

Wataugans At Work



Alan Klutz, 17-year-old son of Mr. and Mrs. J. A. Klutz of Winston-Salem and Blowing Rock, and Richard Snider (standing) of Boone are life guard and pool manager respectively at the Blowing Rock Municipal Pool. Klutz, in his second season as guard at the pool, is a junior at Southwest High School (Winston-Salem). Snider, a 1963 graduate of ASTC, is married to the former

Miss Ruth Lanning of Lexington and has a two-year-old daughter. His third year at Blowing Rock, Snider said that the pool has its busiest time in late July and early August. Incidentally, the partly submerged swimmer in the right foreground of the picture wasn't about to drown—just swimming underwater.

Health and Beauty

When persons go to a doctor's office with a persistent backache, they usually imagine that they have kidney trouble. They have seen numerous advertisements of pictures showing men standing with their hands on the backs and agonized expressions on their faces. The printed matter accompanying the cuts advised a sure cure for kidney disease, which was supposed to be the cause of the pain.

This is all bosh. As a rule kidney troubles are not ushered in by pains in the back although backache may be an accompaniment of kidney stones.

The back is a very important and complicated structure. A number of bones are superimposed one above the other and tied together by ligaments, padded with cartilaginous disks between each vertebrae thus forming the spinal column.

Sometimes the most intractable backaches are caused by a disk slipping out of place. It often requires skillful surgery and long treatment to relieve the condition.

Many cases of back pain are due to injuries. Sometimes parts of the bones are chipped off or fractured. Arthritis is a frequent cause of backache. If there are deformities of the bones or deposits about them, the X-ray will often reveal the trouble.

Bad posture is also a cause of pain in the back if it puts a strain on the muscles and nerves. There are strong massive muscles which move the spinal column about. The nerves come out from the spinal cord through the openings in the vertebrae. They run to all the organs and structures of the

body which they supply. Thus you see that if the back aches, the whole body is sick and most uncomfortable.

A diseased tooth or infection in any part of the body may produce backache. The cause should always be sought before the remedy is applied. Not all cases should be treated alike. If it is due to an injury, pounding and manipulation will only make the matter worse. Strapping and immobilizing will help a back that is strained and sore from an injury.

Penetrating lights, rest, diathermy and Swedish massage will cure most cases of backache that the doctor sees in the routine day's work.

Given Award For Reading

Faris Corey, daughter of Mr. and Mrs. John Corey of Boone, was the recipient of a dictionary given by the Laurel Book Club of Boone to the eighth grader who made the most progress in reading during the school year.

Miss Ruby Akers, assistant professor of English at Appalachian State Teachers College and president of the book club, made the award.

MORTGAGE LOANS SOAR

Mortgage loans by life-insurance companies in the United States last year totaled \$7,700,000, a new record and nearly a billion dollars more than in 1961.

Canada plans to extend wheat sales to China.

Trade, Tenn. News Items

Mr. and Mrs. F. R. Bumgardner of Trade and Mr. and Mrs. John Cornett of Creston were Sunday dinner guests May 26th of Mr. and Mrs. Milton Cornett. Miss Betty Jean Cornett was celebrating her birthday which was May 22nd. There were a delicious meal, many nice gifts and other company in the afternoon.

Mr. and Mrs. Delmer Mock and Mrs. Purdie Grogan attended the wedding of Mr. Jimmie South and Miss Judy Greene which was performed at Parkinsville Baptist Church Saturday afternoon, June 1 by the bride's pastor, Rev. Maurice Cooper.

Mr. and Mrs. Raymond Donnelly and daughter, Linda, attended the graduation exercises of Lees-McRae College at Banner Elk Sunday afternoon for their daughter, Mary Jean. Mr. and Mrs. D. C. Mock also attended the graduation.

Rev. Arent Greer of Mabel filled his regular appointment at Friendship Baptist Church

Sunday morning and was a dinner guest of Mr. and Mrs. Frank Bumgardner. Other company during the afternoon were Mr. and Mrs. Glenn Tester of Silverstone and Mr. and Mrs. Fred Wilson and Milton Cornett of Trade.

Miss Margaret Ann Garland, who works at Cannon Memorial

Hospital at Banner Elk, spent the week end with her parents, Mr. and Mrs. Russell Garland.

Mr. and Mrs. Glenn Mays and Glenna attended the graduation exercises at Mountain City, Tenn. Friday night May 31.

Mrs. Milton Cornett and Betty Jean visited Sunday afternoon with Mr. and Mrs. Butler Wilson and family of Bristol, Tennessee.

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It's Outdoor Drama Time Again In Carolina; 3 Shows To Reopen

By MIRIAM RABB

It's outdoor drama time again in North Carolina, with three big shows set to reopen in mountain and coastal vacation lands.

The initial 1963 performances of "The Lost Colony" at Manteo and "Horn in the West" at Boone on June 29 will be preceded by features of the statewide Carolina Tercentenary Celebration.

The lights go up on June 25 on "Unto These Hills" at Cherokee in the Great Smoky Mountains, box-office champion among America's outdoor historical dramas.

Andy Griffith, native North Carolinian known to TV viewers as the sheriff of Mayberry, will be guest of honor when "The Lost Colony" begins its 26th season at Waterside Theatre in Fort Raleigh National Historic Site on June 29.

Secretary of Commerce Luther H. Hodges and Dennis A. Greenhill, Her Majesty's Minister from the British Embassy in Washington, will participate in the Tercentenary celebration at Boone preceding "Horn in the West's" opening in the Blue Ridge Mountains.

Ox-drawn wagons will roll into Boone at 10 a. m. June 29 after a three-day re-enactment of Daniel Boone's crossing of the Blue Ridge. At noon, there will be a parade of wagons, stagecoaches, horsemen and antique motor vehicles. Secre-

Food Is Bought From Selection Of 8,000 Items

Raleigh—Today's homemaker selects her groceries from an assortment of some 8,000 items, compared with only 1,000 just 20 years ago. Two-thirds of today's products are either new or were materially improved within the last 10 years.

Mrs. Ruby P. Uzzle, consumer marketing specialist for the N. C. Agricultural Extension Service, recently released some figures concerning the shopping habits of homemakers.

She found that 54.9 per cent of the food shoppers carried no shopping list. Only one shopper in five has a partially written list—an indication that the shopper is relying on her supermarket visit for buying suggestions.

How much do shoppers buy? An average of 13.7 items were bought per shopping trip as compared to 12.7 items five years ago. One shopper in three buys more than 15 items.

Homemakers do most of their shopping near the weekend. A higher percentage did their shopping on Friday than on Saturday. However, purchases were substantial on every day of the week.

Macmillan predicts a Conservative victory.

tary Hodges will speak at 2:30 p. m. in Conrad Stadium on the campus of Appalachian State Teachers College. Dedication of the Daniel Boone Botanical Gardens adjoining the "Horn in the West" theatre will follow. Mr. Greenhill will speak that evening at the Tercentenary prologue on the stage where "Horn in the West" opens its 12th season at 8:15 p. m.

"Horn in the West" is a story of Daniel Boone and other pioneers who conquered the Southern Appalachian wilderness.

All three of North Carolina's outdoor dramas play six nights

weekly through September 1. "Unto These Hills" and "Horn in the West" are dark on Monday nights. "The Lost Colony" plays Mondays through Saturday, with special Sunday night performances June 30, July 21, August 18 and September 1.

Each show relates a different chapter of American history, portraying events and personalities identified with the region in which it is produced.

In addition to the unique outdoor dramas, North Carolina's vacation-time stage circuit features summer stock theatres at Flat Rock, Clemmons, Charlotte, and Burnsville.

Telephone Talk

by
W. R. COOKE, JR.
Your Telephone Manager



A WELL EARNED VACATION . . . Mr. H. M. Inabinet, former Manager of Southern Bell Telephone Company in this area, retired on May 1, 1963. His sincere, devoted attitude for both his employees and customers will long be remembered by those who knew him best. I feel fortunate that I had the opportunity to become personally acquainted with Mr. "Nab" when I started with the Telephone Company in the early part of 1950. I feel that it is both a privilege and a challenge to follow a man of his caliber.

SINCE MY WIFE AND HER FAMILY lived in this area many years ago we are comforted by the thoughts that we are moving into a city where we both have many friends and acquaintances. While I have only been in the Lenoir-Boone areas for about three weeks I am already beginning to feel very much a part of these communities. This I am certain has come about through the sincere and friendly manner afforded me by those individuals that I have had an opportunity to meet.

DUE TO THE SIZE OF THE BUSINESS OFFICE in Lenoir I naturally plan to make my home there, however, I will always welcome a telephone call (Collect) from anyone in Boone or Blowing Rock where you are not completely satisfied with the telephone services being rendered. Maybe there is nothing more that I can do but at least it would give me the chance that I would otherwise miss. ENOUGH SAID ABOUT MYSELF—SO—

"AEQUIS ATQUE APERTIS CONDICIONIBUS . . . AUTOMOBILES NOVISSIMAE LOCANTUS" . . . or, "Terrific deal on brand new cars to rent." This ad, complete with address and "Telephonum" number, recently ran in a Rome newspaper. With thousands of churchmen convening in Rome for the Ecumenical Council, about the only language understandable to all is Latin . . . obviously not a dead language after all!

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