

Cherokee 4-H'ers At State Congress

A delegation of four 4-H members are representing Cherokee County at North Carolina 4-H Congress in Raleigh this week. The Cherokee County delegates are among some 1,400 club members, leaders and extension agents participating in the annual four-day program which began Monday on the North Carolina State University campus.

The program consists of recreation, attending classes, tours, competition, election of state officers and a lot of fellowship.

"North Carolina 4-H Congress offers an excellent opportunity for personal growth and development," comments Lyman B. Dixon, acting state 4-H leader. "It is an event that club members look forward to each year with great anticipation," he added. During the week state winners are determined in some 30 demonstration

programs and various judging activities.

During the week two Cherokee County 4-H'ers will be competing on the state level as district winners in demonstrations. These are Linda Pope in sewing and Carlton Van Horn in electric demonstration.

Members of the Cherokee County delegation attending in addition to these two are Debora Radford and Paul Thompson. Leading the delegation is Mrs. Pat Davis, Assistant Home Economics Extension Agent.

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Smoking Beagles Get Lung Cancer

Mice and guinea pigs don't take to smoking. But dogs can be trained to inhale through implanted tubes.

Being man's best friend has its liabilities.

Of 97 beagles trained to inhale in a recent smoking experiment, 79 percent of the heavy smokers (seven cigarettes a day) developed lung cancer. And virtually all the heavy smokers showed signs of emphysema.

The link between smoking and lung cancer has been indicated clearly for years by statistical evidence. Similarly, the association between smoking and emphysema has been suggested for some time. The beagle experiment indicates a direct causal connection.

People choose to smoke voluntarily. Dogs do not. But people - more and more of them - can also choose to stop. The beagles did not have this choice.

Kicking the habit is getting to be a favorite American pastime. 21 million people in this country have quit smoking. And it looks as if over a million more will kick the habit this year.

Christmas Seal associations

across the country are waging a Kick The Habit campaign this summer. If you still smoke, ask them for two leaflets, ME QUIT SMOKING, WHY? and ME QUIT SMOKING, HOW? They will also have information about withdrawal programs and other anti-smoking activities.

The campaign in the 19 Western North Carolina counties is being waged by the WNC Tuberculosis & Respiratory Disease Association of Black Mountain. Mrs. Cloe Moore of Murphy, is a director of the association.

Mallonee Visits Set

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, August 4, he will be at the Town Hall, Andrews, from 9 a.m. to 9:30; at the City Hall, Murphy, from 11 to noon and at the Clay County Courthouse, Hayesville, from 3 to 4 p.m.



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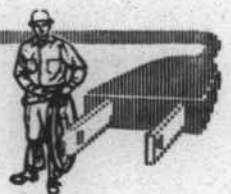
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