clubs are under the jurisdiction of F. E. Shull of Canton, deputy district governor of Region 2, and A. Roland Leatherwood of Clyde, Zone 3 Chairman, who will be among the discussion leaders.

Lawrence B. Leatherwood of Waynesville, past District 31-A Governor and now an international counselor, will present a report on the state-wide Lions Club Promotion Committee programs.

Cabinet will review progress reports on blind aid programs on the state, district and county levels. District Governor W. E. (Ed) Michael Jr., of West Asheville will preside.

## Male Chorus Started At Free Methodist Church

A male chorus has been organized in the Free Methodist church which will sing at the evening services.

The Rev. S. L. Hoover is directing the group and has invited all interested men to join without regard to church membership.

Yale University has a bicycle club called the Trumbull Beer and Bike Society.

## District Rotarians To Hold Institute Here On Friday

Between 50 and 75 Rotarians from about 22 Clubs of Western North Carolina are due here Friday for an all-day District Institute, led by Harry W. Roberts, Jr., Clinton, Ky., Rotary International information Counselor. He is an attorney, and county attorney of Hickman county.

John N. Johnson, president of the Waynesville club announced that Roberts and other visitors including District Governor Stanley Harris, would have charge of the regular weekly program of the club at 1 o'clock.

The Institute will begin at 9 a.m. at the Presbyterian church and continue until 5 p.m.

The Institute is designed for the club chairmen of Rotary information; classification and membership committee. Each club has been requested to send their three chairmen of these committees to the Institute.



Harry W. Roberts, Jr.

## Yugoslav Concert Set Tonight, 8:15 At WC College

The Yugoslav Chamber Orchestra will appear in concert at Western Carolina College Thursday evening, November 1, at 8:15 in Hoey Auditorium.

Mrs. Lillian Buchanan, chairman of the lyceum committee, said this group, widely acclaimed in Europe, is now on its first American tour.

A unique feature of this orchestra is that all the violin players were trained in the same school, giving each a familiarity in style and technique possessed by all the others.

The orchestra is composed of fourteen hand-picked musicians under the direction of Antonio Janigro, Yugoslavia's most distinguished cellist. Two complete quartets appear within the orchestra, and every member of the company has performed both as soloist and regular player with noted orchestral ensembles in

## Beauty Contest Participants To Enter By Noon, 5th

Those young ladies who want to be in the annual CDP beauty contest have until noon Monday, November 5, to enter.

There will be 14 girls eligible for the contest—one from each of the communities that have an active CDP program. The young lady must be a high school student, and no former CDP beauty contest winners will be eligible.

Entries should be made through the county agent's office. The contest will be November 8th.

baroque masterpieces to chamber works of such modern composers as Paul Hindemith.

Mrs. Buchanan said the public is invited to attend the performance.

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