

Overmountain March Proposed A Nat'l Historic Trail

(ATLANTA) — The National Park Service (NPS) has released for public review and comment a draft report recommending National Historic Trail status for the Overmountain Victory Trail in four southeastern states.

The proposed addition to the National Trails System commemorates the routes taken by colonial "Overmountain Men" from their primary muster points in Virginia, Tennessee and North Carolina to Kings Mountain in South Carolina during late September and early October, 1778.

Frontiersmen from those four states plus Georgia scored a resounding victory over British Loyalists in the Battle of Kings Mountain on Oct. 7, 1780, the first link in a chain leading to the surrender of British General Cornwallis a year later, greatly hastening the end of the American Revolution.

Copies of the draft study report are being sent to individuals and organizations that have expressed prior interest in the project. Additional copies and information are available from the Resource Area Studies Division, National Park Service, 75, Spring St., S. W., Atlanta, GA 30303.

The Park Service has set a March 15, 1980, deadline for public comment on the report. Comments will be incorporated into a final report that will be submitted to the Secretary of the Interior and then to the President and Congress.

Joe Brown, Southeast Regional Director for the Park Service, said he hopes the study will be completed in time for Congress to consider national trail designation prior to the Bicentennial of the March and battle this fall.

Specifically, the draft report calls for designation of the march route from Abingdon, Va., to Sycamore Shoals (Elizabethton), Tenn., to Quaker Meadows (Morganton), N. C., to Cowpens, S. C., to Kings Mountain.

It also includes the route taken by North Carolinians from Wilkes and Surry Counties on their way to join other contingents at Quaker Meadows.

The report proposes that the initial segments of the trail be those already identified and established in Kings Mountain National Military Park, Cowpens

National Battlefield, Pisgah National Forest and Roan Mountain and Sycamore Shoals State Parks in Tennessee.

Overall administration would fall under the National Park Service, which would be assisted by an advisory council made up of representatives from private, local, state and federal organizations.

The advisory council also would be involved in an active program to identify, authenticate, publicize and preserve the march routes and the important historic sites associated with them.

In order to achieve some of these goals, a highway marking program would be authorized, with the federal government providing the markers and the various states responsible for placing and maintaining them.

The draft report recommends that the states strongly consider, at least as a long-range goal, establishing bicycle trails either along highways that have displaced the historic route or along paralleling roads.

20 Years Ago

Miss Sylvia Comer, a senior at Meredith College, Raleigh, was listed as making the Dean's List for the past semester. She will be graduated on May 30th with a major in Religious Education and a minor in Psychology....The Polk County School Board has named the following to the Central High School Board: Hubert McEntyre, Columbus; Paul Gilbert, Sunny View; H. Fletcher Edwards, Mill Spring; Bennett Hindsdale, Green Creek and Boyd H. Laughter, Saluda.... Jimmy Flack, son of Mr. and Mrs. James Flack of Tryon, is a member of the wrestling team at Phillips-Exeter Academy at Exeter, N. H. Last fall he was a member of the football team.... Polk County School Supt. David Cromer is attending the National Convention of the American Association of School Administrators in Atlantic City, N. J....Fred Swann has returned to Hatch Mill from a stay with a Deering-Milliken Mill in Maine... Mr. and Mrs. C. H. Ganzenmeuler of Cleveland, Ohio have bought a lot in Skyuka Hills subdivision....Fred L. Eargle, son of Mr and Mrs. C. M. Eargle of Tryon has joined the faculty of the N. C. State College as an industrial specialist for the Industrial Experimental Pro-

gram....The area gets a big snow...The Band of Gold (Landrum-Inman) will leave Spartanburg on Feb. 25th for New Orleans and the Mardi Gras, returning on the 28th. Two cars on "The Southerner" to accommodate the musicians, chaperones and equipment. Bandsmen from Landrum who are expected to make the trip are Mary Blom, Sandra Fagan, Brenda Lanford, Jerry Byrd, Donnie Dowda, Robert Howard, Bo Johnson, John Lawrence, Danny Peeler and Billy Wright. Mr. and Mrs. T. P. Johnson of Landrum are among the parents who will accompany the group as chaperones....Mr. and Mrs. John V. Whiteside of Manhasset, Long Island, N. Y. have purchased a lot on Mimosa Drive for a future homestead....Mrs. A. J. Stone and Mrs. Paul Gibson are co-chairmen of the Heart Fund in Landrum....Miss Gloria Hendrickson, 17 year old daughter of Mr. and Mrs. Joe Hendrickson won the Betty Crocker Home-maker contest held for Landrum High School Seniors.

Offered Scholarship To Duke Law School

Duke University Law School has recently announced that it has offered to Miss Joyce Payne of Tryon a James A. Bell Scholarship.

These awards are in the amount of \$15,000. They are given to individuals with outstanding academic, potential and promise of public leadership. The Bell Scholarship is one of the highest honors that can be conferred on prospective Duke Law School students. Joyce is the daughter of Mr. and Mrs. Alfred Payne. She has also been accepted to the Law School at Harvard University.

HEALTH WATCH

By N. C. Medical Society

Headaches. Who doesn't have them, right? If the truth were known, there are probably more reason to have headaches than not to have them.

For example, it's raining outside and the kids stayed home because it's a holiday and while you were breaking up the latest in a series of all-day fights you forgot about the oven and tonight's dinner has now taken on the appearance of soggy charcoal.

You guessed it, the common

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tension headaches. It is usually relieved by a couple of aspirin and a couple of quiet minutes. An extended vacation is optional.

Most headaches are nothing to worry about. However, if they come on suddenly with no apparent reason and persist for a couple of days, they should be investigated by your physician.

If the headache is situated above one eye it is likely to be caused by sinusitis. If it comes on abruptly and is worsened by eye movements it may be due to eyestrain. Another, but less likely, possibility is that it might be due to glaucoma, a serious disorder with increases the pressure within the eyeball itself. Left untreated, glaucoma can lead to blindness.

Perhaps the most severe type of headache is the migraine. It is an intense headache and typically affects women more often than men and tends to run in families. The migraine may last anywhere from several hours to a couple of days and may be accompanied by nausea and vomiting.

If you suffer from migraines your physician may be able to prescribe medication to lessen the attack. It may or may not be comforting to know that most of migraine attacks tend to taper off and stop after 50 years of age.

If any part of your body is cold, put on a hat or scarf. Almost 90 percent of the body's heat loss is at the head. If the head is covered up, the excess heat that can no longer be lost goes to other places, to the hands or feet, for instance, making these areas warmer.



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