

Community News

Serving Beaver Dam, Boiling Springs, Flint Hill, Lavonia, Mt. Pleasant, Prospect, and Trinity.

Mt. Pleasant Community

by Betty Blanton

The Baptist Women met at the home of Mrs. Shull Whitaker on Tuesday evening. Mrs. Ronald McSwain gave a very interesting program on "Southern Baptist Mosaic." She began by showing slides of Chicago that she had made during the time she served as a student missionary in that area. She also told of some experiences at that time. To close the program she asked for comments and discussion and several comments on the area of study.

Mrs. Ranny Blanton presided over the business session and called for reports. Mission Action was discussed and several projects were decided upon. Mrs. McSwain announced plans for the churchwide Valentine's Banquet on Saturday, Feb. 13th, in the church fellowship hall and also Baptist Women's Day on Sunday, Feb. 21, with the women leading in the worship service and also a guest speaker who she hoped would be a pastor's wife. On the evening of the Baptist Women's Day, there will be a Mission Emphasis for each age group with the adults being led by Rev. Bob Davis, Director of Christian Social Ministry of the Kings Mountain Baptist Association. Mrs. Garland Jolley had the Prayer Calendar and Mrs. Whitaker served tasty refreshments using the Valentine theme.

The Deacons and their wives have been having a class the first and third Sunday evening of the month and this month's study is "A Church At Work."

Mrs. Ronald McSwain led the evening worship on Sunday in the absence of Rev. McSwain and immediately following the service the choir honored Terri and Bobby Headley with a shower in the fellowship hall. Terri and Bobby were married on January 23, and she is presently serving as Interim Music Director. The hall was decorated with hearts, candles and flowers with delicious refreshments served by choir members.

A good many friends and relatives attended the 50th wedding anniversary on Sunday given by their children for Rev. and Mrs. Robert L. Robertson, Sr. at the Congare Baptist Church of West Columbia, S.C. Mrs. Robertson is the former Odie Houser of this community and visits here frequently.

Prospect Community

by Mrs. Broadus McGinnis

Thursday supper guests of Mrs. Mary Potter were Mr. and Mrs. Roy Tucker and Della of Tryon and Mr. and Mrs. Jackie Potter and Christy.

Sunday visitors of Mr. and Mrs. Forrest Jones were Mr. and Mrs. William Clements and Tony of Spartanburg, Mr. and Mrs. Kenneth Jones of Henrietta and Mrs. Lera Walker of Cliffside.

Mrs. Ann Clark and Mrs. Opal Johnson of Belmont and Stanley Johnson and Steve White, both students at Gardner-Webb College, ate dinner Wednesday with Mrs. Clara Godfrey. Other visitors were Mr. and Mrs. Howard Phillips of Lake Lure, Mrs. Era Cobb and Mrs. Lois Beason of Cliffside and Mrs. Verle Davis.

Mr. and Mrs. Wilford Harris of Hickory spent Sunday and Monday with Mrs. Elsie Harris. Mr. and Mrs. U.E. Harmon visited her Tuesday night.

Mr. and Mrs. Ronald Price and children were Sunday dinner guests of Mr. and Mrs. James Price. Later in the day they visited Mrs. Johnnie Lovelace in Mooresboro.

Phonda Price spent Friday night with Meshelle Houser in Cliffside.

Mrs. Weldon Bratton spent from Monday until Thursday with Mr. and Mrs. Charles Flowers, Carla and David, in Hickory. The grandchildren returned home with her to stay for the weekend when their parents will join them here.

Mrs. Madge Parris of Gaffney spent Saturday with her sister, Mrs. Stella Scruggs.

Visitors of Mr. and Mrs. Kirk Humphries and Mrs. J.A. Barteel were Mrs. Arey Jolley, Grudger Walker, Earnest McCraw, Kelvin Humphries and son, Ashely.

James Crawford of Aiken, S.C. spent Friday night with his mother, Mrs. Henry Crawford.

Mr. and Mrs. J.T. Jolley and Louise Jolley spent Sunday with Joe Jolley and family in Columbia, S.C.

Mrs. Cecile Jolley came home Friday after staying with Mr. and Mrs. Jimmie Jolley and Danny in the Trinity Community.

Tim Phillips of New Pleasant had supper Saturday with his grandparents, Mr. and Mrs. Bobby Barnes.

Mrs. Hazel Wallace of Cliffside had supper Friday night with Mrs. Spencer Ruppe.

Mrs. Edisto Horton of Cherokee County was a Tuesday visitor in the community.

Mr. and Mrs. Wade Harmon of Chesnee, S.C. visited Friday with Mrs. Eula Suttles and James Camp.

Dr. and Mrs. James Karl Jordan, Jr. spent the weekend in Wilmington where they enjoyed working on their home and relaxing. While they were away, Mr. and Mrs. Jimmy Jordan were with Karla Jordan at their home.

Among the Sunday visitors of Mr. and Mrs. Buren Hamrick were their grand daughter, Mrs. John Ledford, her husband and son, Chris, of Ellenboro.

We regret to report that a truck ran into the home of Mr. and Mrs. Guy Hamrick on Monday morning and did a considerable amount of damage to the home but no one was hurt due to the fact that no one was home at the time of the accident.

Lavonia Community

by Mrs. L. B. McCraw

A good crowd was present Sunday night to hear the singing and testimonies of Miss Robin Mikalunas and Debarah James. Several made decision for Christ.

The older youth of the church will have a Valentine party Thursday night.

The younger group will meet Saturday for a party.

Mrs. Helen Cobb is convalescing at her home. Rev. Rae Webb and Mrs. Viola Scruggs visited her last week.

Mr. Johnny Potter is a patient in Rutherfordton Hospital. Miss Winney McCraw and Mrs. Garman Barnes visited him Friday.

Recent visitors of Mr. and Mrs. Odus Scruggs have been Mr. and Mrs. Dean Patrick and Molly of Belmont and Mr. Ralph Ruppe of Spindale.

Mrs. Annie Bailey is in declining health at her home. Calling to see her and her family have been Mrs. Fannie Horton, Mrs. Sara Sellars of Gaffney, Mr. and Mrs. Kyle Davis, Mrs. Annie Hammett, Miss Dorothy McCraw, Mrs. P.G. Petty, Mrs. Viola Scruggs, Mrs. Linda Petty, Mr. and Mrs. Alfred Bailey and daughter.

Mr. and Mrs. Gordon Thomas are both patients in Cleveland Memorial Hospital.

Mrs. Martha Huskey remains in serious condition at Cleveland Memorial. Misses Dorothy and Alpha McCraw visited her family Thursday.

Sunday visitors of Mr. and Mrs. Loyd McCraw were Mrs. Janie McCraw, Mr. and Mrs. Herman Allen and Mr. and Mrs. A.V. Allen of Shelby.

Mr. Brad Kaiser of Charleston was a weekend guest of Mr. and Mrs. Charles Davis and daughters.

Sunday guests of Misses Wilma and Georgia were Mr. Kaiser, Ann Davis and Elwyn McCraw.

Mr. and Mrs. Mike Petty and sons visited on Wednesday evening with Mr. and Mrs. Larry Petty and sons, Richard and Dale. Mr. and Mrs. Elwyn McCraw were their Sunday dinner guests.

Mr. and Mrs. Garmon Barnes and Mr. and Mrs. Wilbur Dayberry entertained their sister and her husband, Mr. and Mrs. Wrenn, with a dinner at Shelby Fish Camp Tuesday. They were on their way home to Norfolk, Va. from a visit with relatives in New Orleans and Florida.

Misses Lowell Ellis and Mrs. Veola Bridges visited Mrs. Gurfey Humphries Sunday.

Mrs. Ophelia McCraw visited Mrs. Annie Bailey, Miss Pearl McCraw and her mother, Mrs. Maggie Barteel on Sunday. Her grandsons, Richard and Dale Petty, spent Friday night with her and Mr. McCraw.

Mrs. Media Humphries was a Sunday guest of her daughter, Brenda, in Shelby.

Mrs. Betty Webb and Miss Dorothy McCraw spent Tuesday at the hospital visiting the sick including Mrs. Martha Huskey and Mr. and Mrs. Gordon Thomas.

Mr. Madison McCraw was able to return to church services Sunday. Friends visiting the family recently have been Mr. and Mrs. Gene Matheny and Gina of Shelby, David Matheny and Lisa Bowen of Raleigh, Miss Patti Matheny of Decatur, Ga. Rush McCraw, Mrs. Minnie Barnes, Mrs. Altis Vassey of St. Line, Mr. Barry Potter, Muriel Dixon, Lowell Ellis, Rev. Rae Webb, Mr. and Mrs. G.T. Wood, Danny Ledford, Barry Orr and sons, Cecil Jolley, Larry Petty and Rae Barnes.

Mrs. Myrtle Spake and Mrs. Lovina Bailey visited Mrs. Ebbie Robbins and Mrs. Jeas Carpenter at Edgewood rest home Saturday evening. Mrs. Spake attended the 91st birthday party of Mrs. Tom Price Sunday evening at Prospect Baptist Church.

Mr. and Mrs. Collis Earls were Sunday visitors of Mr. and Mrs. Garmon Barnes.

Boiling Springs Community

by Louise Moore

Mr. and Mrs. Blane Whisnant spent the weekend with Mr. and Mrs. Ted Whisnant and daughter, Margretta, in Marion, S.C.

Mrs. Victor Turner from Forest City visited with her sister, Miss Etna Holland, Sunday afternoon.

Kevin Peeler and Mark Scruggs from the Camps Creek Community spent the weekend with Mark's grandparents, Mr. and Mrs. Horace Scruggs.

Johnny Greene from Pfeiffer College and Mr. Larry Greene and Regenia from the Camps Creek Community were Sunday dinner guests of Mr. and Mrs. J.R. Greene.

Mr. and Mrs. Flay Gantt visited with Mr. and Mrs. Colen Hamrick in Shelby Saturday night and had supper together at Bridges B-Q Lodge.

Todd Greene, son of Mr. and Mrs. Jimmy Greene, is a patient in Crawley Memorial Hospital.

Larry McSwain, Jr. has returned home after being a patient in Cleveland Memorial Hospital.

Sunday was Youth Day at Boiling Springs Baptist Church. Randy Kilby of Gardner-Webb College preached at the eleven o'clock service during the morning worship hour.

Trinity Community

by Doris Scruggs

Congratulations to the following people who went to Sunday School for an entire year without missing a Sunday. Lois Greene has achieved 32 years without missing. Jennifer Bridges, 8 years, Carla Bridges, 6 years, Lisa and Chris Beason, 5 years, Arthur Yount and Mrs. Boyd Luckadoo, 4 years, Paul Jolley, 3 years, and Michael Jolley, Dawn Harris, Dawn Yount, Cindy Yount, Tim Phillips and Jeannane Mullinax, 1 year.

Harold Bishop, Mrs. Don English and Mrs. Arthur Collums Sunday School classes took the church bus to Harry O's in Kings Mountain to eat fish on Saturday night. Twenty five people enjoyed the food and fellowship.

Dwight Winn continues to be confined to his home and is not able to get out.

Mr. and Mrs. Marshall Byars had as a weekend guests Bob Barnwell and Jeremy of Fayetteville, Mrs. Pam Byars, Brian and Michelle, were Sunday dinner guests in the Byars home.

The Baptist Women's group met at the home of Mrs. Ed Beason on Tuesday morning at 10 a.m.

Mr. and Mrs. Carl Pittman visited both of their parents who live in Spruce Pine on Sunday.

Junior Ruff continues to be a patient at Spartanburg General Hospital but is improving slowly.

Mr. and Mrs. W.E. Smith took their son, Gary, and his family to Duff's in Spartanburg on Saturday night for Gary's birthday dinner.

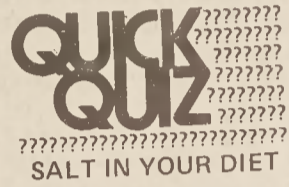
Miss Sonja Melton of Swainsville and Miss Lori Summey of Prospect visited Miss Jennifer Bridges over the weekend.

Mrs. Gerald Sweazy and boys of Earl were Sunday dinner guests of Mr. and Mrs. Sam Jenkins.

Harvey Cooke, Jr. is a trumpet player in the All State Band in Shelby. He was chosen to go to the Band Clinic in Kings Mountain to play in the tournament. Harvey is the grandson of Mr. and Mrs. Fay Crowe.

The Evening Currant Mission Group met with Mrs. Myrtle Greene Tuesday evening. Ten members attended the meeting.

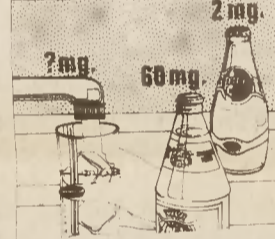
Mr. and Mrs. Elon Houser from Cliffside visited with Mrs. Nancy Harper and Mrs. Sallie Horn Thursday.



Test your knowledge of sodium and its part in your diet by answering these true or false questions:

1. Just a few "shakes" of the salt shaker make very little difference in the total sodium ingested daily.
2. The drinking water in different communities can vary considerably in sodium content.
3. Mineral waters such as Perrier and club sodas such as Canada Dry are basically the same.
4. Foods can contain a lot of sodium without tasting salty.

ANSWERS: 1. False. A few "shakes" can represent hundreds of milligrams of sodium, depending on the shaker opening. Every 1/4 teaspoon has about 575 milligrams, so it doesn't take much "shaking" to increase your sodium intake. 2. True. Your local health department can give you detailed information. 3. False. Mineral waters, such as Perrier, are derived from a protected underground spring and are free of preservatives, artificial coloring or added salts. Perrier contains only 2 mg. sodium per eight ounce glass. Club soda, just as all soft drinks, uses local water as its source. Mineral salts and sodium are added. Canada Dry contains about 60 mg. sodium per eight ounces. 4. True. The sodium in some foods can be masked by other seasonings, especially in spicy food combinations.



Memory Lane



Does the time of day in which you take a drug have anything to with its effectiveness? — J.L. The best answer is, we're not sure. A new field of medical science called chronopharmacology, or the study of the interaction between drugs and biorhythms, seems to be showing that for some drugs, the answer is indeed, yes. Physicians have found that anti-hypertensive drugs work better if administered when the blood pressure is high.

Is there a vaccine coming which will reduce the incidence of dental caries? — T.Y.

Yes. Work is proceeding on a vaccine that keeps a common cavity-causing bacterium, streptococcus mutans from sticking to the teeth. The bacterium manufactures a glue-like substance, dextran, enabling it to stick to the tooth. The vaccine prevents the formation of dextran. Although the vaccine has been tested successfully in animals, it is still a long way (5 to 10 years) from the market place.

I've got severe arthritis and have a rough time in the kitchen. Is there anything that would help? — E.P.

You might want to make use of lightweight equipment, such as plastic or aluminum to minimize the stress on joints. Use a wheeled dolly or plant stand to move heavier items across the counter. These and other self-help ideas are contained in "Self-help for the Arthritis Patient," made available by a major manufacturer of anti-arthritis drugs. For your copy send a stamped, self-addressed business envelope and 10 cents for handling to me in care of this publication.

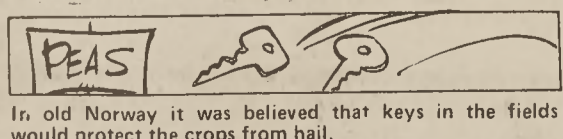
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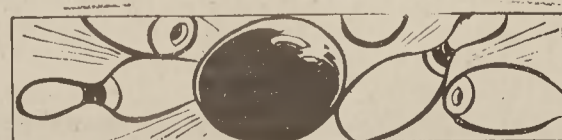
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In old Norway it was believed that keys in the fields would protect the crops from hail.



Over 27 million Americans are bowlers.