

Mental Health Association Meets; Defines Term

(Cont'd from page 1)
how to live without chaos and pressure. This is what mental health is all about.

Mrs. Wanda McNeill, retiring President, gave a resume of the past year's activities, pointing out that the most spectacular new involvement was the successful launching of ADAP. Plans are in progress for the establishment of a board composed of local people to assume responsibility and to set policies and procedures for ADAP. Functioning as a committee of Yancey Mental Health Association, its first tasks will consist of obtaining a new permanent center and a van for transporting clients to it. Another successful undertaking was a picnic given for 40 mentally retarded youth of this area.

Mrs. McNeill, who introduced all the speakers, hailed Patrick J. Hardy as our first Mental Health Director. Mr. Hardy outlined a few of his varied activities, including his

frequent visits each week to schools throughout the county where he is able to locate both full-blown and incipient problems in school children and suggest possible remedies. He is assisted by two Mars Hill College interns. Mr. Hardy believes that "testing specific learning disabilities and working up remedial programs in the schools requires a specially trained person and one may be available for our county next year". He stressed that "great things are happening in terms of future expansion and broader based services to the Community. People are openly receptive to mental health services and we receive good cooperation from other county agencies", he stated.

Mrs. Gwen McKinney, who is in charge of ADAP center, reported enthusiastically: "I am working with the warmest, kindest and most giving people I have ever known. It is a privilege to see something in

action that many people never get to see". She is impressed by "the strength of the human spirit" she has experienced at the center. Mrs. McKinney called attention to the hand-crafts on display, citing them as one of the many projects offered clients by ADAP.

Mrs. Lola Nordstrom, the Chairman of the Nominating Committee, proposed a slate of officers for the coming season. Those elected were: Marilyn Kunzweiler, President; Wanda E. McNeill, Vice-President; Phyllis Bailey, Recording Secretary; Marjorie Carr, Corresponding Secretary; Zoe Young, Treasurer and Carmela Woodruff, Delegate Director.

Awards for outstanding service in behalf of mental health in the county were given by Mrs. Ruby Smith to Zoe Young for her arduous duties as Treasurer, Wanda McNeill for her unstinting efforts and deep commitment in the field and the Boien's Creek Baptist Church

for supplying facilities for the ADAP.

At the conclusion of the meeting, Mrs. McNeill attributed some of the ever-increasing success of the Association to assistance from Blue Ridge Community Mental Health Center, Mayland Technical Institute, Developmental Disabilities Council, Boone, volunteers and the Homemakers. Mrs. Smith served as dinner and arrangements chairman.

Church of God Holds Revival

The Church of God of Prophecy, Meadow Road, will conduct a Revival on May 17, 18 and 19 with Evangelist Curtis Church from Eden, N.C. Services will begin nightly at 7:30. Special singing is featured. The pastor, David Russell, invites the public to attend.

East Yancey Production

(Cont'd from page 1)

Frank Gilbreth Sr.--Tony Fubanks; Lillian Gelbreth, mother--Terri McMahan; some of the kids are Frank Jr.--Russell Wilson; Anne--Karen McIntosh; Ernestine--Martha Ann Westall; Lillian--Venita Silver; Martha--Wanda Edge; Bill--Milton Higgins; Fred--Kenneth Grindstaff; Dan--Billy Geouge; Jackie--Anthony Yaccarino. Joe Scales (a cheerleader)--Barry Johnson; Miss Brill (a teacher)--Marie Hunter; Larry (some one special)--Niles Howell; Mrs. Fitzgerald, housekeeper--Linda Lottahall; Dr. Burton--Gregg Robinson. The play is directed by Elizabeth H. Westall. Student director is Gail Crisp.

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA with Rogers Whitener

Send your suggestions for column material to Rogers Whitener, Box 376, Boone, N. C. 28607



A long letter from Mr. Alfred E. McThenia, of Glade Spring, Virginia, constitutes Folk-Ways this week. It needs no introduction, though it has been edited slightly in order to meet newspaper space consideration.

I'm the victim of that 'affliction' of living in the past, of remembering the days that have been, but come no more and from those days, comes much to mind, of old customs, beliefs, etc. My Mother, a Widener, and from a long line of these (Widener) people, all mountaineers, first settlers in Wideners Valley (Wash. County), Va. I, as a descendant, remember much of the tales told by my mother and her mother, "Granny Mag," Widener.

They planted their crops by 'the signs' when harvesting these crops. I am a firm believer in the signs of the Moon. I recall a time, I decided to make a test, to prove to a doubting neighbor, there was more to this matter than idle superstition.

When planting my potatoes, I made a chart, numbering the rows, in some rows the potatoes were planted in the 'dark of the Moon' and the 'sign' was in the

secrets (Scorpio); these rows were marked on the chart to show the date, etc. of planting. I waited until the Moon 'newed' and with the sign in Gemini, the arms, the remaining rows were planted. I kept the chart and when the potatoes were harvested, the rows planted 'in the dark of the Moon' and the sign in Scorpio, the potatoes were much larger and smoother than those planted under Gemini and 'in the New Moon'; also, in the 'Scorpio' rows there were only a very few small (scrubby) spuds, while the Gemini rows were full of these little potatoes and the larger ones. The few that were had lots of little 'toes', rounded nodules, growing out from them. The Scorpio 'taters' were smooth and without the 'toes'.

It has always been my belief that our ancestors had been able to observe these 'signs' for centuries and were thus able to understand the workings of nature, whereas, the modern race have grown so much impatient and so d... smart, they scoff at these and other old and well-proven beliefs. These 'old fogey' customs seem to have sustained our ancestors and to have brought them through some very trying times and it is my belief that we'd be much better off by going back to some of the ways and teachings of our forebears.

We seem to have had a vocabulary all our own during the time of growing up in and around Liberty Hall, Lodi, Va. and some of these words, phrases, etc. still are a mystery to me. My ancestors have all been blacksmiths, iron workers from as far back as we have any record and I well remember of being around the shop long ago and when my father, C.W. McThenia "Pappy" or Uncle Andy would be working on something, we might ask what it was and get the answer, "I'm making a smoke grinder to grind smoke with." Another thing they made was 'a lay-over to catch meddlers'.

There was one word we used that I never learned its origin, nor how it was spelled and in later years, I'm of the opinion it was strictly our own and peculiar to the Lodi Community, as

I've never heard it used anywhere, nor at any time, than at Lodi, during the early years of my youth. The word was (as near as I'm able to spell it), 'fernent' or 'fernenth' and meant: almost directly opposite to, or perhaps diagonally across from a given place.

I remember the ash hopper as mentioned by Roy Sturgill except ours was 'V' shaped and with a trough at the bottom to drain the lye or drippings' into an earthenware jar or crock and to be used with meat scraps, trimmings from fatback, etc. and kept for 'soap grease'.

The method used by my mother to determine if the soap was done (i.e. of sufficient strength) she would use a heavy feather (turkey wing feather). This she would swish through the boiling liquid and if it "ate" the feather clean, leaving only the 'rib', the soap was done-ready to be taken from the fire, to let cool, later to be cut into blocks, chunks and bars of various shapes and sizes.

Homemade soap was an excellent remedy for a number of ailments and physical conditions. Among these, it would rid a hog of worms and was good for sore feet. Men who worked in damp places, such as in logging camps (timber cutters) were often bothered with 'scalded' feet--sore, rough, and the skin cracked. No better remedy was to be had than to turn the socks inside out and apply a thick coating of homemade soap to the inside surface, then put the socks on and wear them for about one or two days. The feet would be tough as rawhide and soreness gone.

A remedy, likewise a preventive of 'saddle scald' or 'galling' in the groins or under the arms, a handful of common Elder leaves carried in the pocket; the hip pocket, for saddle scald or a breast pocket for galling under the arms. My mother said, "God never made a mistake and neither did He put anything on earth for which there was no use."

Please send all material to: Rogers Whitener, Box 376, University Station, Boone, N.C. 28608.

Appointed Manager

N.E. (Nick) Huskey has been appointed manager of the Dillon, S.C. plant of Burlington Industrial Fabrics. He comes to the Dillon post from Vinton Weaving Plant, Vinton, Va. and will direct conversion of the Dillon plant from hosiery manufacturing to industrial fabric weaving.

Mr. Huskey is a native of Shelby, N.C., and prior to joining Burlington in 1965 he served 17 years with Glen Raven Silk Mills in Burnsville. He is married to the former Betty Fox, a native of Burnsville, and they have three children: Mrs. Mike Hamby of Spartanburg, N.C.; Mrs. Dick Coffey of Newton, N.C.; and Nicholas, 16.

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AND OTHER PHARMACY COMMENTS

HEALTH NEWS

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

So many new prescription drugs have been introduced over the past years, it's dizzying to contemplate! Did you know over 90% of today's prescriptions could not even have been filled just 30 years ago? They simply weren't available, then.

With so many new drugs on the market each year, it comes as no surprise that physicians often rely heavily upon the knowledge and professional discretion of their hometown pharmacist. Not only does the physician have to stay abreast of his own special field, but he must keep informed of new developments in pharmacology, also — much of it through us.

Little wonder then that with the aid of the pharmacist, physicians are in a better position to prescribe just the right medication for their patients.

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.

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Playschool Program Set

Burnsville Playschool will hold its closing program on Tuesday night, May 21 at 7:30 in the Fellowship Hall of First Baptist Church, Burnsville. The program will consist of scripture, poems and songs learned during the year. Those participating are Alison Floyd, Heather McIntosh, Brandy-Kaye Hemphill, Renee Cooper, Stephanie Laws, Cary Turman, Tracy Chandler, Kenya Chatman and Brent Howell.

Beekeeping Meeting Slated

The Agricultural Extension Service has scheduled an educational type meeting for all bee-keeping in the county, Thursday night, May 23 at 7:30 p.m. in the courthouse. A Bee specialist from N.C. State University will conduct the meeting. All Bee-keepers are invited and urged to attend according to County Extension Chairman, W. C. Bledsoe.

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