

### RIDGECREST RAMBLINGS

MRS. ELBERT F. HARDIN  
PHONE: NO 9-7134

**Church Affairs:** young people's dept. spt.—Ann Moore; teachers—David Snypes and Sandra Wright; int. dept. spt.—Glenda Lakey; teachers—Fletcher Phillips and Lucy Murray; jr. dept. spt.—Lynda Bradley; teachers—James Orr and Kathaleen Phillips; primary dept. workers—Dewey Thomas and Janice Watson; beginner dept.—Martha Allison; nursery dept.—Linda Allison and Judy Pittman. The young co-nesters are the ministerial students from Mars Hill College, who joined this church some weeks ago.

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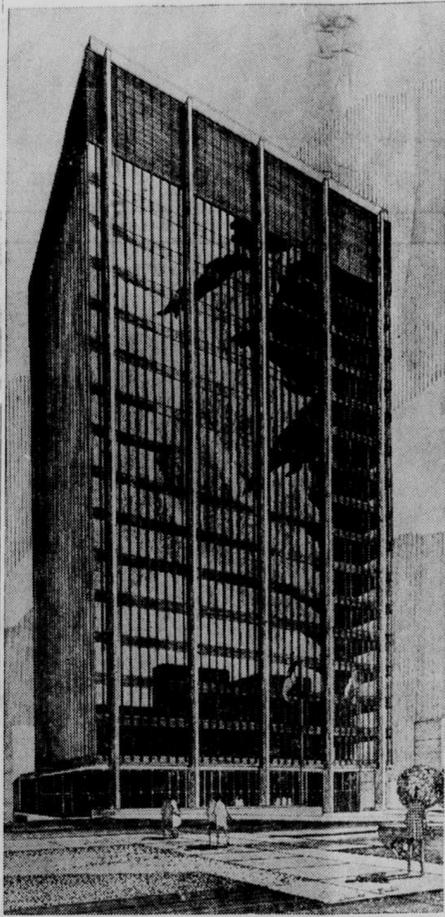
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ing our youth in prayer and help.  
On Friday evening eight members of Young Peoples' Department met at the church, divided into two groups, and went out on planned visitation to absentees and prospects. This was an enjoyable experience.

At the special youth supper on Saturday evening in the church recreation hall, some 30-35 young people and church leaders were present. After a delicious meal, plans for the week's work were discussed and completed. Then followed a fine period of fun and fellowship.

**Community News:**  
Airman 1/c Stanley Moore, son of Mr. and Mrs. E. Y. Moore, arrived at home Friday from U. S. Air Force Base at King Salmon, Alaska, where he has been stationed for some months. His marriage to Miss Elizabeth Penland of Swannanoa will take place early in April and shortly afterwards the couple will go to Goldsboro where airman Moore is to be stationed in Seymour-Johnson Air Force Base.

At a recent meeting of Chapter "D" of PEO in the home of Mrs. H. K. Lee in Asheville Miss Edith Van Duzer took part on the program which featured poetry. On Sunday, March 10, Mr. and Mrs. James McMahan and daughter Becky, in company with Mrs. Lee Bradley, motored to Jefferson City, Tenn., for a few hours' visit with Miss Barbara Bradley in Carson-Newman College. Rev. and Mrs. Bertis A. Fair spent the week end here because of the illness of their daughter-in-law, Mrs. James Fair.

Miss Mary Paschal of Sanford, N. C., and Ridgecrest, arrived Friday to spend several days with Misses Grace and Mamie Meeks.

Mr. and Mrs. Herman Saunders and Rev. and Mrs. Fred Stinson spent Friday and Saturday in Pinehurst as guests of Day and Mrs. Monroe. While there, Mr. Stinson had a check-up in the hospital, showing fine progress toward total recovery from recent illness. Mr. Saunders also had minor surgery while there.

C. A. Squires, formerly engaged in work here with Cowan Construction Co., has accepted employment by Southern Railway. This means he and his family expect to be permanent residents in this area—we hope, in Ridgecrest proper.

Leaving here last Wednesday, Mr. and Mrs. E. E. Brown drove to Mooresville for a two-day visit with Mrs. Lena Barger and Mrs. Elsie Alexander. On Friday, enroute home, they stopped in Lincolnton for dinner with Mr. and Mrs. I. A. Hallman and helped celebrate Mr. Hallman's birthday.

Miss Arvine Bell was asked to be a "stand-in-delegate" to State meeting on Action for Mental Health, in Raleigh, March 7-8. She represented the South-eastern section of Camping Association of America. Meetings were held in the Sir Walter Hotel and the Raleigh Memorial Auditorium. A number of nationally noted speakers addressed the one thousand registered delegates plus other guests. Governor Sanford, deeply interested in this phase of the State's welfare, not only spoke in two of the sessions, but also opened the doors of the governor's mansion with a reception for those attending Mr. and Mrs. Paul Turner,

this conference, and for two and one half hours stood in receiving line to personally greet and shake hands with the large group. Miss Bell was greatly impressed with interest shown and progress made toward definite work in this great field.

G. E. Carter, a patient in the hospital in Oteen for a month because of pneumonia, undergoes surgery on March 19 and will remain hospitalized for a least another month.

Howard Wright and Miss Mary Speight are both improving, even if slowly.  
Dr. W. P. Reeves, improved enough to be transferred from a Decatur, Ala., hospital to a nursing home in Hartsville, grew much worse and last week was in a Hartsville hospital. Dr. W. P. Reeves, Jr., came up from Lakeland, Fla., to be at his father's bedside. This news came in a letter to Mrs. Joe Moore from J. M. Rogers of Decatur.

Dan and Donald Turner spent the week end in Hickory attending a district meeting of Jaycees.  
Mr. and Mrs. Dalton Hosmer and daughters, Rita and Pam, left Sunday to spend a couple of days in their Alabama home near Birmingham.  
Karen Turner, daughter of Mr. and Mrs. Paul Turner,

celebrated her eighth birthday with a party on Saturday afternoon. Besides her brother Ronny and her little sister Becky, the following guests were present: Thelma Allison; "Buster" Gray; Pam Hosmer; Cynthia Johnson; Darlene Lakey; Martha Phillips; Henry Snypes; Jack Tipton; and Teresa, Tommy, Mark, and Stanley Turner. Kathy Ann May was also invited but could not attend because of illness. A green and white color scheme was used in decoration and refreshments. Mrs. Turner was assisted in all the fun and festivities by her mother, Mrs. Ruby Free, and by her little niece, Karen Turner.

### MOUNTAIN VIEW CLUB HOLDS PROGRAM ON COLOR IN DRESS

The Mountain View Home Demonstration club met Monday, March 4, at the home of Mrs. Horace Moore on Garren Creek Road. Mrs. Harry Kirkpatrick, vice president, presided over the business meeting. Mrs. Leslie Marlowe gave some pertinent information on Communism as the devotional. To raise money for the treasury, it was decided to bring a small item for sale to other members to the next meeting. Several meetings were announced. Among them: 1) County Council meeting at Mars Hill in April; 2) a music workshop for all church choir leaders in Henderson County May 23-24; 3) a remodeling workshop; 4) Home-maker's week in June at Raleigh; 5) Spring Show in May.

Exact dates and places of meeting will be announced later.

Mrs. Mary Ray, home economics agent, gave the lesson, "The magic of color in dress." She pointed out that some colors and designs make you appear shorter or taller, thinner or broader, and smaller or larger. Many of these points were illustrated by beautiful color slides. Following this informative session, the hostess served delicious refreshments to Mrs. Harry Kirkpatrick, Mrs. Charles Fortune, Jr., Mrs. Callie McBrayer, Mrs. Catherine Lytle, Miss Barbara Oates, assistant home economics agent, Mrs. Ray, Mrs. Paul Marlowe, Mrs. Gladys Marlowe, Mrs. John Clements, and Mrs. David Hamby.

### WARREN WILSON STUDENTS ENTERTAINED IN WELCH HOME

Mr. and Mrs. W. H. Welch, McCoy Cove Road, had as their Saturday evening dinner guests Awad Sifri of Beirut, Lebanon; Miss Rhoda Johnson of Daisy, Tennessee, and Miss Linda Burgin of Hot Springs, N. C., all students at Warren Wilson College, and William Haddad, also of Beirut, Lebanon, a civil engineering student at Clemson College. The dinner was in honor of Mr. Sifri, who will enroll in mechanical engineering at Tennessee Tech at Cookeville later this month.

### Look Who's Here!

Mr. and Mrs. Eugene Dadd of route 1, Swannanoa, have a son born March 11 in Memorial Mission hospital.  
Born to Mr. and Mrs. James Bogan of Swannanoa, a daughter, March 11, in St. Joseph's hospital.

## REFLECTIONS . . .

By Gordon Greenwood

### REPUTATION — CHARACTER

It is not all law making in the General Assembly. If one listens, one can pick up many thoughts that can be put to good use.

For instance one day last week Joe Eagles, the able gentleman from Edgecombe, rose in the House and read part of a sermon which his minister had delivered the previous Sunday.

"I was brought wide awake when I suddenly realized that the minister was saying something which would be good for me to remember," Mr. Eagles explained. "After the sermon was over I thought it so good that each of you may have one. That is what you have on your desk at present".

As a hushed house listened he read the following:

The circumstances in which you live determine your REPUTATION: The truth you believe determines your CHARACTER.

REPUTATION is what you are supposed to be; CHARACTER is what you are.

REPUTATION is the photograph; CHARACTER is the face.

REPUTATION covers you from without; CHARACTER grows from within.

REPUTATION is what you have when you come into a new community; CHARACTER is what you have when you go away.

REPUTATION is made in a moment; CHARACTER is built in a lifetime.

REPUTATION grows like the mushroom; CHARACTER grows like the oak.

REPUTATION leaves you like the mushroom; CHARACTER lasts like eternity.

A single newspaper report gives you your REPUTATION; a life of toil gives you your CHARACTER.

If you want to get a position, you need REPUTATION; if you want to keep it, you need CHARACTER.

REPUTATION makes you rich or poor; CHARACTER makes you happy or miserable.

REPUTATION is what men say about you on your tombstone; CHARACTER is what angels say about you before the throne of God.

REPUTATION is what men base their judgment of you; CHARACTER is what God bases His judgment of you.

—R—

### STATE DEBT?

How much does the State of North Carolina owe? That's a question often asked, and to find the answer we went to the top man in the finances of North Carolina. Edwin Gill, state treasurer.

Our total debt at present is \$231,041,000 but we have enough money in sinking funds to reduce this to a net debt of \$122,941,000.

For instance this includes the remainder of the Scott Road Bonds but at the present rate these will be paid off in 1967, several years ahead of schedule.

—R—

### BOND ISSUE

Many bond issues have been introduced or will be introduced within the next few weeks.

These include bonds for roads and school construction, two of the most pressing needs of the state at this time.

Best guess is that there will be three bond proposals for schools and at least two for roads under consideration before the session is very much older.

On the surface these may sound the same but there are wide differences in all of them. Some of the school building bond proposals will be aimed at one group and some at another. They vary in amounts from \$25,000,000 to \$100 million.

There is little doubt in anyone's mind about the need. Many of the smaller counties simply do not have the resources to build what they must have to carry on their programs of consolidation.

Several of the counties are considering having only one high school and some have already followed out this plan. But this costs a great deal of money. Local leaders say this can come only from a bond issue on a state-wide basis.

—R—

### JOHN UMSTEAD

North Carolina lost an able legislator and the mental institutions a devoted friend and supporter with the resignation last week from the House of Representatives of John Umstead, the gentleman from Orange.

John Umstead has devoted his life to the improvement of the mental institutions of the state. Our system has improved until it is recognized as one of the best among the 50. Much of this is due to the efforts of Mr. Umstead, who worked at the job full-time on a year-around basis whether the legislature was in session or not.

John Umstead served 13 sessions in the House and was elected for the 14th time last fall. He resigned last week because of ill health.

—R—

### JOHN UMSTEAD HOSPITAL

Last week as a member of the committee on mental institutions I had an opportunity to visit the John Umstead hospital and Murdoch School for the mentally retarded at Camp Butler.

I will not say I enjoyed it, but it did make me feel proud to see the high type work being carried on in those institutions.

At Umstead Hospital they receive approximately 200 patients per month, but because of the improved methods of treatment they are discharging the same number.

Time was not many years ago when patients entering state hospitals had little to look forward to. But today all that has changed. So much so that the number of patients stands at approximately 1700.

We saw Murdoch School, one of the institutions which the state provides for mentally retarded children. Here again the emphasis is on doing everything possible to prepare the patient to return as soon as practical to life in his own community.

They are not always successful but we saw many happy girls and boys working and doing the things that will help them live a normal life.

### Picture Of Health

From The American Medical Association

Remember "yellow jaundice"? The skin and the whites of the eyes take on a yellowish hue. Physicians know that jaundice is not a disease but a symptom of many different conditions in which bile pigment is not being handled properly in the body and is accumulating in excess quantities in the blood.

Never neglect jaundice. It can be a symptom of a serious condition, such as hepatitis. And hepatitis, by the way, has increased by leaps and bounds in the United States in recent years. It is an infectious disease that causes serious illness and, often, permanent liver damage.

Jaundice can be detected earliest in the whites of the eyes. If the eyes suddenly appear yellowish, consult a physician promptly. Early treatment is very important in treating most of the conditions causing jaundice.

Jaundice of the newborn, while often not serious, can be very dangerous. Rh babies usually are jaundiced and often require exchange transfusions.

A frequent reason for surgical removal of gallstones, even if they're causing no trouble, is to forestall the possibility that the stone will later lodge in the bile duct.

Jaundice, in fact, is not always easy to trace to its cause. Self-diagnosis can be exceedingly dangerous, and a physician should be consulted promptly. Your physician will want to know whether jaundice has occurred before, whether it is occasional or constant, whether pain or fever is present, whether

there has been a recent blood transfusion. He probably will want to make tests on blood and urine.

Jaundice is an ancient condition which must be treated with the respect it deserves to avoid very serious results.

### REPORT OF NCHA

Hardening of the arteries, high blood pressure and rheumatic fever account for more than 90 percent of all heart disease, says the North Carolina Heart Association.

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