



7th Grade Social Studies Class Completes Unit On South Asia

## Gouge Students Study South Asia

In the 7th grade Social Studies in Mrs. Graham's room at Gouge School the pupils have just completed a unit on South Asia. One of the sources for information was people who had first-hand knowledge.

David Greene, a freshman at Bowman High School and a previous 7th grade pupil of Mrs. Graham's spent four weeks in Madras, India in the summer of 1970. He was invited to the 7th grade to tell the pupils about his trip.

He showed slides and commented upon many of the slides he had made and also brought a number of items he had purchased in India. This was one of the most interesting parts of the study of South Asia.

## NC's Most Popular Game Animal

By Jim Dean  
What is North Carolina's most popular game animal? Unless you've been reading recent statistics, you might flunk that question. How many would guess quail? What about rabbits? Doves maybe? Nope.  
It's the gray squirrel. (Don't worry, I didn't get it

right either.) A fairly recent survey showed that 317,602 hunters made 2,236,665 trips for squirrels during a hunting season. Compare this with 289,240 hunters who made 1,886,581 trips for rabbits; 182,043 hunters who made 1,220,808 trips for quail; and 168,894 hunters who made 886,837 trips for doves. Perhaps for this reason the gray squirrel was named North Carolina's state mammal a few years back.

It's not hard to understand why the gray squirrel is our most popular game species. He is abundant across the state and fairly easy to hunt in all types of terrain. Hunters do not need a lot of special equipment, nor do they need to sink a lot of time or money into training a dog (though squirrel dogs are in common use). Finally, squirrels are challenging targets and tasty tidbits on the dinner table.

## Children's Colds

The three Rs—reading, writing, and arithmetic—should be joined by a fourth—runny nose. Few mothers would argue this suggestion.

Children have more colds than anyone, and the common cold spreads rapidly through a school community, before it goes home to infect entire families.

In a medical article on the common cold, a pediatrician wrote that the common cold is the most common type of illness in his practice, and the most frequent type of minor illness in temperate zones. "Almost everybody, including physicians, has one or more common colds per year," he added.

Colds should not be neglected, physicians warn. Serious complications may develop. In children, otitis media is the most common of the middle ear in which mucus clogging the eustachian tubes traps germs which cause infection.

Mild nose drops such as Neo-Synephrine are most often recommended to keep nasal passages free and eustachian tubes open. The drops are available in special pediatric strengths of 1/8 and 1/4%. They should be used according to package instructions, or as directed by the physician.

The child with a cold and fever often loses body fluid when the fever makes him perspire. He becomes "dried out," which lowers his resistance to germs still more. Drinking milk, water, fruit juices, and carbonated beverages helps to prevent dehydration.

To help prevent spread of infection at school and at home it is wise to have every member of the family (and at school, every member of the class, if possible) wash hands frequently with an antibacterial skin cleanser such as pHisoHex. The cold victim should also be carefully instructed to cover his coughs and sneezes, and to place soiled paper tissues in a disposable receptacle.

Birth defects are forever...unless you help.

## MITCHELL COUNTY EXTENSION Homemakers' Corner

LOIS WILLIAMS

JANE COOK

By Mrs. Lois Williams Extension Agent  
Mr. William N. Hess, regional librarian, has cooperated with the Mitchell County Extension Service in making available a list of the books available from the libraries on Personality Development.

As the Extension Homemakers Club study various subjects each month, the library is notified in advance for additional reading.

This month the clubs are studying, "Creating Concern for Others by Understanding Ourselves".

The following books are owned by the libraries of Avery, Mitchell and Yancey Counties relating to this month's study:

Breener, Jerome S.—Perception and Personality; Ballard, Virginia—Ways to Improve Your Personality; Daly, Shelia John—Personality Plus; Carnegie, Dale—How to Win Friends and Influence People; Wilson, Margery—Believe in Yourself; Overstreet, Harry—The Mind Alive; Carnegie, Dale—How to Stop Worrying and Start Living; Schindler, John—Woman's Guide to Better Living; Tournier, Paul—To Understand Each Other; Eisenberg, Phillip—Why We Act As We Do; Lutton, Douglas—The Power of Positive Living; Robinson, James H.—The Mind in The Making; Albert, Dora—You're Better Than You Think; Duvall, Sylvanus—The Art & Skill of Getting Along With People; Sorenson, Herbert—Psychology for Living; Price, Eugenia—Make Love Your Aim; Reymert, Martin—Feelings and Emotions; Carnegie, Dorothy—Don't Grow Old, Grow Up; Fosdick, Harry—On Being a Real Person; Abrahamson, David—The Road to Emotional Maturity; Overstreet, Harry—The Mature Mind; Overstreet, Harry—The Mind Goes Forth.

The following books are

not owned by AMY Regional Library but may be borrowed for the patron's use:

Strecker, Edward—Discovering Ourselves; Fressey, Sidney—Psychological Development Through the Life Span; Rogers, Carl R.—Person to Person; May, Rollo—Man's Search for Himself.



By Mrs. Juanita Gouge Extension Aide

Do you remember the key nutrients your body needs? They are proteins, minerals, vitamins, carbohydrates and fats.

These nutrients are important to every part of your body. It is up to you to choose foods that will give you and your family the nutrients you need.

You need nutrients for growth. This means proteins from meats, breads, cereals and milk.

You need nutrients to keep your whole body in good condition. This means minerals for your bones, teeth, muscles, blood and nerves. It means vitamins for your skin, eyes, blood, nerves, bones and teeth. Vitamins also help heal wounds and fight infection.

You need nutrients to give you energy. This means fats, carbohydrates and proteins. But, remember, if the food you eat provides more energy than you need, the extra energy will be stored in your body as fat.

Be good to your body and yourself. Begin each day by eating foods that provide needed nutrients. Then during the day follow the Daily Food Guide to be sure that you get the variety of nutrients that you need.

The right kinds of foods at the right time can help you and your family look better...feel better...work better...and grow stronger!

DAILY FOOD GUIDE  
Milk Group—2 or more servings each day. 1 cup counts as a serving.

Meat Group—2 or more serv-

ings each day. A ham-burger, chicken leg, a fish also, 2 eggs, or 1 cup cooked dry beans or peas or 4 tbsp. peanut butter counts as a serving.  
Vegetable-Fruit Group—4 or more servings each day. 1/2 cup (raw or cooked) or 1 portion such as a banana, potato or an orange counts as one serving.

Bread-Cereal Group—4 or more servings each day. 1 slice bread or 1 biscuit count as a serving, or 1 ounce ready-to-eat cereal or 1/2 cup to 3/4 cup cooked cereal, cornmeal, grits, macaroni, rice or spaghetti.

**COUGAR COUNTRY**

IN COLOR

- WILD ANIMALS
- SPARKLING STREAMS
- BREATH-taking SCENERY
- A true wildlife adventure story

**Coming Soon**

Tues. Feb. 15  
One Day Only

**Yancey Theatre**  
PH. 682-2531

7:00 9:00

Adults \$ 1.50  
12 And Under .75

GOTO MARKET IN A CLASSIFIED AD!

**REDDEN'S ELECTRIC**  
Electrical Contracting & Furnace Work  
Also Plumbing, Handle NORGE Appliances...  
Call 688-3522, Glen Ayre Rd. at Fork Mountain...  
JOHN REDDEN  
Rt. 1, Box 20  
Bakersville

**The Pendulum Shop**  
Announces  
Complete Custom Framing Service

COME IN TODAY AND GET A FREE ESTIMATE OR CALL FOR AN APPOINTMENT

FRAMING, MATTING & GLOZING TO EXACTLY SUIT YOUR PHOTOGRAPHS, PRINTS OR PAINTING.

SEE THE WIDE SELECTION OF MATTING AND FRAMING MATERIALS AVAILABLE

THE PENDULUM SHOP 682-2463  
EAST MAIN STREET  
ANTIQUES AND CRAFTS

**OUR REDUCTION SALE**

**ONE HURRY HURRY HURRY**

**OF THE BIGGEST USED CAR SALES**

CLEAN USED CARS - TRUCKS AND JEEPS

YOU DON'T DARE MISS IT

IN THE HISTORY OF  
**GREENE-MCKINNEY**  
CHEVROLET & OLDSMOBILE - JEEP

**TELEPHONE 765-4235**

**COME - SEE & SAVE \$\$\$\$\$\$**

Spruce Pine

## Holcombe On Honor Roll

Patti Holcombe, daughter of Mr. and Mrs. Harlon Holcombe of Burnsville, N. C., has been included on the honor roll at Glade Valley School, Glade Valley, N. C. Patti is a junior at Glade Valley School.

Glade Valley School is a private college preparatory school located near Sparta in the beautiful Blue Ridge Mountains. It is jointly owned by the Orange and Winston Salem Presbyteries.

The following books are

## Families can now obtain a Farmer's Home Administration Loan.

Over 100 Million Dollars is projected to North Carolina for fiscal '72, to build new homes under a program of the Farmer's Home Administration (an agency of the U.S. Department of Agriculture). This money will build approximately 8,000 new homes.

You may be qualified for a home loan under this program, if you meet these qualifications:

1. You plan to build in a rural area or town which has a population of 10,000 persons or less.
2. Your adjusted family income per year is \$8,000.00 or less.
3. You are unable to obtain a home loan elsewhere at a rate of interest you can reasonably afford.

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

This message is presented as a public service by

**FRENCH BROAD**  
ELECTRIC MEMBERSHIP CORPORATION

FOR MORE INFORMATION CONTACT:

**WILBUR HOWARD**  
PHONE 682-2319

**George Blevins**  
Phone 688-4434

**DOLLAR DAYS**

Thursday-Friday-Saturday February 3,4,5

**WE'RE LAUNCHING THE '70'S WITH GREAT TREMENDOUS BARGAINS**

**FANTASTIC VALUES**

For Men-Women-Children

Shop Both Big Floors  
All Sales Final  
At These Low Prices

**PEEBLES-KIMBRELL**

Upper & Lower Main St.  
Spruce Pine