


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



PHARMACY COMMENTS

Your Rx Specialists:
Charles Gillespie, Jr.,
and Ferrell McCurry

New Year's Resolutions Not for Sissies

Here's a New Year's Resolution that'll enable you to climb Pikes Peak and do calisthenics when you get to the top! It's a 14-day "make-yourself-over" Rx that'll make you more alert, more awake, and more alive. Ready? It's worth a try.

1st day - Replace white flour with whole grain foods. 2nd - Avoid extra salting of foods. 3rd - Remove sugars. 4th - Use dairy products daily and 5th, also, fresh fruits. 6th - Drink 6-8 glasses of water each day and switch water softeners only to hot spigots. 7th - Eliminate caffeine. 8th - Give up alcohol. 9th - Limit meats, especially smoked, fried, or processed meats. 10th - Eat fish weekly. 11th - No more volatile condiments. 12th - Limit spinach and rhubarb. 13th - Stop smoking. 14th - Use cooking utensils made only of Pyrex, stainless steel, and enamel.

Follow this Rx plan and you can't help but feel great! We try to give you the best prescription service at the lowest possible price. Always feel free to call us.



March Of Dimes Grant Approved

Dr. Len D. Hagaman, Chairman of the Watauga County Medical Advisory Committee for The National Foundation March of Dimes recently approved a medical service grant of \$52,711.00 for a two year period beginning January 1, 1975. Witnessing the approval was George C. Thomas, Volunteer Director for the Blue Ridge Council of Chapters of The March of Dimes and Stanley Hunter, Health Administrator for the Appalachian Health District which includes Alleghany, Ashe, Mitchell, Watauga and Yancey Counties. This grant will enable clinics which were established under MC-80 to be utilized to full capacity. MC-80 grant was for \$62,000.00 and will end on December 31, 1974. Part of the necessary money to provide certain parts of the services included in the grant will be supplied by local county commissioners. The March of Dimes is pleased to have the cooperation of local governments in instituting this health service to these counties.

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener

Experiences with and comments on water witching or divining continue to come our way, the two most recent letters from Bristol, Tenn. and Bristol, Virginia, respectively.

The first, from J.H. McGlothlin, of Route 6, Bristol, Tennessee, extols the use of copper wire as a witching tool. In the following paragraphs he describes its use:

"I have found several water wells, but I use two copper wires. You take two wires about 18 inches long and bend about 2 inches down. Place a wire in each hand and close all fingers tightly around the bend; then extend the thumbs forward on the wire.

"Walk slowly back and forth over the ground where you want to find water. When you cross a source of water the wires will cross. When you are over the water the wire will come back to a forward position. By the way, you hold the wire out in front of you with your elbows pressed to your sides.

I HAVE NEVER MISSED
"I have never missed finding water. I can't tell you how deep down, but it seems the closer the water is the stronger the wire will cross when you come over the stream.

"I have also seen people find water with a peach tree limb with a dime in the end of a forked branch, but it didn't work for me. The copper wire has not failed me yet."

Mr. O. T. Powell, of Bristol, Virginia, relates his experience with "witching" in locating water on his property in Bristol in the mid-thirties:

"About 1935 I built outside the city limits of Bristol, Va. and since city water was not available, I had to drill a well.

DIDN'T BELIEVE IN IT
"A very good friend of mine heard about this and told me I should let him test the ground to determine if I could locate water without having to drill too deep, and he explained his method of water witching. I told him I didn't believe in this stuff. Well, he insisted so much and said it was free and why take a chance.

"The day of the test he showed up with a forked branch cut from a locust tree. My wife and I decided one would walk on each side of this friend and watch him closely, for we had been told by many non-believers that they would twist the branch in their hands. The walk across the 200 foot started with my wife and I watching closely all the way; finally about 3/4 of the way across the lot the upright end of the branch started quivering and down it went, breaking off in his hand. I was sold on this so fast that I insisted on putting a stick in the ground right there. He then started from the opposite side of the lot and the stick went down at the same spot.

"When the well driller arrived from Roanoke, Va. he asked if I wanted him to drill near my basement so I could place the pumps inside the basement and I said, 'See that stick in the ground, I want your bit to start right on that spot.' He said, 'You must have had a water witch' and when I told him I had one he stated there was nothing to this.



STRUCK A BIG STREAM

"We drilled and struck a big stream about 94 feet down and it served us well for many years and some of our friends that had stomach trouble and couldn't drink treated water would come weekly and get jugs of drinking water. We enjoyed this well, but finally the city water became available and our pump went out, so we tapped on."

A reader has asked me to help him locate a water witch in the Brevard, North Carolina area. If there is such a person in or near Brevard I would be happy to pass on the information.

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

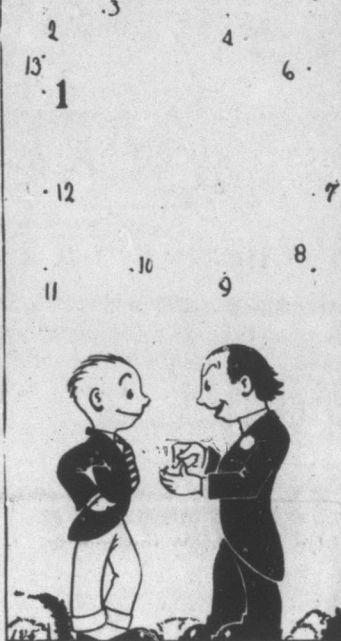
SCHOOL Lunch Menu

MENU FOR WEEK
December 30-January 3

Monday	
Hot Dog on Bun	
Pork and Beans	
Cole Slaw	
Graham Cracker w/Peanut Butter	
Milk	
Tuesday	
Sloppy Joe on Bun	
Whipped Potatoes	
Tossed Salad	
Tangerine	
Milk	
Wednesday	
Holiday (New Year's Day)	
Thursday	
Luncheon Meat and Cheese Sandwich	
French Fries	
Carrot Strips	
Yellow Cake w/Chocolate Icing	
Milk	
Friday	
Vegetable Beef Soup	
1/2 Toasted Cheese Sandwich	
Saltines	
Orange Juice	
Cinnamon Bun	
Milk	

MOTHER GOOSE DOT PUZZLE

A COUPLE OF GOOD TIPS.
To forget a wrong
is the best revenge
To become an
all-round person
be on the



JOE LOUIS
WAS BOXING
CHAMP FOR
12 YEARS!

Dean's List Students

[Cont'd from page 1]
Delilah Whiteside, Janice Woody.

EARLY CHILDHOOD SPECIALIST

Sue Fox, Marcia Goodfellow, Letha Harrison, Debra McKinney, Helen McKinney, Loretta Smith, Phyllis Tomberlin, Sandra Waycaster.

AUTOMOTIVE MECHANICS

Donald Blevins, Ernest Crain, Frank Chandler, Tony Crowder, David Fisher, Kim Greasamar, Andrew Haynes, Roger Huskins, James Lovelace, Lewis McEntyre, Frank Painter, William Pauley, Earl Peterson, Wheeler Bendley, Donald Peterson, Stanley Ray, Billy Simmons, Phillips Simmons, Samuel Swann, Samuel Thomas, Kenneth Weatherman, Mitchell Westall.

PRACTICAL NURSE EDUCATION

Joanna Brookshire, Pauline Hughes, Eileene Stacks, Marie Wright, Amoret Wiley, Sandra Parsons.

ELECTRICAL INSTALLATION

George Bailey, Bill Buchanan, Harley Campbell, Gary Hall, Warren Holtsclaw, Harold

Hughes, Lynn Larson, Calvin Lewis, Henry McCurry, Philip McKinney, Michael Hise, Darrel Pitman, Paul Randolph, Robert Sluder, Edward Sparks, Kenneth Sullins and Glenn Westall.

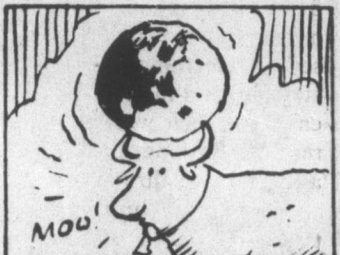
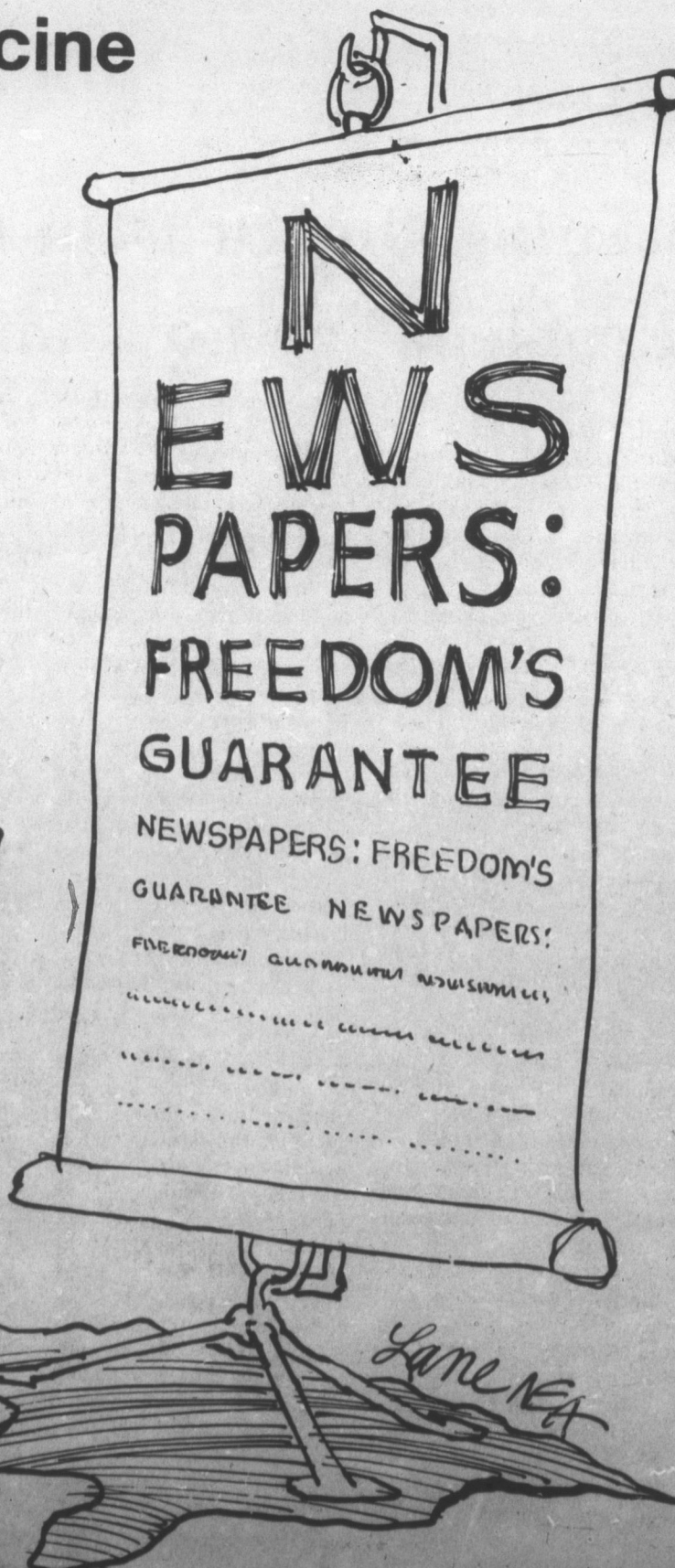
LIGHT CONSTRUCTION

Kenneth Allen, Alfred Benfield, Edward Braswell, David Buchanan, Wayne Brewer, Robert Buchanan, Woodrow Buchanan, Jimmie Byrd, Dean Calloway, Joseph Caruso, Bobby Freeman, Marion Glenn, Glen Greene, Randy Hall, George Ingram, James Jones, Sam King, Darrell McKinney, Guy Miller, Doyle Mirtsching, Oliver Nyberg, Gerald Pendley, Sherrill Pittman, Howard Presnell, Vernon Presnell, Keith Rathbone, Wesley Silvers, Wade Thompson, Kenneth Whorton, Lonnie Wilson, Archie Wright.

COSMETOLOGY

Judy Beaver, Betty Black, Delores Clark, Joe Connell, Toni Greene, Joyce Higdon, Patsy Jarrett, Martha Jarvis, Carolyn Letterman, Rebecca McKinney, Darrell Nanney, Elaine Pritchard, Sandra Shuford, Jeannie Smith, Louise Stamey, Velma Sturgill.

Preventive Medicine



Indian folk tales speak of a white cow who supports the earth on her horns.

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.

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AFTER CHRISTMAS CLEARANCE

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