

Basketball Results

TUESDAY, DEC. 10 GAMES

Madison - North Buncombe
We got off to a good start and got lots of good help from the bench. It was a good team effort. "Gaston Seal remarked after directing North Buncombe's boys to a 65-46 triumph over Madison County. In the girls game Lynn Plemons accounted for 18 points and Donna Davis 10 as the Madison girls broke a close game open in the final quarter for a 53-39 verdict. Pam Green had 11 points and Janice McDaris 10 for the Black Hawks.

Gary Parris topped the North Buncombe boys with 26 points while John Yoder had 10. Randy Boone led the visitors with 15.

"We had a hot first half and led 36-20 at intermission. They never caught up," said Seal.

Boys
MADISON (46) - Bentley 6, Harrell, Treadway 2, Flynn 1, Wood 10, Zimmerman, Boone 15, Hensley 2, Anderson 8, Smith 2, Burnette, Hunter.

NORTH BUNCOMBE (65) - Rogers 2, Denton 4, Rice, 4, Rothweiler 1, Parris 26, Lindermann 2, Yoder 10, Brown 1, Edmonds 6, Shupe, Buckner, Hane 9.

Girls
MADISON (53) - Plemons 18, Maxwell, K. Greene 7, Carter, Waldroup 8, T. Greene 3, Davis 10, Yelton, Shelton 7, Sprinkle.

NORTH BUNCOMBE (39) - Dewese 4, Dillingham 5, McDaris 10, Hollar 1, Holden 2, Maney 2, Shelton, Parker, Roberts, Griffin.
Jayvees: N. Buncombe, 80-45.

FRIDAY'S GAMES
Madison - Hendersonville
Boys

MADISON (48) - Bentley 2, Harrell 4, Treadway 14, Wood 4, Zimmerman 2, Boone 12, Anderson 8, Burnette 2, Flynn, Hensley, Smith, Freeman.

HENDERSONVILLE (94) - Ferguson 8, Rivers 5, Wheelon 19, Wilkins 11, Boyd 12, McDaniels 6, Yarborough 9, Fletcher 6, King 5, Molton 11, Davis 2, Walters.

Girls
MADISON (37) - Plemons 4, Greene 2, Waldroup 7, Green 1, Davis 8, Yelton 2, Shelton 13.

HENDERSONVILLE (35) - Marlow 12, Norris 6, Disart 8, Willard 3, Mullinax 6, White, Jayvees: Hendersonville, 56-36.

Health Clinic Schedule

Mr. Edward A. Morton, Acting Health Director for Madison County, has announced the Health Department Clinic schedule for December, 1974. Clinics listed are held at the Health Department unless otherwise specified.

Friday, Dec. 20 - General Immunization Clinic - 8:30-12 Noon, 1-4 p.m.

Tuesday, Dec. 24, Wednesday, Dec. 25, Thursday, Dec. 26 - Office closed for Christmas Holidays.

Friday, Dec. 27 - General Immunization Clinic, 8:30-12 noon, 1-4 p.m.

Friday, Dec. 27 - Nurse Screening Clinic, By Appointment Only.

At all General Im-

munization Clinics, protection is available against diphtheria, Poliomyelitis, whooping cough, tetanus (lockjaw), measles, rubella, and smallpox. Blood Testing and tuberculin skin testing are also available at the General Immunization Clinics.

Interviews with Mental Health personnel may now be obtained any week day. Call Mr. Habello 649-2367.

Elementary Basketball Results

(7th & 8th Grades)
Tuesday, December 10

Girls:
Walnut, 37; Hot Springs, 17

Boys:
Walnut, 55; Hot Springs, 35

Immunization Booklet Now Available

As part of a nationwide effort to raise immunization levels among preschool children, Blue Cross and Blue Shield of North Carolina has published a 14-page booklet Immunization For Health Protection.

Written in conjunction with the North Carolina Department of Human Resources, Immunization For Health Protection advises parents which immunizations their children need and when they should be administered. Inoculations required by North Carolina law are outlined. How children contract infectious diseases, their symptoms and potential side effects are explained in the booklet.

Many North Carolina parents, perhaps unknowingly, are exposing their children to polio, measles, rubella (German measles), diphtheria, pertussis (whooping cough) and tetanus - diseases which can cause mental retardation, blindness, deafness, deformities, or possibly death.

Three DTP (diphtheria, tetanus, and pertussis) shots and three doses of oral polio vaccine are required before a child reaches his first birthday, according to Irvin. A red measles vaccination is mandatory before the second birthday.

A free copy of Immunization For Health Protection may be obtained by writing Blue Cross and Blue Shield of North Carolina, Public Relations Division, P. O. Box 2291, Durham, N.C. 27702.

"In 1972, 62 per cent of the children in North Carolina had not completed the basic series of immunizations by the time they reached their second birthday, the age by which state law requires completion," Immunization For Health Protection notes. The N. C. Division of Health Services estimates this statistic did not change in 1973.

"Although improving, immunization levels are still low," John Irvin, the state's immunization program coordinator, said recently. The possibility of a polio epidemic is very real in the state unless immunization levels are raised, he warned.

North Carolina law requires every child in the state to be immunized against diphtheria, tetanus, pertussis, polio and measles, unless exempted for medical or religious reasons.

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Servicemen

Navy Seaman Apprentice Jackie D. Holcombe, son of Mr. and Mrs. Robert L. Holcombe of Route 3, Mars Hill, graduated from recruit training at the Naval Training Center, Orlando, Fla.

He is scheduled to report to Machinist Mate A School, Great Lakes, Ill. The training included instruction in seamanship, military regulations, fire fighting, close order drill, first aid and Navy history.

BERNARD L. BRIGGS
Sergeant First Class Bernard L. Briggs, son of Mr. and Mrs. Ernest E. Briggs, Route 2, Mars Hill, N.C., completed an advanced non-commissioned officers course at the Army Adjutant General School, Ft. Benjamin Harrison, Ind.

DALLAS B. WILLIAMS
Army Private Dallas B. Williams, 19, son of Mr. and Mrs. Britt Williams, Route 1, Leicester, N.C., is assigned as a Pershing missile crewman in Battery A, 1st Battalion of the 81st Field Artillery in New Ulm, Germany.

ROBERT G. RAY
U. S. Air Force Lieutenant

Gift-Giving Around The World

Admire a picture on a Russian's wall - and he may take it down and give it to you. The Fiji Islander goes him one further - at certain times of the year he must give a neighbor anything he asks for.

Generous as this may be, it can't hold a candle to the gifts of the Mongolian tribesmen. Believing that any male stranger who wanders into their camp may be a god in

disguise, they not only give him anything he wants - they parade before him all their worldly goods.

The ancient Olympic Games were a gift honoring the spirit of departed athletes. The Greeks believed it gave them one last chance to see the things that had been important in their lives. Not surprisingly, ancient Olympia is the theme for the second in a series of Olympic coins issued by the Canadian Gov-

ernment to commemorate the XXI Olympiad to be held in Montreal in 1976.

An ideal gift, the coins, backed by the Canadian Government as Canadian coin of the realm can be obtained at all major numismatic centers and over 4,000 banks throughout the United States. It's a generous and unusual way to surprise a friend while helping finance the 1976 Olympics. For a free brochure, write Canadian Olympic Coin Program, P.O. Box 1976, North Miami, Florida 33161.

An unusual gift idea was thought of by Charlemagne who was crowned Holy Roman Emperor on Christmas Day, 800 A.D. He gave his generals all the land they could walk around from sun-up to sundown.

Most insistent on giving? Perhaps the Berbers of North Africa take this award. Since the dawn of time they have believed that milk is "full of holiness." For that reason, most nomad Arabs in Africa will urge a traveler to help himself to a drink of milk. But if the traveler offers to buy it from them, they fly into a wild rage.

Most amusing gift? The people of Eastern Poland still honor the ancient practice of setting out a bowl of milk for tiny elves, who, if treated well, will do them a good turn of sweeping out the attic.

Colonel Robert G. Ray, son of Mrs. A. O. Ray of Mars Hill, has arrived at Tyndall AFB, Fla., for duty as deputy director of material with the Air Defense Weapons Center.

Colonel Ray was previously assigned to the 1130th Aerospace Technical Development Group, Edwards AFB, Calif. The colonel, a 1946 graduate of Mars Hill High school, received his B.S. degree in 1956 from Appalachian State University and B. S. degree in 1965 from Appalachian State University and B. S. degree in 1965 from Arizona State University. He was commissioned in 1952 through the aviation cadet program.

His wife, Betsy, is the daughter of Mrs. Margaret P. Hughes of 516 Grand Blvd., Boone, N.C.

MICHAEL R. SHELTON
Army Specialist Four Michael R. Shelton, 19, son of Douglas Shelton, Route 3, Marshall, was awarded the Air Assault Badge at Ft. Campbell, Ky.

Spec. Shelton earned the award by successfully completing physical fitness tests and the Air Assault School.



VERY SPECIAL CHRISTMAS CARDS
Chances are nobody ever sent you a "batik" card for the holidays! A batik is a piece of dyed cloth, on which the parts not to be dyed have been coated with removable wax. The result: a beautifully patterned piece of fabric - or a very special card that your friend or relative will never forget.

The materials you'll need to make a batik are: Rit dyes, white fabric of cotton, nylon, rayon, or silk, paraffin, construction paper (9 x 12 inches) in assorted colors, rubber cement or white glue, and brushes. You'll also need waxed paper, a double boiler (or a coffee can inside a sauce pan) a candy thermometer, rubber gloves, thumbtacks, heavy cardboard or a wooden frame, iron, paper towels, and a container for the dye-bath.

Here's how to make a batik: Wash the fabric to remove sizing and iron dry. Cut fabric to desired size - 5 x 7 1/2 inches for a 6 x 9 inch card. Stretch fabric over wooden frame, or place on waxed paper covered card board and attach securely with thumbtacks.

Plan your design and colors. Then, either draw design lightly with pencil on fabric, or place sketch under waxed paper so you can follow it when applying wax. Melt wax in double boiler. Use thermometer and heat wax to 170°F. Fabric should appear darker when wax is applied. If not, wax is not

hot enough. Brush melted wax on areas of fabric which you want to remain undyed. Allow to dry. Prepare dye bath (one-fourth cup of liquid Rit or one-half package of powder Rit for each pint of warm tapwater - 90° to 110°F.). Wet waxed fabric and immerse in dye bath. Move about gently for 10 to 30 minutes. Rinse in lukewarm water and press between layers of paper towels or old newspapers to remove wax. Any remaining wax can be removed by dipping into a household cleaning fluid.

The final step: constructing the card. Using 9 x 12 inch construction paper of contrasting color, fold center so that it is 9 x 6 inches. Cut "frame" from right side to fit your "batik" and glue fabric in place with rubber cement or white glue. Allow to dry and then glue white paper inside, attaching to back of "batik" picture. Use the right side for writing message.

But whatever your message, it will have extra charm meaning, and artistic appeal because you've added that extra touch of originality!

PROTECTING YOUR HEART

FACTUAL ANSWERS TO HELP YOU

Many people on low cholesterol or fat-modified diets have been told by their doctors to reduce their intake of eggs, but this advice is not fully understood by some. Why is egg intake restricted? The yolk of the egg is the single highest source of cholesterol in the average American diet. Consumption of high cholesterol foods tends to raise blood cholesterol levels which may increase the risk of coronary heart disease.

Are there any guidelines for cholesterol reduction? The report of the Inter-Society Commission for Heart Disease Resources recommends that total daily cholesterol intake be limited to 300 mg. However, one average large egg alone contains approximately 240 mg of cholesterol, making it almost impossible to stay under the 300 mg limit.

But aren't eggs very nutritious? Beware of "hidden cholesterol" in various prepared foods. For example, eggs used in making sauces and desserts must be counted!

Luckily there is an alternative with Egg Beaters, a frozen, cholesterol-free egg substitute. This remarkable product made primarily from egg whites (all the cholesterol is in the yolk), corn oil and non-fat dry milk contains the essential nutrients found in whole fresh eggs but no cholesterol. Egg Beaters can be scrambled, made into omelets or egg salad. By substituting Egg Beaters for shell eggs in cooking, many of your favorite breads, desserts, sauces and breakfast foods can still be enjoyed.

CHOOSING SNOW TIRES

Although there is no sure way to get positive traction under all winter driving conditions, snow tires - that is, tires with deeper grooves than those on regular tires - can be up to 20 percent safer. Where regular tires would require about 188 feet to bring the car to a halt at 20 m.p.h. at 20 degree temperature, snow tires would need only about 168 feet. These special tires on your back wheels are an important safety plus, but can also be an inflation-fighter if you choose a quality retread snow tire.

Here are a few tips on how to choose them from the Tire Retread Information Bureau:

1. You can get a good buy on retread snow tires - as on regular tires - because they are half the price of new tires yet give similar performance.

2. Follow the rules for buying regular tires. Buy only from well established retailers whose goods are high quality and guaranteed.

3. Don't mix radial tires on one axle with snow tires of bias-ply or bias-ply construction on the other axle.

4. After you've got them on, remember that changing weather changes tire inflation pressure. Tires lose about one pound of air pressure for every 10-degree drop in temperature.

join our Christmas Club and get a free Christmas serving tray!

Open an Asheville Federal Savings Christmas Club account now and get a free gift. It's an attractive Christmas serving tray you can use during the holidays. And next Christmas, you can use the money you've saved - plus interest - to pay cash for all your Christmas gifts.

Come in soon and open your Christmas Club account (with any amount) and get your free Christmas tray. Hurry, supplies are limited!

remember, we pay interest on Christmas Club accounts!

Christmas Club accounts earn our high passbook interest rate, 5.25% compounded daily. Checks for 1975 Christmas Club accounts will be mailed to you next November.



Asheville Federal Savings AND LOAN ASSOCIATION

Offices: Church Street, Asheville • State Street, Black Mountain • Marshall Street, Mars Hill



The Harmon Football Forecast

THE TOP 40 MAJOR COLLEGE FOOTBALL TEAMS

- | | | | |
|----------------|----------------------|----------------------|-------------------|
| 1-Oklahoma | 11-Notre Dame | 21-Mississippi State | 31-Florida |
| 2-Alabama | 12-Maryland | 22-Pittsburgh | 32-Brigham Young |
| 3-Ohio State | 13-Michigan State | 23-Tennessee | 33-S M U |
| 4-Michigan | 14-No Carolina State | 24-Houston | 34-Arizona |
| 5-Southern Cal | 15-Texas A & M | 25-Georgia Tech | 35-Boston College |
| 6-Nebraska | 16-Miami (Ohio) | 26-Georgia | 36-Stanford |
| 7-Baylor | 17-Wisconsin | 27-Texas Tech | 37-California |
| 8-Penn State | 18-Missouri | 28-Kentucky | 38-L S U |
| 9-Auburn | 19-Oklahoma State | 29-U.C.L.A. | 39-Colorado |
| 10-Texas | 20-Arkansas | 30-Vanderbilt | 40-Iowa State |

Monday, December 16			
LIBERTY BOWL	Maryland	Tennessee	20
Saturday, December 21			
TANGERINE BOWL	Miami (Ohio)	Georgia	20
Monday, December 23			
ASTRO-BLUEBONNET BOWL	North Carolina State	Houston	21
Saturday, December 28			
FIESTA BOWL	Oklahoma State	Brigham Young	10
PEACH BOWL	Texas Tech	Vanderbilt	21
SUN BOWL	Mississippi State	North Carolina	13
Monday, December 30			
GATOR BOWL	Texas	Auburn	14
Tuesday, December 31			
SUGAR BOWL	Nebraska	Florida	7
Wednesday, January 1			
COTTON BOWL	Baylor	Penn State	23
ROSE BOWL	Ohio State	Southern California	17
ORANGE BOWL	Alabama	Notre Dame	17

HIGHLIGHTS

The Oklahoma Sooners are our national champions for the second year in a row... and Alabama, Ohio State, and Michigan are 2nd, 3rd, and 4th for the second year in a row. One particularly bright new face among the Top Twenty is Baylor, champion of the Southeast Conference. Michigan State is back in the group after an absence of a few years, and Vanderbilt and Brigham Young are welcome newcomers to our top forty.

Again in explanation: when we list our selected teams as the top teams, we are rating the 40 STRONGEST teams in the country, not necessarily the forty teams with the best win-loss record. A team's rating is based on the average of its performance against all opponents throughout the entire season. As we said before, caliber of competition is a major factor in determining a team's rating. Wisconsin, Arkansas, and Missouri, for example, are all four-time losers. Yet, based on their power quotients, they would be rated as favorites over 85% of the major college football teams.

To say that our forecasting average experienced some trying weekends is a bit of an understatement, but it finally managed to settle just a little below last year. 2,239 games were included in all our forecasts this year. We picked the winners in 1,600... missed in 639 (there were 48 ties), and finished with a final average of .754.

1-Big Eight Conference	101.89	11-Ivy League	66.93
2-Southeast Conference	95.70	12-Alabama Valley Conference	65.21
3-Southeast Conference	95.25	13-Southern Conference	60.49
4-Big Ten Conference	92.46	14-Big Sky Conference	60.36
5-Pacific Eight Conference	90.49	15-Southwestern Athletic Conference	59.01
6-Atlantic Coast Conference	84.97	16-Ohio Valley Conference	58.19
7-Mid-American Conference	79.30	17-Gulf South Conference	56.23
8-Western Athletic Conference	78.66	18-Tankersley Conference	54.25
9-Pacific Coast Athletic Conference	73.12	19-North Central Conference	54.15
10-Southern Conference	68.77	20-Lone Star Conference	53.17