# SCHOOL

MENU FOR WEEK October 14-18

Hot Dog on Bun Mustard and Catsup French Fries Cole Slaw Peanut Butter Cookie Milk

Tuesday Fried Chicken or Barbecued Rice - Gravv Peas and Carrots Biscuits Pear Half



**Darrell Griggs** 

### **EY Names** Player Of The Week

Darrell Griggs is this week's "Player of the Week" at East Yancey. Darrell was awarded this honor for his dedicated effort, not only in this week's game against Polk Central, but in previous games also.

Although only a freshman, Darrell has been a starting tackle for the Varsity squad since the beginning of the year. For his determination shown throughout the year, East Yancey is proud to name Darrell as the EY Player of the Week, as it is felt he exemplifies the spirit of the Panther team this year.

"Player of the Week" is sponsored by David's Limited of Burnsville, a modern clothing store located on the corner ear

BY DONNA McLAIN

**Extension Homemaker** 

varied recipes have been sent in

this week for those who want to

add "something different" to

the daily meal menu. The first

recipe is a favorite of Donna

Muri, who is now sharing it with

CRESCENT LASAGNA

us through this column.

1/2 lb. ground beef

1/2 lb. ground sausage

3/4 cup chopped onion

tsp. parsley flakes

1/2 tsp. salt or more

6 oz. can tomato paste

Brown meat and onion; add

remaining ingredients and cook

Mix 1 cup cottage cheese, 1 egg

which has been slightly beaten,

and 1/4 cup Parmesan cheese

(7 x 4) slices mozarella

Unroll crescent rolls into a

large rectangle, slightly over-

lapping. Press all seams to-

gether by hand or with rolling

in. Do this on or transfer to a

ookie sheet (about 15 x 13).

Spread 1/2 of meat mixture down

one section of dough to within 1

ench of all edges. Top with

cheese mixture, add remaining

meat mixture and top with

Fold over dough to cover

illing and fold up and close all

edges making one very large

urnover. Pinch to seal. Brush

with milk; sprinkle with sesame.

May be prepared ahead. Bake

50 degrees (20-25 minutes).

Great for a Buffet. Cut in

squares--fold up and seal.

nozarella slices.

cans crescent rolls

tblsp. sesame seed

1/2 tsp. oregano

½ tsp. cumin

5 minutes.

Crust:

Cheese Filling:

tblsp. milk

dash of pepper

clove garlic (minced)

Quite a few delicious and

**Parent Day** (Universal Menu) Circus Submarine Sandwich Flying French Fries Barnum & Bailey Green Beans Big Top Fruit Cup Greatest Chips on Earth Midway Milk

Thursday Pinto Beans w/ Onion Cole Slaw Carrot Strips Apple Cobbler Cornbread Milk

Friday Spaghetti /w Meat Sauce & Cheese Tossed Salad w/ Dressing Orange Juice Vanilla Cookie



Inch By Inch, written and illustrated by Leo Lionni, was read to 47 "little people" this past Monday and Tuesday at the CHILDREN'S HOUR in the Yancey County Public Library. Following this story the children participated in a craft project making their own inch worms. The CHILDREN'S HOUR concluded with the film, "The Golden Fish."

Those children attending the programs were Pam Biggs, Renda Letterman, Nickie and Adam Fender, Pam Fain, Charis Fain, Reta Letterman, Marie Tipton, Chelley Edwards, Sam Robertson, Angela Hudgins, Sherry and Melisa Yelton, Wanda Fox, Michelle Buchanan, Shelby Parker, David Harrison, Wanda Moss, Greg Lane, Randy Allen, Ricky Allen, Diane Upton, Beth Ann Upton, Nancy Honeycutt, Norma Elkins, Eric Williamson, Theresa Silvers, Freddie Bean, Christie Hughes, Crystal Steirs, Sonya Shade, Jeff Shehan, Randy Kay, Royce Cresawn, Renee Cooper, Brandy Kaye Hemphill, Stephanie Shortinghouse, Alison Floyd, Scotty Cooper, Cary Turman, Christy Boone, Karen Maddox, Joel Hughes, Heather

From The Yancey Extension Homemakers

**CRISPY BAKED CHICKEN** 

2 cups dry bread crumbs

2 tsp. onion salt

1 tsp. pepper

serving pieces

11/4 tsp. garlic salt

1 tsp. savory leaves

1 tsp. curry powder

3/4 cup mayonnaise



Panthers Lose To Patriots

On Friday night the East Yancey Panthers played host to the Patriots of Polk Central in a Blue Ridge Conference encounter. The Panthers were on the short end of the score by a 37-0 count. The Panthers were dealt a serious blow early in the second quarter when halfback Tim Parker suffered a dislocated elbow. Parker had accumulated 74 yards on 10 carries prior to his injury. Parker will be lost for the next 3 weeks and will not play in any more conference games as the next 3 games are all against conference foes. East Yancey travels to Spruce Pine next week for a game against the Harris High Blue Devils. Everyone is urged to come out and support the team.

### Cane River News

The week has been a busy one at Cane River High School, with plans and projects aimed at winning the title of Homecoming Queen. This coming Thursday will tell the tale!

REBEL PLAYER OF THE WEEK The Cane River Rebels selected Dale Austin as our



Dale Austin

player of the week for his outstanding game against the Tryon Tigers on Friday night, September 27. Dale made a great deal of individual tackles plus making several good runs for the night. Dale broke his leg earlier in the year, but has recovered since. He appears to be playing at his best for the last half of the football season.

Congratulations Dale Austin, "Cane River Player of the Week".

#### **VENTRILOQUIST COMES** TO CANE RIVER

Mr. Hans Silvers from Southeast School Assemblies presented a show at Cane River on Tuesday, October 1, using ventriloquism. "Walter" and "Sparky-Malarky" as his partners helped him present a truly fascinating performance. He also chose two persons from the audience to assist him in his performance. He used ventriloquism on them.

**FHA MEETING** 

The Cane River chapter of Future Homemakers of America Club had a meeting on September 26, 1974 for the purpose of selecting officers. They also planned a trip in the near future to select the carpet for the living room and a trip to the Asheville Mall.

The officers elected were as follows: President, Stephanie Angel; Vice-President, Myra Cooper; Secretary, Sherry Silvers; Treasurer, Chris Silvers; Historian, Debbie Deyton; Parliamentarian, Linda Hylemon; Chaplain, Karen Randolph; Song Leader, Liz Edwards and Reporter, Elizabeth Higgins.

For Rural

The loan authorities of the

Farmers Home Administration

were specifically enacted by

Congress to provide a supple-

mental source of credit for rural

people to finance their actual

needs, at rates and terms they

can reasonably be expected to

pay. The loans serve primarily

one purpose, to assist in

following loans are available to

Within our authorities the

Farm Ownership Loans:

These are available to purchase

land; refinance debts under

certain conditions; construct,

repair or improve buildings;

improve farm land; develop

water facilities and establish

farm base business enterprises

to supplement farming income.

Qualified persons who will get a

substantial share of their

income from farming may

available to buy livestock,

equipment, feed, seed, fertili-

zer, birds, or supplies for farm

and home operations; refinance

debts under certain conditions;

make minor real estate im-

provements; establish non-farm

enterprises to supplement farm

income. Eligible operators of

not larger than family farms

may secure this loan.

Farm Operating Loans: Are

obtain these loans.

increasing family income.

eligible applicants.

**Families** 

#### pan with pastry; add apple mixture, heaping in center. Top 2 (2½ lb.) broiler-fryers, cut in with remaining pastry; seal and flute edge. Prick top with fork. Bake at 425 degrees for 40-45 **FHA Loans** Combine bread crumbs,

savory and curry powder. Coat **HONEY CRISP** chicken pieces with crumb mixture. Place in 151/2 x 101/2 x 1 11/2 cups flour inch jelly roll pan, skin side up. Bake in hot oven (400 1/2 tsp. salt

degrees) 15 minutes. Remove from oven. Brush chicken pieces with mayonnaise. Reduce oven temperature to slow oven (300 degrees) and bake 1 hour or until chicken is tender and golden. Makes 8 servings.

onion salt, garlic salt, pepper,

**FROZEN SLAW** 

(Barbara Lovelace, former Burnsville resident) 2 medium heads cabbage 6 green peppers chopped 8 onions, chopped 1 qt. white vinegar 1/3 cup salt or less

4 cups sugar 1/4 tsp. pepper 1 small jar pimento (optional) Celery or mustard seed (if

desired). Mix chopped vegetables together. Mix vinegar, salt, sugar, and celery or mustard seed. Boil, pour over vegetables. Mix and pack into freezer container. Liquid should cover vegetables. Makes about 4 quarts. Recommended to keep not longer than 2 months or keeps indefinitely in the refrigerator.

**HONEY CREAM** APPLE PIE

1/2 cup dairy sour cream 3/4 cup honey 1/4 tsp. salt 1 tsp. cinnamon 1/2 tsp. nutmeg 6 large, tart apples, sliced thin (6 to 7 cups slices) Pastry for 2-crust pie

food news & cues

Combine sour cream, honey, salt and spices; add sliced apples; mix well. Line 9-inch pie minutes, or until apples are

#### **COFFEE CAKE**

2 tsp. baking powder ½ cup sugar 1 egg beaten 1/2 cup milk

3 tblsp. melted shortening **Honey Crisp Topping**] Sift together flour, baking powder, salt and sugar. Combine egg, milk, and shortening; add to flour mixture, stirring until mixture is smooth. Pour into greased 8 or 9 inch cake

degrees about 25 minutes. **HONEY CRISP TOPPING** 3 Tablespoons butter or marg.

pan. Top with Honey Crisp

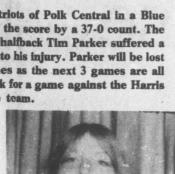
Topping and bake at 400

1/3 cup honey 1/4 cup shredded coconut (or flaked)

½ cup crushed corn flakes 1/2 cup drained pineapple

Cream together butter or margarine and honey until light and fluffy. Add remaining ingredients, mix thoroughly. Spread on coffee cake before





Ginger McCurry

### In Awards Volume

Ginger McCurry, a senior at Cane River High School, was recently notified that she is to be featured in the Eighth Annual Edition of "Who's Who Among American High School Students, 1973-74".

Students from over 20,000 public, private and parochial high schools throughout the country are recognized for their ership in academics, athle tics, activities or community service in the books.

Ginger is the daughter of Mr. and Mrs. Clyde Cordell of Route 2, Green Mountain. She is active in the DECA Club, Pep Club, VICA Club and in other

Ginger hopes to join the U.S. Navy upon graduation in June.

### Ed Hensley Attends Seminar

Ed Hensley of Yancey Styling Barber Shop in Burnsville, was among the hairdressers and barber-stylists from throughout the country who attended a three-day scientific educational seminar on September 22, 23 and 24 at the Waldorf Astoria Hotel in New York.

Educational lectures and demonstrations were scheduled for small groups of professionals with special attention concentrated on reconditioning, permanent waving, hair coloring and new processes for radial,

blunt and geometric hair cut-

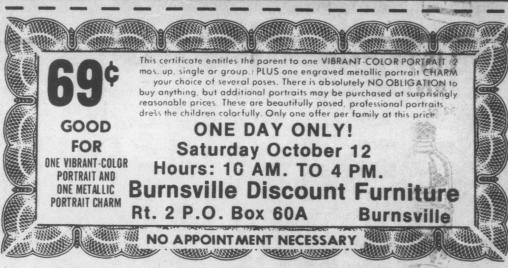
According to Ed Hensley, the geometric cut is a new cut being instituted at Yancey Styling Barber Shop. "We are now taking appointments for the geometric cut on Wednesdays only," said Ed. He added that sessions at the seminar also were devoted to photomicrography, a system used for hair analysis, which is directed toward the improvement of customer services.

The group of barber-stylists also heard the latest research

findings concerning hair structure and cosmetic chemistry from the fields of bio-chemistry, bio-physics, and medical science. At the close of the seminar awards were presented to attending professionals for their achievement in the study of the Scientific Approach to Hair-dresing and Barber-styling.







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