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AND OTHER PHARMACY COMMENTS

HEALTH NEWS

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

It's A Shock, But True!

Get ready for the shock of the week. During the period 1960 - 1970, prescription drugs declined in price by 10%. It was the only notable decline in consumer goods and services during the past decade.

According to the Consumer Price Index, medical care increased 68% from 1960 through 1970. Food away from home increased 57%, housing went up 40%, both apparel and transportation rose 36%, personal cars climbed 33%, and the price of food for home consumption increased 27%.

Relative to most consumer items, prescription drugs have been a bargain — despite cries to the contrary! And however badly we'd like to take the credit, we can't. It's just a statistical fact. Prescriptions have held the line on price increases, and we hope they'll continue to do so through the '70's.

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.



Clearmont Graduating Class

The Clearmont Eighth Grade class will have their Graduation Exercises Monday night, June 3rd at 8:00 p.m. The honor students are Anna Webb, Valedictorian and Ryan Barwick, Salutatorian. Class graduates are as follows: [left to right, first row] Carol McKinney-Most Talented, Jean Whitson-Best Dressed, Alan Fox-Best Citizen, Danny Canipe-Most School Spirit and Teacher's Pet, Karen Ayers-Best All Around, Keith Briggs-Best All Around, Ricky Peterson-Best Personality and Class Clown, [second row] Geraldine Renfro-Cutest, Danny Scott-Most Likely to Succeed, Patricia Woodby-Most Studious, Grant Whitson-Best Dressed, Morris Silvers-Most Popular, Marlene Renfro-Most Likely to

Succeed, Lou Ellen Ayers-Best Citizen, Louise Briggs-Quietest, Genice Silvers-Best Personality, Glenda McIntosh-Class Flirt, Anna Webb-Miss Clearmont and Most Athletic, [third row] Michelle Altimus-Class Clown and Most Mischivous, Tommy Hensley-Cutest and Class Flirt, Sandra Robinson-Teacher's Pet, Bobby Hylemon-Most Athletic, Ryan Barwick-Most Studious and Most Talented, Crystal Forbes-Prettiest, Dwight Buchanan-Mr. Clearmont, Most Handsome and Most Dependable, Cathy Diane McKinney-Most Dependable, [Not Pictured] Sandra Briggs-Most School Spirit and James Fox-Quietest. Teacher-Mr. Lloyd Deyton.

Letter To The Editor

Dear Editor:

To answer inquiries from hundreds of interested citizens as to the progress of the effort of the Citizens Committee for Clean Water, the following status report is submitted:

The committee has completed its presentation of evidence in the case. We gave oral testimony before the North Carolina Board of Water and Air Resources. We presented petitions, numerous letters, and statements all requesting that the river be given a class C-Trout classification.

A national organization, TROUT UNLIMITED, wrote the North Carolina Board of Water and Air, supporting our request.

All the testimony, oral and written, has been taken under advisement by the State Board and a decision from them is expected in the near future. If compliance by the mining industry to whatever decision the State Board makes results in anything less than an unpolluted Toe River, we do plan additional action.

If additional action is necessary it will be in the following areas:

1. With citizens from the state of Tennessee we will bring into the controversy certain Federal Regulatory Agencies. [For some time we have been furnishing Federal Agencies a weekly summary of events related to this matter].

2. We will seek legal assistance from certain national [non governmental] organizations that are interested in our problem.

3. We will seek corrective action in our system of Federal Courts.

As to the mining industry request for more time, it is alleged that such a request shows a complete lack of moral responsibility. The request reminds one of a man being caught committing the crime of rape. To the arresting officer he says, "I want more time. I haven't finished yet."

The rape of Toe River has gone on for too long now.

*By unpolluted Toe River, we mean a stream that receives only a quantity and quality of industrial and urban discharge that will permit a living stream.

A.D. Farrell-Chairman
Citizens Committee for Clean Water
Rt.1, Box 276, Bakersville, N.C.
Tel. 704-688-2542

Dear Editor:

There has been much confusion about the Estatoa Presbyterian Church of Celio, N.C. since the article of December 20, 1973 in the Yancey Journal.

In August, 1973, a majority of the congregation voted to withdraw from the Presbyterian Church, U.S. A minority of twelve members appealed to Concord Presbytery who appointed an Administrative Commission of nine members to make a ruling. This Commission was composed of six ruling elders and three ministers, a majority of whom lived in Mitchell, Avery, or Yancey Counties.

This Commission met, investigated, and prayed about this matter for some seven months. It was clear from the very beginning that the action of the majority was not in accordance with the Book of Church Order, by which the PCUS is governed. Even though this was true, the Commission was desirous of bringing about a reconciliation of the two groups. Efforts along this line proved fruitless.

Therefore, it was necessary to make a decision concerning the property. In line with our Church law and the ruling of the N.C. Superior Court in Lincoln County on January 25, 1974, we ruled that all property of the Estatoa Presbyterian Church belongs to Concord Presbytery with all rights and title under the governance of the loyal minority of the Estatoa Presbyterian Church.

The majority had never been refused the use of the said property. It was anticipated that they would be allowed to use the property for their services as long as necessary and good relations existed. As of May 1st, they refused any further use of the property and went so far as to remove some of the property residing inside the church building. This was done without permission.

The Estatoa Presbyterian Church continues to exist, even as she has for some seventy years in this community. We invite fellow Christians to pray for us, to worship with us, and to join hands with us as we seek to serve the Lord in this community - even to the uttermost parts of the earth. Soli Deo Gloria!

Administrative Commission Concord Presbytery
J. Murray, Chairman

Dear Editor:

I am proud that my son finished high school at Cane River and was so pleased with the beautiful graduation ceremony. Mrs. Cora Cox has done a wonderful job with the kids. It takes courage and time and knowledge to do what she has done.

I would like to thank all the teachers also for their help with my child and others. It is no easy job to teach and to get up every day even when you don't feel like it. It was hard for my son, Devin Columbus Barnett to get up for 12 years even when he didn't feel like it. I am proud that he and so many others like him did so, because school was important to them.

And what a proud moment it was when he won a football trophy and senior award for sports. Thanks to everyone who helped him.
Mrs. Charlotte Barnett

County Sales Tax Report

J. Howard Coble, secretary, State Department of Revenue in Raleigh, N.C. recently released the collection and distribution report for the county sales and use tax levies for the quarter ending March 31, 1974. The cost of collecting the tax is \$1.00 per \$100 of collections.

The report shows Yancey County collections for that quarter amounted to \$46,357.82 with \$464.97 as cost of collection. This leaves net distributable proceeds at \$45,892.85. Net proceeds for Mitchell County amounted to just over \$50,000. for the same period, while Avery County's proceeds were \$45,673.00 and net proceeds for Madison County came to \$34,894.80 for the same quarter. The \$45,892.85 net distri-

butable proceeds for Yancey County were distributed according to population; Burnsville, with a population listed at 1,430, received \$4,485.77. Yancey County, with population listed at 13,200, received \$41,407.08.

THE YANCEY JOURNAL
Box 667
Burnsville, N.C. 28714

Ed Yuzuki—Publisher
Carolyn Yuzuki—Editor
Patsy Kandolph — Manager
Published Every Thursday

Twin Cities Publishing Co.
2nd Class Postage Paid
At Burnsville, N.C.

Thursday, May 30, 1974
Number 22

Subscription Rates By Mail:
In Yancey County

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Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitenor

Send your suggestions for column material to Rogers Whitenor, Box 176, Boone, N.C. 28607

When this column was originally conceived, the general plan was to devote each installment to one particular aspect of folklore -- superstitions, sayings and remedies, etc.

As readers know, however, it has not quite worked out that way. Sometimes because of space requirements, but more often because respondents simply like to talk about old times and find that one thing leads to another. In other words a sort of memory trip into the past.

Such a letter came my way recently from Mrs. Sophie Hodges, an 85-year-old lady from Lexington, North Carolina.

"Dear Mr. Whitenor: I was very much interested in your article in the Yancey Journal. I am an 85-year-old ex-school teacher. I was born in Mocksville and reared there. I would like so much to talk to someone of those days; but will just try to write a few highlights.

"First, I will start with the

washing, which was done in the back yard in tubs made by cutting barrels in two. They were set on wooden benches and the scrubbing was done by hand on a board. Then the clothes were put in a large black wash-pot set up on legs with a fire underneath. After boiling for a time they were taken out and rinsed through three waters.

"Then came the ironing, which was done with flat irons before an open fire. I failed to mention that the soap with which the clothes were washed was homemade lye soap. An ash hopper was set up in the barn beside a compost pile. Ashes from the woodburning fire were poured in this hopper and water poured on them. This was allowed to drip into a bucket. This lye was then boiled with grease drippings from the kitchen. This made the soft lye soap and was almost strong enough to take the skin off of your hands.

"And as to clothes, we girls liked to dress. We wore long

stiff corsets and corset covers, ruffled petticoats (I have worn as many as three or four at once) and our skirts touched the floor so you can imagine what ironing was!

"And next to hog-killing time. My grandfather always had several large hogs to kill. The kitchen where we did the work was in the back yard. There was a fireplace at one end large enough to burn a stick of cord wood without cutting. Brick were used for andirons and a big, black iron pot on the fire was used to render out the lard and make the cracklings, which were made from the fat and skin. A crane hung down from the center with a pot which was used for cooking the vegetables.

"We women spent some time scraping the intestines and blowing them up with a reed to make sure they were clean. These were used to make stuffed sausage, which was hung on lines in the smoke-house. The liver, lights, heart, some skins and other parts were put in the big pot on the fire and made into liver pudding. The head, feet, and ears were used to make souse meat.

"As to housekeeping, some of our floors, especially the kitchen, were made of wide planks and required scrubbing about once a week, for our kitchen broom was one made of broom sage. To keep our hearths looking nice, we would whitewash them every day.

"Some of my mother's springtime medication: she would go to the woods and strip the inside bark from a dogwood tree and the same from arild cherry tree, then boil both together for a tea. To two-thirds of the tea she would add 1/2 whiskey, sweeten it and give each of us children one tablespoonful before breakfast.

"My grandfather had a blacksmith shop and she would get anvil dust, mostly iron, mix it with molasses, or mix molasses and sulphur as a tonic. For a cold in the throat or chest she would get the marrow from a hog jaw, mix it with turpentine, camphor, and kerosene, then heat it on the stove and apply to the chest with a flannel cloth.

"All of which seemed to pay off. I am 85, had a sister to die at 85, and a brother to die at 78. None of us three children ever had an operation."

I hope that historians in the Lexington area will get in touch with Mrs. Hodges and put more of her old-time memories on record. Her memory is keen and she evidently loves "remembering when."

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