

Russell Vannoy Does Well Improving Farm

Even with farm prices gradually declining many Watauga County small farmers find themselves in an enviable position of security due to the farming methods they have carried out during their many years of farm experience.

One of these farmers is Russell Vannoy of the Bald Mountain section. In 1925 he purchased 55 acres of land on the south side of New River, and, so he says, 20 acres of this land would not graze one cow and he was able to harvest only one large stack or two small stacks of hay on the entire farm. He lived in a house that was constructed out of what remained of three old houses which had been torn down. Water had to be carried to the house more than 400 yards.

The outlook was bad and some time after he purchased the land the County Agent, viewing the discouraging situation, advised him that something had to be done for his farm, otherwise, he would have to abandon it.

Fortunately, in the thirties, lime and fertilizer became available to the farmers of the county through the farm program which began to be initiated at that time. "I was not able to purchase fertilizer," says Mr. Vannoy, "but I used every pound that I could possibly get through the program. Especially, I made use of all lime, fertilizer and seed furnished through the Agricultural Conservation Program." All the briars and bushes were cut, grass was seeded and good farming methods were carried out according to available

technical advice. Soon more cattle were added to the farm as pastures and meadows were improved.

In addition to cattle, sheep were added and have been a regular source of income ever since. Truck crops have also helped supplement the income from the farm.

Land that would not produce more than 5 bushels of corn per acre at first now yields at least 100 bushels per acre. Tobacco has been the major crop and for the past five years the yield has averaged better than 2400 pounds per acre.

In his remodeled home with all modern conveniences on the banks of the river, Mr. Vannoy now enjoys the security he has obtained by hard work, initiative, perseverance, technical aid, and, most of all, government aid in carrying out conservation practices on his farm. When asked what has meant most to him in the success he has attained, he quickly gave credit to the Agricultural Conservation Program administered by AAA, PMA, and ASC. "I couldn't have made it without it," he concluded.

Gets New Post At College



JAMES F. JONES

James F. Jones has been appointed Business Manager of Athletics at Appalachian State Teachers College, President W. H. Flemmons has announced. The appointment became effective August 1.

Jones, a native of Bolton in Columbus County, succeeds Dr. Francis Hoover who resigned the position to devote more time to his duties as president of the National Association of Intercollegiate Athletics.

Jones, no newcomer to the Appalachian sports scene, has served as tennis coach for four years and athletic publicity director for three. During the past year, he assumed Dr. Hoover's athletic duties while the latter was away on N. A. I. A. business.

Prior to joining the Appalachian staff four years ago, the eastern Carolinian worked with athletic publicity and statistics at High Point College for two years and was assistant basketball coach at Lenoir College for one year. Jones holds the Bachelor of Arts degree from Elon College and

editor of the Los Angeles Times, was the guest speaker.

the Master of Arts from East Carolina. He has done graduate work at Appalachian State Teachers College and the University of North Carolina.

Jones has had accounting experience as a public accountant, cost accountant, and as a member of the Federal Internal Revenue Service. He currently holds the rank of assistant professor in the Department of Business Education.

Doctor Talk

By JOHN B. REMBERT, M. D.

Flouridation of public water supplies has caused much controversy at times in this country, the public becoming thoroughly confused when the politicians have entered into the discussion. It has been thoroughly tested and proven that if flouridation is carried out properly the incidence of tooth decay is drastically reduced. Despite this scientific evidence many sources of public water supplies still have none, or an inadequate amount of flouridation present.

The matter of flouridation can now be taken out of politics and each parent can make the choice for their own children; this is possible because of the development of a unique flouridation preparation for the prevention and reduction of tooth decay introduced recently.

Your physician or dentist can now start your children, if desired, on this flouridation liquid by home use. If you live in an area prescribing this new drug for where the flouridation content of the drinking water is inadequate, then you should consult either your dentist or physician.

For many years now dental and medical statistics have proven that the rate of incidence of caries (cavities) increases with deficiency of flouridation. The optimum flouridation content is one part per million. A level of more than 1.5 parts per million may cause mottling of tooth enamel, but is not dangerous.

During the last two decades experiments have been conducted in Newburg, N. Y., Grand Rapids, Mich., and Brantford, Ont., indicating that the introduction of flouridation in the drinking water has reduced caries up to 80 per cent.

Since approximately 80 per cent of all children have caries by age 6, a reduction of 54 per cent—which is what was achieved in Newburg—means a great saving in dollars and cents as well as in protection against pain.

In Kingston, N. Y., which was the "control" for Newburg, and where flouridation was not introduced into the drinking water, children from 6 to 9 had eight times as many missing first permanent molars as Newburg children of the same age group.

Study of the statistics in Brantford, Ont., shows 54 per cent less decay in the permanent teeth of children from 6 to 16 after flouri-

dation than before.

Despite all this statistical proof of the benefit from proper flouridation, opposition to the addition of flouridation into the public drinking water has often been successful in delaying or preventing its introduction. If such is the case in your community, then you can now decide for yourself, and your dentist or physician can prescribe the flouridation preparation and instruct you in the addition of the tasteless liquid to your child's liquids.

ADMINISTRATION BLAMED

The Eisenhower "Atoms-for-Peace" program has failed for lack of international leadership by the Administration, according to a study prepared for the Joint Congressional Committee on Atomic Energy.

The program, first outlined by President Eisenhower in a speech to the United Nations in December, 1953, has failed to achieve its objectives "in any substantial degree," the report charges.

C. A. B. examiner urges wider service to Orient.

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Miss Farthing Gets USC Credit

Miss Ruth U. Farthing of Blowing Rock Road, Boone (Southwest High School, Clemmons) is one of 19 teachers attending the fourth annual Journalism workshop for high school teachers, administrators, and students at the University of Southern California this summer. The six-week program gives graduate credit and is the only practical workshop of its kind in the West, offering courses in feature article writing, school publication problems, and publicity writing.

A long-time member of the American Association of Schools and Departments of Journalism, the USC school offers broad, practical work in the newspaper field and related areas, including public relations.

An honors luncheon was held Friday, July 29, on the USC campus with each student receiving a certificate of completion of the course, Dick Turpin, education

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