

SENIOR CITIZEN'S CORNER
HELPFUL IDEAS FOR SUCCESSFUL RETIREMENT

Hypertension

It's 3rd Leading Cause Of Deaths In North Carolina

Conserve and Save
Senior citizens on fixed incomes need all the tips they can get when it comes to cutting costs during these days of rising inflation. Since heating water usually equals about 15 per cent of the average energy bill, let's consider a method of reducing spending by conserving hot water — it's normally taken too much for granted! While you obviously can't do without hot water, there are several ways to conserve it so that energy requirements and costs will be less.

Initially, contact a reliable heating and plumbing contractor to ensure you have the proper size heating-unit tank for your household. Relocate the unit, if necessary, as close as possible to the area of major hot water use. Use small-diameter pipes for hot water supply lines to minimize heat loss and to reduce the volume of trapped water. A thermostat setting of 110 to 120 degrees Fahrenheit on a water heater is sufficient if you don't have an automatic dishwasher. A setting of 140 degrees is recommended if you do have one. Temperatures higher than that tend to shorten the life of a glass-lined tank.

Fight Inflation

While the war against inflation may seem hopeless, there are some measures senior citizens can take to offset the economic plague presently upon the country.

Try this formula: add up your time and talent, however meager, to stretch or extend your income by 10 to 20 per cent, or even more.

This will require that as many as possible of the goods you need be produced at home instead of purchased, when there's a savings to be gained. It also means performing as many possible services for yourself as you can — instead of hiring someone to do them. Only do those things that can be done safely and at lower than market cost.

You might also consider swapping services with your friends and neighbors.

The secret to reducing your living costs by producing goods and services at home is to select very carefully those goods and services on which you spend your time and talent. Select those goods to make

and services to perform that offer the greatest savings in money.

In sum, to stretch the income, home-produced goods and services must be economical. They must replace a purchase that you need to make and do it at a cost lower than the market price. Remember, your time and talent is limited. To use it wisely, estimate the savings to be gained before starting a home production project such as remodeling and refurbishing; growing, conserving and preparing as much as possible of your own food; and, doing your own sewing and mending.

Any way you look at it, money and time become increasingly important with retirement. When the regular paycheck no longer comes, is there enough money — for daily needs, for recreation, for hobbies? Time is something else. The retiree has so much of that he may be in for a miserable time if he cannot find some way to use some of it.

Money and time are worth thinking about before retirement. Savings, investments during the working years can help make the money situation more tolerable, even help with the time problem. With money, one can always find something to do. Inadequate funds take care of the time problem in a different way. If one doesn't have enough retirement income, part-time employment becomes a necessity.

Where retirement is concerned, as in everything else, there is no substitute for effective planning. Too many people don't like to think about retirement. Even some who work for companies with a mandatory retirement age work up to the final day, hoping things will change or, that by some eventuality, they may be an exception to the rule.

Unless one is self-employed, retirement is as sure as taxes. The wise thing is to prepare for it, to anticipate it. In this manner, one does the best possible where money is concerned — and recognizes that retirement can be a valuable, precious time.

Planned retirement means that one doesn't just get up one morning with nothing to do. There is a big, busy world just outside the door. There are things to do, things to be seen; there are clubs, groups, associations which cry for volunteer help.

An estimated 1.4 million North Carolinians have high blood pressure and 980,000 of these, or 70 percent, do not have it under adequate control, according to the Division of Health Services of the N.C. Department of Human Resources. "Hypertension (high blood pressure) is the

Optimists Help Winston-Salem District Meet

On May 17 the North Carolina District of Optimist International held their Quarterly District Meeting in Winston-Salem.

The North Buncombe Optimist Club in Weaverville, was honored for placing fourth among more than 150 clubs in the district. Some of the projects completed for receiving this award were: Sponsorship of Optimist Club of Madison County, Club Oratorical Contest held at North Buncombe High School, North Buncombe Square Dance Festival, Respect for Law Week, Continuing sponsorship of two Junior Optimist Clubs and several other community projects.

leading cause of heart disease and stroke, which are the first and third leading cause of deaths in North Carolina. Statistics are not complete for 1979, but in 1978, 22,138 persons in the state died from heart disease and stroke," according to Secretary of Human Resources Dr. Sarah T. Morrow.

She said high blood pressure is particularly prevalent among the elderly and the poor. Black North Carolinians have approximately twice the rate of high blood pressure as whites. It is estimated that one of four North Carolinians with incomes of \$5,000 or less has high blood pressure.

Apparently, the higher level of education people attain the less chance they have of having high blood pressure, Dr. Morrow indicated. An estimated 22 percent of all persons who were not high school graduates have high blood pressure, compared with about 13 percent of high school graduates and about 10 percent of persons completing one year or more of college.

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residents are experiencing about 10 percent of persons completing one year or more of college.

"Compared age for age to all Americans, North Carolina residents are experiencing about a 10 percent higher mortality — 10 percent more from heart disease, 16 percent more from arteriosclerosis, 33 percent more from stroke, 50 percent more from high blood pressure and 67 percent more from nephritis/nephrosis," she said.

Due to the extent of the high blood pressure problems across the state, the Health Assurance Section of the Division of Health Services is involved in the identification of hypertensives and their long-term care through various ongoing programs in local health departments.

The section also is funding special hypertension control projects through local health departments in 20 counties, including Haywood through the health department. The funds are obtained from state and federal sources. These programs offer detection, referral to private physicians for

diagnosis and treatment, counselling, education, follow-up and monitoring services. The emphasis is on low income persons and black males. The majority of the programs are established in the eastern and piedmont sections of the state, in the identified "stroke belt".

The section is trying to get additional federal funds to expand the program to seven additional counties.

"No one yet knows what causes most high blood pressure. Persons of any age or race, active or inactive, strong or weak, tense or relaxed can have high blood pressure. Most people with high blood pressure feel perfectly fine and healthy. Generally they do not have symptoms such as headaches, dizziness or lightheadedness," Dr. Morrow said.

"In most cases high blood pressure has no cure, but it can be controlled by continuous treatment. For the majority of patients, treatment must continue everyday, usually for the rest of their lives.

Buddy's Workshop

Preserving Brushes

Every spring we have to buy new brushes as the ones from last year's painting are curled and difficult to work with. Do you have any paint brush care ideas?

Yes, thoroughly clean the brushes as soon as you are finished painting. Roll them tightly in heavy brown paper. Be sure that the bristles are wrapped tightly. Crease the paper sharply and fold over the tip. A rubber band will hold the paper in place. Store the wrapped brushes by laying them flat in a cool dry place. This will allow the bristles to maintain their proper shape.

I have a few pieces of old gold jewelry. With the prices of gold today, I would like to know a safe way to polish it. Should I try a metal polish?

No. Regular metal polish is too abrasive for fine gold, which is a very soft metal, especially the high karats. Use jewelers rough or jewelers polishing cloths for a safe, effective polishing agent for all gold jewelry.

We patched various places on our kitchen walls. The patched places seem dull and full of small holes. How can we make the patches look smooth?

Do not use any tools except a plasterer's trowel. Wall knives or pointed trowels will not work. Remove all the loose plaster and undercut the edges. Vacuum the loose debris and wet the area to be patched to keep the dry plaster from drying out the wet plaster to quickly. Fill large holes in layers, allowing it to set between layers. For the final touch, dip a paint brush in water and run over the fresh plaster and quickly follow with the plasterer's trowel. Two or three passes with the wet brush and trowel will compact the patch and give it a smooth sheen to blend in with the old plaster.



Eggs are one of the most versatile foods on the market. They can be fried, baked, scrambled, poached, soft boiled, hard boiled or combined with other foods.

The color of the shell makes no difference in the taste or nutritional value. The brown and white shelled eggs are equally good sources of protein, iron, vitamin A, vitamin B-1, vitamin D, riboflavin, phosphorus and small amounts of copper and calcium.

Many of the basic guidelines for preparing eggs are completely ignored. Always buy fresh eggs and keep them covered in the refrigerator. The most common mistake is overcooking them which produces tough, spongy eggs. To avoid this always use a low heat. Another mistake is made when the cooked eggs have an odor. The odor is caused by improper storage. Eggs have pores that absorb strong odors from the area where they are stored. Store them in a covered container.

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