

SWANNAO NEWS

By Mrs. Hayes Conner

Personal
Clement Haney entered the hospital Sunday and underwent surgery on Monday.
Rev. Douglas Beard spent Monday and Tuesday in Charlotte where he attended an Evangelistic Mission Conference.
Eugene Loven entered Morganton General Hospital last Wednesday for treatment.
Mrs. Bonnie Bastarach is recuperating from recent surgery in St. Joseph's Hospital.
Mrs. Lois Gill and daughter, Ginger, visited Mr. and Mrs. Spencer Bates in Clemson, S. C., Sunday.
Earl Waddell underwent surgery in Mission Hospital on Monday.
Mrs. Sidney Croy is recovering at her home from a broken hip she received in a fall at her home several weeks ago.

American Home Meeting
The January meeting of the American Home Department of the Woman's Club will be held at the home of Mrs. John Kelley, January 27 at 8 p.m. An interesting program on cosmetics has been planned.
Executive Board Meets
The Executive Board meeting of the Swannanoa Woman's Club will be held at the home of Mrs. Robert Davidson, Friday, January 31 at 8 p.m. All members are urged to attend as some important business will be discussed at this time.

Arts and Crafts Club Meets
The Arts and Crafts Department of the Woman's Club met with Mrs. Gene Summitt last Thursday evening at 8 o'clock.
Eight members and one visitor, Mrs. Mickey Connet, were present. The group had knitting as their project this month.
The February meeting will be with Mrs. Roger Stuck at Warren Wilson at which time the members will begin working on hats.
Mrs. Summitt served delicious refreshments during the social hour. Mrs. Celwyn Gibbs is chairman.

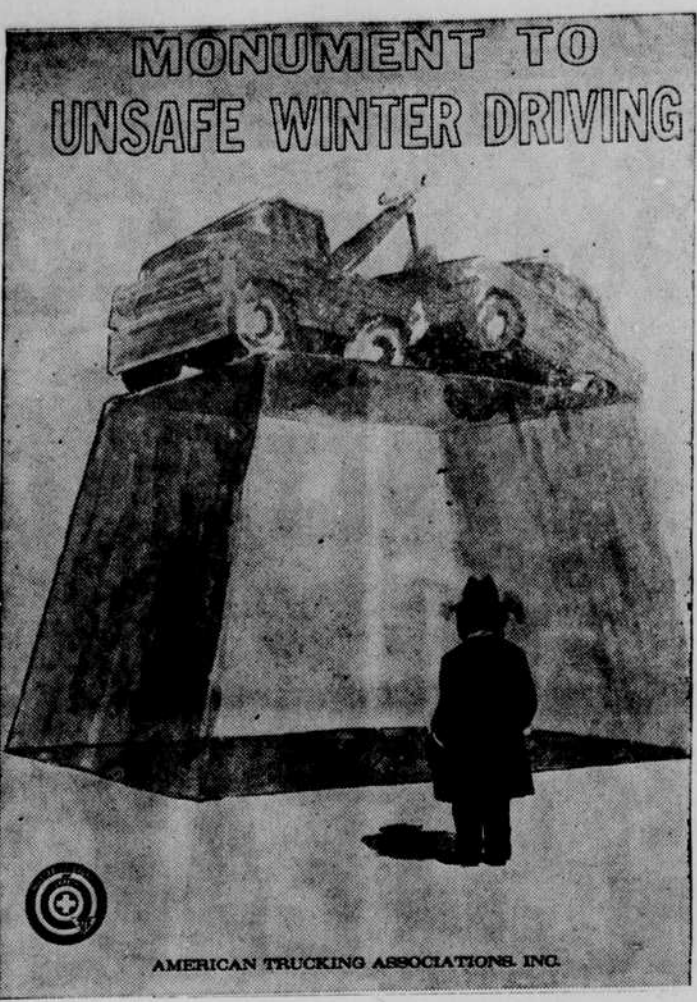
New Officers
The following Woodmen officers have been elected to serve for 1964. Post Commander, Lewis Metcalf; Commander, William Stephenson; Advisor, Floyd Morgan; Banker, Charles "Chuck" English; Escort, Dean Summey; Watchman, Dick Riddle; Sentry, Gene Gevedon; Secretary, Joe Porcher; Drill Captain, Jay Hollifield; Auditors, Russell Riddle, Walter Aiken, and Huber Patton; Assistant Commander, James Matthers; Assistant Advisor, R. P. Ramsey; Assistant Banker, Jerry Ballard; and Assistant Watchman, Hoyt Pruitt.
These officers will be installed at a supper meeting in February.

Honored With Party
Annette and Margaret Rice, daughters of Mr. and Mrs. J. B. Rice, Jr., were honored with a combined birthday party last Saturday afternoon from 2-4 p.m. in their home. Games were enjoyed by 30 of their friends after which birthday cake and drinks were served.
Library News
Mrs. Lucy Franklin, librarian, states an average of 30 books per day were checked out last week. Library hours are: Monday, Wednesday, and Friday afternoons from 2-5 and Tuesday and Thursday evenings from 6:30-8:30. Friends of the Library are invited and urged to visit and select a good book from their goodly number. Mrs. Franklin also states a number of books which are needed badly at this time are:

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Weather conditions and automobile accidents are a couple of sure fire newsmakers, according to Motor Vehicles Commissioner Edward Scheidt.

The vehicles chief said there's little we can do about weather control but that through enforcement, engineering, education and licensing we can achieve some measure of accident prevention.
"We could make much more progress in saving lives, in preventing and minimizing injuries, and in curbing damage to property, if every driver would become as concerned about his own safety as he expects us to be concerned about public safety," Scheidt said.

As an example of lousy, he pointed out that in the first few weeks of winter weather enforcement officers spent considerable time helping motorists in trouble with engine failure, weak batteries, boiling radiators and other mechanical difficulties.
And when the first snow or ice storm comes, as the one just before Christmas, it invariably produces many skidding accidents and traffic snarls by drivers and cars not prepared for winter's two worst hazards—reduced traction and vision.
"Officers are glad to assist those who become stranded but these folks could save themselves grief and delay by some commonsense care of their cars," Scheidt said.
"Winter comes every year at about the same time so why are so many car owners caught unprepared in the first weeks of really cold weather?" he asked.
"It's easy enough to put off doing what we know needs doing," he said. "Some problem at home or at work takes priority and we postpone winterizing the family car. But unless a car is ready for the blasts of winter, both the car and its driver may be in for a good beating."

The commissioner recommended that drivers condition themselves and their cars for cold weather by following this advice:
1. Get your car ready now if you've not done so. Have your serviceman winterize it if conditions require them, use reinforced tire chains.
2. Recognize the big drop in traction on snow and ice, and learn the driving techniques to cope with it.
3. Anticipate hazards and be ready to meet them with smooth, controlled movements.
overdue and she would appreciate their being checked in.

MONUMENT TO UNSAFE WINTER DRIVING
AMERICAN TRUCKING ASSOCIATIONS, INC.

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

At The Church:
You will agree that "Weather is a bad spelling" of weather. But we have had it since December 21! Every body has a different story to tell about how it affected him personally, but all say "it was bad."
One of the worst consequences was the effect on church attendance, for many people truly could not traverse secondary roads last week. "The faithful few," made extra effort on Wednesday evening, however, and Pastor Hocutt resumed his teaching of The Letter To The Ephesians.
In The Community:
Friends of W. Dean Willis of Dallas, Texas, will want to congratulate him on a recent honor. He and two other men of Dallas have been invited by the U. S. Navy to be guests of the Navy on a Public Relations trip to Puerto Rico. The schedule calls for a plane trip on Sunday, Jan. 19 to Charleston, where they will board the U. S. S. Sellers, Landing in San Juan, they will stay in Hotel Sheraton until Jan. 27, when they return to Dallas by plane.
We wish for Dean success in his mission, and we congratulate him on the honor. Mr. Willis, for the esteem in which their son is held.
A more detailed account of D. L. Cuthrell's accident (briefly mentioned last week) informs us that while stepping out of his car in downtown Goldsboro on Dec. 28, he caught his heel on something which upset his balance. Falling full weight on a previously injured knee, he broke his knee-cap in halves. Surgeons wired the pieces together and placed a heavy cast on his leg. He remains hospitalized, but hopes shortly to have the heavy cast changed to a lighter one. He has suffered greatly, but told his surgeon last week that what he most needed now was "a double dose of patience" to enable him to endure the long weeks of recuperation that still lie ahead.
Mrs. James Frank (nee Barbara Cuthrell) visited her parents for a couple of weeks after her father's accident before flying back to her winter home in Jamaica.
Chaplain (Major) Louis M. Jackson, delayed for two days because of ice and snow, left Tuesday evening for his new post of duty in Ft. Benning, Ga.
Mrs. C. D. Moss and Mrs. F. E. Shull of Canton braved the icy roads on Friday afternoon for a visit with their cousins, the E. F. Hardins.
Mr. and Mrs. W. O. Sutherland reached home on Friday, Jan. 17, after spending almost a month in South Carolina. Leaving here on Christmas Eve, they spent the night in Lyman, S. C., with their daughter, Mrs. T. A. Woolbright and her family. Christmas Day was spent in Greenville with another daughter, Mrs. John Gillespie and family. Here they were joined by Rev. and Mrs. Woolbright and children, and by Rev. and Mrs. Thomas Payne (a third daughter) and children from Robersonville, N. C., for a happy, happy, complete family reunion. After a few days of visiting about the leg, the Sutherlands spent the rest of the time in their own home in Abbeville, S. C.
A local transfer of property was made several weeks ago when Warren Quinn purchased from Paul Turner the duplex apartment house on Yates Ave.
Mr. and Mrs. Chester Berry and little son moved from one of these apartments into Black Mountain. Also, Mr. and Mrs. Joe Duncan and baby daughter moved from the other apartment to the small Craven cottage farther up the hill. Relatives of Mr. Quinn are occupying the apartment building for the present.
Mrs. Dexter Orr has had

plenty of worries recently. Her father, Harvey M. Wiggins, was in an Asheville hospital for two weeks following major surgery. Mrs. Wiggins, visiting her husband, suffered a serious heart attack and for lack of room at the hospital was a bed patient in her sister's home in Asheville nearly the whole time of her husband's illness. Happily, both patients rallied and were able on Jan. 17 to return to their home in Bryson City.
Carson-Newman College students are enjoying a few days of vacation between semesters. Miss Barbara Bradley of Old Toll Road is one of those who came home for this period.
Mr. and Mrs. Dave Cummings and little daughter, Tracey Lynn of Blairsville, Pa., arrived Saturday night to spend several days with Mrs. Cummings' parents, Mr. and Mrs. W. L. Snyper.
Mr. and Mrs. Eugene Smith and small daughter, Scarlett, of Charlotte visited Mr. Smith's mother, Mrs. Pearl Smith, over the week end.
Mrs. Lucile Carrol has accepted a position as House Mother at Faith Cottage, Asheville.
Rev. and Mrs. E. F. Hardin spent Sunday in South Carolina. At 11:00 A.M. they worshipped in Victor Baptist Church, Greer, where Mr. Hardin has been interim pastor for the past eleven weeks. By special invitation he took part in the welcoming service of the new pastor, Rev. Perry E. Poole, who has just moved to this pastorate from First Baptist Church of Eatonton, Ga.

OBITUARIES
Baxter Infant
Graveside services for the infant daughter of Mr. and Mrs. Carroll Dean Baxter of Craggy View, Black Mountain, were held Wednesday morning, Jan. 15, in Mountain View Memorial Park. The Rev. Henry J. Becker officiated.
Surviving in addition to the parents are four brothers, Richard, Bradley, Mark and Jeff, all of the home; the maternal grandparents, Mr. and Mrs. Ed Nichols of Delphos, Ohio, and the paternal grandparents, Floyd Baxter of Lima, Ohio.
J. N. Bryant
Funeral services for J. N. Bryant, 77, of Buckeye Cove road, Swannanoa, were held Wednesday, Jan. 15, in the Buckeye Cove Baptist Church with the Rev. Troy Lunsford, the Rev. A. J. Buckner and the Rev. J. H. Black officiating. Burial was in Mountain View Memorial Park.
Mr. Bryant was a native of Madison County and had lived in Swannanoa for 40 years. He retired from Beacon Manufacturing Co., in 1949 after 25 years of service.
Pallbearers were Jerry, Tommy and Hugh Bridges, Flay Wilkie, James Pruitt and Jess Owenby.
Surviving are the widow, Mrs. Fannie Penley Bryant; three daughters, Miss Thelma Bryant of the home, Mrs. Phillip Martin of Swannanoa and Mrs. Jimmy Wilson of Phoenix, Ariz.; three sons, Carl and Harold Bryant both of Swannanoa, and Billy Bryant of Marquette, Mich., and two brothers, Robert and William Bryant of Asheville.
Harrison Funeral home was in charge.

Mrs. H. A. Smith
Word has been received here that Mrs. Harry A. Smith, a former resident of Black Mountain, died Monday, Jan. 13, in Charlotte, after a brief illness. Mr. Smith was affiliated with Standard Oil Company, Black Mountain, for many years.
BLACK MOUNTAIN BRIDGE WINNERS
Using the Howell Movement winners for the Black Mountain Duplicate Bridge Club Thursday night, Jan. 16, at the Monte Vista hotel were: Mr. and Mrs. Douglas Jones; 2nd., W. C. Field and Mrs. Harry Standbridge; 3rd., Mr. and Mrs. Lawrence Brady; 4th., Mr. and Mrs. J. C. Bartholomew.
Look Who's Here!
Born to Mr. and Mrs. Harvey A. Golden of Swannanoa, a son, Jan. 18, in St. Joseph's hospital.
Mr. and Mrs. Howard Lyda of Swannanoa announce the birth of a son, Jan. 17, in St. Joseph's hospital.
A son was born Jan. 16, in St. Joseph's hospital to Mr. and Mrs. James T. Morrow of Black Mountain.
Mr. and Mrs. James D. Parker of route 1, Swannanoa, have a son born, Jan. 14, in Memorial Mission hospital.

FOR RENT—Furnished 2-bedroom apartment, all-electric kitchen. 105 Third Street. Dr. Jim Love, phone NO 9-7276.

OVERWEIGHT—America's No. 1 Health Problem

Everyone loves a fat lady—except the fat lady herself. Knowing the danger to her health, the increased strain on her heart and the higher mortality of obese people, most fat



He said that these appetite depressants frequently produce serious side effects such as anemia, nervousness, sleeplessness or tremor. He pointed out that liquid diets lead to a variety of gastro-intestinal disturbances.
"The gastro-intestinal tract was designed to require a variety of bulk as well as liquids. When the normal eating habits of man are altered, malfunctioning of the gastro-intestinal tract frequently results," said Dr. McClure.
He stated that the safest and fastest way to reduce is by reversing Grandma's "old fashioned" warning of not eating candy before meals. The most efficient and fastest way to curb your appetite is to elevate your blood sugar levels of the body.
As Dr. McClure explained, when the blood sugar level falls too low, the appetite regulating center of the brain turns on the appetite much as a thermostat turns on the furnace in your home. Dr. McClure further states that "certain proprietary products, such as Aids, the special low calorie, candy-like appetite depressant, are definitely more efficacious and safer than the so-called prescription items usually recommended by the medical profession."

women (and men) try to lose weight even at the risk of being loved less.
Doctor's have recognized the problem and are frequently consulted on dieting or medication to achieve loss of weight.
Speaking before the New York Chapter of the American Academy of General Practice, Dr. Charles W. McClure, Professor Emeritus at Boston University Medical School and vice chairman of the American College of Physicians, warned doctors about the promiscuous use of all forms of appetite depressants.
"The safe and sound way to lose weight is to eat less, and to eat what is good for you. The diet should be high in protein and low in fat. It should be a diet of natural, unrefined foods. The diet should be a diet of natural, unrefined foods. The diet should be a diet of natural, unrefined foods."

State's Roads Take Beating Since January 1.
Highway Commission Chairman Merrill Evans today issued the following statement:
North Carolina's 30,000 miles of unpaved secondary roads are taking a terrific beating from the worst winter since 1957. Six weeks of freezing and thawing, coupled with heavy rain and snow, have left thousands of miles of road foundations too soft to carry normal traffic and in far too many areas, too soft to carry any traffic at all.

When our secondary roads become soft to the point that they are today, it is practically impossible to stabilize them until they are completely dry.
Just as long as many of our main rural roads are surfaced, we will continue to face these intolerable conditions when winters are as severe as this one has been.
Send your newspaper for the time checked. Enclosed find my check or money order. 1 year \$22. 6 months \$11 3 months \$5.50

BLACK MOUNTAIN OFFICE
"BUT THE QUESTION IS: Can We Afford It?"
That's the question prospective home builders and buyers usually must face, and...
That's the question Asheville Federal has helped thousands answer soundly.
Bring us your questions. Ask us for facts; ask us for figures. Our long experience can mean much to you—and so can our sincere desire to help you in a constructive way.
You'll probably be surprised how easily you can change from rent-payer to home-owner status. We'll welcome your visit.
Talk with Mr. Patton at The Black Mountain Office

What to Do in Black Mountain
Jaycees meet 1st Thursday for business, 7:30 p.m.; 3rd Thursday for dinner at Monte Vista, 7 p.m.
Black Mountain-Swannanoa Rotary club meeting Monte Vista hotel, Mondays, 12:15 p.m.
Black Mountain Lions club, Monte Vista, second and fourth Thursday, 6:30 p.m.
Duplicate Bridge every Thursday night at 7:30 in the club room of Asheville Federal Savings and Loan association, sponsored by the Get Acquainted club.
Black Mountain-Swannanoa Kiwanis club, each Thursday noon, Monte Vista hotel.
V.F.W. meets each Wednesday evening at 7 at the post home on old Highway 70 beyond Grovestone
Each Monday Morning at 7:30 Gideon Prayer Meeting at Monte Vista Hotel.
Board of Aldermen meet the third Wednesday of each month.
Jaycettes meet at Monte Vista at 7:30 First and Fourth Mondays.
B & PW Club meets each 2nd Monday at 8:00 P.M. at home of members.
Other purely social activities listing in this column may call the Black Mountain News. Save this schedule for easy reference.

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