

The News-Record

NON-PARTISAN IN POLITICS

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JAMES I. STORY, Editor

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EDITORIALS

To Your Health

Back in our elementary school days, we were taught all about health and nutrition. Because we were graded on our retention of facts, we made sure to remember the four basic food groups - one of which, of course, is milk and dairy products. June Dairy Month is a time to brush off the cobwebs of our minds and remember what we can about milk. It is the main source of the mineral calcium which is vital for growing and maintaining bones and teeth. Milk also provides about one-half the riboflavin available in our present food supply. And, of course, milk provides high quality protein.

The National Academy of Sciences recommend three or more 8 oz. glasses of milk for children; four or more for teenagers; and two or more for adults each day.

Other dairy products, such as cheddar and cottage cheese and ice cream make outstanding contributions to our diets. They're not only tasty and nutritious, but they can be used in cooking to help the wise shopper stretch her food dollar.

We may not remember all we were taught about the nutritional value of dairy products, but during June Dairy Month we raise our glass to our state's dairy industry members.

Tuesday Deadline

The public is again reminded that Tuesday morning is the deadline for news and advertising to be published that week.

This newspaper often receives articles after 11 a.m. on Tuesdays, both personally delivered and through the mails, which are too late for printing.

This early deadline is necessitated due to printing the News-Record on Tuesday nights, although the dateline on paper is Thursday.

Articles received after the deadline are published the following week, where feasible.

Those wishing to leave "copy" when office is closed may do so by slipping "copy" through slit in door.

Individuals who wish original glossy pictures which have been published (marriages, engagements, etc.) are urged to pick them up immediately after publication. They may be misplaced if left in office too long.

Letter To The Editor

Dear Jim,
It suddenly dawned on me that I hadn't thanked you for running the account and Maxine's wedding picture in the Record. Notice I didn't say

"your paper" because I think of the Record being my paper, too. Thank you so much!
Sincerely,
- Pearl T. Ammons
Mars Hill, N. C.

Mrs. Lola B. Wilde Retires From Teaching Profession

Tuesday, June 10 brought an end to a career as an elementary school teacher for Lola Boone Wilde. Mrs. Wilde began her teaching career at Ivy Ridge school where she taught grades 1, 2, and 3 for one year. This was in 1932 while she was still 18 years of age. Since that time she has taught at Center School in the Grapevine Community, Grapevine Elementary, Mars Hill Elementary and Marshall Elementary in Madison County. In 1962, she accepted a position with Buncombe County Schools where she taught fourth grade for three years before moving to Eugene Rankin, Asheville City Schools where she has taught second grade for the past ten years.

Mrs. Wilde attended a Teacher Training program sponsored by the State Department of Public Instruction before entering Mars Hill College and Western Carolina University. She has continued to keep abreast of modern and innovative teaching methods through correspondence courses, workshops, in-service training, observation and experience. She also worked in the Reading Program sponsored by the Asheville City Schools for three summers.

Mrs. Wilde was selected for inclusion in the 1972 edition of Outstanding Teachers of America, an awards volume honoring teachers who have met standards of excellence in their respective schools and have distinguished themselves in relationship with students. She was nominated by the staff of Eugene Rankin for Teacher of the Year that same year.

Mrs. Wilde is a member of the National Education



MRS. LOLA B. WILDE

Association, North Carolina Association of Educators and Association of Classroom Teachers. She has served as building representative and on various committees for her professional organizations; having served at one time as Secretary of the Association of Classroom Teachers.

Mrs. Wilde and her husband, Truman reside in the Grapevine Community of Madison County. They have one son, Gary of Mars Hill, a daughter Mrs. Preston Slocum, Jr. of Houston, Texas, and one granddaughter Melanie Slocum.

In addition to teaching 42 years, Mrs. Wilde has also been active in her community. She is a member of the Grapevine Baptist Church and has served as Sunday School Teacher.

Mrs. Wilde was honored at a luncheon Friday. At this luncheon she was presented a gift certificate from her Eugene Rankin Family and individual gifts from several friends.

As Mrs. Wilde ends a teaching career she is beginning another of travel, relaxation and recreation.

Marshall Book Club Met Monday

Mrs. Alma Spicer of Brevard presented a program on "The Spirit Of '76" at a meeting of the Marshall Book Club held Monday evening, June 16th, at the home of Mrs. J. B. Tweed on Walnut Creek Road.

Mrs. O. A. Gregory, program leader, introduced Mrs. Spicer who gave a most entertaining and comprehensive review of 18th Century Drama, Art, and Music. Colonial Americans appreciated drama and especially enjoyed the plays of William Shakespeare. There were many talented actors in that time. The art of early America was discussed and prints of the paintings of many artists were shown to the group. Of interest, also, was the needlework of the women.

The first true American Music consisted mainly of Psalm and hymn tunes and Francis Hopkinson was probably the first composer. A vocal presentation including "My Days Have Been So

Wondrous Free" by Hopkinson, "When Jesus Wept" and "Old Colony Times" by William Billings was given by Mrs. Elaine McDonald, Mrs. Frances Kirk and Mrs. Hazel Bryant all of Brevard.

The four guests who presented the program are members of the Brevard Book Club. Also a guest at the meeting was Mrs. Larry McElroy of New Carrollton, Md.

Members attending were: Mrs. Wade Huey, Mrs. C. M. Roberts, Mrs. J. L. McElroy, Mrs. R. R. Ramsey, Mrs. W. T. McKinney, Mrs. J. O. Corbett, Mrs. O. A. Gregory, Mrs. Walter Ramsey, and the hostess Mrs. J. B. Tweed.

Beech Glen Groups Visit Carrowinds

Last Saturday morning, early, 19 happy children boarded the Church bus for a trip they had been working very hard for several weeks. They were going to Carrowinds for a day of fun. This group was the Beech Glen Baptist Church GA's and RA's. Each child's ticket had

been paid for by the funds that they had worked for this summer. They were accompanied by their leader Mrs. Coye Jamerson and their parents. Each child will always remember the fellowship and fun they had together.

ON APRIL 15 at the Armed Forces Entrance and Examination Station in Raleigh, Chaplain Jack L. Thomas inducted his son, Phillip W. Thomas, into the Naval Reserve. Phillip Thomas joined the Naval Reserve through a program at Reid Ross High School in Fayetteville where he graduated June 4th. Due to his participation in this program he entered the service as a Seaman First Class. He will have a four year active duty obligation as well as two years of reserve service. One of the primary advantages of his entrance program is that he is assigned an allocation to the school of his choice even though he does not go on Active Duty until September. Phillip has selected to go to the Air Traffic Controller School in Memphis, Tenn. Chaplain Thomas, who is now stationed at Fort Bragg, is a former pastor of the Marshall Baptist Church. The Thomases' older son, David, is a rising junior at N. C. State University.

Roberts Selected For Research Program At UNC

John David Roberts of Mars Hill, is one of the 15 outstanding undergraduate students selected to participate in a summer research program in the Chemistry Department at the University of North Carolina at Chapel Hill.

A \$16,100 Undergraduate Research Participation grant was awarded the department by the National Science Foundation to support research dealing with energy problems. The program also receives support from the William Rand Kenan Jr. Endowment to the Chemistry Department.

Roberts is conducting research on endocytosis in erythrocyte ghosts. A student at UNC-Chapel Hill, Roberts' research is being directed by Prof. John T. Penniston of the UNC faculty. Roberts is a member of Alpha Chi Sigma

chemistry honorary, Phi Eta Sigma, freshman men's honor society, Beta Theta Pi social fraternity, and a Morehead Scholar.

In addition to exploring potential solutions to the energy problem, the practical experience gained in research helps the undergraduates learn the dedication, in-



JOHN DAVID ROBERTS

dependence and creativity expected of working scientists, according to Dr. William E. Hatfield, director of the UNC summer research program.

Roberts is the son of Mrs. Dorothy Roberts of 144 Bailey St., Mars Hill.

Engagement

Mr. and Mrs. Charles L. Parris of Marshall announce the engagement of their daughter, Miss Donna Mary Parris of 25 Sunset Drive, Asheville, to Miguel R. Miquel de Soto of Brevard. He is the son of Mr. and Mrs. Miguel L. Miquel Penalver and Mrs. Mercedes S. Miquel of Brevard.

Miss Parris received her B.S. degree in education from Western Carolina University. She is a teacher at Candler

Greater Ivy Community To Meet Monday

The regular meeting of the Greater Ivy Community will be held Monday night at the Beech Glen School beginning at 7:30 o'clock.

The public is invited to attend.

Hospital Notes

Myra Morton, 10-year-old daughter of Mr. and Mrs. Ed Morton, of Marshall, returned to her home Saturday following a tonsilectomy at St. Joseph's Hospital. Hubert Worley of Marshall is a patient in Memorial Mission Hospital where he is undergoing treatment.

Births

To Mr. and Mrs. Stanley Doyle Boone, Route 6, Marshall, a daughter, June 9, 1975, in Memorial Mission Hospital. To Mr. and Mrs. Ronnie Lee Wallin, of Mars Hill, a son, June 10, 1975, in Memorial Mission Hospital.

Kent Reunion Enjoyed On Sunday, June 1

Approximately 45 relatives of the late Mr. & Mrs. James Edward Kent enjoyed a reunion at the home of Mr. & Mrs. Clyde Ball in the Hayes Run section of Madison County Sunday June 1st.

The group included seven of their nine living children and their families: Mr. & Mrs. L. R. Kent of Asheville, NC; Mrs. Marian Ball, Marshall, NC; Mr. & Mrs. Fred Kent of Marshall, NC; Mr. & Mrs. Hugh Rice & Granddaughter

and son; Weaverville, NCMrs. James Cole, Weaverville, NC; Mr. Posey E. Kent, West Asheville, NC; Mr. & Mrs. Clyde Ball, Marshall, NC; Mr. & Mrs. Edward Cole and children, Weaverville, NC; Mr. & Mrs. Alan Hensley and daughter, Sherry Lynn, Asheville, NC; Mr. & Mrs. Roger Cole & son, Asheville, NC; Mr. & Mrs. Wayne Cole and children, Weaverville, NC; Mrs. Elsie Ramsey and granddaughter; Tammy Lee Allison, Columbia, SC; Miss Sharon Kent, Marshall, NC; Mrs. Mirtel Broyles, Asheville, NC; Miss Betty Cadwell, Marshall, NC; Mr. & Mrs. Gaye Cole and daughters of Asheville, NC.

Miss Worley Entertained At Shower

Miss Teresa Worley, bride-elect of Terry Worley, was entertained at a miscellaneous shower on Saturday evening, June 7th, at the French Broad EMC building. Hostesses were Mrs. Preston Edwards, Mrs. Riley K. Fisher, Mrs. Jeter Cantrell and Mrs. Robert Freeman.

Approximately 60 guests attended.

The bride-elect is the daughter of Mr. and Mrs. Donald Worley of Wyandotte, Mich., and the bridegroom-elect is the son of the late Ralph O. and June Payne Worley of Marshall.

The couple will be married Friday evening, June 20, in Oak Grove Baptist Church.

Bluff News

(Too Late For Last Week)

We were glad to have some visiting preachers along with our pastor the Rev. Loyd Ponder, at church Sunday morning. The visitors were the Rev. Harry Scruggs, Rev. George Bryant and the Rev. Baxter Proffitt.

Mr. & Mrs. Wayne Davis of Hendersonville visited her parents Mr. & Mrs. Dempsey Woody Sunday evening.

We have the names and box numbers painted on most of the mail boxes will finish the others as soon as we get the names. Those helping were Mr. & Mrs. Dempsey Woody, Mr. & Mrs. Dave Schafer, and Eddie Lankford. We hope to erect new posts for the mail boxes in the future.

Mrs. Helen Lawson and girls and Joyce Woody left Monday for Florida and they plan to visit Disneyland while there.

Mr. Edd Lankford was given a birthday dinner at the home of his daughter Mrs. Blanche Martin in Brevard, Mr. Lankford is 61 years old Monday the 9th.

Miss Nina Lee Brooks of Indiana spent a few days with Mr. & Mrs. Lionel Brooks and Mr. & Mrs. Bill Finley. Misses Margaret Russell and Gertha Henderson of Balfour and Mrs. Lydia Bright of Swannoo spent last weekend in Bluff.

Mr. Woodson Henderson of Flat Rock visited Mr. & Mrs. Burnett Waldroup and Mr. & Mrs. Dempsey Woody last Sunday.

Personal Mention

Mr. and Mrs. Jack Cole and family returned Sunday from Monterey, Mexico, where they visited the Cross Beams Missionaries for five days and visited other points of interest.

Mr. and Mrs. Bert D. Dykhuizen and daughter, Kimberly, of Wichita, Ka. are visiting relatives and friends in Marshall and Asheville. Mrs. Kykhuizen is the former Sue Morrow of Marshall.

Mrs. Rachel Payne of Marshall and Mr. and Mrs. Andrew Worley of Brevard have returned to their homes after spending several days in Lincoln Park, River Rouge, and other places in Michigan, visiting relatives and friends.

COMMUNITY MEDICAL CENTER

Health News

By Bill Powell

Improve Nutrition With This Book

Are you getting enough vitamins? How will you know? There are really no clear-cut warning signs that vitamins in your diet may be below desirable levels.

These and other questions that go with vitamin deficiency are now answered for you in a new booklet called *Vitamins And Your Health*. To get a copy, simply send a self-addressed, stamped envelope to Clipping Service, c/o this drug store, Box 5051, Raleigh, N. C. 27607.

Vitamins help convert foods into energy and aid in the development of healthy cells in the body. Individual taste and appetite, developed over a period of years, can lead to poor nutrition. We eat what we like, yet, what we like isn't always the best for us. So, get the facts on nutrition and send for your free book.

Bring Your Next Prescription To Us After You See Your Doctor. Our Service Is Unbeatable!

The New Retirement Plan That Saves You Money Now!

It may be the greatest tax break ever to come along! If you are not covered by a retirement plan, you can deposit up to 15% of your annual salary, to a maximum of \$1,500, into The Northwestern Bank's Individual Retirement Savings Account and deduct the entire amount from your Federal Income Tax! Stop by The Northwestern Bank today for all the details. We want to help you start investing in your future, with money you might now pay out in taxes!

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