

Meals On Wheels Couple

The "Meals on Wheels" program has enjoyed the volunteer service of Kathy and Joe Ward since March of this year. In June of last year they became permanent residents of our community and soon after joined the fellowship of the Higgins Memorial United Methodist Church. While attending a series of special Spring revival services they were challenged to deepen their commitment to

Christian service. After considerable soul-searching they decided that through "Meals on Wheels" program they might be able to practice a lot of Christian love in their newly-adopted community.

(Mr. Ward was for several years a Methodist missionary in Latin America where he first became acutely aware of the needs of the elderly. Kathy lived for seventeen years in Seminole, Florida, a

suburb of St. Petersburg, prior to her marriage to Mr. Ward three years ago. During these years of living in an area predominately of elderly retirees, she too became aware of the extent of loneliness and sometimes economic privation and lack of proper nutrition experienced by some of the elderly citizens there. In the months since March they have found that here in Yancey County, in spite of the

benevolent concern of family and friends, there are still those who, for one reason or another, are in critical need of nutritional care and social contact. Through "Meals on Wheels" these needs are met.

In the past six weeks Mr. Ward has served as financial chairman of the Committee on AGing. The committee sought to raise \$7,000 in local contributions by August 1st in order to secure federal matching funds to keep this program going another year. Thanks to the generosity of the friends of this community and the efforts of the committee that goal has been met. To date, \$7,100 has been raised.

Joe Ward says, "It is gratifying to know that when a worthy need is presented to our community there is this kind of heart-felt response." After October 1st this program will operate on an entirely volunteer basis. If you would like to help and be blessed as Kathy and Joe have been, says Mrs. True Elliott, volunteer coordinator, just call 682-2610 and find out how you can help.



Kathleen And Joe Ward

health watch

Distributed as a public service by the
NORTH CAROLINA
MEDICAL SOCIETY

Throughout the years, rheumatoid arthritis has been one of the most painful and crippling diseases affecting man. Inflammatory and chronic, it primarily attacks the joints but can also affect the whole body causing disease in the lungs, muscles, heart, and even the eyes.

In North Carolina over 100,000 persons suffer this chronic disease and more than 25,000 children are victimized by juvenile rheumatoid arthritis.

Rheumatoid arthritis usually begins with general fatigue, soreness, stiffness, and aching followed by these localized symptoms in one or more particular joints. This inflammation consists of pain, swelling, warmth, and tenderness.

These symptoms may leave or return and, in many cases, there are periods when the pain flares up followed by periods of improvement. It is common for a person with severe rheumatoid arthritis to

have long periods lasting weeks, months, or even years when the pain and stiffness are absent. These periods are called remissions.

However, in time, without proper medical attention, joint motion can be lost and the bones of the joints may become deformed.

No one knows what causes rheumatoid arthritis but there are drugs and therapies which can greatly assist in containing the disease. Each case of the disease is individual and different from all others. What form of treatment the doctor recommends will depend on how severe the disease is, what joints are affected, the patient's age and occupation, and even his family life.

One of the most important and safest drugs in treating arthritis is aspirin. Since it reduces pain and inflammation it is very important to the arthritis sufferer. There are other more powerful drugs which a physician can call

upon and special exercises which are aimed at making sure the affected joints maintain their full range of motion.

But it is important to remember that each case is different and what worked for one may not work the same for another. As in other chronic diseases, earlier diagnosis and earlier treatment means a better chance of preventing permanent and crippling damage.

JAY AND LELA LOVELACE AND "PAP" WISEMAN

Proudly Present

THE ORIGINAL 6TH ANNUAL WESTERN NORTH CAROLINA BLUEGRASS MUSIC FESTIVAL

THE BIG ONE • THREE BIG DAYS
KENT WISEMAN MEMORIAL PARK
8 miles North of Spruce Pine, N.C. on Hwy 19E

★★★★

CONCERTS WILL RUN CONTINUOUSLY FROM

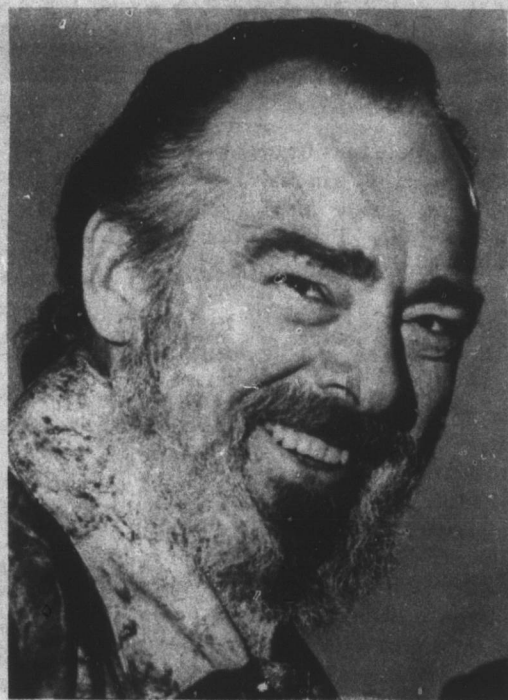
★ FRIDAY, AUGUST 26 ★
4:00P.M. Till MIDNIGHT

★★
★ SATURDAY, AUGUST 27 ★
12:00 NOON Till ????

★★
SUNDAY, AUGUST 28
★ 11:00A.M. TILL 7:00P.M. ★

FEATURING

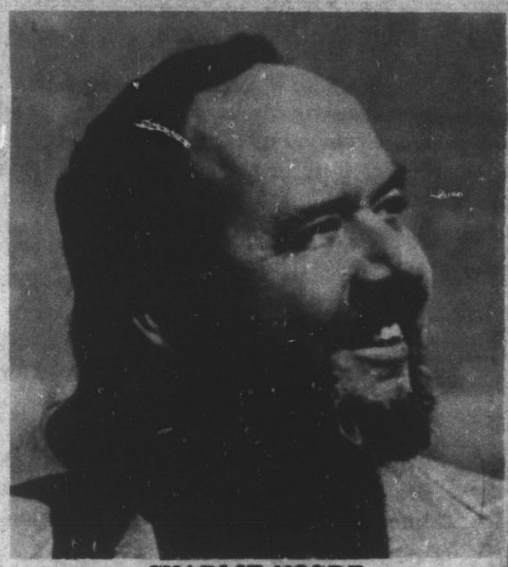
- ★ MAC WISEMAN CHUBBY WISE ★
- ★ THE LEWIS FAMILY OLE JOE CLARK ★
- ★ BLUE DENIM THE BRIARHOPPERS ★
- ★ SNUFFY JENKINS & PAPPY SHERRILL & THE HIRED HANDS
- ★ MOUNTAIN MAGIC BLUEGRASS
- ★ CHARLIE MOORE & THE DIXIE PARTNERS
- ★ JIM & JENNY VANCE & THE LINVILLE RIVER BOYS
- ★ HICKORY AREA BLUEGRASS
- ★ FRANK BUCHANAN AND MANY OTHERS



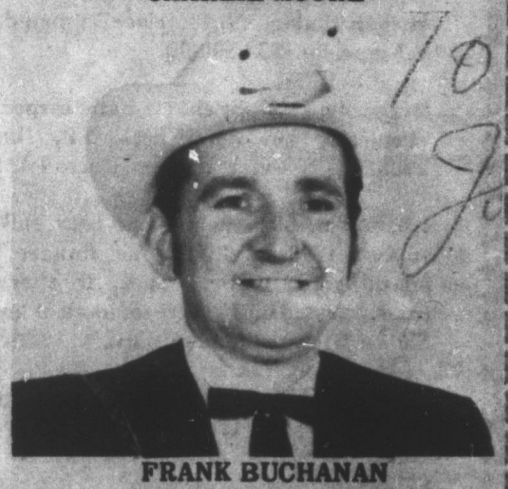
MAC WISEMAN



CHUBBY WISE



CHARLIE MOORE



FRANK BUCHANAN



OLE JOE CLARK



BLUE DENIM

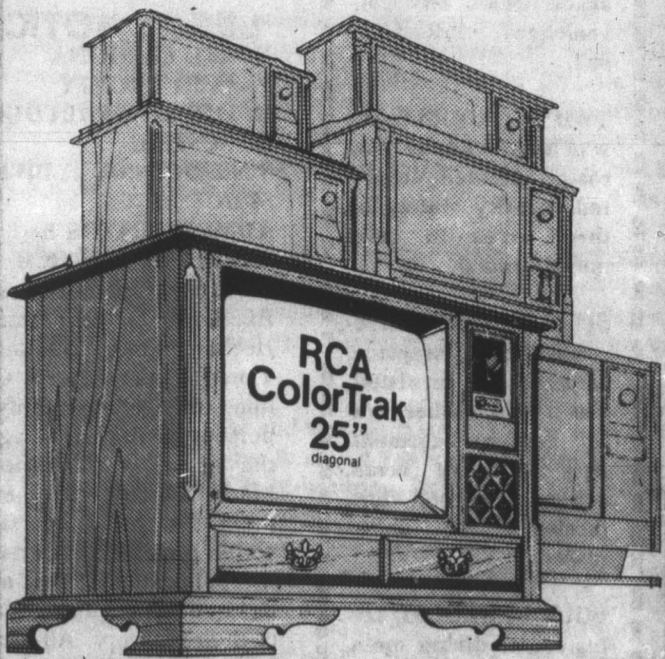


THE LEWIS FAMILY

RCA TRADES FANTASTIC

FACTORY SPONSORED EVENT
LIMITED TIME ONLY

Your old color TV will never be worth more than it is right now. No matter what shape it's in, you can get BIG \$\$\$ in trade on a new 25" diagonal RCA ColorTrak.



Model GB733 shown here

\$75 TRADE ALLOWANCE

...for your old color TV (regardless of age, make or condition) toward the purchase of any of these new 25" diagonal RCA ColorTrak models: GB730, 733, 734, 735, 736, 738.

Trade in, trade up to ColorTrak... RCA's most advanced, most automatic TV

- ✓ Advanced system electronically tracks and adjusts the TV signal before it becomes a picture on your screen.
- ✓ Automatic Color Control and Flesh-tone Correction system holds flesh tones and other colors to the settings you select—even when TV signal varies or you change channels.
- ✓ Automatic Contrast/Color Tracking lets you adjust contrast, color and brightness with one control instead of three.
- ✓ Automatic Light Sensor adjusts picture for changes in room light.
- ✓ RCA SignalLock electronic tuners have no moving parts to wear out or get dirty.

Hurry! Trades Fantastic Offer Ends Oct. 1

True Value Hardware

Banks Family Square Burnsville