

Fork Mountain RFD

By Mrs. Ancel Troutman Mrs. Grace Whitson is on the sick list.

Our sympathy goes out to the family of Roy McKinney who passed away last week at Holston Valley Community Hospital in Kingsport, Tennessee.

Anna Rose Byrd of Loganville, Georgia has returned to the home of her parents, Mr. and Mrs. Roy Green, after having surgery at Memorial Hospital two wks. ago.

We are glad to see Douglas Garland home. He has been in the U.S. Army for two years and has been stationed in Okinawa for the past 16 months.

Stella Gouge visited her parents, Mr. and Mrs. J. B. Whitson in Johnson City last weekend.

Ancel Troutman and Douglas Garland visited friends in Johnson City, Tenn. on Friday.

A Household Shower was given last Saturday night at the home of Mr. and Mrs. Joe Garland for Mr. and Mrs. William Edwards. They received many nice and useful gifts.

Mrs. Dora Garland has been ill at her home this week.

Mrs. Delaney Woody and Tracy of Cane Creek visited Kathleen Garland Thursday.



Jean Claude Killy

Killy To Spend Weekend At Appalachian Ski Mtn.

Three-time Olympic Gold Medal winner Jean-Claude Killy will arrive in Charlotte at 2:30 p.m. January 28 for a series of personal appearances and ski exhibitions in the Boone and Blowing Rock area January 28-30.

First Union National Bank, whose Young Carolinians Club is co-sponsoring the only 1972 U.S. appearance for Killy along with the French-Swiss Ski College of Blowing Rock, today announced the ski super star's complete schedule.

Upon arriving in Charlotte, where he will be met by Charlotte Mayor John Belk and First Union officials, he will attend a reception in the new 32-story Jefferson-First Union Tower in downtown Charlotte at 3:30 p.m. Following the bank reception, he will be transported by helicopter to Blowing Rock where he will make a non-skiing appearance at the Appalachian Ski Mountain Lodge.

Saturday, he will make his first ski appearance at 1:00 p.m. Following his slalom exhibition, he will free ski with the general public, signing autographs, giving instructional pointers, etc. His second skiing exhibition Saturday will be at 9:00 p.m. under the floodlights of Appalachian Ski Mountain.

He will also attend a cocktail party for 800 Young Carolinian Club members on Saturday evening in the new Boone Civic Center. Sunday morning at 9:30 a.m., Killy will make his third and final appearance with a ski exhibition.

He will depart Charlotte Sunday to Sapporo, Japan, where he will light the eternal flame for the Olympic Games.

peas, muffins, that's the biggest thing right now, that's what the skiers from New York and Miami want when they come here," says Gantt.

Italian foods, especially lasagne, also are very popular with skiers, but Southerners often are reluctant to try fancy, spicy French and Italian dishes, he says.

The 34 year old Gantt, a native of Cherryville, N.C., has cooked for lots of folks, from truck drivers to New York parties for stars like Barbara Streisand and the late Judy Garland.

On a good weekend, he'll cook apres-ski meals for more than a thousand skiers serving cafeteria style at lunch and both cafeteria and menu style at night.

"We try to present a good cross section of food, so that people other than skiers who have to eat here will come out for lunch or supper," says Gantt.

He started out cooking as a summer job while attending Western Carolina, as he ran a restaurant-cafe in Carolina Freight Carriers in Cherryville.

He later studied under a French Chef in New York where he also cooked for a restaurant chain and worked as a caterer at celebrity parties.

Gantt taught geology, history and English in the Charlotte-Mecklenburg Schools and at the former N.C. Advancement School for Boys for 10 years before entering Appalachian State at nearby Boone last year.

He's in his first season at Appalachian Ski Mountain and hopes to save enough money this season to enable him to finish his masters next year.

Then he plans to go back to teaching. "I can make far more money as a chef than as a teacher, but I think there's a greater need for good teachers than good chefs," Gantt says.

Presbyterians, Methodists Unite In Prayer Service

The First Presbyterian Church and Higgins Memorial United Methodist Church will participate together in Christian UNITY PRAYER SERVICE on Sunday evening, January 23 at 7:30 p.m. All are encouraged to attend the service and the public is cordially invited.

Why hold this service? "It is a means of re-emphasizing the commitment at the local level to visible Christian unity. For unity is a fact for these congregations who have cooperated together in worship, in youth work and community service," says Rev. Don Elly, pastor of the First Presbyterian Church.

Through this service both congregations will affirm the hopes all Christians have for a peaceful and united world. So plan now to support this service of worship on Sunday evening, January 23, 1972 at 7:30 p.m. Be present with everyone else at Higgins Memorial Methodist Church. See you there!



By Mrs. Jane B. Cook Extension Agent

Have you had your Vitamin C today? In a survey across the state two out of three people do not get enough Vitamin C.

Perhaps some of the Vitamin C pill use is because of people's fear of what can happen to them if they don't get enough Vitamin C. Scurvy appears more often in an infant and young child than in an adult. Scurvy shows up in signs of growing bone which forms improperly. A frequent sign of scurvy in the young child is beaded ribs. The front ends of the ribs are sore and breathing may be difficult. Soft tissue around the joints may be so painful the child cries when handled.

In adults gums become swollen, bleed readily and are spongy. This could be the reason a dentist prescribes Vitamin C pills. People could eat Vitamin C foods regularly and prevent some of the gum trouble they have. Teeth may even loosen if the condition is bad enough. Also skin may be scaly and thickened. Red blotches on the skin may be spotted by lack of Vitamin C because small hemorrhages can be one of the symptoms of lack of Vitamin C.

Why do we need Vitamin C? It is necessary for normal functioning of all body cells--our bones, teeth, skin, blood vessels. Vitamin C has a part in healing of our wounds and burns.

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Fashion Career

Rebecca Ann Pate, daughter of Mrs. Iris A. Pate, Box 463, Burnsville, N. C., plans a career in fashion. She has been accepted by the Fashion Institute of America, a division of Massey Junior College in Atlanta for the quarter beginning July, 1972.

Rebecca will follow a two-year course of study embracing all phases of the fashion industry, from the design of haute couture and merchandising to fashion coordinating and photography.

Included in her curriculum are field trips for on-the-spot study of wholesale buying techniques and marketing, special seminars and visits to advertising agencies.

Rebecca will also have the opportunity to study at Massey-London with travel to Paris, Rome and other European cultural centers.

Freezone is for corns that hurt. Absolutely painless. No dangerous cutting, no ugly pads or plasters. In days, Freezone eases the hurt... safely helps ease off the corn. Drop on Freezone--take off corns. freezone REMOVES CORNS AND CALLUSES

In the South soul food is the skiers favorite says Bill Gantt, chef at Appalachian Ski Mountain. "Southern food, greens, black-eyed

DOCKET NO. P-100, SUB 28

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of

Investigation of Intrastate Toll rates) and Charges of all Telephone Companies) Under the Jurisdiction of the North) Carolina Utilities Commission)

NOTICE OF HEARING

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission has instituted an investigation into the intrastate toll rates and charges of all telephone companies under its jurisdiction. This action was made necessary as a result of the Commission's review of the Southern Bell Telephone and Telegraph Company application for increased rates in Docket No. P-55, Sub 681, wherein Bell proposes to increase its intrastate toll rates which if approved in whole or in part would result in non-uniform intrastate toll rates in North Carolina.

The Commission is of the opinion that it is in the public interest that uniform intrastate toll rates be maintained for all telephone companies under its jurisdiction. Accordingly, on November 8, 1971, in Docket No. P-100, Sub 28, the Commission has instituted an investigation into said intrastate toll rates making all telephone companies under its jurisdiction parties to the investigation and set the matter for hearing on March 21, 1972, at 10:00 A.M. in the Commission Hearing Room, Ruffin Building, One West Morgan Street, Raleigh, North Carolina. The Commission's investigation is for the purpose of determining if changes should be made in the present intrastate toll rates, and if so, if the changes should be made applicable to all telephone companies under the Commission's jurisdiction.

All protestants or other parties having an interest in said investigation may file their protest or petition to intervene in accordance with Rules R1-6, R1-17 and R1-19 of the Commission's Rules and Regulations. The proposed rates and present rates are as follows:

LONG DISTANCE MESSAGE TELEPHONE SERVICE (INTRASTATE)

PROPOSED SCHEDULE

Table with columns for Station-to-Station, Operator - Paid & Collect, Person-to-Person, Mileage, Day, Mon.-Fri., Sat. & Sun., I.P., Each, Add'l, Min., All Hours, Initial, Add'l, After 3.

PRESENT SCHEDULE

Table with columns for Station-to-Station, Operator - Paid & Collect, Person-to-Person, Mileage, Day, Mon.-Fri., Sat. & Sun., I.P., Each, Add'l, Min., All Hours, Initial, Add'l, After 3.

ISSUED BY ORDER OF THE COMMISSION,

This the 8th day of November, 1971.

NORTH CAROLINA UTILITIES COMMISSION

By Katherine M. Peele Chief Clerk

(SEAL)

Families with an adjusted income of \$8,000.00 or less can get a home loan through FmHA.

The Farmer's Home Administration, an agency of the U.S. Department of Agriculture, is projecting over 100 Million Dollars to North Carolina for rural housing in fiscal '72. You may be able to qualify for a home loan under this program.

THE QUALIFICATIONS:

- 1. You plan to build in a rural area or town which has a population of ten thousand persons or less. 2. You are unable to obtain a home loan elsewhere at a rate of interest you can reasonably afford. 3. Your adjusted family income per year is \$8,000.00 or less.

IF YOU KNOW SOMEONE WITH THESE QUALIFICATIONS, GIVE THEM THIS INFORMATION!

FRENCH BROAD ELECTRIC MEMBERSHIP CORPORATION

FOR MORE INFORMATION CONTACT:

WILBUR HOWARD PHONE 682-2319

George Blevins Phone 688-4434

A mild case of scurvy could be described by weakness, irritability, loss of weight, vague aches and pains in muscles and joints, apathy. Also, there may be bleeding gums and greater risk of infection. This is where people get the idea that Vitamin C helps prevent colds. It does in that it helps to resist infection by building and having stronger body cells. It is not difficult to get Vitamin C. When breakfast is omitted many persons do not get their Vitamin C requirement. So Vitamin C is needed daily. But we do need to get Vitamin C by eating foods which contain Vitamin C, not by taking a pill. If we eat a high content of Vitamin C, food daily, we do not need a pill. If you take in more than the daily requirement it is passed out in the urine. Too much, especially by pill, is costing you wasted money. Also, overdoses of Vitamin C, it is pointed out by a chemist at the University of California at San Diego, can be harmful to our bodies.

Heat, air and light destroys Vitamin C. For this reason, freezing is good for Vitamin C foods. Open Kettle cooking loses much Vitamin C. It is best to use a lid over Vitamin C foods--broccoli, spinach, cabbage, peas, etc. or use pressure cooking to save Vitamin C. Also copper containing pots and pans destroy Vitamin C. Cooling in too much water destroys it too, when you pour off the water. Remember the good sources of Vitamin C: citrus fruits, tomatoes, leafy green vegetables.

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