

## Yancey Health Dept.

Health Department Clinic Schedule  
April, 1974

April 1, Monday	Immunization Clinic	8:30 - 11:30
	Nurse Screening	1:00 - 3:00
April 2, Tuesday	Maternal Nurse (Kingham)	12:30 - 3:30
April 3, Wednesday	Eye Clinic (App't only)	8:00 - 11:00
April 4, Thursday	Mental Health (App't only)	10:00 - 3:00
April 8, Monday	Immunization Clinic	8:30 - 11:30
April 9, Tuesday	Nurse Screening	8:30 - 11:00
	Child Health, Dr. Holt	1:00 - 3:00
April 10, Wed.	Chest Clinic (Bakersville)	
April 11, Thursday	Family Planning, Dr. Webb	8:30 - 12:00
	Maternal Nurse (Kingham)	4:30 - 7:00
April 15, Monday	Holiday	
April 16, Tuesday	Nurse Screening	8:30 - 12:00
	Maternal Nurse (Kingham)	12:30 - 3:30
April 19, Friday	Eye Clinic (App't only)	8:00 - 11:00
	Mental Health Med. Clin.	10:30 - 3:00
	Henry Isabella, P. P. A.	
April 22, Monday	Immunization Clinic	8:30 - 11:30
	Nurse Screening	1:00 - 3:00
April 23, Tuesday	Child Health, Dr. Pope	8:30 - 3:30
April 24, Wed.	Orthopedic Clinic in Bakersville	8:30 - 12:00
	(Register before 11:00 a. m.)	
April 25, Thurs.	Family Planning, Dr. Webb	8:30 - 12:00
	Maternal Nurse (Miss Kingham)	4:30 - 7:00

The reason that only 6 out of 100 people are left-handed is that 94 out of 100 persons have a dominant left hemisphere of the brain.



## School Bid Opened

The Yancey County Board of Education met in special session on Thursday, March 21 for the opening of bids for site improvement on the new high school site. After reviewing bids submitted from four different companies, the Board voted to accept the low bid of \$196,505.06 submitted by Taylor and Murphy Construction Com-

pany. This work will include all grading for the building, football field, and other playground facilities, and parking lots. It also includes drainage and materials included in drainage for the site and curbing for driveways and parking lots.

Work is expected to begin by April 15 with this phase of the work being completed in 100 days. Bids for construction of the buildings are expected to be called for in June.

## Note Of Thanks

We would like to express our deep appreciation to our many friends and relatives who extended their sympathy in the loss of our loved one. The visits to the hospital, the food, the lovely flowers and cards. Our special thanks to Rev. C. W. Britt and Max Gortney who spent so many hours at the hospital, to Dr. Joseph Godwin and Calvin Smith who did such a fine job at the funeral and to Holcombe Brothers for their kindness and sympathy.

-The Wallace McDowell Family.

## To These Farewell

### LILLIE KING HUGHES

Mrs. Lillie King Hughes, 84, of Burnsville Route 1, died in a local hospital Friday evening after a long illness. She was the wife of the late T. Fulton Hughes who died in 1964. Surviving are one daughter, Mrs. Wellington McIntosh of Burnsville Route 1; four grandchildren and three great-grandchildren.

Funeral services were held Monday at 2:00 p. m. in the Elk Shoal Church of which she was a member. Rev. Vivian Brown and Rev. Edith Morgan officiated and burial was in the Proffit-King Cemetery at Elk Shoal.

### MISS RUTH HENSLEY

Miss Ruth Hensley of Route 6, Burnsville died Wednesday afternoon at her home after an extended illness. A native of Yancey County, she had taught at Burnsville Elementary School for the past several years. She was the daughter of Dorothy Dellinger Hensley and the late P. B. Hensley.

Surviving in addition to the mother, is a brother, Claude Hensley serving with the U. S. Merchant Marines. Funeral services were held at 2:30 p. m. Friday in Burnsville Presbyterian Church, of which she was a member. Revs. Patrick Hardy and Edith Morgan officiated and burial was in the Hensley Cemetery at Low Gap.

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One Year.....\$6.00  
Six Months.....\$5.00

### CARTHA L. DUNCAN

Miss Cartha L. Duncan, 79, of the Jacobs Creek Community died Friday morning in the Yancey County Hospital after a short illness.

Survivors are three sisters, Mrs. Sam Arrowood of Erwin, Tennessee, Mrs. Esther Elliot of Brevard and Mrs. Leroy Silver of Burnsville; two brothers, Will A. Duncan and Roy A. Duncan of Burnsville.

Funeral services were held at 2 p. m. Sunday in the Borings Chapel Methodist Church of which she was a member. Revs. Edith Morgan and Furman J. Rogers officiated and burial was in the Honeycutt Cemetery.

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## HEALTH NEWS



Your Rx Specialists:  
Charles Gillespie, Jr., Mike Eudy,  
and Ferril McCurry

### Order Your Free Poison Prevention Chart

Poison prevention is everyone's business. With Poison Prevention Week (March 17-23) comes a reminder that we can make our homes safer for our family and acquaintances by exercising a bit of cautionary common sense.

First, we should start with a bit of "spring cleaning" — toss out all half-used and unneeded medicines. Next, we should observe a few housekeeping rules: 1) keep medicines in original containers — never store in cups or soft drink bottles; 2) avoid taking medicine in front of children — they like to imitate adults; 3) don't refer to medicines as candy; and 4) always place medicine out of sight and out of reach of youngsters.

Finally, as your pharmacist, I wish to recommend two additional aids for a safer home against poisoning. Post a counterdose chart in a convenient place in your bathroom or pantry. This chart tells you what to do in case of a poisonous ingestion. You can get your free chart while the supply lasts by writing

Counterdose, P. O. Box 5051, Raleigh, N. C. 27607.

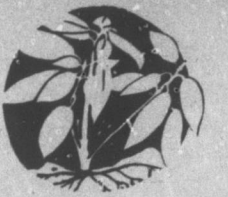
And most importantly, you should keep a small bottle of Syrup of Ipecac on hand in the medicine cabinet to induce vomiting when called for as a counterdose remedy. We'll be glad to explain the details when you see us next.

Make poison prevention a habit in your home. Each week we present the above comments for your information. We very much appreciate your readership and would be especially happy to have you express your views regarding the contents of this space.

## Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA  
with Rogers Whitener

Send your suggestions for column material to Rogers Whitener, Box 476, Boone, N. C. 28607



A record of the reader response to this column will show that in most instances interest has centered primarily around Ways rather than Speech. Letters in response to a recent column of sayings, however, indicate a strong interest in folk

speech, with a number of readers indicating that they keep lists of both traditional and current expressions.

Because of the quantity of the material and because of duplication among writers, I have listed representative selec-

tions rather than attempt to use complete listings.

Mrs. Harry Dunham of Saltville, Virginia, sent at least two dozen proverbs and "country sayings," including the following:

"You can't tell by the looks

of a frog how far he can jump"

"An apple a day keeps the doctor away; an onion a day keeps everybody away."

"Every time a sheep bleats he will lost a mouth full."

"He is sharp enough to stick in the ground and green enough to grow."

"You can't sow wild oats and expect to reap Sweet Will-hams."

Mr. Lloyd Snead, who sees "Folk-Ways" in the Bristol Herald Courier, adds several sayings plus a riddle:

"Listen to a wood chunk burner in cold weather 'tump the snow.'"

"A pig with straw in his mouth is a sign of cold weather."

"He feathered his bed (or nest)."

"How many sticks of wood do twenty fore sticks and one back stick make?" (21)

Mrs. Oma Williams, of Pound, Virginia, also shares from her sayings collection:

"You can't expect a person to see eye to eye with you when you are looking down on him."

"A chip on the shoulder indicates there is wood higher up."

"A person who trims himself to suit everybody else will soon whittle himself away."

Friend Edwin Judkins, of Bristol, Virginia, continues to send folk material our way, most recently a series of anecdotes which he entitles "Some Mountain Humor."

Politics were ever thus. A man living in an older age came in and announced to his wife, "I have been nominated to run for sheriff and there is one thing about it, nothing can be brought up against me. I am as clean as a hound's tooth." However, in about 10 days he came in with another announcement:

"Well, the opposition has accused me of stealing a horse and they have proved it too."

An old man had several sons. The sons had treated their father rather badly in his old age. The old man became ill and he told his sons, "I am on my death bed, and I want all of you to come in a. I have something important to tell you."

When all had arrived, the old man said "Your mother was a mighty fine woman, but we were never married, and I just wanted to tell you bastards good bye!"

A man visited his sick friend and said, "You are mighty sick but I know you are ready to go. This angered the sick man and he said, "am not any more ready to go than you are!"

A country merchant said about his hired boy, "He is slow but sure—slow to learn and sure to forget!"

Uncle Ned was a mighty coon hunter in his day, but had grown old and so crippled up with rheumatism he had to be confined in a wheel chair. Come fall of the year and the hunting season the neighborhood boys felt so sorry for him they decided to take him with them. They rolled him chair and all out in the woods a couple of miles. At that point the dogs treed in a hollow log what the boys thought was a coon, but a big black bear came out. The dogs ran, and the boys ran, forgetting Uncle Ned entirely. After running until out of breath, the boys slowed down, thought of Uncle Ned and began to moan, "Poor old Uncle Ned; that bear has eaten him up." They continued on to Uncle Ned's cabin and there was Uncle Ned sitting on his porch, and the boys with their eyes popping asked, "Why, how did you get here?" Uncle Ned replied, "Oh, I came home with the dogs."

CONDONE—The point is, hardly anybody is even trying to do anything about any of the things that we know to be wrong.

Thus, America is becoming a part of what we condone. Call me old-fashioned, or a "blue-nose," or whatever, but I believe there is cause for real concern about our nation's future. I was taught that every American had the right and the duty to reach for the stars. I am unable to understand how we can reach for the stars when we're lying face-down in the gutter.

LETTER—Someone sent me a copy of a letter written recently by a young Raleigh school teacher, Mrs. Janice C. Patterson. Mrs. Patterson was writing the parents of the children in her class, advising that she is resigning.

"I am resigning," she said, "because I do not have the freedom to have one minute of silent prayer in our room each morning. I have felt that I needed to have a minute of quiet prayer each day because I knew that I needed God's help. I asked the children to pray in their silent prayer that God would help me to be loving towards them when I feel unloving. I asked them to pray that God would help them to be more loving to each other."

"Objections have been made to my use of silent prayer. When I die, I will not face the United States Government; I will face God. Yet I must obey the law, and my conscience leaves me no choice but to resign."

"I love your children," Mrs. Patterson concluded, "and I shall never forget them. Always know that I shall pray every day for your child and for every child that I have taught here. May God richly bless you. Goodbye."

The Van Eyck brothers, who lived in the 15th century, were the first artists to use effectively a thin little-used medium — oil paint.

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