

Five Dairys Grade "A"

Five Kings Mountain area dairy farms were listed as Grade A milk producers in the Carolina Dairy Milk Shed, reports Ralph A. Dedmond, Sanitarian Supervisor for the Cleveland County Health Department.

They are Coyt F. Herndon Dairy of Route 2, John McDowell of Route 3, Earl Wright Dairy of Route 1 Grover, Roy Bell Dairy of Route 2, Paul Bess Dairy of Route 1, Grover, and J. C. Randle Dairy of Route 2.

Mr. Dedmond commented that "our last Federal survey of Interstate Milk Shippers was made May 22, 1970. Cleveland County had one of the highest ratings in the U. S. for the Carolina Dairy milk shed, rating as follows:

Carolina Dairy Pasteurization Plant 100 percent, Raw Milk 97 percent, Past. Milk 99 percent, enforcement, 99 percent."

Keep In Shape During Months Of Hurry

Are you beginning to feel sluggish, what with all the hustle and bustle of Christmas shopping done or still to be done? Well, one way to keep in shape during cold winter months is to swim. A dip in a local, indoor pool (and these are available in most areas of North Carolina) can pick up almost anyone.

Indoor swimming gives a boost to all types of people, including even youngsters with asthma.

Swimming, many people think, is an important part of rehabilitation for asthmatics because it improves their lung function. Not so, says Dr. H. Chai, an expert on the subject. But he still highly recommends swimming — in an indoor, allergen free atmosphere — for asthmatic kids.

For twelve weeks at the Children's Asthma Research Institute and Hospital in Denver, Dr. Chai tested 24 children who had chronic, severe asthma. He took all kinds of tests to measure their lung capacities.

There was only one difference between the first six weeks and the second. Swimming was introduced. And what happened to the kids' test scores? Did swimming increase their lung capacity in any way? Not a bit, says Dr. Chai. Swimming, he says, had no effect on the severity or the frequency of the children's asthmatic attacks. But ninety percent of the kids said the swimming did help their conditions in that they felt better.

How come? "Swimming may be an important adjunct to therapy," Dr. Chai says, "even if the effects are largely psychological. A sense of well-being and physical equality with a child's normal associates is an achievement in itself."

For more information about asthma and its effects, contact your local tuberculosis and respiratory disease association. And use Christmas Seals — for they support the fight against all respiratory diseases and air pollution.

It's a matter of life and breath.

The Veterans Corner

EDITOR'S NOTE: Below are authoritative answers by the Veterans Administration to some of the many current questions from former servicemen and their families. Further information on veterans benefits may be obtained at any VA office.

Q—I am 20 years old, attending college and drawing \$175 per month War Orphans benefits. Will my benefits be discontinued when I marry in December?

A—No. If otherwise eligible, you may still draw the War Orphans benefits even though you marry.

Q—I have an uncle, a 66-year-old veteran, who has just retired. Can he draw a pension from VA like some other veterans?

A—If your uncle had wartime service, he should contact VA and file a claim, so his entitlement can be determined. Veterans within the income limitations are entitled to a pension if they are permanently and totally disabled. For legal purposes, veterans 65 or older are considered to be permanently and totally disabled.

Q—May I obtain a G.I. home loan as investment property only?

A—No, the law requires that you live in it as your home.

Q—My brother is drawing 100 percent disability from the VA due to service-connected injuries. He is planning to move to Mexico City. Will his pension be discontinued if he lives any where outside of the United States?

A—No it will not. He may live outside the United States and continue to receive VA benefits. While there are some exceptions, Mexico City is not one of them.

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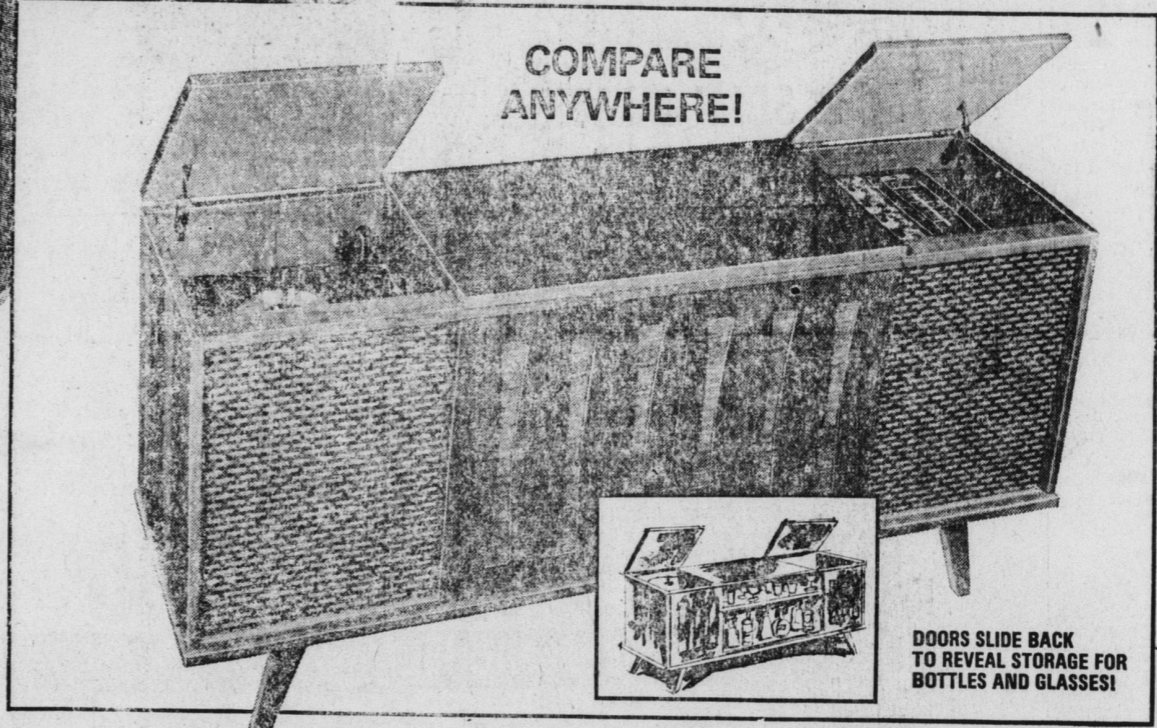
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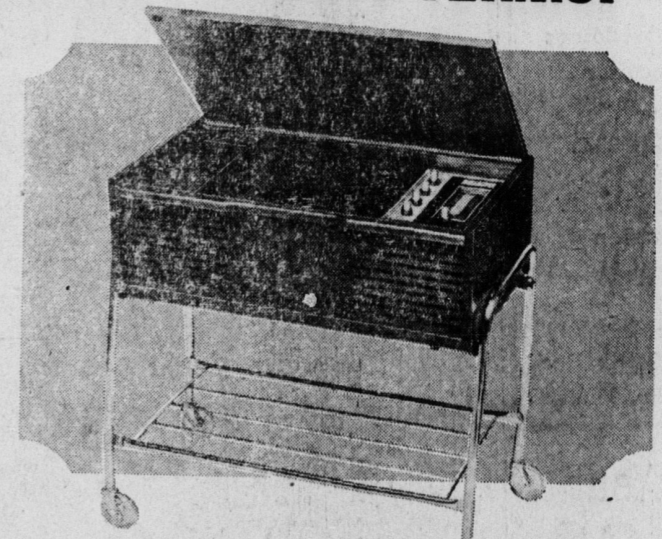
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