

### Retirement "Big Event" In Man's Life

NEW YORK — Retirement is a big event in a man's life, yet when the moment comes, it nearly always takes him by surprise. If he feels simply hurt, or completely bowled over, it's still his wife who's left holding the bag.

Very little is usually said about the problems a wife faces when her husband retires. According to specialist Max Wylie, retirement is "much tougher" on the wife than it is on the husband. In an article "Retire Into An Imaginative New Life", published in the September issue of FAMILY HEALTH Magazine, Mr. Wylie tells why the wife suffers most, and gives the ladies several pieces of practical advice which should help ease their burden.

To Mr. Wylie, the most surprising thing is how poorly prepared most men — and their wives — are when retirement comes. It overtakes most people too quickly, not too soon, just too fast. The

sudden cut off from daily living is simply an enormous shock, he says.

A man finds he doesn't know how to enjoy anything that's not related to the rhythms of his job. So instead of being the happiest of men, he is the most wretched. Consequently, his wife suffers, because to the exact degree that her husband is unhappy, she feels she has failed him—failed as a wife, companion, social being.

Worse, she experiences a keen sense of personal failure. Since the company has already taken him out of action, she sees herself without resources to help him. She sees herself standing around at the burial of what's left of her husband's dignity, when what she wants most to do is spend the rest of her days thanking him

for his love for her.

A wife can do a lot to remedy much of this, says Mr. Wylie. First, she should take a good look at herself a year before her husband retires and think about what she could do in the next year to make herself more attractive, because when he does retire, he'll have the time to "take a good look" at her again.

This business of physical appearance is not solely the wife's burden, the FAMILY HEALTH article points out. But the year or two immediately preceding his retirement is a poor period to impose new denials or disciplines on the husband.

"But remember", he warns, "that it is extremely easy after retirement for husbands and wives — however newly attract-

ive they become — to see "too much" of each other."

Secondly, keep regular hours. "Don't waste the morning: it's the best time of day for most people. Make a schedule and stick to it, in spite of unplanned interruptions," Mr. Wylie advises. "Walk every day."

After retirement, assuming reasonably good health, you can go almost anywhere and do almost anything you can afford. The people who seem happiest in retirement are those who are most continuously and productively occupied, who have filled a part of their own days with activities of their own choosing, and who have—by trial and error—set their own pace and their own standards of proficiency.

Even at age 50, Mr. Wylie con-

### Whitener Opens Office

GASTONIA — Tenth Congressional District Campaign Headquarters for Basil L. Whitener were officially opened on Saturday, September 12, at 10 o'clock a.m., according to an announcement made by the Democratic candidate for Congress.

The facility is located at 116 South Street in downtown Gas-

tonia. A staff of volunteers has manned the center of campaign activity for several days and now have it in readiness for receiving the public.

The festivities on Saturday included refreshments and brief remarks by the popular former Congressman.

### SP/5 Gore Is Promoted

LONG BINH, VIETNAM (AHT-NC) Aug. 18 — Carson D. Gore, 20, son of Mr. and Mrs. Harley R. Gore, Route 1, Kings Mountain, N. C., recently was promoted to Army specialist five while serving with the 1st Signal Brigade's Area Communications Center.

Company near Long Binh, Vietnam. Spec. Gore entered the Army in March 1969, completed basic training at Ft. Bragg, N. C., and

was last stationed at Ft. Monmouth, N. J. The specialist's wife, Kate, lives in Newland.

### ANSWERS TO CONSTITUTION QUIZ

- "We, the people."
- See Preamble.
- Philadelphia.
- May to September, 1787.
- Washington, Franklin, Madison.
- They did not want the public to know.
- No, he was in France.
- To amend the Articles of Confederation.
- The Articles were too loose and vague.
- Two Senators from each state and Representatives according to population; separation of powers; etc.
- September 17, 1787.
- Majority (9) right away, others later.
- April 30, (New York).
- Publications urging its adoption.
- The first ten amendments.
- See Constitution, Article V.
- The last one, the 25th, adopted in 1967 (on Vice Presidential succession.)
- Change with times.
- Refuse to testify.
- British Statesman William Gladstone.
- The laws we inherited from England as distinguished from "statutory law".
- The 15th, 1870.
- The 19th, 1920.
- The 16th, 1913. (Wilson)
- Government by Executive Order and Supreme Court Rulings that change laws.

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6%	\$10,000 Min.	2 Yr. Term
6% Dividend Quarterly		
5 3/4%	\$5,000 Min.	1 Yr. Term
5 3/4% Quarterly Dividend		
5 1/4%	\$1,000 Min.	6 Mos. Term
5 1/4% Dividend Quarterly		
5%	90 Day Passbook	
4 3/4%	PASSBOOK RATE	

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PRICES IN THIS AD EFFECTIVE THROUGH SATURDAY, SEPT. 19 IN YOUR A&P SUPER MARKET

"SUPER-RIGHT" QUALITY HEAVY CORN-FED BEEF

**BONELESS ROUND ROAST LB. 98c STEAK LB. \$1.08**

BONELESS RUMP OR SIRLOIN TIP ROAST — Lb. \$1.08  
CUBED ROUND OR SIRLOIN TIP STEAK — Lb. \$1.18

Ground Round Beef Lb. 98c Chopped Sirloin Lb. 98c

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"SUPER-RIGHT" QUALITY SLICED BEEF LIVER lb. 39c

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BREASTS  
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GOLDEN DELICIOUS

**APPLES** 4-Lb. Bag 49c

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"OUR FINEST QUALITY" RED SOUR

**A&P PITTED CHERRIES** 2 1-Lb. Cans 49c

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ANN PAGE RICH TOMATO KETCHUP 20-Oz. Bot. 25c

ANN PAGE RICH TOMATO

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**White Bread** 5 1-Lb. Reg. Loaves \$1.00

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**TOMATO SOUP** 2 10 1/2-Oz. Cans 25c

FOR SANDWICH OR SALAD ANN PAGE

**MAYONNAISE** Qt. Jar 55c

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**GRAPE JELLY** 2-Lb. Jar 45c

ANN PAGE

**PEANUT BUTTER** 28-Oz. Jar 79c

SUNNYFIELD BRAND

**FLOUR**

5-Lb. Bag 39c 10-Lb. Bag 75c

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