

# Health Watch

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Have sun will travel! This seems to be our summer motto. We are a nation of sun worshippers ever willing to go where the sun is - either on a tropical island, at the beach or in our own backyard. No expense is too great or burn too painful for the dedicated among us in search of the perfect tan.

While a tan radiates the look of perfect health, too much sun over a period of years can result in premature aging of

the skin and even skin cancer.

Skin cancer is the most common and the most curable of all cancers. Through early detection and early treatment, malignant cells can be removed before causing any serious damage. But sadly, many people wait until it is too late.

Those who are most prone to this disease are those people who spend a great deal of time outdoors: fishermen, farmers, lifeguards, etc. Fairheaded, fairskinned persons, and to some degree all of us, should develop a healthy respect for the sun. Even certain drugs when combined with sunlight can increase the effects of the sun on the skin.

The warning signals for skin cancer are: 1) a sore that does not heal or repeatedly scabs, 2) a change in the size or color of a mole, or 3) the development of any unusual pigmented areas of the skin.

The most powerful protection against skin cancer is prevention. Sunshine needs to be taken in small doses, and in the early morning and late afternoon. Mid-day sun should be avoided.

Protect yourself by wearing broad-brimmed hats and lotions which contain a sun screen. An effective sunscreen (such as PABA) blocks the ultraviolet rays of the sun which are responsible for sun burns.

But most of all, use common sense. While sunburn and aged skin pose no real problem, skin cancer does. Found too late, or left untreated, it can result in serious scars, disability or even death.

Remember the warning signals for skin cancer and use your head when sunning your body.



**BILL BRIGMAN**, principal of Marshall Elementary School, was honored last Friday by Miss Jean Chandley's second and third grade students as they expressed their appreciation and dedicated service he has displayed for the past three years. He is shown receiving cards of appreciation from one of the students.

## Hendricks Speaks To Greater Ivy

Eddie Hendrix of the Buncombe County Sheriff's Department was guest speaker at the regular meeting of the Greater Ivy Community Citizen's Association Inc. Thirty-eight people were in attendance.

Hendrix showed an informative film and gave a lecture concerning crime prevention. This meeting was the first of four necessary meetings to

establish a Community Watch Program in Greater Ivy. Fifteen men were named to a committee to oversee the new program. Community Watch signs are on order and can later be purchased for \$1.

Another part of the four-part series program will be at the next regular meeting June 25 at 7:30 p.m.

From the beautification committee, a flower bed has been planted at the community center and flowers will be available at a later date for mailbox plantings. "Keep painting, planting and picking up," Lucille Pack commented.

## Singing

The New Hope Quartet, of Robbinsville, will sing at the Long Branch Baptist Church (off Marshall bypass) this Saturday at 7:30 p.m. The public is invited.

In 1965, the United States announced an agreement with Cuba allowing nearly 4,000 persons a month to leave Cuba for asylum in the states.

## Ramseys

Ramseys: "They are very kind, generous and very hard workers. They've lived a close Christian life in their community and church (the Union Valley Missionary Baptist Church)."

The Ramseys said they don't have any particular plans after retirement except to tend to their garden, potato patch and cattle. But Mrs. Ramsey did offer some insight into their success in caring for children.

"We just give 'em discipline and a lot of love, good food and a good, warm home to stay in."

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## Brigman

basketball program in the school. Ninety students took part in the program in grades three through six.

His philosophy as a principal is to have firm discipline, close supervision, serve as an instructional leader for the faculty and have open lines of communication with parents.

He is the son of Knox Brigman of Walnut and the late Mrs. Brigman.

He is married to the former Helen Crowe and they have two children, Teresa and Rodney.

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# Babelay Chosen For Band

Paul Babelay, son of Mr. and Mrs. Raymond Babelay of Mars Hill and a junior at Madison High School, was selected to perform with the N.C. Honors Band.

Students selected for the Honors Band were from the entire state. In order to be eligible, each student had to be an outstanding performer

in his district. Only students who made first chair in their district could audition. There are six districts in the state.

He was recently selected by the All Student Groups, U.S.A., to perform with the group on a 23-day tour of Europe in July.

Paul, a percussionist, is a student of Joy R. Gentile, a

retired NBC Studio percussionist who now teaches from his studio in Asheville.

## Letter To The Editor

Editor, the News Record:  
Open letter to the voters of Madison County.

On June 12 the voters of Madison County will be given an opportunity to vote on a bond issue to build a new elementary school building to house the students of the consolidated Marshall-Walnut school district and to improve the existing elementary schools at Spring Creek, Hot Springs, Laurel, and Mars Hill. The citizens of Madison County have a responsibility to pass this proposal and to provide the best possible facilities for the children of this county.

The U.S. Chamber of Commerce has long pointed out that the best investment a community can make is in the education of its children. As a professional educator I heartily concur in this philosophy.

I do not know of any thinking citizen of our county who believes that the Island in the middle of the river in Marshall is the place for the school there. Floods in past years have continuously disrupted the school and have cost the county thousands of dollars in damage to the building, grounds, equipment, and supplies. Consolidation of the Walnut and Marshall schools to a new location is the only solution to the problem.

The school buildings in the other four communities, most of which were built in the early or middle twenties, are largely outdated and greatly in need of repair. The upgrading of these buildings will not only provide better facilities but will also have thousands of dollars in fuel and heating costs.

Every child in Madison County is entitled to equal educational opportunity regardless of the area where they reside in the county. Since I retired five years ago and moved back to the county I have worked extremely hard to try to help improve the quality of life for all our people. All of us need to work together to accomplish this mission. By taking pride in our county, working to improve its image, seeking new industry, working for progressive improvements, etc., is the only way this can be

done. I do not know of anyone who enjoys paying higher taxes, but we live in an age of inflation which, unfortunately increases each year, and we will never have an opportunity to borrow money at a rate of interest below the 5 percent which is being provided in the proposed bond arrangement. We'll save a lot of money in the long run by taking advantage of this loan.

This is not a "political" election. It is an election for all of our children. I sincerely hope the bond issue will pass. Vote "YES" at the polls next Tuesday.

GROVER L. ANGEL,  
Ed. D. Professor  
Emeritus of Higher  
Education and former Dean  
College of General Studies  
George Washington University  
Washington, D.C.

Editor the News Record:

I am related to several families that have lived in Madison County for many years and I am trying to trace the genealogies of these families. The families that I am interested in are: Crowder, Ingle, English, Halcomb (Holcomb), Bailey, Penix, Brigham, and Carver. Some of my ancestors were: A.M. Crowder (born in Madison County in 1865), Era H. Ingle (born in Madison County in 1877), Rebecca Halcomb (born 1833), Ira Crowder (born 1794), Obediah Holcomb (died 1843), Samuel Isaac Ingle (born 1824), and Henry English born 1806. If anyone has information about these families, I would appreciate it very much if they would write to me I would like to know the histories of these families and would be very glad to hear from any of my many relatives there in Madison County.

I would especially like to have information about how John W. Crowder (born 1839 and son of Ira Crowder) died. I think he was killed in the Civil War. Also, who was the father of Samuel Isaac Ingle (born 1824)? My address is: Larry Crowder, 5421 Bonnie Wayne, Fort Worth, Texas 76117.  
LARRY CROWDER.

# Wachovia Bank Reception

On June 14

Wachovia Bank will host a reception for its customers in Madison County during regular banking hours on June 14 at its Marshall, Mars Hill and Hot Springs offices.

The reception is one of the activities scheduled in connection with Wachovia's 100th anniversary this year.

Refreshments will be served to customers at all four offices and there will be a cake cutting for employees at 5 p.m.

Frank Moore, head of the Marshall office, said that a highlight of the occasion will be the release of helium-filled balloons, some of which will contain notes entitling the finder to receive a silver dollar.

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**Information on July 4 Marathon**

The OCMM Fund is again sponsoring a unique 28-mile walk-run-bike marathon between "little" Washington, NC and Belhaven, NC. It will promote physical fitness while raising funds for charity. You are invited to participate. Donations are pledged for hospital needs to World Vision which distributes over 80% of its collections to the field. Awards will be made.

The Marathon kicks off the day-long July 4th Festival in Belhaven, an affair which draws over 20,000. I'll be happy to forward you more information. Call me, or the Marathon Coordinator, W. Joe Davis (919-832-5796). Happy hiking!

*Bill Powell*  
Bill Powell, Your Pharmacist.

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**THE REV. GRADY FREEMAN** will celebrate his 75th birthday with a party to be given from 2 to 5 p.m. June 10 at Sandy Mush School. All friends are invited. Freeman, ordained a Baptist preacher May 18, 1941, has served churches in Buncombe and Madison counties. His five children are: Glenn, Bessie and Charlie of Leicester, Herman of Asheville, and Deffie of Hickory. He has 12 grandchildren and three great-grandchildren.

The Sahara Desert, with 3.5 million square miles, is just a shade smaller than the United States.



CLARENCE AND PATTY RAMSEY work in their garden with a plow he made by hand over 30 years ago.

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Marshall, N. C.

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