

# Senior Citizens Gather For Fun, Food

Senior Citizens from all areas of the county came together for a day of fun, food, crafts exhibits, prizes and entertainment on Older Americans Day last Wednesday at Madison High School. Sponsored by the Madison County Council on Aging and the County Nutrition Program, the yearly event honored approximately 175 local residents over 60 who were welcomed by Esther Franks, Aging Services coordinator.

Highlights of the day included prizes awarded to various individuals and groups. The Marshall-Walnut community group won the prize for having

the largest attendance with 43 present. Greater Ivy was second with 35 representatives. Hulda Green from Hot Springs won three \$10 awards in the categories of most children — 13; most grandchildren — 35; and woman who was married at the youngest age — 13. Rhonda Shook from Upper Laurel won in two categories for being the oldest woman present at 89 and for most great-grandchildren with 48.

Bill Shelton from Shelton Laurel earned the prize for being the oldest man at 89. George Thomas from Marshall captured the prize for the man who was married at the youngest age. Mr. and Mrs.

Theron Angel from Greater Ivy were the events greatest sweethearts as they took the honor of the couple married the longest — 69 years. Additionally, each woman present was given a carnation donated by Guder's Flower Shop, Shady Side Florist, Four Petals Florist and Mars Hill Flower Shop.

Entertainment for the day was provided by Ada Moore from Hot Springs who sang hymns as she was accompanied by Blanche Houston from Marshall on the piano. Quinton Ramsey and Steve Rice performed some old Carter Family songs and

other country tunes. Additionally, a trio of former Duke University students visiting the county performed several folk numbers.

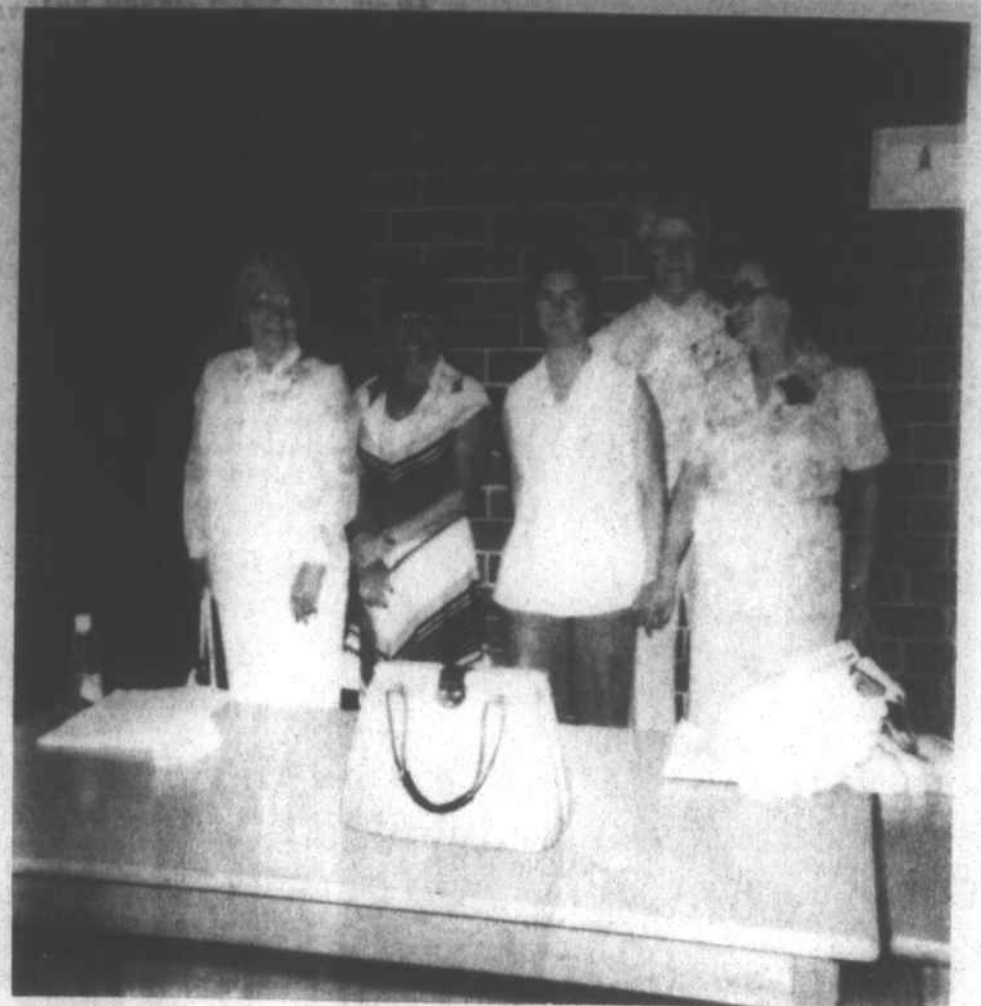
Two quilts were given away. The first quilt which benefited the Marshall Mealsite was won by Ruth Schrenker. The second quilt made by the Greater Ivy Senior Citizens Quilters was awarded to Barbara Penland. Proceeds from the second quilt were used to cover the costs of the events.

Following a blessing by Rev. David Allman from Upper Laurel, Maria Cox and her food service staff from the Child Development Program and the meal site managers served a delicious lunch of ham sandwiches, green beans, potato chips, watermelon and ice cream. Afterwards, master of ceremonies, Quinton Ramsey, awarded numerous door prizes donated by local merchants throughout the county. Winners included: Neil Angel, Rachel Tillery, Faye Ramsey, Pat Moore, Wanda Whitson, Iva Glen Roberts, Cleone King, Ada Lyles, Susie Shelton, Edna Haynie, Zenoia Whitt, Helen Penland, Mae Gillis, Laura Cook, Pat

Worley, Melba Wells, Rhoda Shook, Vivian Gardner, Glenn Smith, Ennis Briggs, Grady Brown, Ada Moore, Pearl Lawson, Josephine Goforth, Zelta Maney, Obrey Ramsey, Homer Hawkins, and J.R. Deaver.

In concluding remarks, Teresa Zimmerman spoke about several of the many programs available to county citizens over 60. Currently, five meal sites are operating, the Multi-purpose senior citizens center has opened in Marshall and a home-delivered meals program is almost ready to begin. Transportation services for older presidents although limited are offered through Older Americans Act funds by the Hot Springs Health Program and the Opportunity Corporation. Additionally, the nursing home planned for the county is underway.

Recognition was also given to Mary Young, Older Americans Day Committee Chairperson, to the Council on Aging under the Leadership of Lucille Burnette, David Wyatt, Principal of Madison High School and to the county commissioners for their support of the annual day for senior citizens.



SITE managers (left to right) Schaffer, Hot Springs; Evelyn English, Upper Laurel; Josephine Goforth, Marshall. Mae Gillis, Greater Ivy; Edda Worley, Mars Hill; Christine.



DISPLAY of crafts made by individuals from various areas in Madison County shown at Senior Citizens Day.

## Stop Smoking, Lose Weight Clinics To Be Offered

Even though you'd like to lose weight, do you find yourself scooping out a second helping, topping your meals with rich desserts and then sneaking snacks and goodies all too often?

Or even though you want to stop smoking — and have even tried numerous times — did you find yourself grouchy, irritable and so out of sorts that you finally gave up and lit up again?

Many North Carolina residents will have the same opportunity when the Asheville American Lung Association sponsors his Self Psych stop smoking and weight control clinics on Monday and Tuesday, Aug. 11 and 12.

Participants in all clinics will relax during three hypnotic inductions during which Hoke gives suggestions to their subconscious minds. The clinics are complete with literature and cassette tapes for reinforcement of the suggestions at home.

Hoke's approach is to help people change their emotional attitudes that make them overeat or smoke too much.

"Most Americans are overweight because we're programmed to believe that no matter what the problem, food will make us feel better," Hoke said. "If you can change the way your mind feels about food, you can then change your body and be the slim person you want to be."

Hoke's weight control session also deals with overcoming stresses that cause persons to raid the refrigerator, trying to eat their problems away.

Stresses also cause smokers to continue smoking, in spite of physical harm they know they are doing to their bodies.

"The rational part of your mind shouts, 'Quit!' while the emotional part screams out for the physical and psychological lift of a cigarette," Hoke explains. "To convert yourself to a non-smoker, you must get the emotional part of your mind to agree with your intellectual desire to quit. That's how hypnosis helps."

A postcard follow-up survey indicates a success rate of two out of three people who participate in the Self Psych stop smoking clinics.

Hoke's stop smoking clinic will be at 7 p.m. Monday and Tuesday, Aug. 11 and 12. The fee is \$30, and participants attend only one session. His weight control clinic will be at 9 p.m. both evenings, and participants may attend one or both sessions. The fee is \$25 per session.

The clinics will be at the Sheraton Hotel. To register call 252-2071.

Author of I Would If I Could And I Can, to be published by Stein and Day in September, Hoke has conducted clinics for the American Lung Association

in Charlotte, Monroe, Winston Salem, Greensboro and many cities in Michigan, his home state.

President of Self Psych, Inc., in Southfield, Mich., Hoke is certified as a hypnotist, specialist, instructor and psychotherapeutic analyst with specialized training from the American Institute of Hypnosis, the Ethical Hypnosis Training Center, the American Board and the American Psychotherapy Association.

He received specialized training under four leading Michigan psychiatrists and serves as a consultant to a suburban mental health clinic, law enforcement agencies, doctors and dentists.

## Now's The Time To Plant Collards

Mid-summer is the planting season for collards, so you need to get on with the seeding job if you want to enjoy these popular greens next fall. The plants should be ready to transplant by late summer.

Collards will last right on into winter, since they are among the most cold-hardy of the leafy-type vegetables, point out N.C. Agricultural Extension Service horticulturists.

Two of the most widely grown varieties are Vates and Morris' Improved Heading.

Collards grow best in fertile, well-drained soil. Apply six to eight pounds of 8-8-8 fertilizer — or equivalent — per 100 feet of row. Additional nitrogen applied as a sidedressing may be necessary to assure fast growth.

The North Carolina State University extension specialists explain that collards may be set out in early spring or late summer. You can direct-seed them, if you want to bypass the transplant stage. Direct seeding should be done in late summer or early spring, also.

In either case, keep the

plants growing vigorously for best results.

Space collards 6 to 24 inches apart, depending on how long the plant will be growing before harvest. For example, those plants set in the spring and carried through the summer will require the widest spacing.

## The Ramseys Entertain Guests

Mr. and Mrs. Edward Ramsey are entertaining out-of-town guests who attended the wedding of Mrs. Ramsey's granddaughter, the former Paula Edwards. They are Mrs. Theima Davis of Canyon, Texas; Mrs. Fay Massey of Dallas, Texas; Mr. and Mrs. Eugene Ashmead of Amarillo, Texas, their sons, Dale and Chris and their daughter, Pam, who kept the bride's book at the wedding.

# FAMILY DOLLAR

## 21st Anniversary Sale

REGISTER TO WIN A FREE 1980 TOYOTA TERCEL 2 DOOR SEDAN - RETAIL VALUE \$4,550.00

\*Nothing to buy \*No Obligation \*You Do Not Have To Be Present To Win \*You Must Be 18 Years Old Or Older To Register \*The Odds Of Having Your Name Selected Are Based On The Number Of Entries. One Name Will Be Drawn At Each Of The Approximately 412 Family Dollar Stores And These Will Be Submitted For The Final Drawing To Pick The Winner Of The Car. Void Where Prohibited By Law.

<p style="font-size: 2em; font-weight: bold;">3<sup>88</sup></p> <p><b>Men's Western Shirts</b> A 5.99 Value. Woven plaid and solid color embroidered western shirts. Some slightly imperfect. Sizes S,M,L,XL. Pocket T-Shirts. Slight Irr. .... \$1</p>	<p style="font-size: 2em; font-weight: bold;">\$1</p> <p><b>Screen Print T-Shirts</b> Popular screen print designs and sayings on 100% cotton white t-shirts. Sizes 6-16. Slight irregulars.</p>	<p style="font-size: 2em; font-weight: bold;">1<sup>49</sup></p> <p><b>Girls' Fashion Tops</b> Short sleeve screen print knit tops. All cotton. Assorted colors. Sizes 2-14.</p>	<p style="font-size: 2em; font-weight: bold;">\$5</p> <p><b>Ladies' Fashion Dresses</b> Compare at 8.99. Choose from long sleeve scoop neck, elbow sleeve V-neck or flutter sleeve mock wrap styles. Assorted prints and solids. Sizes 8-18.</p>
<p style="font-size: 2em; font-weight: bold;">7<sup>99</sup></p> <p><b>Pair Western Jeans</b> Compare at 10.99. 5-pocket western jeans with boot leg styling. 100% cotton denim. Sizes 28-38.</p>	<p style="font-size: 2em; font-weight: bold;">4<sup>99</sup></p> <p><b>Pair Denim Jeans</b> Navy blue denim boot cut jeans with 5-pocket styling. All cotton. Sizes 4-7, Reg. or Slim. Sizes 8-16 regular and 8-16 slim ..... 5.99</p>	<p style="font-size: 2em; font-weight: bold;">6<sup>99</sup></p> <p><b>Pair Fashion Jeans</b> Comfortable cotton denim jeans with assorted fashion pocket treatments. Sizes 7-14. Sizes 4-6x ..... 5.99</p>	<p style="font-size: 2em; font-weight: bold;">3<sup>1</sup></p> <p><b>Ladies' Panties</b> Bikinis, 5-7 or briefs, 6-10. Solids or fancies.</p>
<p style="font-size: 2em; font-weight: bold;">\$1</p> <p><b>Boys' Pack Of 2</b></p>	<p style="font-size: 2em; font-weight: bold;">1<sup>50</sup></p> <p><b>Men's Pack Of 2</b></p>	<p style="font-size: 2em; font-weight: bold;">7<sup>88</sup></p> <p><b>Pair Joggers And Casuals For The Entire Family</b> A large selection of joggers and sport or casual footwear. New fall styles and colors for work, school or play. Sizes for men, big boys and ladies. Children's And Youth's Sizes ..... 5.88 Pr.</p>	<p style="font-size: 2em; font-weight: bold;">\$3</p> <p><b>Fashion Blouses</b> Compare at 5.99. Long sleeve tunic with ruffle neck and cuff. Prints and solids. S.M.L.</p>
<p style="font-size: 2em; font-weight: bold;">66<sup>c</sup></p> <p><b>200-Ct. Filler Paper</b> Reg. 1.09! Fits all 2 and 3 ring binders. Buy now!</p>	<p style="font-size: 2em; font-weight: bold;">4 \$1</p> <p><b>5-Oz. Lux Soap</b> Reg. 29c ea. Famous beauty bar. Limit 4.</p>	<p style="font-size: 2em; font-weight: bold;">1<sup>49</sup></p> <p><b>8-Roll Bath Tissue</b> Reg. 1.97 pack! Facial quality tissue in 8-roll pack. Limit 2.</p>	<p style="font-size: 2em; font-weight: bold;">99<sup>c</sup></p> <p><b>3-Lb. Jar Bama Jelly</b> Delicious Bama grape jelly in huge 3-lb. jar. Limit 2.</p>
<p style="font-size: 2em; font-weight: bold;">2 For 66<sup>c</sup></p> <p><b>60-Sheet Theme Book</b> Reg. 99c ea. Spiral notebooks with 60 pages each. Limit 4.</p>	<p style="font-size: 2em; font-weight: bold;">\$1</p> <p><b>Aim Toothpaste, 6.4-Oz.</b> Big family size tube, with fluoride. Limit 2.</p>	<p style="font-size: 2em; font-weight: bold;">\$1</p> <p><b>18-Oz. Signal Mouthwash</b> Mouthwash and gargle.</p>	<p style="font-size: 2em; font-weight: bold;">88<sup>c</sup></p> <p><b>Wintuk Knitting Yarn</b> Choose 3 1/2-oz. solids or 3-oz. ombres. 100% Orlon®. *Quaker Certification Marks *Quaker TM</p>
<p style="font-size: 2em; font-weight: bold;">2<sup>99</sup></p> <p><b>Each Knapsacks And School Bags</b> Vinyl school bags in assorted colors or rugged canvas knapsack.</p>	<p style="font-size: 2em; font-weight: bold;">9<sup>99</sup></p> <p><b>40-Pc. Socket Set</b> Metric/standard combination with carrying case.</p>	<p style="font-size: 2em; font-weight: bold;">1<sup>49</sup></p> <p><b>Pampers Toddler 12's</b> Pampers Or Kleenex Extra Absorbent, box of 24 ..... 2.75</p>	<p style="font-size: 2em; font-weight: bold;">2 \$1</p> <p><b>Picture &amp; Frames</b> Colorful prints in detailed plastic frames. 6" x 10"</p>
<p style="font-size: 2em; font-weight: bold;">3 \$1</p> <p><b>One Size Panty Hose</b> Beige, tan, taupe, coffee and off black shades.</p>	<p style="font-size: 0.8em;">MADISON SHOPPING PLAZA MARSHALL, N.C.      OPEN MONDAY - SATURDAY 9:00-9:00      OPEN SUNDAY 1:00 - 6:00</p>		