FRIDAY, JULY 22, 1960



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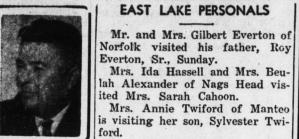
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smoke.



ited Mrs. Sarah Cahoon. Mrs. Annie Twiford of Manteo is visiting her son, Sylvester Twi-Mrs. Sina Mann has returned

THE COASTLAND TIMES, MANTEO, N. C.

BAD HABITS FLY after visiting her children in Nor-OUT THE WINDOW folk.

DOWN

TO

EARTH

CARLTON

MORRIS

Editor, The Index Gatesville, N. C.

to a nicer guy.

largely by overweight.

more milkshakes and eat more nabs

I was big enough as none of my

Visiting in Columbia were Mr. A friend of mine once told me and Mrs. Lonnie Ambrose, Lennon that he liked his bad habits and Twiford, Sylvester Twiford, Mrs. never intended parting with a Thelma Smith, Theresa Creef, Mrs. single one of them. At the time Folly Ambrose, Mr. and Mrs. he made the remark, I thought it Turner Twiford, and Mr. and Mrs. was very funny and laughed long Alvin McGowan.

and loud. In fact I thought my Mr. and Mrs. Clifton Sarvis and friend was quite a wit. Now I have children, Hazel and Chuck motored news for him. Sooner or later he's to Hertford.

going to part with some of his Mrs. Ben Cain of Elizabeth City bad habits. I've parted with nearly visited friends here. all of mine and it couldn't happen From Norfolk were: Miller Ca-

hoon, Richard Twiddy, Charlie Back in the days of my youth, Bateman, Amos Bateman, Wiley

wanted fiercely to be a big man Smith and Mr. and Mrs. Wilford physically. I was very small for I came from a small race of peo-pel. My dad wouldn't weigh 150 Mrs. Joe Spruill and Bertie Ampounds soaking wet and I had an brose visited in Spot Sunday, Mrs. uncle who never weighed 120 Minnie Mae Spruill accompanied pounds in his life. With this sort them home.

of a heritage, I developed a com-plex and when I took a job with and Mrs. Elbert Holmes, Mrs. an insurance company at the age Nettie Davis, Mr. and Mrs. Talof 25 I weighed 140 pounds. Tra- madge Basnight and daughter, veling every day, I drank cokes. Darlene of Elizabeth City visited ate nabs, drank milk shakes and Mr. and Mrs. Chester Holmes who

put on pounds. Right then I de-veloped the bad habit of eating too much of the wrong kind of food. a fact that almost cost my life Mann.

as I know I was the only lad in R. B. Lennon, Mr. and Mrs. R. D.

a camp of more than 200 that didn't Sawyer, Jr., Mr. and Mrs. Louis

on May 23 of this year, when I Mr. and Mrs. Arthur Creef and had a heart attack brought on children of Portlock, visited Mr. and Mrs. Sylvester Twiford. Back in those years folks would Mrs. Thelma Smith, Roy Everton laughingly remark that I was get- Sr., Lonnie Ambrose and Lennon ting fat and proudly I would drink Twiford visited Manteo.

and bigger meals. I weighed on every set of scales I passed and THE EIGHTH BIRTHDAY OF proudly watched my weight climb JOHN WILSON THE FOURTH from 140 to 175. Then I decided

John Wilson IV celebrated his clothes would fit, but I soon diseighth birthday July 15, at a covered something that many peoweiner roast at the home of his ple learn the hard way. It is much parents near Manteo. easier to put on than to take off. The cake was decorated in green Eventually my weight climbed to 200 pounds and I had at last rea-ligure 8 on it. Balloons and colorlized my ambition. I was a BIG

ing books were given to the followign children who attended: After the heart trouble I quickly Roxie Farrow, Robert Midgett, lost my bad eating habits of the Nancy Midgett, Jane, Lynn, and past 20 years at the insistence of Karen Cuthrell, Thomas Daniels,

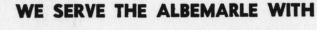
my doctors and am glad to re-port that I have also lost 14 noy Burrus, Nevin and Johnny pounds. And again none of my Wescott, Ray Evans, Nelva Capps, clothes fit. Ephey Priest, Buddy and Christine I acquired the bad habit of smok- Midgett, Fondie Mangum, Sheila ing many years ago and in a most Creef, Dean Fearing, Bobby Wise, peculiar manner. As a kid I smoked Ralph Hines, Ray Gray, Jr., Lois my share of cornsilk cigarettes, Midgett, Jay Burrus, Mike Cox, rabbit tobacco and oak leaves. Aft- Steve Daniels, Susan Meekins, er a red hot corn silk cigarette, I David Etheridge, David Creef, was firmly convinced that I would Mary, Steve, and Hilda Swain, never smoke. Then some years Woody Wise, and Sally Ann Wise. later I was thrown with a camp Adults attending were: Mr. and full of young fellows and as far Mrs. G. L. Cuthrell, Mr. and Mrs.

Midgett, Mr. and Mrs. John Wil-

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