

# Our Lunchrooms Important!

School Food Service employees' in Transylvania County schools are to be commended. Many thanks are expressed to the managers and all the workers in the County. During this week, set aside as National School Lunch Week, we express our appreciation for their efforts to make the School Lunch Facilities more pleasant.

By planning, preparing and serving attractive and tasty meals, these persons help meet the nutritional needs of our boys and girls.

Mrs. Madge K. Maree is the Di-

rector/Supervisor for Transylvania a County Food Services, and this newspaper is appreciative of the fine cooperation she gives in making the menus possible for publication each week.

The Times is also happy to salute all the School Food Service employees in the town and county during this special week, and we are indeed proud of the fact that more than 90 per cent of our students are eating in the lunchrooms.

And for many, this is the best meal they have each day.

## Veterans' Day 1971

Veterans' Day will be observed this year in most states on October 25. This time of remembrance had its beginning as Armistice Day marking the end of World War I on November 11, more than 50 years ago. It is now the day on which the nation honors all veterans of the Armed Forces. They should be doubly honored this year for the thankless task of "winding down" the Vietnam war—a conflict in which many of them have participated.

Unlike veterans of previous periods in our history, those returning from Vietnam will find no brass bands awaiting them, but a nation preoccupied with dissension and confusion over economic and social troubles would assume far more reasonable proportions if the respect for our nation, which is implicit in Vet-

erans' Day, could enjoy a rebirth. A part of that respect can be redeemed by observing Veterans' Day in the spirit in which it was conceived by patriotic Americans of over half a century ago. There was no question then of the greatness of our nation, its purposes nor the quality of its citizens.

We should realize that what was true then is true now. There is no greater nation than the United States. Those who have served in its military forces are symbolic of everything in which free men believe—the Christian ideals of personal liberty, the rule of law and the sanctity of the home and the individual. There is no better time to pay homage to all of these safeguards of human dignity and freedom and to the members of the Armed Forces who have helped to preserve them on Veterans' Day.

## It Is Not Free

According to late figures from The Tax Foundation, a nationally known research organization, taxes—federal, state and local—now take more than \$33 out of every \$100 we earn. The tax charge against earnings includes not only obvious things like income taxes, social security and sales taxes, but also hundreds of hidden taxes. The old cliché about supporting government by "soaking the rich" is seldom heard anymore, and for a very good reason. If government confiscated all taxable in-

come over \$10,000, it would provide enough additional money to run the government for less than two months.

When new taxes are levied against businesses, they are, of necessity, passed along to customers. Taxes are a major cost of business. All business costs come out of the pockets of consumers. When government performs a service for the citizen, it can be paid for in two ways; higher taxes or inflation. The point to remember is that it is not free.

## National Forest Products Week

Most of us ride along on our spaceship Earth much the same as passengers of a jet airliner. We enjoy the comforts of the ride but are dimly ignorant of the powerful and complex machine that is carrying us.

By remaining ignorant about such things as natural resources, their use and conservation, pollution control progress and other matters in-

volving the integrity of the environment, we can wreck the best efforts of those who truly understand the life support systems of the Earth.

For example, in the name of conservation, we constantly hear politicians and far-out environmental purists advocate locking up forest lands in single-use recreation areas. Single use of commercial forest lands

★ EDITORIAL PAGE ★

THE TRANSYLVANIA TIMES

PAGE TWO Thursday, October 21, 1971

### Guest Column

## Just For Today

(The Kansas Power and Light Company)

Just for today I will live one day only, forgetting yesterday and tomorrow, and not trying to solve the whole problem of life at once.

Just for today I will be unafraid of life and of death; unafraid to enjoy the beautiful and to be happy. Lincoln said that people are as happy as they make up their minds to be.

Just for today I will adjust myself to what is, and not try to make everything over to suit me. If I cannot have what I like, I will try to like what I have.

Just for today I will be agreeable, cheerful, charitable, do my best, praise people for what they do, not criticize them for what they cannot do; and if I find fault, I will forgive it and forget it. I will not try to im-

prove or regulate anybody except myself.

Just for today I will have a plan. I may not follow it exactly, but I will have one. It will save me from worry, hurry and indecision.

Just for today I will get people off my nerves and not get on theirs. I will appreciate them for what they do and what they are.

Just for today I will not show it if my feelings are hurt.

Just for today I will find a little time for quiet, to relax, and to realize what life is and can be; time to think about God, and get a better perspective of myself.

Just for today I will look at life with fresh eyes and discover the wonder of it; I will know that as I give to the world so the world will give to me.

## Creation's Vast Lull: It Is 'Indian Summer'

By Thad Stem, Jr.  
(Southern Pines Pilot)

In Indian, or second, summer creation is gripped by a vast lull. This lull, two-thirds poignance and one third wistfulness, puts man and nature into an hypnotic trance. Although creation is still, the earth is standing and waiting for the gigantic change of life.

One goes out at twilight almost on tiptoe for fear and extraneous sound will break the spell, call down those rough-handed hosts known as a falling-weather. And at eventide it is easy to see creation as a supple maiden standing in quiet meditation just before she is sacrificed to the insatiable lusts of steely west winds and killing frosts.

The Indians told the early settlers there would be a second summer, and "Indian sum-

mer" may have evolved from that information . . .

During Indian summer the impulse to be outdoors is irresistible. Old-timers feel it is inecorpus, if not sacrilegious, to say a silent farewell to the blue-green caravan called summertime, and younger people find they are homeless vagrants. The sum of wisdom and ambition seems reduced to standing and staring at green leaves trimmed with gold, at skies that seem to be camp grounds where the ghosts of Indians smoke pipes in misty tepees.

If one listens closely, at twilight, one is almost certain to hear the ghosts of Tuscaroras, or some other tribe, returning from the hunt, and frequently this sensation goes beyond all the tricks of winds and smoky forests and skies.

### Pick Of The Press

## Honey May Lift You

W. E. HORNER  
(Sanford Herald)

Been having a ball going through Folk Medicine, by Dr. D. C. Jarvis of Vermont, loaned me by Mrs. Eunice Teddar. Lots of interesting chapters, one about honey.

I eat lots of honey. Mostly because I like it. Now I learn it's non-irritating to the lining of the digestive tract, is easily and rapidly assimilated, quickly furnishes the demand for energy, enables athletes and those who expand energy rapidly to recuperate quickly from exertion; of all sugars, best handled by the kidneys, has a natural and gentle laxative effect, has sedative effect in quieting the body, is easily obtainable and inexpensive. I add it's also just plain good to the taste: with plenty of butter and toast or biscuits can't be beat.

Dr. Jarvis really is high on honey. He said it has lots of vitamin C; is good infant

feeding; helps prevent bedwetting; is one of the best natural remedies for inducing sleep in all ages; makes a good cough remedy when combined with lemon juice and glycerine: 1 lemon, 2 tablespoonsful of glycerine, finish filling a drinking glass with honey, use moderately. It's also good for muscle cramps, twisting of the eyelids, successful remedy for skin burns. Athletes can use honey particularly to good advantage, Dr. Jarvis' book says. And also eating plenty of honey combats arthritis and arthritic pains. Even the honey-comb comes in for high praise for medicinal value, so don't be finicky in buying honey; get a jar that has both prune honey and a section of the honeycomb.

All this may sound silly. But anything that tastes as good as honey and is non-alcoholic, non-fattening, non-sinful and doesn't cost \$10 like modern antibiotics, is worth a try.

## Paragraphics . . .

Poverty is a state of mind often induced by a neighbor's new car.

Generally speaking, women are generally speaking.

If at first you don't succeed, you're running about average.

It was bound to happen. One of the suburban stores is opening a downtown branch.

Nobody is going to buy what you have to sell unless they know you have it for sale.

A well-trained child always keeps quiet while its father is doing its homework.

America is the only country in the world where a man can build a three-car garage and fill it with cars he doesn't own.

One thing we know about the speed of light — it gets here too early in the morning.



### SENATOR

## SAM ERVIN

★ SAYS ★

WASHINGTON — House passage of the proposed Equal Rights Amendment opens anew the serious question of whether the Senate should adopt a resolution submitting this issue to the States for ratification.

Any consideration of the advisability of adopting this amendment requires answers to these questions: First, what is the character of the unfair discriminations which society makes against women? Second, is it necessary to adopt an amendment to the Constitution to invalidate them? Third, if so, would the House-passed amendment constitute an effective means to that end?

From many conversations I have had with advocates of the Equal Rights Amendment, I am convinced that many of their just grievances are founded upon discriminations not created by law. The Equal Rights Amendment will have no effect upon such injustices.

Professor Paul Freund of Harvard Law School, one of the nation's distinguished constitutional scholars, put the matter in perspective with this sound advice to the advocates of this amendment. He said that all the effort being spent to enact a badly drafted constitutional

amendment ought to be channelled into lawsuits enforcing the 14th Amendment and specific legislative proposals dealing with particular grievances.

Instead, the country is confronted with an amendment that could, if it becomes a part of the Constitution, do an infinite amount of harm by destroying many of the basic legal protections afforded to women. Indeed, many constitutional scholars take the view that the adoption of this amendment could result in the nullification of every existing federal and state law making any distinction whatever between men and women, and would rob Congress and the state legislatures of the power to make any future laws which recognize that there are physiological and functional differences between men and women. This would be tantamount to saying that the nation is ready at one stroke of the pen to derive women of the countless necessary protections afforded them under the laws of every state in the union.

I must confess that I am somewhat puzzled by the arguments of those who urge that what they want is an amendment which will make men and

—Turn to Page Seven

## THE EVERYDAY COUNSELOR

BY

DR. HERBERT SPAUGH



Automobile and suicide are the number one and two causes for death among youths. This is a horrible and tragic thing. Both bring to focus the awful results of the lack of the conscious presence of God. Too many young people are given an automobile without adequate driving and spiritual instruction together with what the military calls "time in grade." The latter means that they take to the highways in a car without adequate driving experience under supervision.

For years we have recommended that all drivers secure a copy of the "prayer sticker" which goes on the dashboard of the car which invites the driver to pray before and as he drives. You can get these by writing the Everyday Counselor in care of this newspaper, enclosing 20c for each sticker and a self-addressed, stamped envelope.

Suicide runs second to the automobile as a killer of youth. Here again there is a lack of the sense of the presence of God. This is true of a suicide of any age. They reach that point of desperation when they are at "wits end corner." They feel that no one cares and there is no one to whom they can turn.

Some of these young people are brought up in Christian homes, but they get in trouble when they enter the college arena where there is so much skepticism and agnosticism. I know something about this because I went through it myself. I was reared in a Christian home. Now add to this confused state, the added temptation and problem of drugs to cover up their sense of inadequacy.

While it is not written in the news account, back of many youth suicides is the drug problem.

How desperately we need God today. He has blessed our country so bountifully in a material way but we seem to forget that all of us are God's children by birth, that "He hath given us richly all things to enjoy." But there must be a desire to live our lives according to His will. Alcoholics Anonymous states this need very well in their first three steps. (1) Admit you cannot handle your life alone. (2) Admit that God can. (3) Yield yourself to God as you understand Him.

Excluding those who chose to die for a cause or to speed the end of a terminal illness, the suicide is in a pit of depression from which he sees no other exit at the moment.

To the depressed and lonely, we recommend the following from the Psalms, "This poor man cried, and the Lord heard him, and saved him out of all of his troubles. . . . God is our refuge and strength, a very present help in trouble. . . . He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings." Then there are the words of Jesus, "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

Life can be wonderfully refreshing and strong, lived in the presence and power of God.

## The Transylvania Times

100 Broad St. Brevard, N. C. 28712  
The Transylvania Pioneer, established 1887; The French Broad Voice, established 1882; The Brevard Hustler, established 1891; The Sylvan Valley News (later Brevard News), established 1896; The Times, established 1931; Consolidated 1932.

A STATE AND NATIONAL PRIZE - WINNING NEWSPAPER PUBLISHED EVERY THURSDAY

ED M. ANDERSON — Publisher — 1941 - 1966

MRS. ED M. ANDERSON, Publisher

JOHN I. ANDERSON, Editor-Gen. Mgr.  
BILL P. NORRIS, Advertising Mgr.  
MRS. MARTHA STAMEY, Office Mgr.  
MRS. KATE ROWE, Clerk - Proofreader  
CAL CARPENTER, Feature Editor

HENRY HENDERSON, Mechanical Supt.  
ESTON PHILLIPS, Printing Dept. Head  
GORDON BYRD, Composer  
D. C. WILSON, Printer  
JOHN HAWKINS, Printer

### SUBSCRIPTION RATES PER YEAR

Inside the County—\$4.50 year

Outside the County—\$5.00

MEMBER OF  
National Editorial Association  
North Carolina Press Association

New York—Chicago—Detroit—Atlanta  
NATIONAL REPRESENTATIVE  
American Newspaper Representatives

