

Duplin Times

PROGRESS SENTINEL

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A DUPLIN COUNTY JOURNAL, DEVOTED TO THE RELIGIOUS, MATERIAL, EDUCATIONAL, ECONOMIC AND AGRICULTURAL DEVELOPMENT OF DUPLIN COUNTY.

SUBSCRIPTION RATES

DUPLIN AND ADJOINING COUNTIES		ELSEWHERE IN NORTH CAROLINA	
6 MOS.	YEAR	6 MOS.	YEAR
\$1.75		2.50	2.85
TAX		11 TAX	.07
1.81		3.61	2.82
			4.64

OUTSIDE NORTH CAROLINA

6 MOS.	YEAR
2.75	5.00

Best Advice For 65

- Is Stay Alive

Probably the best advice for the New Year comes from the Raleigh News and Observer's Sam Ragan who writes:

"And in the year of Sixty Five
Our best advice is stay alive."

The North Carolina Heart Association offers a seven-point New Year's resolution for adoption by the state's adults - especially those under 65 years of age: "Resolved that in 1965, I will take all possible precautions to reduce my risk of heart attack."

1965 is the year of "Hope for Hearts". The North Carolina Heart Association's 12-month emphasis campaign on the hopeful aspects of the nationally-coordinated war against heart disease. The heart group, in proposing its New Year's resolution, cites a number of health measures available to improve the individual's chances of avoiding (or at least delaying) a heart attack or stroke.

The proposed "Hope for Hearts" measures are especially important for men and women in "high risk" groups - for example, if they or their families have shown a tendency to these illnesses. But everyone, the Heart Association emphasizes, can benefit by taking the following precautions:

1. See your doctor for regular check-ups so that he can determine whether you have any of the established "risk factors" such as a high blood level of the fatty substance known as cholesterol, high blood pressure, diabetes, and some others.

2. Reduce if overweight. Obesity, especially in combination with high blood pressure, is a heart hazard. And obesity raises the risk of high blood pressure.

3. Under the doctor's guidance, eat less fat, and while you are cutting down on fats, reduce the amount of animal fats you eat

and raise the amount of vegetable oils and fish. This type of dietary change will accomplish two things: it will lower total calories and make it easier for you to maintain ideal weight, and it will tend to lower blood cholesterol. Blood cholesterol tends to go up when the diet is high in animal (saturated) fats, tends to go down when the diet is proportionately high in vegetable oils and other polyunsaturated fats.

4. Control high blood pressure. If a physical examination discloses that you have high blood pressure, cooperate with your doctor in following the regimen he prescribes - chiefly drugs and diet changes - to bring it under control. This, in itself, may add years to your life, since chronic high blood pressure adds significantly not only to the risk of heart attack but is also an important factor in stroke and kidney disease.

5. Cut down or quit smoking cigarettes, if your doctor suggests. Studies indicate that death rates from heart attacks in middle-aged men range from 50 to 200 percent higher among cigarette smokers than among non-smokers, depending on the amount smoked. And there is evidence that, with time, the risk of having fatal heart attacks among persons who stop smoking cigarettes that found in persons who never smoked.

6. Exercise regularly.

7. Shun needless tensions.

About 3,000 North Carolinians under 65 die of heart attack each year while the total at all ages is about 10,000. An additional 4,000 of the state's citizens die of strokes, about one-fifth at ages under 65. The same precautions are generally helpful in reducing the risk of both conditions, the North Carolina Heart Association suggests.

Uncle Pete From Chittlin Switch Says:

REV. ROBERT H. HARPER
THOUGHTS ABOUT THE ELECTION

These lines are written after the recent election of a President of the United States. And I am left to think about it not entirely of the issues decided but chiefly of the bitterness of the campaign and some things that might have been left off.

There is a story of an old man who had lived in the same community all his life and with a good reputation, so far as he knew. Then he decided to seek some local office. And soon he came home to his wife as a broken-hearted man to tell her that he did not know that many people thought so ill of him. Thus, if a man announces for office, he is likely opening the door to vituperation and even slander. This is certainly the case in many instances in the campaign closing.

And now that we know the men who shall shape the destinies of our Nation during the coming four years, let all of us invoke, like George Washington, the "divine Parent" of the human race for his blessing and guidance in this grand and awful time.

DEAR MISTER EDITOR:

I was reading some figures put out the other day by the Census Bureau that had ought to git us older folks shook up. They was announcing that 3.1 million boys and girls in this country reached the age of 17 this year and that it was around a million more than last year. Furthermore, they figger it will increase another million next year. And out of them 3.1 million gitting to be 17 this year, 258,000 was now married, and 1 out of ever 3 was already divorced.

And along with them figgers, the FBI announced teen-age crime was at a all time high in the nation. Fer instant, post offices was claiming ball point pens was gitting stole as fast as they could replace 'em and most of 'em was being took by teenagers. Anybody, Mister Editor, that would steal one of them post office pens was hard up fer somesun to steal and it goes to show that kids was just stealing for the devilmint of it.

I don't reckon they was much

the general public can do about teen-age marriages, divorces, and crime. This has got to be a problem for the parents. But they was one angle to this big teen-age population explosion that has got to be met by the people.

Where was all them younguns

going to school? School houses

and colleges all over the nation

was already busting out at the

seams and we got millions more

You're truly,
Uncle Pete

HISTORICAL SCRAPBOOK

IMPORTANT DATES AND EVENTS FROM YESTERYEAR

January 1 is NEW YEAR'S DAY.

The first trade journal in the U.S.—the American Railroad Journal—appeared January 2, 1832. The U.S. announced an "open door" policy for China, January 2, 1900.

General Electric Company was organized, January 3, 1889. Postal banks were established in the U.S., January 3, 1911.

Utah became the 45th state admitted to the Union, January 4, 1896.

The last spike was driven in the Great Northern Railroad, January 5, 1893. The American Red Cross was chartered, January 5, 1881.

U. S. Marines were ordered to Nicaragua, January 6, 1927. President F. D. Roosevelt enunciated the Four Freedoms, January 6, 1941.

The first Soviet Russia ambassador arrived in the United States, January 7, 1934.

Trade at Home

for Your own sake
and community progress

A WISH FOR ALL



CROSSWORD PUZZLE

LAST WEEK'S ANSWERS

ACROSS	51. Concluded
1. Applaud	DOWN
5. Filled with	1. A. Sinner
sorrows	2. Fringe:
wonder	3. Wool
9. Part in a	4. Linen vestment:
play	5. Wool
10. Sleep	6. A roll of
11. Live coal	7. Occurrence
12. Buddhist	8. Satan
deity	12. Decays
13. Jumbled	14. Presidential
type	nicknames
15. Polynesian	15. Sacred bull
drink	17. Monetary
16. African	unit: Yuan
antelope	18. Old cars
17. Fun point	19. Mine entrance
18. Jumbled	20. Hole-piercing tool
type	41. In bed
19. Present	42. Kind of
time	sheer linen
20. Righton	43. Elucidated
21. Victoria's	particiles
other title	44. Editor: abbr.

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43	44	45	46				
47		48	49				
50			51				

PUZZLE NO. 844



From Bianche J. Stark, Kansas City, Mo.: I remember Kansas City, not as the extraordinary city it is today with its endless tree-lined boulevards, fountains, etc. but as wild and colorful.

I see the pictures show boat sailing in from St. Louis, being welcomed by those on shore. I can hear the calliope now. I felt very grownup when my father took the family to a dance on the showboat.

I see Indians and cowboys mixing with cattlemen and meat packers; cable cars, which seem to drop off the bluff to the bottom. Unlike San Francisco, Kansas City was glad when they were passed.

I recall Cecil DeMille playing a small part supporting Southern at the Willis Wood in 1902 and with whom I had an acquaintance and for whom much admiration.

I remember grinding coffee for breakfast and how distressing it was to lose a shoe button.

(Send contributions to this column to The Old Timer, Box 820, Frankfort, Ky.)

Little Bear

North America's smallest and rarest bear is the Blue or Glacier Bear, which stands only two feet high at the shoulder. Its habitat is the Mount St. Elias region of southern Alaska.

Eye Switch

A flounder is born with an eye on each side of the head, but as the fish grows, one eyeball wanders around the head to join the other.

SAY YOU SAW IT IN THE TIMES - SENTINEL



YOU GET PAID BY THE WEEK? YOU WON'T WHEN YOU RETIRE

Did you know that a goodly number of newly retired couples are winding up a bit hungry about the 25th of each month?

Apparently nobody else did either, until a man named Horace D. Stockmeir started snooping around.

Mr. Stockmeir has come up with a study of the budget problems of people recently retired. He finds some of them serious, and says it is because "most people in this country have forgotten how to live on a monthly income."

He explains that most working people and some executives have not been familiar with any kind of income except a weekly paycheck. At least not in recent times. "They cash their checks on Friday night, buy their groceries on Saturday night and Sunday, then coast down their financial hill until the next Friday night."

"After years and years of this, retirement comes. They are switched abruptly to a monthly income. And some of them are getting into trouble before they learn how to adjust . . ."

Mr. Stockmeir points out that nearly all retirement income—pensions, Social Security, annuities, etc.—comes by the month.

"I find the first month of retirement is usually no problem," he says. "People have a few dollars backed up from severance pay, vacation pay, or savings. These tide them over. But when the first monthly checks hit they start spending too much too fast. They can't realize how long the money must last."

It seems not to be just spendthrifts, whose money burns holes

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