

THINK HEALTH
Health and Safety Tips
from
The American Medical Association

Snow shoveling requires a lot of energy and muscle. Pushing a stalled auto out of a snow bank is even more demanding.

Once again, the American Medical Association reminds men of middle age and beyond, especially those who are overweight and lead otherwise sedentary lives, to take it easy in clearing away the snow from the walks and driveways.

If you're in reasonably good health, snow shoveling may actually be good exercise—if you take it easy. This could mean getting up 15 minutes earlier on the mornings of a fresh snow fall, to allow time for leisurely shoveling, with frequent brief rest periods. The frantic, hurried machine that blows or scrapes aside the snow with the power of a small engine substituting for approach to clearing the drive in an effort to get to the office on time most definitely is not good

for health.

Most common serious health result of overexertion from snow shoveling is a heart attack. If your physical condition is such that you are already prone to heart trouble, the extra exertion can hasten an attack. If your heart is sound, it likely won't be damaged.

Unless you have had a recent checkup, however, you cannot be certain that you aren't a likely candidate for heart trouble.

Don't be ashamed to invest in muscle power. Or don't hesitate to hire the neighborhood lad from down the street to shovel your walks.

It's hard for the American male to accept, but the chances are that the lady of the house is in better physical condition than her office worker husband. An hour or two daily pushing mop and broom keeps milady in good shape for shoveling.

Snow shoveling can be good for you, if you use a little common sense. Light exercise and fresh air in the winter both are important to maintaining health. Just don't overdo it.

Rotary Offers Fellowships To Study Abroad

Applications for fellowship grants totaling \$400,000 to be awarded by Rotary International, world-wide association of Rotary clubs, are now being accepted by the local Rotary club, it was announced today by Neil O. Johnson, club president.

Called Rotary Foundation Fellowships, they average approximately \$3,000 each and are for one year of graduate study abroad. The awards for which applications may now be made are for the 1963-64 academic year. The deadline for applying is April 15.

Students of this community interested in learning more about the Rotary Fellowships as a preliminary step in applying for an award should contact a member of the Kings Mountain Rotary Club.

The amount of each award is calculated to cover round-trip transportation, registration and

tuition fees, educational supplies, room and board, and a limited allowance for travel within the country of study.

Rotary Foundation Fellowships are available to unmarried men, aged 20 to 28, inclusive, who hold a college degree or will hold one by the time the Fellowship is to begin.

Applicants must be able to read, write, and speak the language of the country in which they will study.

A special type of Rotary Fellowship, termed an Additional Rotary Fellowship, is available to men and women with no maximum age limit for applicants. This particular grant is awarded for study only in certain countries, and may also be applied for through the Rotary club.

Applicants sponsored by the local club will be considered along with other candidates from this Rotary district. In some cases, a Rotary club is eligible to sponsor two applicants for a regular Fellowship and two for the special kind.

Winners of Rotary Foundation Fellowships are regarded as ambassadors of good will to the

SOCIAL SECURITY
Questions and Answers

Q—I'm 64, my husband is older and together we operate a business. We each earn about \$1800 a year. Must we sell this business in order to receive social security benefits?

A—No. At your present rate of country in which they study, and through their association with Rotary clubs abroad they have wider opportunities to meet people and become better acquainted with their way of life and their institutions.

Begun in 1947, the Rotary Foundation Fellowship program has awarded more than 1,850 Fellowships to students in 70 countries. Total grants have been in excess of \$4,800,000.

The purpose of the Fellowship program is the advancement of understanding and friendly relations between the people of different nations.

earnings you and your husband can continue in business and both receive some social security checks. Get in touch with your social security office. They will be able to tell you just what benefits you both may receive.

Q—What difference does it make if I apply for benefits now. I am 65 and my income varies from \$2,000 to \$3,000 annually.

A—If you are 65 years old or older, the Social Security Administration urges you to apply for benefits because in case you have low earnings one year or in a particular month you may be entitled to some benefits for that time.

Q—Since I am now 65 I'd like to receive my social security, but I cannot afford to quit my \$300 a month job as I've a wife and 2 children under 18 to support.

A—A person who is 65 or older should apply for benefits even if he is employed. Although your earnings have averaged \$300 a month in the past, you and your family may be entitled to some benefits; also, you would be entitled to a month's benefit in any month which you earned less \$100 as an employee.

State Highway Commission Let Miles Of Improvement In '63

RALEIGH — During 1963 the North Carolina State Highway Commission let to contract 1,109 contract miles of improvements of highways, streets and secondary roads. Actual contract value of these improvements totaled \$59,233,375.

A breakdown of expenditures shows that \$15,164,013 was for stage construction projects on some 50 miles of Interstate Highways, and the remaining \$44 million was distributed between Trunk System Routes, the Trunk Feeder System, the Rural Collector System and the Secondary Road System.

Carry-over projects which had been let in previous years and were completed in 1963 totaled \$67,814,428 in actual contract value on 1,236 miles of roadways.

\$17 million of the total amount was spent on work for the Interstate System, \$23 million on other Trunk Routes, \$10 million on the Trunk Feeder System, \$4 million on the Rural Collector System and \$14 million on the Secondary System.

At the end of 1963 contracts valued at \$66,534,734 were still active and had not been completed.

Total value of all contracts active sometime in 1963 is \$134,349,162. This amount does not include right of way acquisition, engineering or contingencies, nor work completed by Highway work forces or maintenance.

Since 1953 the North Carolina State Highway Commission has received a total of 2,991 contracts for 14,743 miles of contract work with a total contract value of \$568,687,533 for the 11 year period ending December 1963.

Construction progress, exclusive of Interstate work, indicates a total of 49 projects, each having a contract value over \$200 thousand, were completed during 1963. This amount includes work on the Trunk System, the Trunk Feeder System, Rural Collector System and Secondary System.

On the Interstate System, the following projects were completed during 1963, each having a contract value over \$200,000: INTERSTATE ROUTE 40-Tennessee-Gretnboro (Haywood and Buncombe Counties)

The first section of I-40 west of Asheville is now complete and opened to traffic. This section, known as Canton Bypass, extends for some 11.9 miles from west of Clyde to Luther, and was built at a cost of \$6,532,998.

INTERSTATE ROUTE 85-South Carolina-Virginia (Gaston County)

Work has been completed for grading and structures on the section of I-85 from approximately 2 miles east of Kings Mountain

to US 321 in Gastonia, at a cost of \$3,067,110 for 8.1 miles. (Gaston County)

Work was recently completed on a 2.8 mile section of I-85 between US 321 north of Gastonia and existing I-85 east of Gastonia. The contracts for this improvement were valued at \$2,575,648. (Gaston County)

Paving on the section of I-85 from UE 29 east of Kings Mountain to US 321 north of Gastonia (the Gastonia Bypass) was completed at a contract value of \$1,688,888 for 8 miles. The official opening of this section is scheduled for Friday, January 10, 1964. (Guilford-Alamance Counties)

From NC 61 at Whitsett to NC 54 near Graham, 10.8 miles, the original 2 lanes were resurfaced, shoulders reconstructed, and culverts extended. Including fencing and signing, these completed contracts involved some \$822,775. (Durham County)

Contracts for signing, fencing, and planting trees along the right-of-way have been completed on the Durham Bypass involving some \$182,923.

INTERSTATE ROUTE 95-South Carolina-Virginia (Robeson County)

Beginning at the north end of the Lumberton Bypass and extending to NC 20 west of St. Pauls, I-95 was paved, fenced, signed and a rest area built at a cost of \$1,608,508. (Halifax-Northampton)

I-95 between Weldon and Virginia State Line has been paved, fenced, signed and a rest area built, just south of the Virginia State Line at a cost of \$1,664,654 for 8.2 miles.

At the present time, 50 major construction improvements have been let to contract and are still active on portions of the Interstate System, the Trunk System, the Trunk Feeder System, the Rural System, and others.

(All information is based on a Highway Construction Progress Report prepared by the Planning Department of the North Carolina State Highway Commission. Data and compilations were made in mid-December 1963, and actual completion of these projects was based on anticipated good weather which would allow construction completion by January 1, 1964.)

The largest land-living carnivores alive today are the peninsula giant bears of Alaska and the Kodiak bears of Kodiak Island. According to the Book of Knowledge, skins of these animals have measured over 13 feet in length while the weight has been recorded at 1,500 pounds.



PORK LOIN SALE!

- 8-12 Lb. SIZE WHOLE OR RIB HALF PORK
- Fresh Loins . . . LB. 39¢
- CENTER CUT PORK
- Rib Chops . . . LB. 59¢
- CENTER CUT PORK
- Loin Chops . . . LB. 69¢
- FULL 6 RIB CUT PORK
- Rib Roast . . . LB. 29¢
- LOIN END
- Pork Roast . . . LB. 35¢
- LEAN CURED
- Pork Cutlets . . . LB. 69¢
- COUNTRY STYLE
- Backbones . . . LB. 33¢

RIGHTS RESERVED TO LIMIT QUANTITIES!

Virginia **SLICED BACON** 1-LB. PKG. 35¢
W-D Famous Ground

BEEF 3-Lb. Pkg. \$1.19 5-Lb. Pkg. \$1.89

SELECT SKINLESS DEVEINED **Beef Liver** . . . LB. 39¢ **Bologna** LB. 29¢
FREE! 50 EXTRA STAMPS - PINKY PIG WHOLE HOG OLD HICKORY CHUNK
Pork Sausage LB. 59¢ **Bologna** LB. 39¢
OLD HICKORY SLICED

Limit one of your choice with a \$5.00 order!

INST. COFFEE

Limit one with other purchases
MAYONNAISE

Limit one of your choice with \$5.00 order.
DETERGENT

Limit one of your choice with a \$5.00 order
SHORTENING

INST. ASTOR 6-oz. Jar 59¢
DEEP SOUTH Pt. Jar 19¢
BLUE OR WHITE ARROW Large Pkg. 17¢
ASTOR 3-Lb. Can 59¢
INST. MAXWELL HOUSE 6-oz. Jar 89¢
DUKE'S OR KRAFT'S Pt. Jar 25¢
SILVER DUST Large Pkg. 19¢
CRISCO 3-Lb. Can 69¢

FREE! 25 EXTRA STAMPS (Sticker on each pkg.)
PALMETTO FARMS
Liver Mush or Pudding
Pound Package 29¢

50 FREE STAMPS
With the purchase of Crackin' Good Fig Bars
2-LB. PKG. 49¢

50 FREE STAMPS
with the purchase of REDDI-WHIP WHIPPED CREAM
9-OZ. CAN 59¢

PALMETTO FARMS **Margarine** 2 1-LB. PKGS. 25¢ **Soup** No. 1 Can 10¢
CAMPBELLS TOMATO Limit 6 cans with a \$5.00 order.

Juicy Florida **Oranges** 5 Lbs. Only 55¢

U. S. No. 1 White **Potatoes** 10 Lb. Vent Vu Bag 39¢
25 Lb. Vent Vu Bag 79¢

Fresh Green **Cabbage** 2 Lbs. Only 15¢

This Certificate Entitles You To 100 with each \$10 purchase GREEN STAMPS FREE
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 50 GREEN STAMPS With This Coupon & Purchase of 9 inch Mirror Teflon-Coated FRY PAN
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 50 GREEN STAMPS With This Coupon & Purchase of 7-oz. Bottle Jergens BAY SKIN LOTION
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 25 GREEN STAMPS With This Coupon & Purchase of One 4-6-Lb. Smoked PICNIC HAM
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 50 GREEN STAMPS With This Coupon & Purchase of Two 10-oz. Pkgs. Treasure Isle BREADED SHRIMP
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 25 GREEN STAMPS With This Coupon & Purchase of One Pound Package CRACKIN' GOOD TREATS
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 50 GREEN STAMPS With This Coupon & Purchase of Three 8-oz. Pkgs. Taste O' Sea FISH STICKS
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 50 GREEN STAMPS With This Coupon & Purchase of Two 11-oz. Pkgs. Morton's MEAT DINNERS
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 50 GREEN STAMPS With This Coupon & Purchase of Two 6-oz. Pkgs. Selecto CHOPPED HAM
Good at Your Local Winn-Dixie Void After January 18, 1964

This Certificate Entitles You To 50 GREEN STAMPS With This Coupon & Purchase of Two 1-Lb. Pkgs. PINKY PIG FRANKS
Good at Your Local Winn-Dixie Void After January 18, 1964

Victory Chevrolet Co.

CHECK - UP and TUNE - UP!

Our Most Modern Electronic Equipment and the Following Trained Mechanics Await YOU, and Your CAR:

- JAMES RICKARD
- JOE TURNER
- WINNIE ETTERS
- HAROLD ALLEN
- HORACE ROSS
- WAYNE SELF
- LAWRENCE ROSS

SEE THEM TODAY FOR ALL TYPES OF MAJOR and MINOR ENGINE REPAIRS!

We Have A Radiator Specialist, TOO!

See GRAYTON "Slim" BOLLINGER For Expert Radiator Repairs

ALL TYPES OF PAINT and BODY SHOP WORK — OUR SPECIALISTS:

- CHARLES LAIL
- HENRY NORRIS

24 HOUR WRECKER SERVICE!

Call: DAY 739-5471 NIGHT 739-4367

Washing & Lubrication Specialists:

- PAUL ETTERS
- GEORGE BARNETTE
- JOYCE DEAN YOUNG

Victory Chevrolet Co.