

Course Completed By Mining Employees

Forty-three employees of Feldspar, mica and olivine industries in Mitchell, Avery, and Yancey Counties, recently completed Red Cross first-aid courses conducted at headquarters of the Mayland Red Cross Chapter which serves the three counties from its offices in the basement of Trinity Episcopal Church, Spruce Pine.

Sponsored by the Mayland Technical Institute, one-hour classes in the daytime were instructed by Arnold Swann and James Buchanan, January 7-11, with Bill Hall instructor for the one-hour evening classes January 14-18. Swann and Buchan-

an also instructed the class which met for eight hours on Saturday, January 19.

The mineral interests represented included The Feldspar Corp., Diamond Mica Co., Deneen Mica Co., Lawson-United Feldspar and Mineral Co., Harris Mining Co., and the Northwest Olivine Co.

Those taking the course included Billy Ray Murdock, Gerald McKinney, Joe Franklin, Lee Garland, Scott Carpenter, Donald H. Duncan, Paul M. Boone, Ray Pitman, Sam L. Heaton, Robert Lee Woody, James L. Tanner, Jr., Arthur L. Crowder, Rothie D. Ayers,

Sammy H. Young. Also Forrest C. Summerlin Jr., Wayne McKinney, Douglas Wiseman, Rita Bennett, Junior Laws, Ernest Peterson, Wayne Tipton, Robert Willis, Donald Buchanan, William Y. Brown, Kenneth Forbes, Hickey McKinney, Clyde Robertson, Homer Silvers, Milton Stafford, James F. Thomas.

Also Jeff Van Jahnke, J. C. Harding, David M. Staton, Wayne P. Ollis, Frank Wise, Billy Hughes, Larry C. Wyatt, Lonnie Wilson, Charlie Christensen, Carter R. Thomas, Gary Riddle, Bill Wilkins and Fred Deneen.



Captain Downing Revisits Ship

Some 30 years ago, George A. Downing of Burnsville, North Carolina was part of a combat crew which sailed the New York City-based Coast Guard cutter Spencer into World War II. Last week, he was reunited with almost 30 of his shipmates and took the ship on her final voyage -- into mothballs. "I came to see some of the old crew and say goodbye to a good ship," said Downing, 69, who served as a deck officer aboard the Spencer. Today, he is the owner of the Yancey County Country Store.

Chamber Holds Luncheon Meeting Here

The Board of Directors of the Yancey County Chamber of Commerce held a luncheon meeting at 12 noon on January 24th at Paul's Country Kitchen.

Routine business was transacted and recent activities of the Chamber were reviewed. It was reported that plans

are progressing satisfactorily on the Town "facelifting" project, and plans for other projects to be started in the near future are being made.

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA with Rogers Whitener

Send your suggestions, in column material to Rogers Whitener, Box 376, Bells, N.C. 28607

One of my most faithful correspondents since Folk Ways got underway in January of last year has been Edwin Judkins, an 84-year-old gentleman of Bristol, Virginia.

His rich memories of the past are frequently augmented by acute observations about the contemporary scene; thus I am always pleased to find a letter in Box 376 with a Holly Lane return address.

A recent letter from Mr. Judkins included both a tall tale and a memory of the great flu epidemic of 1918. He also promised some "mountain sayings" at a later date. His tall tale and flu comments follow.

"A Tall Tale About Snakes" As a usual thing new ground is planted in corn so that cultivation will kill out the vegetation. However, a farmer had sown his newly cleared field in oats and as a consequence this field was infested with snakes and so badly everyone was afraid to harvest his crop. That is, all but one man in the neighborhood, a hardy soul, who volunteered to do the job for half of the oats.

He secured a cradle not like the one you slept in when small but a tool like a scythe but with wooden sticks along the side to hold or cradle the oats, and with graceful swings he placed the oats in rows, taking time out to pick up a rattlesnake or copperhead and fling it as far as he could send it or snap its head off like a cracking whip.

After awhile the oats were cut and he started binding them into bundles, and as it began to look like rain he did not take time to discard a snake but used it to make the tie.

As he neared the top or end of the field the snakes became more plentiful as they retreated farther and farther, and finally the last bundle contained no oats at all but was just a bundle of snakes.

"The Great Flu Epidemic of 1918"

"Spring of the year 1918 was the time of the flu epidemic. The flu brought lifetime sorrow to many families. People did not realize how fatal pneumonia could be following the flu. Every pregnant woman who took the flu was a victim. It was not restricted to them. I remember the Episcopal minister, an Englishman weighing around 300 pounds, only lived 5 hours when stricken with pneumonia. This is the way flu came to

the town of North Holston, Va. and its industry, Southern Gypsum Company, and its 400 employees. North Holston was served by a railroad for fully loaded cars. Phil Surbur, an employee, drove a company truck hauling express and small freight shipment from Saltville, a distance of 4 miles. (Incidentally this truck was a 2-ton Reliance).

It was part of my duty as to check and record this merchandise. Phil came in very excited one afternoon and said the soldiers who had been sent to Saltville to operate the new Government plant were dying like flies and that they were shipping their bodies back by express to their homes. These soldiers, 350 strong, came from a camp in South Carolina, probably Greenville.

This was the first inkling that the flu germs were loose in our section and from that time on they spread like wild fire. Before it was over the company had turned the community building into a hospital, was buying large quantities of beef, making soup, and feeding almost the entire town. Also, buying large amounts of argoil, black and thick, and had everyone putting it up their noses and in their eyes to ward off the germs. At the beginning of every day everyone was wondering who the next casualty would be and not show up for work. (P.S. I did not take it.)"

In looking through back mail recently, I discovered a letter from John D. Tipton, Rt. 6, Cherry Hill Drive, Johnson City, Tennessee. He asks for the words to several old songs, including "Just Before the Battle, Mother," "Please, Mr. Conductor" ("The Eastbound Train?") and "Two Little Children Went Strolling by the Riverside." Readers who know these songs would oblige Mr. Tipton by sending the words directly to him or to me through Folk-Ways.

Childhood Educators Met

The Early Childhood Department of Mayland Technical Institute hosted a meeting of Western North Carolina Early Childhood Educators on January 15 in the Spruce Pine Public Library. This organization is made up of all persons interested in Early Childhood Education who teach or work in the Technical Institutes, Community Colleges, Colleges and Universities in Western North Carolina.

Laure Mast, an area coordinator in the state kindergarten program, was the guest speaker. Mrs. Mast spoke on the subject "Early Childhood Education as Invisioned for Children and Teachers." Her presentation included slides taken in schools throughout the state.

Recital Is Planned

(Cont'd from page 1)

binson both studied organ at Illinois Wesleyan at the same time. Another classmate, Robert P. Keener, is head of the Music department at Warren Wilson. All of these sensitive musicians are thorough craftsmen as well. Robinson has a fresh, creative approach to organ music. He enjoys improvising and has a reputation for imaginative hymn accompaniments.

His sense of joy about music extends to all phases of it, and he took pleasure in assisting students at Warren Wilson create a record entitled "Captain Calloway's Marching Kazoo Umpah Symphonic Concert Pep Band." Schuyler and Linda Robinson have two children aged 4 and 2.

Mr. Robinson's recital on February 5th promises to be an inspiring and exciting occasion. All are welcome.

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HEALTH NEWS

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Relax: Kick The Pressure!

We hate "sneaks"! And tops on our list is the sneak killer of nearly one million Americans annually — heart disease and its "side-kick," high blood pressure.

We'd knock high blood pressure in the "head" before we'd knowingly let it ruin our life. Our best advice is to follow doctor's orders about eating, exercise, smoking, and diet. But just as important we'd stress "stress" — slow down. Take the pressure off. Don't "gulp" life down. Savor it.

Remember, your body's like a finely tuned sports car. Slack off on your demands and it'll last years longer. Your "machinery" can tolerate less stress and strain as it ages. Respect that principle and when social and professional expectations rise in later life, as they surely will, don't "buck" the pressures. Bend a little, like the wise willow tree!

The above comments appear each week to air thoughts, opinions, and information we believe to be important to our friends and customers — your comments are welcomed.

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