

# SCHOOL Lunch Menu

MENU FOR WEEK  
October 14-18

Wednesday  
Parent Day  
(Universal Menu)

- Monday**  
Hot Dog on Bun  
Mustard and Catsup  
French Fries  
Cole Slaw  
Peanut Butter Cookie  
Milk
- Tuesday**  
Fried Chicken or Barbecued  
Rice - Gravy  
Peas and Carrots  
Biscuits  
Pear Half  
Milk
- Wednesday**  
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  
Roll  
Vanilla Cookie  
Milk



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 east of the square.



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, Shelley Edwards, Sam Robertson, Angela Hudgins, Sherry and Melissa 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 Stears, 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 McIntosh, and Traci Buckner.



## 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.

## FHA Loans For Rural Families

The loan authorities of the Farmers Home Administration were specifically enacted by Congress to provide a supplemental 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 increasing family income.

Within our authorities the following loans are available to eligible applicants.

**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 obtain these loans.

**Farm Operating Loans:** Are available to buy livestock, equipment, feed, seed, fertilizer, birds, or supplies for farm and home operations; refinance debts under certain conditions; make minor real estate improvements; establish non-farm enterprises to supplement farm income. Eligible operators of not larger than family farms may secure this loan.



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 leadership in academics, athletics, 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 activities.

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 cutting.

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-dressing and Barber-styling.



**BOTH** for only **69¢** NO HANDLING CHARGES!

Only at our store!

Your child's portrait IN BEAUTIFUL Vibrant-Color & YOUR CHILD ON AN ENGRAVED METALLIC portrait charm

**Bonus!** GROUPS and FAMILY PORTRAITS NO EXTRA CHARGE!

Take advantage of our FABULOUS 'get-acquainted' offer - CLIP THIS VALUABLE COUPON NOW!

**69¢** GOOD FOR ONE VIBRANT-COLOR PORTRAIT AND ONE METALLIC PORTRAIT CHARM

**ONE DAY ONLY!**  
Saturday October 12  
Hours: 10 AM. TO 4 PM.  
**Burnsville Discount Furniture**  
Rt. 2 P.O. Box 60A Burnsville

NO APPOINTMENT NECESSARY

IF YOU CANNOT USE THIS CERTIFICATE, PLEASE GIVE IT TO A FRIEND

## From The Yancey Extension Homemakers food news & cues

**BY DONNA McLAIN**  
Extension Homemaker

Quite a few delicious and 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 us through this column.

**CRESCENT LASAGNA**

Filling:  
1/2 lb. ground beef  
1/2 lb. ground sausage  
1/4 cup chopped onion  
1 clove garlic (minced)  
1 tsp. parsley flakes  
1/2 tsp. oregano  
1/4 tsp. salt or more  
1/4 tsp. cumin  
dash of pepper  
6 oz. can tomato paste

Brown meat and onion; add remaining ingredients and cook 5 minutes.

Cheese Filling:  
Mix 1 cup cottage cheese, 1 egg which has been slightly beaten, and 1/4 cup Parmesan cheese

Crust:  
2 cans crescent rolls  
2 (7 x 4) slices mozzarella  
1 tblsp. milk  
1 tblsp. sesame seed

Unroll crescent rolls into a large rectangle, slightly overlapping. Press all seams together by hand or with rolling pin. Do this on or transfer to a cookie sheet (about 15 x 13). Spread 1/2 of meat mixture down one section of dough to within 1 inch of all edges. Top with cheese mixture, add remaining meat mixture and top with mozzarella slices.

Fold over dough to cover filling and fold up and close all edges making one very large turnover. Pinch to seal. Brush with milk; sprinkle with sesame.

May be prepared ahead. Bake 350 degrees (20-25 minutes). Great for a Buffet. Cut in squares-fold up and seal.

**CRISPY BAKED CHICKEN**

2 cups dry bread crumbs  
2 tsp. onion salt  
1 1/4 tsp. garlic salt  
1 tsp. pepper  
1 tsp. savory leaves  
1 tsp. curry powder  
2 (2 1/2 lb.) broiler-fryers, cut in serving pieces

Combine bread crumbs, onion salt, garlic salt, pepper, savory and curry powder. Coat chicken pieces with crumb mixture. Place in 15 1/2 x 10 1/2 x 1 inch jelly roll pan, skin side up.

Bake in hot oven (400 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.

**FROZEN SLAW**

(Barbara Lovelace, former Burnsville resident)

2 medium heads cabbage  
6 green peppers chopped  
8 onions, chopped  
1 qt. white vinegar  
1/2 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 CRISP COFFEE CAKE**

1 1/2 cups flour  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 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 pan. Top with Honey Crisp Topping and bake at 400 degrees about 25 minutes.

**HONEY CRISP TOPPING**

3 Tablespoons butter or marg.  
1/2 cup honey  
1/4 cup shredded coconut (or flaked)  
1/2 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 baking.

**HONEY CREAM APPLE PIE**

1/2 cup dairy sour cream  
1/4 cup honey  
1/4 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
6 large, tart apples, sliced thin



## Inflation Fighters

### Roberts-Corn-Chevrolet Vows to fight inflation with these 1974 Buick prices. Now in stock.

<p><b>LeSabre Luxury 2 Door Sport Coupe</b></p> <p>Stock No. 299</p> <p>Inflation Fighter Price \$4496<sup>00</sup>*</p> <p>Sticker price \$5608<sup>05</sup></p>	<p><b>Electra 4 Door Hard Top</b></p> <p>Sticker Price \$7378<sup>00</sup></p> <p>Stock No. 590</p> <p>Electra 225 Hardtop Sedan</p> <p>Roberts-Corn Inflation Fighter Price \$6105<sup>00</sup>*</p>
<p>Stock No. 371</p> <p><b>Grand Sport Coupe Fully Loaded</b></p> <p>List Price \$5332<sup>00</sup></p> <p>Our Price \$4325<sup>00</sup>*</p>	<p><b>Apollo 4 Door Sedan</b></p> <p>Inflation Fighter Price</p> <p>Sticker Price \$3902<sup>00</sup></p> <p>\$3521<sup>00</sup>*</p> <p>Apollo Sedan Stock No. 478</p>
<p>Stock No. 410</p> <p><b>LeSabra Deluxe Coupe</b></p> <p>Fully Equipped Dem.</p> <p>List Price \$5565<sup>00</sup></p> <p>Roberts-Corn Inflation Fighter Price \$4358<sup>00</sup>*</p>	

See These Inflation Fighter Specials At

# Roberts-Corn Chevrolet

Your One Stop Sales And Service

Burnsville Phone 682-6141

\*plus sales tax and dealer prep.