

Local Participation Of UMW Is Stressed

United Methodist Women from Hot Springs, Marshall, Walnut, Bright Hope-Laurel and Mars Hill met recently at Mars Hill United Methodist Church for a program presented by Asheville District United Methodist Women officers. These groups are all a part of the Asheville district.

Mrs. Melba Krisher, district president, emphasized the far reaching influence of UMW and the importance of each small UMW group in creating an effective organization in support of global ministries. In addition, she mentioned some specific mission efforts locally as well as overseas.

Mrs. Barbara Smith, district treasurer, discussed the sources and uses of funds raised by local UMW pledges. Miss Helen Barnes, a retired missionary with 28 years service, shared some highlights of her years in Japan. She emphasized that the mission work is dependent on the support offered on the

local level. Following these presentations, the group shared a fellowship time where members voiced individual questions to the district representatives. The group was pleased to have as special guests the Rev. James Boles of Mars Hill United Methodist Church and the Rev. Hazelton of Hot Springs.

Homemaker Is Now On Special Tour

Miss Violet Navy of the Mars Hill Homemakers Club is representing Madison County and the Western District as a delegate to the "People to People Tour." This is a goodwill tour sponsored by the Extension Homemakers throughout the state.

Extension Homemakers members are asked to go on this tour. Delegates pay their own expenses for the 15-day tour to England, Switzerland and several other countries.

"We will have a special report on this tour as part of our county awards program May 18. Come and hear about Violet's experiences on the tour," says Ethel Wallin, Home Economics extension agent.

Bake Sale

A basement sale will be held at the home of Mr. and Mrs. Bruce Baldwin, Bull Creek area, all day next Saturday. All kinds of odds and ends will be available.

School Menu

For Week of May 7 BREAKFAST
Monday, May 7: cinnamon toast, sliced peaches, milk.
Tuesday, May 8: cereal, juice, milk.
Wednesday, May 9: honey buns, applesauce, milk.
Thursday, May 10: cereal, juice, milk.
Friday, May 11: sausage biscuit, apple, milk.
LUNCH
Monday, April 7: hamburger on bun, lettuce-tomato-onion, french fries, cake (school's choice), milk.
Tuesday, May 8: fish sticks, green beans, slaw, fruit cup, corn bread, milk.
Wednesday, May 9: beef stew with potatoes and carrots and onions, tossed salad, choice of dessert, rolls, milk.
Thursday, May 10: manager choice
Friday, May 11: toasted cheese sandwich, baked beans, slaw, applesauce cake, milk.

Linda Ray Selected As House Page

Linda Ray, daughter of Mr. and Mrs. Lawrence K. Ray of Route 5, Marshall, was selected by Speaker Carl J. Stewart Jr. to serve as a page in the North Carolina House of Representatives. Her period of service was from April 16-20. She was appointed by Rep. Liston Ramsey. Linda is a student at Madison High School.

Storing Butter
 If your butter seems to pick up the flavors from other foods, store the butter in its original wrapper or container.



MR. AND MRS. RUBEN WALLIN, of Sodom Laurel community and natives of Madison County, celebrated their 60th wedding anniversary April 27. They were married in 1919 and have five children, five grandchildren and three great-grandchildren.

Miss Bennett, Castle Plan May Wedding

Mrs. Ruby Bennett of Lincoln Park, Mich., announces the engagement of her daughter, Robin Carol, to Randall Eugene Castle. Miss Bennett is a graduate of Lincoln Park High School and attended the Free Will Baptist College of Nashville, Tenn. She is pianist for the gospel singing group, "The Redemptionaires." Her fiancé is the son of Mr.

Girl Scout Council Meet

Pisgah Girl Scout Council held its annual meeting at Lambuth Inn in Lake Junaluska April 18. The purpose of the meeting was to install new members to the board of directors, elect a nominating committee, reports from the board of directors and awards and recognitions to adult volunteers. The new board of directors slate includes Jackelyn K. Morris, president; Jean Boyd, first vice president; Evelyn Bennett, second vice president; Carolyn Turner, third vice president; Katherine McRary, secretary; James H. Miller will continue as treasurer. Members at large include Jeanne Hoffman of Mars Hill. Mrs. Doris Bentley of Mars Hill and Mrs. O.A. Gregory of Marshall received certificates of appreciation from the council. The Pisgah Girl Scout Council Inc. served 8,000 girls and adults in 16 WNC counties.

Health Watch

The Eye Is The Window Of The Body

The poets have told us that the eye is the window of the soul. On a less lofty level, we can certainly say that the eye is indeed the window of the body. No other part of the body so easily and completely

reveals the actual working of arteries and other internal tissue. Examination of the eyes constitutes a very important part of any physical checkup. Many symptoms of disease manifest themselves in subtle changes in the eye tissue. The eye is the only place in the body where your physician can actually observe an artery at work. These retinal arteries may reveal the presence of arteriosclerosis (if they are narrowed), diabetes (if there are hemorrhages), or high blood pressure (if there are spasms). Many conditions may be detected through a careful

eye exam: tuberculosis, anemia, cancer, brain tumor, thyroid trouble, even vitamin deficiency. And this is by no means a complete list. If the eyeball itself is unusually soft, it may indicate either dehydration or a severe Vitamin A deficiency.

On the other hand, if the eyeballs are unusually hard glaucoma may be the culprit. Glaucoma is characterized by an increase of pressure within the eye, somewhat like forcing air into a balloon and not allowing the balloon to expand.

Left untreated, glaucoma can lead to total blindness. So your eyes are important. Not only do they let you see out, they let your physician see in. What he or she sees in there is important not only for healthy eyes but for a healthy body.

SPONSORED BY N.C. MEDICAL SOCIETY AND MADISON COUNTY MEDICAL SOCIETY

Rummage, Bake Sale Planned

Ladies of the Marshall Baptist Church will hold a rummage and bake sale on Thursday, Friday and Saturday of this week on the first floor of Sandra's Beauty Shop located in the former Chandler building.

Clothes, baked goods and household wares will be on sale.

Items for sale should be brought to the building by 9 o'clock on Thursday morning.

King-Freeman Vows Exchanged

Jean Velvie King and Harold Freeman were married at 6:30 p.m. April 20 at the home of the bride's parents. The Rev. Robert Nash, uncle of the bride, conducted the ceremony. The bride is the daughter of Mr. and Mrs. Gordon King of

Leicester. The bridegroom is the son of Mr. and Mrs. Fred Freeman of Marshall.

The bride was given in marriage by her father. Velvie Shook of Canton, aunt of the bride, was matron of honor. Bridesmaids were Bobbie Jean Briggs of Asheville, Linda King, sister-in-law of the bride, and Helen Webb, both of Leicester. The bridegroom's father

was best man. Ushers were Ervin Nash of Asheville, Max King and Neal King of Leicester, brothers of the bride.

The bride is a 1978 graduate of Erwin High School. The bridegroom is a 1976 graduate of Madison High School. Both are employed by Knighten Tomato Co. The couple will live in Leicester.



CONNIE WOODY of the Spring Creek 4-H Club won first place and a tape recorder for selling the most shrubbery during the 4-H's fund-raising program this winter and spring. Other winners were Phillip Fox of the Bull Creek 4-H who won second place and received a camera; and Denise Boone of the Mars Hill 4-H Club who won third place and received a calculator.



PEGGY SEXTON will go to 4-H clothing camp May 4-6 at Betsy Jeff Penn in Reidsville. Peggy was the senior clothing winner in Madison County and will participate in competition for the N.C. State 4-H Dress Review. Her garment is a turquoise blue skirt and top with a printed blouse. She is the daughter of Mr. and Mrs. Wade Sexton of Alexander and a freshman at Madison High School.

Madison Beta Club Elects

The Madison High School Beta Club elected officers at the meeting on April 20.

Candidates were named on April 18 and the election was held two days later.

Officers elected are Debbie Bullman, president; Vera Melvin, vice president; Gina Worley, secretary; Steve Fish, treasurer; Michael

Griffin, reporter; and Dewayne Buckner, photographer.

Sponsors for the club are Miss Frances Ramsey and Mrs. Peggy Cutshall.

Medicare, the federal program of health care for the elderly became effective in 1966.

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March Travel Figures Down In Smoky Park

An estimated 309,200 recreation visits were recorded at Great Smoky Mountains National Park during the month of March. This represents a decrease of 7 percent compared to the 332,800 visits during March 1978, according to park Superintendent Merrill D. Beal.

Recreation visits during the first quarter of 1979 are estimated at 600,200 — a 9 percent decrease compared to the same period last year when the estimated travel figure was 660,600.

The lower travel figures are also reflected in developed campground use which shows a 20 percent decrease from March 1978 — and a 14 percent decrease from the first quarter of 1978.

Backcountry overnight use also is down — a 7 percent decrease in March and an 11 percent decrease during the first quarter.

It is difficult to determine why fewer people were about except, possibly, the inclement weather during the quarter, also, rising costs — not only in gasoline but in food and lodging and the threat of shortages — could be a factor.

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