

Athletic Banquet

On May 10, East Yancey High School held its Athletic Banquet. The athletes and their parents, along with the Booster Club members, were served a delicious meal and then listened to the guest speaker, Mr. Claude Gibson, head football coach at Mars Hill College and a former professional football player.

After the talk by Coach Gibson, awards and trophies were given out to the outstanding players in football and boys' and girls basketball.

The following trophies were

awarded to the athletes named:
Football-- Most Valuable Player, Danny Hughes; Most Valuable Back, Burl Huskins; Most Valuable Lineman, Randy Thomas; Most Improved, Danny Bledsoe; Sportsmanship, Jeff Bailey.

Basketball (Girls)-- Most Valuable, Sheila Parker; Most Improved, Renee Wilson; Best Team Player, Rhonda Robinson.

Basketball (Boys)-- Most Valuable, Johnny Hughes; Most Improved, Jeff Bailey; Best Team Player, Ronnie Biggerstaff.

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Frank Ell And Ruth Geiger Discuss Music In The Mtns. 1974 Season

Concert Season Set

Frank Ell, Music Director, and Ruth Geiger, Celo Chamber musician, enjoy a laugh after discussing the 1974 season of Music in the Mountains, which opens the last weekend in June with a concert Saturday evening, 8:00 p.m., at Warren Wilson College in Swannanoa and a Sunday afternoon concert, 3:30 p.m., at the Presbyterian Church in Burnsville. Four more Saturday concerts at Swannanoa and Sunday afternoon concerts in Burnsville during July will round out the two series both featuring such musical delights as an all-french program, the Schumann Piano Quintet and Schubert Octet.

Highlighting the Festival will be the Lili Kraus Benefit Recital on Friday, July 19 at 8:00 p.m. in the First Baptist Church in Burnsville. Mme. Kraus will be using the new Steinway piano which she selected in New York and which has

been purchased for the Festival through private donations.

Season tickets for the five concerts in Burnsville may be purchased for \$8.00 and can be used in any way the holder desires, either by taking the whole family to one or two concerts or by attending each of the five Sundays. The Friendship Concert is an innovation of further interest to season ticket holders. If the holder has one admission remaining, he is entitled to bring, free of charge, as many guests as he wishes to the Friendship Concert on July 21st.

All tickets may be purchased through Music in the Mountains, Burnsville, N.C. 28714 or at several convenient locations including: The Yancey County Country Store or the Nu-Wray Inn in Burnsville, the Wilma-Eloise Shop or the Office Supply Co., in Spruce Pine, or at Warren Wilson College.

Blood Pressure Clinic Set

"CHEC", a Community Hypertension Evaluation Clinic, is planned to offer all residents in the area an opportunity to have their blood pressure checked conveniently and free of charge.

The CHEC program will be in operation at Mayland Technical Institute (Mayland Market Building) on Saturday, June 15. It will be sponsored as a community service by Mitchell-Yancey Medical Society and the Mitchell County Heart Association and CIBA Pharmaceutical

Company. Everyone tested will be given a card with his blood pressure recorded on it to be given to his private physician. When an individual's pressure is considered too high for his age and weight he will be encouraged to consult with his physician as soon as possible. However, more than one high reading is necessary before it can be determined whether a person is hypertensive.

It is estimated that at least 20 million Americans have high

blood pressure and that half of this number remain undetected. Moreover, only about half of those whose hypertension has been detected are under treatment. High blood pressure is often symptomless.

Medical findings have pointed to the knowledge that early detection of hypertension in most cases permits control with appropriate antihypertensive drugs and modification of diet.

The American Medical Association recently reported that early detection and treatment of high blood pressure lessened the probability of heart disease and stroke, two of the leading causes of death in the nation.

A series of CHEC Clinics around the country will be sponsored by local health organizations and CIBA Pharmaceutical Company to help physicians uncover the estimated 10 million undetected hypertensive men and women in America.

The Community Hypertension Evaluation Clinic in this area will be located at Mayland Technical Institute (Mayland Market Building) and will be in operation 9:00 a.m. to 5:00 p.m. Saturday, June 15. It is hoped that as many individuals as possible will avail themselves of this opportunity for free testing.

Johnson Nutrition Aide Honored At N.C. State

Mrs. Nelle E. Johnson, nutrition program aide with Yancey County's Extension Service, was honored at ceremonies held at N.C. State University, May 30.


She was awarded a certificate for five or more years of service to the Expanded Food and Nutrition Education Program (EFNEP).

According to Mrs. Marjorie Donnelly, extension food and nutrition specialist at N.C. State, "the Expanded Nutrition

Program helps disadvantaged families improve their diets through education and better use of family resources."

The Yancey County aide is part of a state-wide team of 300 who assist families in 97 counties and Cherokee reservation, Mrs. Donnelly added.

The program now serves more than 60,000 persons from nearly 12,500 families. In addition, nearly 30,000 youth from low-income families take part in special youth activities, such as classes and camps.



HERE AND THERE.... In Burnsville

BY MRS. BRUCE WESTALL
682-2252

Mr. and Mrs. James Ray and Mrs. Ruth Shoals visited Mr. and Mrs. Gary Ray in Greenville, S.C. last Sunday.

Bruce Westall made a two day business trip to Charlotte, N.C. last week.

Mr. and Mrs. Leslie Hensley were on a business trip to Raleigh, N.C. last week.

Mr. and Mrs. Richard Peterson and Joanie of Greensboro, N.C. visited Mr. Peterson's parents, Mr. and Mrs. Guss Peterson last week.

Tommy McIntosh who teaches school in Great Falls, S.C. arrived home last week to spend the summer with his family.

Mrs. John Andrews of Williamsburg, Va. is visiting at the home of Mrs. John Bennett. They were classmates at Southern Conservatory of Music at Durham.

Mr. and Mrs. Alden Honeycutt visited Mr. and Mrs. Dover Fouts last week.

Mrs. Roger Derrough was hostess to a canasta luncheon at her home in Asheville on Thursday honoring her mother, Mrs. Troy Ray on her birthday. Fourteen women from Burnsville attended.

Mrs. Gaston Angel is a patient in Aston Park Hospital in Asheville.

Mr. and Mrs. Joe King and family of Spartanburg, S.C. spent the weekend with Mr. King's mother, Mrs. George King.

Mr. and Mrs. John Shepherd and family of Greensboro, N.C. visited Mrs. Shepherd's parents, Mr. and Mrs. Wesley Roberts for the weekend.

After 15 years the Fred Koches have a new water wheel paddling back of their house on Azalea Lane. Its twice as wide as the old one and has sixteen paddles and is painted fire engine red. Fred will grind your corn free if you will bring it by.

Mr. and Mrs. Mack Ray spent last weekend with Drs. Carolyn and David Cort and family in Richmond, Va.

James A. Ray of Miami, Florida spent last week with his mother, Mrs. Hobart Ray.

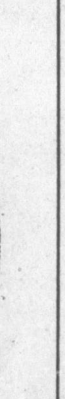
M/Sgt. and Mrs. Curt Keys of Wichita Falls, Texas are visiting Mrs. Curt's parents, Mr. and Mrs. Roy King. After a visit here and other places they leave for the Philippine Islands where they will be stationed.

Mrs. Mae Angel was admitted to Yancey Hospital on May 11 and transferred to Aston Park Hospital on Monday, May 27 where she is undergoing treatment.

"Burkie" Downing is visiting her family, Capt. and Mrs. G. A. Downing this week. She will return to Milwaukee, Wisconsin on Sunday after celebrating her father's birthday on June 7.

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BOOK CORNER BY Mrs. Gladys Coletta

Zelda, a biography by Nancy Milford, 1970. Pp. 383. Harper & Row, Publishers, N.Y.

"Pleasures are like poppies, spread; you seize the flower - its bloom is shed" -- Burns. Likewise, the lives of both Zelda and F. Scott Fitzgerald reflect their futile quest for pleasure, which left them no peace during the dizzy era of the Roaring Twenties. The biography of Zelda by Nancy Milford, reveals a life which flickered fitfully as a candle, soon burning itself out.

Neither Scott nor Zelda Fitzgerald could live with, or without, each other. Each expected the other to be a bulwark of strength, and in so doing, since neither could fulfill the other's expectations, both became failures in the eyes of their partner. It was as if in daring the other to be strong, a

weakness in each was revealed and reviled. Pleasure-mad and power-hungry, they rode the crest of the wave of their popularity until they were exhausted. The sky was the limit, and they lived dangerously.

Too much too fast courts disaster. Broken in mind and body, Zelda collapsed first and was confined many times to mental institutions. Scott, although weak and unstable, did not show the wear and tear of reckless living as much as she. However, alcoholism and tuberculosis took their toll of him ultimately. What began as the romance of the century ended with broken lives and heartaches. "Zelda came full circle to her origin. She was the American girl living the American dream, and she became mad within it."

Bank Introduces New Check Program

First-Citizens Bank & Trust Company has introduced the most innovative and consumer oriented check loan program of any bank in the Southeast.

The program, called Checkline Reserve, has two new features designed to meet the needs of the consumer in today's market. Lewis R. Holding, president of First-Citizens Bank, said,

The first key part of the new First-Citizens Bank program is lower interest rates. Interest charges are based on simple interest and the maximum charged will always be less than the legal limit allowed by North Carolina law.

Further, the interest rate charged the customer will be

determined by the customer's profile together with the customer's checking account relationship with the bank. Interest rates can be as low as 12 percent annual percentage rate.

The second feature relates to exact transfer of money needed. Most check loan programs make advances to checking accounts in \$100 minimums, while First-Citizens' new service will transfer only the exact amount of money needed to the customer's account. This aspect of the program reduces the interest charges, as the customer only pays interest on the exact amount he needs to borrow.

The program is available in all 200 offices of First-Citizens throughout North Carolina.

Full range of sizes											
	7	7½	8	8½	9	9½	10	10½	11	12	
D	X	X	X	X	X	X	X	X	X	X	
EEE	X	X	X	X	X	X	X	X	X	X	

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