

"The world may be divided into people that read, people that write, people that think, and fox-hunters." (William Shenstone)



## Yancey Youth Celebrate 4-H Week

By Peggy McQuade  
Yancey County's more than 120 4-H'ers and their adult leaders are having a celebration this week. And they aren't the only ones, according to Patsy Fleming and Lynn Carter, Yancey County 4-H agents.

The local 4-H members and their leaders are joining more than 5.5 million young people and a half million volunteer leaders across North Carolina and the nation in the observance of National 4-H Week, October 7-13.

What is the occasion all about here in Yancey County? 4-H'ers, leaders and agents will be participating in activities all week to tell the public and prospective members

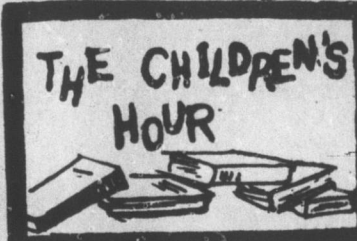
about the Head, Heart, Hands, and Health program; also to recruit more volunteer leaders, recognize the support of parents, and to honor 4-H leaders and donors.

4-H is reaching out to bring more people together "to make the best better" in new ways. 4-H TV series on nutrition and nuclear energy are premiering this year on hundreds of stations.

Other 4-H groups are helping to ease the food shortage by supporting agricultural production and marketing efforts. Also, drug abuse programs, improving the environment and community development planning are being given a high priority in 4-H programs.

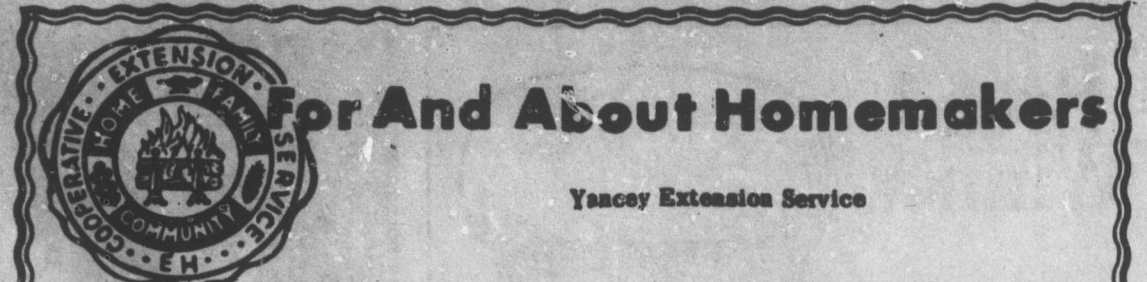
The county, state and national

observance has its theme: "4-H Gets It All Together" and in countless ways the 4-H program does just that. All boys and girls ages 9-19 regardless of racial, economic and social background and place of residence, may join 4-H. Through individual and group efforts, 4-H members learn about themselves, the world around them, other people, customs and lifestyles. Youths are encouraged to explore opportunities for developing their talents and skills through 4-H. Working together, growing together, learning together—that's what 4-H is all about in 1973.



**The Very Hungry Caterpillar** written and illustrated by Eric Carle, was read by Theresa Colletta to 45 "little people" this past Monday and Tuesday at the CHILDREN'S HOUR programs held in the Yancey County Public Library. Following this story the children completed their inch worms. The CHILDREN'S HOUR concluded with the film, "Madeline's Rescue", adapted from the book with the same title written and illustrated by Ludwig Bemelmans.

Those children attending the CHILDREN'S HOUR programs were: Stacy Briggs, Orvil Hamilton, Dennis Renfro, Michael Young, Christina Tipton, Carlos Smith, Billy Watkins, Bobby Ballard, Teresa McDowell, Donnell Young, Rebecca Bailey, Sharon Hughes, Michelle McIntosh, Marvin Taylor, Bobby Stevens, Kellie Edwards, David Horeycutt, Colby Deyton, Audrey Gillespie, Kevin McCallister, Cathy Shepherd, Alma Styles, David and Michael Lane, Susan Williams, Eric Williamson, Royce Chrisawn, Jesse Silvers, Sonya Shade, Jerry Rose, Eddie Rose, Darrell Mitchell, Shanna Warren, Jerry Ball, Christie Hughes, Greg Moore, Cary Turman, Heather McIntosh, Wayland Ledford, Alison Floyd, Renee Cooper, Tim Randolph, Angie Penland, Tracy Chandler, and Brent Howell.



Yancey Extension Service

By Mary M. Deyton & Patsy Fleming

October 7-13 will be known as Fire Prevention Week for 1973. The textile industry has been working to help the consumer in fire prevention, and as a result parents can buy flame retardant pajamas, nightgowns, and robes for their children in sizes 0-6X. Some manufacturers are also producing flame retardant sleepwear in children's sizes 7-14.

The textile industry is producing safer clothing, but it won't stop fires. It is up to you, the consumer, to do your part by purchasing flame retardant clothing whenever possible, and caring for that clothing in a manner which will help to maintain the flame retardant finish.

It has been found that soap and non-phosphate detergents can build up a film on fabric causing a reduction in flame retardant characteristics. To restore flame retardant characteristics, wash the garment in a phosphate detergent or a heavy-duty, citrate based liquid laundry detergent.

Reading care labels and following the directions on the care labels is another important factor in maintaining flame retardant finishes. Directions on "do's" and "don't's" on the labels are very important to your child's safety. Some instruction terms which you may find on care labels and their meanings are as follows:

Machine Wash--Wash, bleach and dry and press by any cus-

tomy method including commercial laundering and dry cleaning.

Home Launder Only--Same as above but do not use commercial laundering.

No Chlorine Bleach--Oxygen bleach may be used.

No Bleach--Do not use any type of bleach.

No Spin--Remove wash load before final machine spin cycle.

Wash Separately--Wash alone or with like colors.

Hand Wash--Launder only by hand in lukewarm (hand comfortable) water. May be bleached. May be drycleaned.

Hand Wash Only--Same as above, but do not dryclean.

Damp Wipe--Surface clean with damp cloth or sponge.

Tumble Dry--Dry in tumble dryer at specified setting--high, medium, low or no heat.

Tumble Dry, Remove promptly--Same as above, but in absence of cool-down cycle remove at once when tumbling stops.

Drip Dry--Hang wet and allow to dry with hand shaping only.

No Wring--Hand dry, drip dry or dry flat only. Handle to prevent wrinkles and distortion (Same with "NO TWIST").

Dry Flat--Lay garment on flat surface.

Block to Dry--Maintain original size and shape while drying.

Dryclean Only--Garment should be drycleaned only, including self-service.

Professionally Dryclean Only--Do not use self-service drycleaning.

SAFETY IN THE HOME

Don't forget that you have a year-round fire extinguisher right in your kitchen. To fight small cooking fires, turn off the range and toss handfuls of baking soda at the base of the flames. When the fire is out you can rinse off the food and continue cooking it. Baking soda is good in an emergency for electrical, grease, oil or gas fires--those on which water should not be used.

Many people make emergency fire extinguishers by filling empty coffee cans with baking soda, snapping on the plastic lids and setting them on shelves within easy reach of the range. Suggest that the youngsters paint the cans red and label them with a big "FIRE". It's a great project for Fire Prevention Week and one that makes everyone aware of the need for safety in the home.

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## The Yancey Journal



(Sponsored by this newspaper and the Newspaper Week '73 Committee)

## Achievement Day Held

By Genie McQuade

On October 2nd, Extension Homemakers of Yancey County met at Higgins Methodist Church to review their achievements of the past year and plan for the coming year.

Each club presented an attractive display of their crafts, needlework, painting, dress-making, gardening, canning, and many other things home-makers had accomplished during the year. This display remained open until 9 p.m. so the public might visit.

A covered dish luncheon was served at noon. Cooking should rate high on the list of Yancey County Homemakers' achievements, as every dish was a delight to the palate.

Following the luncheon an inspiring group of garden scenes were shown on slides while Mrs. McKinney sang "In The Garden" accompanied by Mrs. Hart.

The theme of the meeting was "People to People, Goals and Dreams". Mrs. Lawhern challenged each homemaker with "Do you want to be an eagle or an oyster?" She went on to say, "Homemakers can be like an Eagle and soar to the mountain tops--growing and learning--or they can be like an Oyster and remain closed in their own little shell. The woman who stops learning lives in a valley."

Mary Margaret Deyton showed slides of club activities and projects for 1973.

Then she presented awards for outstanding leadership in each club. These ladies were chosen by votes from their fellow club members. Dot Ray



Pauline Lawhern

and Edie Algood both received equal votes from Pensacola Club; Shirley Briggs was selected from the Newdale-Arbuckle Club; Harmie Briggs of Jacks Creek Club; Mary Gillespie of the Burnsville Club and tie winners of Bee Log Club were Lee Ann Wilson and Genie McQuade.

Mrs. Deyton announced the winner of the county-wide voting for outstanding leaders. Mrs. Pauline Lawhern, County Council President, had been selected. Pauline will now represent Yancey County in the state leadership poll.

The Achievement Day activities ended with Mrs. McKinney accompanied by Mrs. Bennett leading club members in the club song "Onward ever Onward."

A special thanks goes to all the people whose services and facilities made Achievement Day a big success.

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