

Cue's Corner By Bagley

How To Lose Weight

Of all the methods and gimmicks I've ever heard that were recommended--and some even guaranteed--to lose weight I have discovered one that is positive--harnutely a successfully proven way to shed excess blubber. Worry it off!

A couple of years ago a doctor told me that I was a little overweight. He said, "Now you better get rid of about 15 or 20 pounds. At your age being overweight ain't too good for you."

This alone should have started me worrying off the prescribed amount. But it didn't on account of, well, you know how doctors are. If they examine you I reckon they figure they just have to tell you some little something ain't exactly up to par, even if you're healthy as a horse.

On second thought, this being healthy as a horse might not be the best example to use. I'll tell you how come. The other day I went to see a fellow about plowing my garden and you know what he told me? Said, "Ain't ya heard? My ole horse died back in December."

Anyway you do know how doctors are, even if you're healthy as a -- well, as healthy as a -- aw forget it.

Anyhow, I just rocked along there as happy and fat as I had good sense.

Then a thing happened. And I don't care to tell you what it was either. I thought I oughta retire. My doctor thought so, too. So, Doc and I started things rolling to do just that. And I began WORRYING.

To begin with, and I recommend this highly, I did my worrying on a very low key. Then, gradually, I built up to an ear-shattering crescendo, you know, to some very powerful worrying.

And results were obvious immediately. The blubber began coming off, a pound here and there, then 5, 10 etc. Now I'm down to us--well, it is one of your business how much of a lightweight I have become.

I will tell you this much, though. Now I have to walk back and forth, past any given point, five times to even make a shadow.

Told somebody about my fool-proof plan for losing weight and they said, "That doesn't work for me on account of when I worry I GAIN weight."

I didn't argue with em. But I said to myself that that person just wasn't doing the right kind of worrying. Probably wasn't doing any at all.

Saw Mrs. Stella Sawyer, Editor of The Graham Star (Robbinsville) the other day and when she mentioned needing to lose some weight because, as she said, "I haven't been able to touch my toes for 2 or 3 years." I told her about my plan.

She said, "I couldn't use that plan cause I ain't got nothing to worry about."

Tell you what, if I's to ever get to where I didn't have anything a tall to worry about, I'd begin to worry about THAT. I'd know that something was wrong.

I told her that and she only laughed.

I didn't mention a word to her about this but remember what she said about she hadn't been able to touch her toes in two or three years? Don't you KNOW that by now she is bound to have some might dirty and smelly feet?

If I's her I'd do some high

voltage worrying about having such dirty feet.

Just happened to think: She probably gets her husband to washem for her. And knowing how wives crave attention, she probably wouldn't try to lose an ounce just so she could continue to get her husband to do that for her.

Somebody oughta tell him! Besides the scales revealing how skinny I've gotten, people are telling me.

Just the other day, inside of thirty minutes, two mentioned about how much weight I had lost. This fact, alone, didn't worry me hardly any--well, none at all. But WHO the two were made it kinda interesting.

One was a lawyer and the other was a friendly UNDER-TAKER! It's a fact.

I could only conclude that the lawyer was looking forward to handling my estate after, I maybe, passed on pretty soon. And the friendly undertaker, well, I'm sure you can imagine what he was up to.

Got news for both of em. If I do dry up and blow away, I ain't got nothing so there won't be any estate for anybody to handle. And, like I said here once before, when I'm all done here I'm going to college so there won't be any big, pretty funeral either.

The Baptist say that worrying is a sin. So, if you're one of them, and you want to get around that angle just substitute CONCERN for worry and go ahead with it. You'll get the same results.

Did I get retired yet? Why, No! I'm still worrying on it though.

Miss Elda Queen and nephew, Jimmy Cagle of Atlanta and Miss Susan Stripling of Lagrange, Ga., spent last weekend as guests of Miss Beulah Queen.

Mayor and Mrs. Cloe Moore spent the weekend with their son and daughter-in-law, Mr. and Mrs. Tommy Moore and daughters at Simpsonville, S. C.

Other guests of Mr. and Mrs. Moore on Sunday was his sister and brother-in-law, Mr. and Mrs. Bub Brown and children of Lenoir, N. C.

Mrs. George Dyer and Mrs. John Carringer and daughter, Markie spent the weekend in Charlotte with relatives and friends.

Mrs. W. A. Bell has returned home after a six weeks visit with her daughter and son-in-law, Dr. and Mrs. W. B. Logan of Babson Park, Fla. While there she attended the inauguration of Dr. Logan as president of Webber College on February 24. She also visited her son and daughter-in-law, Mr. and Mrs. Walter Bell and family of Orlando, Fla.

Mr. and Mrs. Richard Howell spent Monday and Tuesday in Chattanooga, Tenn.

Mr. Herman Akin and son, Jerry of Cocee, Tenn, spent Saturday here with his mother Mrs. Dora Akin.

Mr. and Mrs. R. W. Easley have returned home after a visit with their son, Robert Easley and Mrs. Easley of Washington D. C.

Mrs. Oma Pinkerton and Mr. and Mrs. Harold Hill and children of Chattanooga, Tenn. spent Sunday as guests of Mr. and Mrs. Hubert Wilson.



ALFRED D. GALLOWAY, JR.
ALBUQUERQUE, N. M. -- Sergeant Alfred D. Galloway, Jr., son of Mr. and Mrs. Davis Galloway of Rt. 2, Waynesville N. C., has received the U. S. Air Force Commendation Medal at Kirtland AFB, N. M.

Sergeant Galloway, a weapons mechanic, was decorated for meritorious service at Tuy Hoa AB, Vietnam. He was cited for his outstanding professional skill, knowledge and leadership. He is now at Kirtland as a member of the Air Force Systems Command.

The sergeant is a graduate of Waynesville Township High School.

His wife, Avalen, is the daughter of Mr. and Mrs. Harold Anderson of Rt. 2, Hayesville.

JAMES E. JACKSON
BIEN HOA, VIETNAM (AH-THNC)--Army Private First Class James E. Jackson, 21, son of Mr. and Mrs. Kell E. Jackson, 221 Petrie St. Murphy, was assigned as a fuel handler in the 226th Supply and Service Company, Tuy Hoa Sub Area Command, near Tuy Hoa, Vietnam.

ROGER D. KEPHART
BEAR CAT, VIETNAM (AH-TNC)-- Army Specialist Four Roger D. Kephart, 21, son of Mr. and Mrs. Virgil Kephart, Route 3, Murphy took part in defeating the Communist offensive during the recent Lunar New Year in Vietnam, near Bear Cat.

The attacks, which were launched against major Vietnamese cities, were defeated by the combined allied forces. The defenders often had to fight their way from house to house and through Communist infested villages to secure the cities.

Spec. Kephart is an intelligence clerk in 2d Battalion Headquarters of the 9th Infantry Division's 39th Infantry near Bear Car.

last June and has been in Vietnam since December.

MACK A. PHILLIPS
SHERMAN, Tex.-- Airman First Class Mack A. Phillips, son of Willie J. Phillips of Rt. 2, Murphy, has been recognized for helping his organization earn the U.S. Air Force Outstanding Unit award. Airman Phillips, an administrative specialist in the 4780th Air Defense Wing (training) at Perrin AFB, Tex., will wear a distinctive service ribbon as a permanent decoration.

The unit was cited for achieving an exceptionally meritorious rating from July 1965 to June 1967. The citation accompanying the award lauded the wing for its "... clearly superior combat crew training program which has produced the highest caliber of interceptor pilots for the U.S. Air Force."

"Additionally," the citation continued, "the wing maintained a highly effective combat force--in-being consisting of expert interceptor aircrews and combat-ready aircraft, capable of immediate response to any national emergency."

During the award period the 4780th flew more than 91, 800 hours in single engine jet aircraft, which represents approximately 15 per cent of the total logged within the Aerospace Defense Command.

The airman is a 1963 graduate of West Fulton High School, Atlanta.

His wife, Nancy is the daughter of Mr. and Mrs. Wilford Denton of 195 Pine St. Atlanta.

ROBERT V. WEAVER, JR.
FT. WOLTERS, TEX. (AH-TNC) -- Second Lieutenant Robert V. Weaver Jr., 24, whose parents live in Murphy completed a 16-week helicopter pilot course at the Army Primary Helicopter School, Ft. Wolters, Tex.



SGT. JERRY E. DECKER (left) is congratulated by Maj. Gen. Lewis J. Fields, base commander at Camp Pendleton, Calif. upon his promotion to Sergeant. He is the son of Mr. and Mrs. Virgil Decker of Murphy. (Official U. S. Marine Corps Photo)

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