

# Roaring Fork News

MRS. HUBERT PANGLE, Correspondent

## RELAXING TO PROLONG LIFE

We see quite a number of articles these days, some by doctors and some by psychiatrists, urging us to relax and prolong our life. In the modern pace set in America, such counsel is urgently needed, and the only regret is that it is not often followed.

For example, it seems smart on Madison Avenue to have an ulcer. There are those who work under pressure and tension all day long who think an ulcer, or some sign of body wear, is a mark of sophistication.

And, as we carry on at this hectic pace, the rate of mental illness, heart attacks, and other diseases constantly rises. In countries where the pace of life is slower, we have comparatively few nervous breakdowns, deaths by heart attacks, strokes, etc. The lesson is pretty simple, and quite clear for anyone to learn it — if he will stop and think about it long enough to let it soak in.

Every one of us should take an afternoon or two each week and relax. Most of us have Sunday afternoon off, but we need another afternoon during the week in which to relax also. Some of us are lucky enough to have long weekends, and in this case, perhaps we do not need additional time off.

Of course, one can overdo the idea of getting away from work, which is an attractive idea to those who do not like to work in the first place.

August, that summer is running out. It is the month of vacations, holidays, swimming and outdoor pleasures, and the memories of summer and beautiful days and nights — memories for posterity.

August is a month to enjoy, as well as an historic one, so enjoy it!

Mr. and Mrs. Sidney Brown were visited the past week by the following children: Mr. and Mrs. Aubrey Brown and children of Virginia, Mr. and Mrs. J. G. Brown and children of Michigan, Mr. and Mrs. Edlie Balding and daughter of Hickory, Mr. and Mrs. Clyde Stamey of Asheville. They were also visited by Mr. and Mrs. Clifford Stamey.

We were very glad to have Mrs. Pole Holt back to church Sunday after an absence of several Sundays due to illness.

Mr. and Mrs. Jack Parker, Mr. and Mrs. Elmer Parker took dinner Sunday with Mr. and Mrs. Gordon Parker of Hot Springs.

Mr. and Mrs. Junior Fowler of New Jersey and Miss Jean Fowler of Marshall are visiting their mother, Mrs. Tisha Fowler. Other relatives are also visiting at this home.

Mr. and Mrs. Layton Pangle and daughters of S. C., spent the weekend with his mother, Mrs. Lucy Parker.

Mr. and Mrs. Clyde Hawkins of Whitmore, S. C., are spending this week with her father, Mr. Berry Brown.

Mr. and Mrs. Ray Gardin and his parents, Mr. and Mrs. Dan

Gardin, visited Mr. and Mrs. Alf Graves Sunday afternoon.

Mr. and Mrs. Hubert Pangle were visited Saturday by the following: Mr. and Mrs. Nick Parker, Mr. and Mrs. Layton Pangle, Mr. and Mrs. Elmer Parker and Joyce Ann.

Glenn Rainey called on Cecil Pangle Saturday.

Mr. and Mrs. Thomas Allison were visited Sunday by the following: Mr. and Mrs. Clifford Allison and children of Asheville, Mr. Floyd Shetley, Jackie and Sue of Waynesville, Laveonia Pangle, Mrs. Maroma Rollins, J. D. Rollins and Johnny and Denney Payne.

Laveonia Pangle, Gary and Stevie Frisbee called on Mrs. Cora Gardin Thursday.

Mr. and Mrs. Weaver Allison called on Mrs. Hubert Pangle and Cecil Saturday.

Mr. and Mrs. Dan Gardin called on Mr. and Mrs. Clyde Caldwell Sunday night.

Mr. and Mrs. Nick Parker, Mr. and Mrs. Layton Pangle and children took dinner Saturday with Mr. and Mrs. Dale Balding.

Waitzel Webb and Clifton Blankenship of Asheville were visiting in this vicinity Sunday.

## EMBASSY SITE CHOSEN

Berlin — The United States has decided on a site in West Berlin for an embassy. It is reported to be in Tiergarten Strasse, on the south side of the Tiergarten.

The site is within half a mile of East Berlin, capital of Communist East Germany. The old United States Embassy, shattered in the war, stood in the Pariser Platz, at the southeast corner of the Brandenburg Gate. This is now within East Berlin.

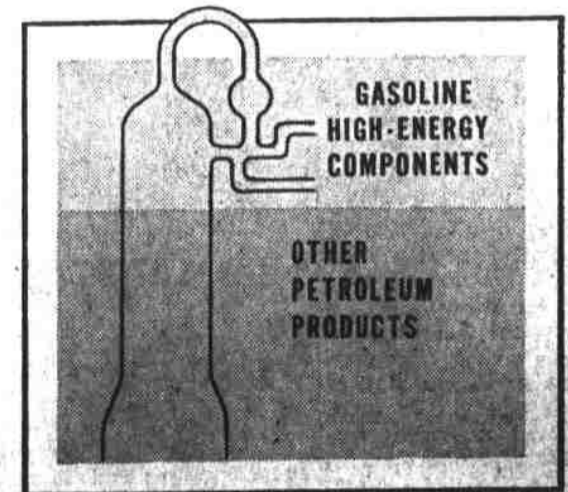
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conclusion to

some new experience led me. The philosophy wasn't big enough to include the fact."

Are we still holding the same attitudes and ideas that we had years ago? Are we limiting our minds to the childish notions of our youth? Are our horizons of sympathy and understanding stunted until we see and care little about any but ourselves, our families, our friends?

Our world is no wider than our hearts, no higher than our souls.

which was led by Mr. Chapel Tweed.

In the afternoon there was a meeting of the teachers of the DVBS. The first meeting of the DVBS was held on Monday with an encouraging enrollment. It is expected that it will increase during the week. Among the teachers are Mrs. Frank Shelton, Mrs. George R. Blue, Mrs. Ray Tweed and the pastor. One teacher was unable to come because of illness. Final exercises will be held on Friday at 7:30 p. m.

### Hot Springs—

There was no morning service, but there was a Union Service at the Baptist church. Next Sunday Professor Linnell Gentry of Tusculum will conduct the service at 11:00 a. m. for the last time. He is leaving for another position and it is hoped that there will be a large group to wish him well. During several Sundays in July and August a retired Presbyterian minister will conduct the service.

The DVBS was a successful one and the pastor wishes to thank all of the following who helped in it: Mrs. Neil Ross, Mrs. Morris Boggs, Mrs. William Ferguson, Miss Virginia Morris, Miss Nancy Lippard, Miss Janice Feldmose and Miss Betty Ann McFowell.

At the congregational meeting of the church which was held on Monday evening there was some discussion and voting upon making repairs, alterations and additions to the present edifice. Plans were made in keeping with the wishes of the majority. The moderator of the meeting was the pastor. Previous to the meeting there was a brief meeting of the Session.

## SMITH OF SUMMER

of July takes its Julius Caesar. It is any historic anniversary Independence Day on the anniversary of the Gettysburg on the 1st of July, etc.

Coolidge was born on July 1, 1872 at Plymouth, Massachusetts. The first admiral in the Navy, David G. Farragut, was born at Knoxville, Tennessee, July 5, 1801. The Republican Party was founded July 6, 1854 at Jackson, Michigan.

John D. Rockefeller was born July 8, 1839. John Quincy Adams, the sixth U. S. President, was born July 11, 1767, at Quincy, Massachusetts. Nathan B. Forrest was born July 14, 1828 in Marshall County, Tennessee. And John Paul Jones was born July 17, 1747 in Scotland.

of full-bloom in the summer. After the first of July, even in hot weather, the practice of St. Ignace is to make our outgrown souls have something to encourage our souls and attitude of

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In the morning remove spices. Drain syrup from peaches; boil syrup rapidly until thickened. Pack peaches in clean, hot, sterilized jars. Pour hot syrup over peaches, filling jars to top. Seal tightly. Process 10 minutes at simmering temperature (about 180 deg. F.).

### PEACH CRUMBLE

1 cup sifted flour  
1/2 cup butter or margarine  
3 tablespoons sugar  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
1 teaspoon cinnamon if desired  
3 cups sliced peaches  
Mix flour, sugar, nutmeg, salt and cinnamon. Cut shortening in with pastry blender or 2 knives

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