

## Family Planning Clinic Offers Choice

The choice about birth is one of the most important choices that we make in our whole lives. This is true because it is a choice we make--not for ourselves--but for another person.

We, as parents, have a more important influence in the lives of our children than anyone else. What the mother eats in the earliest months of pregnancy, and how she takes care of herself may determine not only the child's physical health but his brain capacity as well. If the mother really cares about the little child she

is carrying, she will not omit seeing a doctor in the early stages of pregnancy. What a tragedy if a lifetime of 70 or 80 years is marred by something that could have been avoided if the mother had given a doctor a chance to take more care of her unborn child.

Maybe we think that birth is a question of fate rather than choice. We used to think that same thing about death, but now we are no longer so careless about how death occurs. We worry a good deal about the circumstances of death, so maybe we should now think a little more about how birth happens. We should be ready and able to give all that we can to this tremendous experience of bringing a child into the world.

Instead of just raising a family, we should think in terms

of what Bob or Susie can bring to this life. Each child that is born has an individual personality with needs and gifts of his own, which can be met and fulfilled by parents better than anyone else. There is no mass-production method of raising children that is satisfactory.

The Health Department has several clinics that may help you decide what your child needs. It can help you space his birth and care for his health while you are carrying him and after he is born.

Come to the Family Planning Clinic on the last Thursday of each month at 8:30 in the morning. Have your child checked at the Child Health Clinic on any Monday afternoon beginning in February. The Child Health Clinic opens at 12:30 p. m.

## Tilson Gets Sports Award

Collecting awards in athletic events is getting to be a habit with Tommy Tilson, 12, son of Mrs. Earl Hyde of Memphis and grandson of Mrs. R. Y. Tilson and Mrs. A. Z. Jamerson, both of Burnsville, N. C.

Against citywide competition in his age group last summer, Tommy won two medals for taking second place in backstroke and freestyle events.

His biggest triumph came this month (December 12) when he received the "most valuable player" trophy at the football banquet of the Gray-Y League. He also won a place on the league's all-star team.

A sixth-grader at the campus school of Memphis State University, Tommy was a real ground-gainer as fullback on the school team. He scored 14 touchdowns and led his team in rushing.

DEAR MR. PUBLISHER,

## PARSON JONES

Dear Mr. Publisher:

I went to a church convention last week. The high light was suppose to have been a speech by the Bishop, but unfortunately it never got off the ground. As soon as the Bishop opened his mouth a group of young people started booing and chanting. The pore fella tried about 10 times, but he couldn't be heard above the noise. I knew this was coming sooner or later, 'cause college speakers and politicians have had it as a steady diet.

Some folks say that all this yelling and booing during a speech ain't nothing but down-right rudeness. I believe it's a hole lot deeper than that - it's a mal-function of the gall bladder. The way I got it figured this mal-function is caused from watching too much television.

You see, most young people these days have grown up on TV. From it they learned to talk, eat, smoke, drink, fight, lie, and make love. Years ago parents used to raise their kids. These days TV does it for 'em.

The only problem is, that they've set in front of the box so long and listened to it talk, that their own vocal cords have been suppressed. This in turn has thrown the gall bladder off balance. After a while all this stuff builds up inside like atomic power until pretty soon the mouth springs a leak. The rest is history - out comes all this talk, mingled with gall. The bad thing about this is that there don't seem to be any way to cut off the noise. With TV all you gotta do is turn the knob. Unfortunately people don't come with knobs.

Mr. Publisher, the thing that bothers me most is that the disease might be catching. If so, the day may come when everybody talks and nobody listens. And, when nobody listens, everybody will just turn up the volume. Won't the earth be a noisy place to live?

Another danger in everybody talking is that if we don't shut our big mouths, nobody will be able to see what our faces look like. Speaking of noise, I think I've rambled on long enough so I'll close with this advice: "Be swift to hear and slow to speak."

Parson Jones

## To Visit Here

Tom L. Mallonee, 11th Congressional District Assistant to Congressman Roy A. Taylor, is now making scheduled visits to the county seats and other sections of the counties.

On Tuesday, February 9, he will be at the Yancey County Courthouse, Burnsville, from 1:00 to 2:00 p. m. and at the Town Hall, Spruce Pine, from 3:00 to 4:00 p. m.

Any person who has plans or official business pertaining to Congressional matters to be discussed, is invited to meet with Mr. Mallonee at the above-specified times.

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