

THE YANCEY RECORD

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NUMBER TWENTY-TWO

Webb Will Head Heart Fund Drive

Dr. Melvin Webb, a Burnsville general practitioner, was named this week to head the "Heart Council" which will conduct the Heart Fund campaign in Yancey County during February.

Others named to the council by the state organization, the N. C. Heart Association, are Mrs. Leonard Ayers (Treasurer), Mrs. Kathleen Byrd and Mrs. Lydia Deyton (Heart Fund Co-Chairmen), Tom Higgins (Publicity Chairman), and Miss June Street (Rural Heart Week Director).

Dr. Webb, in addition to serving as council president, will also be the medical representative.

There was no Heart Fund drive in Yancey during 1962.

Unlike most benefit drives, the Heart Fund does not set a goal for each county or town. The state association asks only that each section contribute what it considers its "fair share."

If the blood vessels in an average-sized adult were laid end to end, how far do you think they would extend?

Sixty thousand miles, according to the Yancey County Heart Council — plenty of area in which things can go wrong.

Kinks, plugs and leaks in this marvelous maze of blood-channels can interfere with normal circulation, and every year they cause about half of all deaths in the United States.

One of the less dangerous, but more annoying, problems to which the blood vessels are heir is that condition known as "varicose veins." They are perhaps the most common of circulatory troubles, and they afflict both men and women.

Your heart is the center and dynamo of your circulatory system, sending blood out through the arteries; it is the depot to which the blood returns through the veins.

On the return trip from the legs to the heart, the blood has a long uphill climb. It is aided in this journey by three things. Blood pressure, strong in the arteries, is considerably diminished in the veins but still gives the blood a pushment. The movement of leg muscles during normal activity or exercise helps massage the blood upward through vein walls.

And the third aid is an extremely ingenious anti-gravity device — little cuplike valves which section off the veins and maintain the one-way traffic. They open to let the blood travel upward, then

close tightly to keep it from falling back.

Varicose veins develop when vein walls or valves weaken. Some persons may be born with weak venous valves or walls but diseases, injury, overweight, pregnancy—even tight clothing—can damage or put undue pressure on the veins.

When vein walls are weak, eventually they may give way under the pressure of blood, and sag outward at the site of the valves. Therefore the valves cannot close tightly enough to regulate blood flow properly. This increases the pressure of blood against the vein walls, which may balloon and become "varicose."

Standing or sitting a long time is difficult for people with varicose veins because blood accumulates in the lower legs and exerts great pressure on the veins.

Doctors recommend that such persons put their feet up out their feet up often—at home, even at the office—if they can get away with it.

And, the Yancey Heart Council adds, even if you don't have varicose veins it's a good idea to interrupt long automobile trips to let the whole family stretch their legs.



DR. MELVIN W. WEBB



MISS JUNE STREET

Deadline Is Set Feb. 15 On New Farm Allotments

The Agricultural Soil Conservation Service office in Burnsville announced this week that applications are now available with which to request new farm tobacco allotments.

Feb. 15 is the deadline for filing. The following requirements must be met to qualify for new farm allotments, according to the ASCS:

1. The farm shall be operated by the owner.
2. The farm shall be the only farm in the United States owned or operated by the farm operator for which a tobacco acreage allotment is established for 1963.
3. The applicant must have land suitable for the production of tobacco.

Methodist Men Set Breakfast

The monthly breakfast meeting of the Methodist Men is scheduled Jan. 20 in the fellowship hall at Higgins Memorial Methodist Church.

The speaker will be S. B. Conlay, widely-known Yancey and Mitchell County educator.

The Rev. Raymus Hilliard said that an invitation was extended to all to attend, as the breakfasts are held on a non-sectarian basis.

4. The operator must own, or otherwise have adequate equipment and facilities available for the production of tobacco.

5. The operator will obtain during the current year, more than 50 per cent of his income from the production of agricultural commodities or products from the farm for which the new farm allotment application is filed.

6. The farm operator shall have had experience in producing, harvesting and marketing tobacco, either as a sharecropper, tenant, or farm operator during at least two of the five years immediately preceding the year for which the new farm allotment is requested.

7. A written application must be filed by the farm operator at the county office on or before Feb. 15, 1963.

The 1963 ACP "sign-up" is scheduled Jan. 21-Feb. 4.

The basic purpose of the ACP is to aid in achieving necessary conservation of soil and water resources, of extremely vital importance to the nation's future.

The "sign-up" period for this year's Feed Grain Program has been scheduled Feb. 1-March 22. Notice of acreage, yields and payment rates will be mailed prior to the sign-up date.

Ford Foundation Committee Opens Study In Burnsville

Burnsville was the first stop this week for Ford Foundation officials making a four-day study of North Carolina's social and educational affairs.

The Ford Foundation group met Tuesday at the NuWay Inn and in Higgins Memorial Methodist Church with 14 Western North Carolina leaders.

While here, the Ford officials also toured several of the county schools and talked with principals

and teachers. Mayor Robert Helmle and Superintendent of Schools H. D. Justice conducted the tour.

The Ford Foundation group is headed by Clarence Faust, vice president in charge of education, and Paul Yivisaker, director of public affairs. The study is being made at the request of Gov. Terry Sanford.

On Wednesday morning, the Ford Foundation delegation conferred briefly in Asheville with re-

presentatives of the Buncombe County Planning Council. Later Wednesday, the group flew to Greenville to discuss the development of the coastal plain.

On Thursday, they were in Raleigh to discuss problems of urban growth in the Piedmont, and educational developments in the state as a whole. They will talk with educators, editors and publishers in Chapel Hill Friday. Included in the WNC delegation

which discussed mountain region problems and potentials Tuesday in Burnsville were: Dr. W. D. Weatherford of Black Mountain, executive director of the Ford Foundation's "Southern Appalachian Studies," J. Gerald Cowan, Asheville, former president, Asheville Industrial Council and State Board of Education member; Dr. William Plemmons, president of Appalachian State Teachers College; Dr. Paul A. Reid, president of Western Carolina College; Mayor Helmle of Burnsville.

Rercy B. Ferebee, Andrews, former chairman, WNC Regional Planning Commission; John R. Hampton, WNCRPC planning director; George M. Stephens Sr., WNCRPC secretary and president, N. C. Planning Assn.; Morris L. McGough, executive vice council; Miss Ruth Lockman, Red Cross field representative; Philip Clark, Buncombe County Planning Council; Mrs. Wilma Dykeman Stokely, mountain region author; Benjamin B. Mast, Sugar Grove civic leader; and C. Ray Braswell, Newland attorney. Also taking part were Hargrove Bowles, chairman of the Department of Conservation and Development; John Ehle, special assistant to Gov. Sanford for foundation affairs; George M. Stephens Jr., special assistant to the governor for economic development; and Dr. Rupert Vance, University of North Carolina ecologist.

County Gets Huge Grant For Studies

WASHINGTON — a technical assistance grant of \$18,990 has been approved by the Area Redevelopment Administration to study means of improving the economies of Avery, Mitchell and Yancey Counties.

Congressman Roy A. Taylor, who represents Yancey County, said the study will consist of an economic inventory and analysis of the development potential of these counties in such fields as forestry, agriculture and industry.

Rep. Taylor said the ARA has directed N. C. State College at Raleigh to conduct the survey.

The Congressman said studies will also be made of the area's suitability for development as fruit and market vegetable market.

Rep. Taylor also lent his support to the drive which is under way to obtain ARA funds for construction of a courthouse-jail in Yancey County.

Taylor discussed the proposal earlier this month with county leaders, says he is impressed and is anxious to give assistance in any manner possible.

Dwelling, Chicken House Are Destroyed By Fires

A blaze Wednesday afternoon and another in the pre-dawn hours Thursday completely destroyed a dwelling and a huge chicken house in Yancey County.

The home, owned by Till Wilson and occupied by Mrs. Bessie Chrisawn and her daughter, Louise, burned Wednesday. The house, completely ablaze when the fire was discovered, had already caved

in when members of the Burnsville Volunteer Fire Department arrived at the scene in the Wyattown section near Micaville.

The fire was of undetermined origin, but Wilson surmised that it began in a flue. The blaze was discovered at 5:30 p. m.

The Chrisawns lost practically all their possessions, saving only a few clothes and a few pieces of furniture.

Firemen from Burnsville also found the chicken house, owned by Willard Ayers, practically consumed when they arrived on the scene at Bald Creek at approximately 4:30 a. m.

An estimated 42,000 two-week-old chickens perished. There was no immediate estimation of loss, but Burnsville Fire Chief Bob Hilliard said that it would undoubtedly total several thousand dollars.

Origin of this fire was thought to be a faulty heater, with there also being a possibility that it began because of faulty wiring.

Miss Edwards Is Married To David B. Banks

Miss Betty Jo Edwards, daughter of Mr. and Mrs. Walter Edwards of Burnsville, recently became the bride of David Bruce Banks of Asheville.

The groom is the son of Mr. C. C. Banks of Rt. 3, Burnsville, and the late Mrs. Banks.

The bride is a graduate of Bald Creek High School and Mars Hill College. The bridegroom graduated from Bald Creek High School and served two years in the armed forces. He is currently employed by Williams-Brownell, Inc., in Billmore. The couple is residing in Asheville.

Mallonee To Visit County On Jan. 24

Tom L. Mallonee, 11th congressional District, Secretary to Congressman Roy A. Taylor, is in the midst of making visits to the county seat and other sections of the district.

Mallonee, who makes headquarters in Asheville, will be in Burnsville at the county courthouse Jan. 24 from 2:30-3:30 p. m.

Congressman Taylor urges any person who has plans or official business pertaining to Congressional matters that they wish to discuss to meet with Mallonee.

Buckner Passes In Ivy Gap Home

Charley Buckner, 66, of Rt. 3, died at his residence Tuesday morning after a brief illness.

He was a farmer and a deacon of Ivy Gap Baptist Church, where services were held Wednesday at 2:30 p. m.

The Rev. Ransom Edwards, the Rev. Ebb Jenkins, and the Rev. Bob Sales officiated and burial was in Holcombe Brothers Cemetery. Holcombe Brothers Funeral Home was in charge.

Surviving are the widow, Mrs. Dolly Hensley Buckner; one daughter, Mrs. Ed Chandler; one half-sister, Mrs. Auburn Shepherd; four brothers, Jess, Clyde, Gus, and Harvey Buckner, and one half-brother, Max Miller, all of Rt. 3.

VA District Head To Visit County

The N. C. Veterans Commission will have Jack C. Winchester, District Officer, in the county courthouse with the Service Officer at Burnsville Jan. 24 from 11 a. m. to 4 p. m. and with the Service Officer in the county courthouse at Bakersville in Jan. 25 from 8:30 a. m. to 2:30 p. m. to assist veterans and their dependents.

All veterans and dependents who received the annual income questionnaire from the Veterans Administration are urged by Winchester to be sure and get their questionnaire completed and back to the Veterans Administration prior to or by Jan. 31.

Presbyterian Women to Meet

The United Presbyterian Women will hold their monthly meeting Jan. 17 in the home of Mrs. E. L. Dillingham. Mrs. Lena Wilson will be co-hostess.

Mrs. Woody Finley is the program leader, and she will speak on stewardship.

Green Mountain Club Holds Meet

Members of the Green Mountain Home Demonstration Club were entertained Jan. 10 by Mrs. Everett Johnson in her home.

Fourteen were present, including two new members.

A reading on family life was presented by the hostess and a movie on the values of the "food dollar" was shown by the assistant home economics agent.

Refreshments were served following the meeting.

The club's next session is scheduled Feb. 14 at 1:30 p. m. in the home of Mrs. Lloyd Hilemon.

CR's Beta Club Discusses Study

BY: ROSEMARY JAMERSON
At its weekly meeting last Friday the Cane River High School Beta Club discussed the importance of study prior to this week's mid-term exams.

A panel of four members presented the program, in which there was discussion on the best study habits, conditions and time as well as the importance of good grades to the individual student.

Last Thursday the Cane River drama class, known as the "Red and Gray Players," presented "A Feuding over Yonder," a hillbilly comedy. The group's initial effort of the year proved so successful Thursday that it was repeated for the student body on Friday afternoon.

Yancey Calendar

- FRIDAY**
2 p. m. — Basketball, Micaville at Bee Log; 7:30 p. m. — Basketball, East Yancey at Cane River.
- SATURDAY**
8 p. m. — Friends of Library discussion, "The Cuban Crisis," at Burnsville Public Library.
- SUNDAY**
8 a. m. — Methodist Men's monthly breakfast, Fellowship Hall at Higgins Memorial Church in Burnsville; 4 p. m. — Carolina Hemlock Junior Women's Club, home of Mrs. Charles Steelman.
- TUESDAY**
7:30 p. m. — Basketball, Mars Hill at East Yancey; 7:30 p. m. — Community Development Steering Committee, Fifth Carpet Company Cafeteria.
- THURSDAY**
2:30 p. m. — Congressional District Secretary visits county courthouse; 7 p. m. — Lions Club meeting, Pete's Snack Bar.

Heat Via The Mail Routes

BY: TOM HIGGINS
Record Editor

What does a newspaperman spend most of his time doing... tickling a typewriter?... poring over layout sheets?... doing research on his stories? Nope.

Most of his time is spent opening mail, especially if he's the one-man editorial staff of a small weekly.

For the past two weeks the Record has received almost 100 pieces of mail daily.

Much of it could have been sent straight to the ancient pot-bellied stove in the compositor's area. It eventually wound up there, but only after being torn open and studied carefully.

Throw away one item without checking and invariably it's the "scoop" about the local boy making good.

Some of the stuff is enlightening, even if it isn't important enough to get in the paper.

In the past few days, for instance, we've received missives containing the following tid-bits:

The taxes on cigarettes manufactured in North Carolina amount to \$4 million weekly. . . . Approximately 200 new companies established plants in North Carolina during 1962. . . . 25,000 veterans of the Spanish American War are still living. . . .

The World War II battleship "North Carolina," now enshrined at Wilmington, was almost refitted and re-commissioned a few years ago as a vessel capable of launching guided missiles. . . .

The North Carolina Confederate Centennial Commission has just published "Front Rank," an 85-page narrative by Glenn Tucker concerning the role Tar Heels played in the Civil War. . . .

Five members of the original State Highway Patrol (founded in 1929, are still on duty. . . . More than 50,000 persons have died as a result of auto accidents in North Carolina over the past three decades. . . .

REO trucks are named for Ransom E. Olds, the same chap the auto is named for. . . . The aver-

age automobile has more than 13,000 parts made of 160 different kinds of steel. . . .

Then, of course, there's the trivia that serves as kindling each morning in that old pot-belly: . . .

Divorced men have a higher traffic accident rate than the guys who are still hooked. . . . Candlelight tours are planned through various private residences in a historic city lying in a state to the north. . . . Summer school will start at so-and-so college in mid-June. . . .

The Kaiser and Frazer automobiles came out in 1946. . . . The best way to stop a stuck horn on your auto is to disconnect the wires. . . . It's obvious, you see, that a newsman's No. 1 weapon is no longer his sharp editorials — it's his sharp letter opener. . . .

The post office department ought to give us a cut of the take. We're keeping them in business. . . .

Perhaps we really shouldn't be so bitter. After all, it does heat buying kerosene. . . .



BUY GIRL SCOUT COOKIES



RALEIGH — The Motor Vehicles Department's summary of traffic deaths through 10 A. M. Monday, Jan. 14, 1963: KILLED TO DATE 32 KILLED To Date Last Year 27