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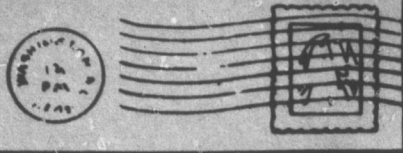
Date: Thursday, September 19th.,

Time: 9:00 A.M. - 11:00 A.M.

Beltone HEARING SERVICE
87 Patton Avenue
ASHEVILLE, N. C. 28801

Batteries Free Hearing Test Service

Letter To The Editor



Dear Editor:

In a few days an estimated 1,200,000 students will have enrolled in 1,965 schools within 149 local districts, to begin what we hope will be an exciting and learning experience for all of them.

Due to actions of the 1973-74 General Assembly our students, teachers, and administrators are better prepared for the new term than ever before. Expanded kindergartens, additional programs for more exceptional children, new courses in occupational education, more instructional materials, emphasis on reading skills, reduced class size, expanded physical education for the lower grades, and more help for teachers lead a long list of better learning tools and methods.

In the past few years we have noticed an upward trend toward more positive attitudes concerning our schools. We attribute this to the day-to-day activity of school administrators and other school personnel in communicating with citizens through the North Carolina news media. This has been accentuated by the emphasis placed on positive approaches to learning in individual schools and school systems. I firmly believe that the emphasis we have placed on communicating information, both from the state and local school systems, is leading to a better understanding.

Please let me take this opportunity to thank you and your staff for the very excellent state and local coverage of Education news during the past school term. As we begin a brand new year, we again ask for your cooperation, your understanding and your help in informing our citizens what public education in North Carolina is all about.

Sincerely,
A. Craig Phillips, N.C. School Superintendent

Named In Awards Volume

Kenny Ross Sparks, who lives on Georges Fork Road in Yancey County, has been selected for inclusion in the annual biographical publication "Outstanding Young Men of America" for the 1974 year, according to Doug Blankenship, Chairman of the Board of Advisors for the national awards publication.

Now in its tenth year, this volume is sponsored by leading men's civic, service and professional organizations. Criteria for inclusion are service to others, professional excellence, business advancement, charitable activities and civic and professional recognition. The young men chosen for this distinction are between the ages of 21 and 35.

Nominations for the awards publication are made by civic organizations, Jaycee chapters, college alumni associations and military commandants. The 1974 edition of "Outstanding Young Men of America" is scheduled for publication and national distribution in November of this year.

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener



As indicated in last week's Folk-Ways, a number of additional letters bearing comments on snakes have come our way. Perhaps some readers would just as soon have us drop the subject, but it remains a fascinating topic for many people.

Mrs. George Teague, of Kingsport, Tennessee, is such a person. In the following letter she testifies to the existence of a weed previously mentioned in Folk-Ways as an antidote for snake poisoning and also comments on other items recently discussed in this column.

"Like Mr. E. E. Judkins, I remember the jockey lots. When I was a very young child, I recall the one we had here in Kingsport. It was located behind Dobyns Taylor and I can recall traders, some on horseback, leading long strings of horses. Some came in wagons, bringing their families with lunches packed, prepared to stay all day. I didn't actually know just what was going on, but everyone seemed to be

enjoying themselves so much that I wanted to stop and join in.

"Parts of an article in a recent issue of a local paper prompted me to write this letter. The article was by a man interested in reptiles and he disputed a common belief of old timers that there is a weed that counteracts against venom poisoning. He did say, however, that blacksnakes are deadly enemies of poisonous snakes.

"I'd like to say for the benefit of those in doubt of there being a plant or weed that does act as a cure for venom poisoning that I can remember living in the hills of Virginia where we had many snakes, including the deadly rattler and the copperhead. We also had a dog called Call who hated snakes with a passion—I believe because he loved us kids so much and knew they were a danger to us.

"I have seen him bitten by them. He'd kill the snake as quickly as possible and immediately run off to the stream of water nearby and search out and eat a particular plant. He would lie down and chew on this plant for quite some time, but never do I recall Call ever being sick from a snake bite.

"I can also recall my mother telling of watching a black snake fighting with a copperhead. She said that each time the copperhead would get a good strike at the blacksnake, the blacksnake would quickly run off into a patch of weed and come back swallowing some kind of plant and start fighting again, finally killing the copperhead. My mother was a good Christian woman and a firm believer that God put a cure on earth for everything.

"One Indian friend of my mother's taught her how to make a poultice from boiling slippery elm bark that brought back my eye sight which a doctor had told my parents there was nothing he could do to

prevent my losing the sight of my eyes. Young as I was, I can remember my mother keeping those poultices on my eyes as hot as I could bear them. The poultices and my mother's prayers brought back my eye sight.

"Yes, I too believe God put a cure here for everything, and the way I find that cure is faith in Him."

Another report on healing by passing the body of the sick person through the split trunk of a tree. Jim Byrd, a resident of Valle Crucis, North Carolina, remembers a young boy being cured of the colic when passed through the trunk of a white oak tree which had been split by the use of large wooden wedges. According to Mr. Byrd, the boy recovered and lived to a ripe old age, but the tree died, possibly after being struck by lightning. A mound of stones still marks the spot at which the cure took place.

Readers who know the Valle Crucis area will be pleased to know that Valle Crucis Day, held August 17, was a tremendous success in making both visitors and area residents aware of its rich history and traditions. In addition, the Day helped to provide funds to bring needed repairs to St. Johns Episcopal Church, a small, beautiful white frame building which has served the community for over a hundred years.

A visit to Valle Crucis is always an enriching experience. Valle Crucis Day made Saturdays visit something special.

Please send all material to Rogers Whitener, Folk-Ways and Folk-Speech, Box 376, University Station, Boone, N.C. 28608.

Pollard's Drug Store
Dial 682-2146 Burnsville, N.C.

HEALTH NEWS

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

Verdict On Safety Caps

The verdict is out among pharmacists about safety packaging for drugs. Its problems, disadvantages and new dangers apparently outweigh any safety gains that these FDA-enforced child-resistant containers offer.

At the drug store level, everything from forcing, to smashing, to switching drug containers has been noted. Frustrated customers have employed the use of screw drivers, pliers, nut crackers and hammers to get into stubborn medicine vials. Demolished safety caps leave the drug contents vulnerable to the prowling hands of little toddlers as well as to the deteriorating effects of humidity.

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.



So, we must plead with you to use sound judgment in storing your medicines—especially around small children. If you have trouble, let us demonstrate the proper method for opening. Or, we'll dispense your medicine in non-safety containers. Just ask.

Foster Parents Meet

Foster parents for the Baptist Children's Homes of North Carolina in the western area of the state will meet

September 14 at Broyhill Home for a seminar on foster child care. Foster parents from Yancey County include Mrs. Ernest Miller of Burnsville.

The seminar will be conducted by Hugh Starnes, area administrator and Broyhill superintendent; Miss Evelyn Hornecker and Mrs. Gayle Blackney, social workers; and Robert Stump, coordinator of social work for the agency. Both licensed foster parents and foster home applicants have been invited to the event.

THE YANCEY JOURNAL
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Six Months \$3.12

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Six Months \$5.00

CAP Meeting

Mt. Wilderness Civil Air Patrol will meet every Monday night at 7:30 p.m. at the Mountain Wilderness Office, Pensacola, N.C. Anyone interested in joining this group will be welcome to attend any Monday night meeting. All visitors are welcome.

Yancey Health Dept.

Sept. 12, Thurs., Family Planning Clinic, Dr. Webb	8:00-12:00
Sept. 14, Sat., Immunization Clinic	8:00-11:30
Sept. 16, Mon., Immunization Clinic Nurse Screening Clinic	8:00-11:30 1:00-3:00
Sept. 17, Tues., Maternal Health Clinic, Dr. Hemphill	8:00-12:00
Sept. 19, Thurs., Maternal Nurse Clinic	4:30-7:00
Sept. 20, Fri., Eye Clinic Dr. Rogers	App't Only
Sept. 21, Sat., Maternal Nurse Clinic Immunization Clinic	8:00-12:00 8:00-12:00
Sept. 23, Mon., Immunization Clinic Nurse Screening Clinic	8:00-11:30 1:00-3:00
Sept. 24, Tues., Child Health Clinic, Dr. Holt	8:30-3:30
Sept. 25, Wed., Orthopedic Clinic [Avery County, Newland, Please Register before 11 a.m.]	8:00-11:00
Sept. 26, Thurs., Family Planning Clinic, Dr. Webb	8:00-12:00
Sept. 28, Sat., Immunization Clinic	8:00-11:30
Sept. 30, Mon., Immunization Clinic Nurse Screening Clinic	8:00-11:30 1:00-3:00

* NOTICE * * * * *

AT THE CLOSE OF BUSINESS SATURDAY, SEPT. 14, 1974. WE WILL DISCONTINUE TOP VALUE STAMPS IN OUR BURNSVILLE STORE. WE URGE YOU TO FILL YOUR SAVER BOOKS BY THIS DATE.

Thank you * * * * *
INGLES MARKETS
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OPEN ALL YEAR
SET. THRU MAY - DAILY 9-5
SUNDAY'S 12-5

REPORT FROM U.S. Senator JESSE HELMS

WASHINGTON—I have been pleasantly surprised to note that many people are highly interested in the details of how a Senator's office operates. They ask all sorts of questions—how many hours we work, how many days, how much mail we receive, how many telephone calls, how many visitors, etc. I never go to North Carolina that I am not asked many questions along these lines.

Each Senator is free to operate his office as he chooses. Some offices open at 9:00 a.m. Ours opens at 7:30, and more often than not you will find Vicki Davis answering the telephone cheerfully at 7:00 a.m. We almost never close the office until 7:00 p.m., or later. On Saturdays, we close shortly after noon.

BEST—I personally feel that we have the best staff in Washington, but I acknowledge a bit of affectionate prejudice when it comes to the fine gentlemen and ladies associated with me.

As for the work load, perhaps the statistics from 1973 will be indicative. We keep careful records, and I am informed that last year our office received 80,804 pieces of mail, 21,799 telephone calls, and approximately 14,500 visitors.

Some days, the mail runs as high as a thousand pieces. It averaged 311 per day last year. This year it has been even heavier.

The telephone calls average one every six minutes. Visitors to the office average almost 50 a day. Last year they came from 94 of North Carolina's 100 counties, and from 40 other states, and from twelve other nations.

LEGISLATION—Insofar as legislation is concerned, we have been even busier this year than in 1973. But last year was no breeze. In 1973, I sponsored or co-sponsored 105 bills and 30 amendments.

Roughly one-third of them were approved—and we came close on many others. For example, I was defeated by the margin of just one vote on an amendment that would have put an absolute end to forced busing of school children. I lost by a margin of only three votes when I submitted an amendment that would have required the Federal Government to operate on a balanced budget.

Back then, it wasn't fashionable to push for a balanced budget. But now, everybody is talking about it, including President Ford. It's the only way we're going to curb inflation.

This is something that the people of North Carolina have known for a long, long time.

WORK WEEK—I am often asked about my own schedule. I averaged about 70 hours a week on the job. Most mornings I am at my desk at home about 7:00 a.m., working on correspondence, or speeches. I rarely leave the office before 7:00 p.m., and generally it is absolutely essential that I take work home with me. It's necessary to do several hours of work every weekend, just to stay even with the work load.

Some of the old-timers in the Senate recall what they call "the good old days" of 25 or 30 years ago, when the Congress adjourned in late June. Senators had the rest of the year off in those days. Last year, the Senate was in session until two or three days before Christmas.

This is exciting work, but it isn't easy. Nevertheless, I shall always be grateful for the privilege of serving in the U.S. Senate for six years—or however long the people and/or the Lord ordain that I be here.

LUCKY BUYS for

FRIDAY the 13th



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1/2 Gallon..... \$4.60
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Gallons..... \$14.20
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