

Owen Recreational Park Opens Season

The Grand Opening Day for 1976 of the Charles D. Owen Recreational Park will be this Saturday, May 22. Ceremonies will get underway at 11 a.m. Lunch will be served at 12:00. Lunch plates will be \$1.00 per person. All profits from the lunch will be used for recreational activities. The afternoon will be given over to ball games.

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In the "Beauty Boutique" at PSA Clinic Pharmacy we carry many products to help you protect your skin when taking off make-up. There is a full line of creams, oils, astringents and other beneficial aids. Ask our beauty consultant to advise you if you have a particular problem or if you wish a technique demonstrated.

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<p>SURE HAIR DRYER</p> <p>8 Oz.</p> <p>List \$1.89 99¢</p>	<p>REGULAR MINT</p> <p>7 Oz.</p> <p>List \$1.54 79¢</p>	
<p>ALKA SELTZER</p> <p>25's</p> <p>List \$1.99 59¢</p>	<p>FREE 25% MORE RIGHT GUARD ANTI-PERSPIRANT</p> <p>10 Ozs. for the Price of 8 oz. Also Powder Protection</p> <p>List \$1.99 \$1.59</p>	

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BLACK MOUNTAIN CHAPTER No. 22 Order of the Eastern Star Officers for 1976 - 1977 were installed March 30, 1976 at Mountain Triangle Temple. Installing Officers were: Installing Grand Officer, Mrs. Nell H. Porter; P.G.M., Installing Grand Marshall, Mrs. Margaret Slagle, P.M.; Installing Grand Chaplin, Mr. Roy H. Burgin; P.P.; Installing Grand Organist, Mrs. Betty B. Quinn, P.M. Pictured left to right, first row: Ernest Slagle, Associate Patron; Mrs. Vivolynn Blankenship, Associate Matron; Mrs. Sarah Clevenger, Worthy Matron; Dick Tarbert, Worthy Patron; Second row: Mrs.

Ruby Gragg, Organist; Miss Betty Jo Cordell, Ruth; Mrs. Eleanor Frazier, Chaplin; Mrs. Leora Tarbert, Secretary; Mrs. Nelle Tatham, Marshall; Mrs. Arrietta Burgin, Sentinel; Third row: Mrs. Mary Williams, Martha; Mrs. Margaret Blizard, Adah; Mrs. Patsy Rice, Electa; Mrs. Pat Wright, Esther; Mrs. Paula Buchanan, Associate Conductress; Mrs. Wanda Lackey, Conductress; Conway Tatham, Warder. Not pictured, Mrs. Dorothy Stenstrom, Treasurer. Pages were: Amanda Bailey and Jacque Clevenger.

Miss Black Teenage Pageant

Closing date for applicants to enter the 3rd Annual Miss Black Teenage World of North Carolina Pageant is May 20, 1976.

The 3rd Annual Pageant will be held June 19, 1976 at the Goldsboro High School East, Goldsboro, North Carolina.

The Pageant provides an avenue for participants to display their talent, poise, personality, intellect, dignity, and pride.

It is open to any young lady, 15-17 years of age.

Persons interested should contact immediately:

Mrs. Gladys R. Todd, Route 4, Box 45-B Zebulon, N.C. 27597, Phone: (919) 269-8891. or Mrs. Gwendolyn Shipman, 1011 Branch Street, Goldsboro, N.C. 27530, Phone: (919) 734-0256.

WNC Specialty Hospital Honored

As an accredited hospital, Western North Carolina Specialty Hospital has received recognition from the Joint Commission on Accreditation of Hospitals (JCAH) in observance of National Hospital Week, May 9-15, 1976. The letter of commendation, signed by John D. Porterfield, M.D., Director of the Joint Commission, contained the following:

"The Joint Commission on Accreditation of Hospitals commends your hospital for striving to deliver the op-

timum in health care to the community. Your participation in the process of voluntary accreditation is an expression of a professionally motivated commitment to deliver a high quality of patient care. The fact that you are accredited is evidence that your efforts toward this goal are successful."

Accreditation is awarded to hospitals that are found to be in substantial compliance with the Joint Commission's standards for the quality of patient care provided. The standards are considered to be optimal achievable and represent goals of excellence against which a facility can measure itself and be

measured by the Joint Commission's accreditation survey team. Voluntary accreditation has made a significant contribution to this country's unmatched excellence in health care. It continues the American tradition of self-reliance and it supports the belief that positive motivation is the most effective impetus to change.

The Joint Commission, which is celebrating its 25th anniversary during America's Bicentennial year, was founded in 1951 by its present member organizations: the American College of Surgeons, the American College of Physicians, the American Hospital Association, and the American Medical Association. In addition to the Hospital Accreditation Program, the Joint Commission has established accreditation councils for psychiatric facilities, long term care facilities, facilities for the mentally retarded, and ambulatory health care facilities.

Child Abuse Workshop

Workshop Stated

A workshop on Child Abuse will be held on Friday, May 21, 1976 at the S & W Cafeteria in Asheville Mall. The focus will be on preventive actions which would make an impact on this emerging problem.

The session is designed for interagency and interdisciplinary personnel. All interested persons in Buncombe County are invited. The program will be 9:00 a.m. to 4:00 p.m.

The Child Abuse Workshop is sponsored by the Blue Ridge Mental Health Center and the Mountain Area Health Education Center.

Sunshine School Commencement Exercises

The Sunshine School will have its annual closing exercises Thursday evening, May 20, at 8:00 p.m., in the Swannanoa Elementary School Auditorium.

This year's theme will be "We Love America" with costumes depicting the different periods in our history. The public is invited. The Sunshine School's programs are always outstanding.

Vacation - Church Day Camp - School Planned

The First Christian Church and the United Methodist Church of Black Mountain are entering into a unique experiment, June 7-11, 9 a.m. to 3 p.m., a combination vacation church, Day Camp School will be held. The School will meet at Christmount Christian Assembly. Regular Vacation Church School learning experiences will be conducted plus added activities usually found in day

camp experiences. These include swimming, hikes, nature studies, picnics and other activities. Miss Margaret Silverthorne of Englehard, N.C., will give direction. Miss Silverthorne has had a life long career in Christian Education. The School is open to any boys and girls not involved in any Vacation Church School that week. Transportation will be provided.

Duplicate Bridge Scores

Tuesday May 11, 1976 North, South: (1) Mrs. Charles Ross, Mrs. Winston Jennings, Mrs. Lester Snyder, Mrs. Doris Raulerson, (tie) (2) Mr. and Mrs. Lester Dildine. (3) Mrs. R.T. Greene, Mrs. Max Woodcock.

East West: (1) Mrs. Muffy Smith, W.W. White. (2) Mr. and Mrs. Lynn Hill. (3) Mrs. Cliff Field and Mrs. Bolard More.

Today, a "popinjay" is a con-coited, empty-headed person, but the word was originally the name for a parrot!

Senior Citizens Areas Most Active People

800 Expected For Bicentennial Event

Arrangements have been completed for the Bicentennial for Older Americans Day which will be held at Anderson Auditorium Monday on May 28th. The program is intended to show the skills and vitality of Senior Citizens over the four county area of Buncombe, Hendersonville, Transylvania and Madison. Senator Robert Morgan will be the featured speaker. Irene Stephenson of Black Mountain is Chairwoman of the overall Committee which has been working on the program since last October. The XYZ Club a Black Mountain Senior Citizen group are hosts for the Day and have been involved in all of the preparations including the Colonial Costumes which they will wear for the occasion.

The Day will start with an Invocation by Dr. Hugh Thompson of Black Mountain. Dick Jensen will be Master of Ceremonies. The morning program is mainly musical and will present the Core Hat Band from Salisbury which is known State wide, the Melodears from Black

Mountain, the Appalachian Grass and Young At Heart Bell Ringers from Asheville, Mr. David Holt composer and Co-ordinator of Mountain Music from Warren Wilson College and the Rath Sisters also from Warren Wilson. Lunch will be served at Moore Center, Howerton Cafeteria and the Inn. The afternoon program is primarily Dance and will include a group from the Judy Ross School of Dance, the Greek Orthodox Dance Group, the Swannanoa Elementary School Cloggers and two Senior Citizen Square Dance Groups from Hendersonville and Asheville. Senator Morgan will speak at 2:00 and the program will end with a tour of the Historical Museum.

A major part of the program will feature exhibits of articles made by Senior Citizens. Many superb quilts will be shown and offered for sale; some quilts however are heirlooms and will be for show only. Afghan and other articles made in the craft classes of various clubs will also be shown and sold. Ten booths will be set up by local craftsmen to sell jewelry, dulcimers, ceramics and Christmas wreaths. The Black

Mountain Woman's Club will have a Bicentennial Booth.

Nutritionist Speaks To Club

Members of the XYZ Club heard Mrs. Mary Ashley of the Buncombe County Health Department discuss the essentials of a good diet. Using a catchy formula something like the following, "Every day eat the 2-2-4-4 way", Club members could remind themselves that they need these servings for sound nutrition: 2 milk, 2 meat, 4 vegetables and 4 bread or cereal. Mrs. Ashley also gave a more detailed explanation of the importance of Vitamins "C" and "A". It was a fairly standard talk on nutrition covering some of the essential areas. The problems that were not covered were those of the needy who can't afford the prescribed diet, or who for physical or psychological reasons can't follow it. Experts stay quite precisely in their fields.

The talk was followed by one of the five lunches served at the Center each week which provide exactly one-third of the daily nutritional requirements.

Life At Highland Farms

The pace of life changes as summer approaches and there are many visitors in this area and many activities associated with the various conference centers and the nearby scenic points of interest. These visitors not only bring joy to their relatives and friends, they also bring pleasure to other residents. Recently we had an interesting slide and talk presentation of a trip to Greece and Syria made by Mr. and Mrs. Lawrence Groff of Chino, Cal. He is a nephew of Mr. and Mrs. Harry Ebersole.

New residents are Mr. and Mrs. W.H. Walter (Ham and Eleanor), originally of Illinois, and Mr. and Mrs. Rex Davies (Dorothy), formerly from Michigan. Both couples have been residing in Asheville or its environs for some years. They are learning to find their way about in this complex of apartments, and what to do if they return after

curfew and find all doors locked. One couple learned by experience the other night!

Sunday activities depend somewhat on the weather, as might be expected of Senior Citizens who have reached our honorable average age. Thirty-eight of us are members of local churches, about half of that number having been members here for years, others transferring from churches at a distance. One couple making this change on their first Sunday in residence. Several continue to attend in Asheville or other towns not too far away, one couple even driving to Greenville, S.C. every other week so that the husband may carry out his duties as officer in his congregation. One lady attends the eight o'clock service at her church, others get off for Sunday School but the majority prefer just the eleven o'clock worship service. Those who cannot go

have their favorite radio or television programs of study or worship.

This would not be complete without mentioning the Sunday afternoon services in the Health Care Center, usually conducted by Dr. Paul Linbert with Chet Prentice at the organ. A few of us are rather regular attendants, at times helping with the music or devotional message and enjoying fellowship with the wheel-chair brigade.

Folks You Know

Mrs. Judith P. Bridges, R.N., a nurse at Highland Farms Health Care Center, will be attending a nurses reunion and graduation at Hamlet Hospital, Hamlet, N.C. the weekend of May 21-22. Hamlet Hospital is closing after sixty successful years. Mrs. Bridges lives at 212 Sherwood Way, Swannanoa.

A junior political science major from Swannanoa has been named editor of the 1977 Summit, yearbook of the University of North Carolina at Asheville.

She is Mrs. Nora Coleman Aiken, daughter of Mr. and Mrs. S.H. Coleman of Arden and wife of Gary Aiken of Swannanoa, president of UNC-A's Student Government this past year.

A graduate of T.C. Roberson High School, Mrs. Aiken has served as assistant editor of the Summit, secretary to Student Government, student senator, a member of the Campus Court, the Athletic Committee and the five-year planning committee for the student center, dormitories and food service.

She also helped organize UNC-A's Women Students Assn.

Mrs. Aiken succeeds Miss Jackie Stephenson, senior, political science major from Asheville, who has edited the yearbooks for 1975 and 1976.

Mr. and Mrs. Howard Cramer have moved to Black Mountain as permanent residences.

Mrs. Joseph LeVine will not be leaving us again. She will be making her home permanent on McCoy Cove Road. She is now living at "My Blue Heaven" where she is opening the property for Rock House, Blue Corundum in Kyanite-Matrix Sapphires and other minerals have been found.

Mr. and Mrs. Ted Brown of Tucker, Georgia visited Mr. and Mrs. Marcus Bigley and family recently.

Mrs. Eva McAfee Miller and Miss Deborah McFee spent a glorious week in Hawaii April 22-29.

They spent three days in Oahu Island, at the Waikiki Beach Sheraton Hotel. They toured Pearl Harbor and Diamond Head. The rest of the week was spent on Maui at the Royal Bahianian Resort just relaxing.



JUNIOR WOMEN ATTEND NCFWC CONVENTION Mrs. Susie Patton and Mrs. Kathy Bailey attended the "North Carolina Federation of Women's Clubs" convention in Raleigh recently. Mrs. Katie Rankin, founder of the Junior section, was honored at the Junior Awards Luncheon for 55 years of service with Women's Clubs. The Junior's elected to have "Learning Disabilities" as the state project during 1976-1978.

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