

We need each other.
The Army Reserve. It pays to go to meetings.

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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PHARMACY COMMENTS

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

This Week Local Pharmacy Week

It's my privilege to declare the last of January, which is normally designated as National Pharmacy Week, as Local Pharmacy Week. . . Why? Simply to emphasize to my customers that they are guaranteed certain rights as long as they fill their prescriptions in my pharmacy. These include the Right: 1) to know your prescription cost before it is filled; 2) to expect detailed instructions from me for taking medication; 3) to expect me to carry a full inventory of medications for your convenience; 4) to receive high quality, fresh medication as prescribed by your doctor at the lowest possible cost; 5) to expect total confidentiality of information in your prescriptions and records; and 6) to have the right to consult with me on any questions or problems regarding your medication.
Safety First - If you see more than one physician, be sure each knows about all medicines you're taking.
No. 1 Week of 1/20/75

Folk Ways and Folk Speech

of SOUTHERN APPALACHIA
with Rogers Whitener



There is a tendency to think of folklore as something only of the distant past, preserved through generations by way of custom and tradition. Actually it is still being created every day by the circulation of stories, songs, sayings, and other materials by specific groups of people.

Some of the contemporary folklore is just as fascinating as that of the past. A case in point is a story heard in a number of versions in recent months about how Sugar Mountain, now the site of a southern Appalachian ski resort, got its name.

LEGEND GREW
Supposedly the legend grew out of continued questions by flatland skiers about the origin of the name: "Did the mountain people tap maple trees on the slopes for sugar? Was it because sunlight on the mountain top made the snow look like sugar?"

Employees, faced with such questions on a day-to-day basis, eventually came up with a tongue-in-cheek response that might vary with the storyteller.

"Oh, no, Ma'am, that's not how the name came about. Fact is it comes from what was once the finest

sugar mine in these mountains. See that cleared section up the mountainside where the ski lift operates? Well, that used to be the route of a narrow gauge track that went clear to the top of the mountain where the mine was located.

"Several times a week they'd run what they called the sugar cart up to the mine, fill it up, and then run it back down the mountain. People knew what days it operated, and they'd come from miles around with their pokes and buckets to pick up their sweetmin'-saved them the trouble of boiling down maple syrup or making sorghum.

SUGAR MINED OUT
"Course, after a time the sugar was mostly mined out, and they closed the shaft when the country stores began to lay in supplies of the commercial stuff. But before the trees and underbrush could grow up over the tracks, the ski people came in and started installing that lift you see operating. Next time you go to the top ask the lift attendant up there where the mouth to the sugar mine is. Who knows- price of sugar being what it is and use with these mild winters of late, they may give some thought to startin' up that sugar cart again!"

DITTIES AND COUPLETS
Folk-Ways rounds out this installment with what Edwin Judkins, a regular contributor, calls ditties and couplets. His note of introduction follows:

"Ditties and couplets have always intrigued me. Some of the following might be verses of a song as far as I know. In the first one I do not make fun of my black friends (throughout my life they have been legion), but it records a historical fact. It goes back to

the underground railroad when slaves were smuggled north and to freedom."

Run, Negro, run the patrol will catch you.

That Negro ran, that Negro flew.

That Negro tore his shirt in two.

A sheep shells corn with the rattle of his horn
And I never saw the likes since I have been born.

Some like cabbage, some like kale.
I like possum, all but its tail.

When you buy meat you get bone;
When you buy land, you get stone.

"My father-in-law, Mr. Robert Gray, who was city engineer for Bristol, Virginia, for many years liked to sing this one:
When I was in Ireland I'll have you know
It took six little boys to milk an old ewe.
Twi at the head and twi at the hams,
And twi little boys to keep off the lambs."

If readers know tall tales, legends, stories that might be used in this column, they would be gratefully received. Please send all material to Rogers Whitener, Folk-Ways and Folk-Speech, Box 376, University Station, Boone, N.C. 28608.



Celebrates 92nd Birthday

Mr. Rassie Proffitt of Route 3, Burnsville celebrated his 92nd birthday on Monday, January 20, 1975. Pictured above holding his birthday cake which he made himself (he is a great cake-baker), he said he has made many a cake in his lifetime. Mr. Proffitt has been married 61 years to Janie Jones Proffitt who will be 82 years of age in October. The Proffitts have five children, eleven grandchildren and 21 great-grandchildren. Many relatives and friends visited Mr. Proffitt on his birthday to wish him well.

Census To Provide Statistics

The 1974 Census of Agriculture being conducted by the Bureau of the Census will bring up to date farm statistics collected for the year 1969 when the last farm census was taken.

W.C. Bledsoe, County Extension Chairman, says that cooperation from every farm and ranch operator is needed in order to insure an accurate measurement of changes. He stresses that the Census Bureau must have a good report from each operator if census is to be complete and accurate. The report forms (questionnaires) mailed out about January 1, should be filled out and mailed back as early as possible.

Nothing is revealed in the published reports that might disclose information about an individual operator. The data are combined into county and State totals that provide benchmarks for keeping up with changes in farming. The Census of Agriculture, taken every five years, is the only source of statistics on agriculture that are comparable, county by county, on a nationwide basis.

WE CAN MAKE IT HAPPEN
4-H
It's Happening At 4-H
BY: JOHNNY HENSLEY PATSY FLEMING
PEGGY McQUADE

The Yancey County 4-H Council met Monday, January 6. Sharon Runion, state 4-H Vice President, presented the program on her recent trip to the National 4-H Congress in Chicago, where she was named national winner in the 4-H Leadership Program. Sharon is the daughter of Mr. and Mrs. Robert M. Runion of Bakersville.

Several items of business were discussed in the business meeting. Included was a discussion of the statewide 4-H Zoo project. The Council voted that Yancey County 4-H'ers would participate in the project. By participating in the project, Yancey 4-H'ers would be joining with other 4-H'ers across the state in raising money to buy an animal for the North Carolina Zoo.
Also discussed was the 4-H Talent Show and Fashion Revue. A tentative date was set for Friday night, April 4.

Any 4-H'er may enter the Talent Show or Fashion Revue, so those who are interested in entering should be working toward the date of April 4.
The meeting was presided over by Debbie Miller, 4-H County Council President. Others attending were Rod Shepherd, Lisa Shepherd, Sharon Yuziuk, Jeff Yuziuk and Mary Banks from the Burnsville Club; Jan Blair, Tammy McKinney, Penny Fox and Mrs. John Blair from the Clearmont Club; David Autrey and Tony Laws from the South Toe Club.

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Students On Dean's List

Doyle Byrd, son of Mr. and Mrs. Ralph Byrd of Burnsville, has completed his first semester of his sophomore year at the University of North Carolina at Charlotte with a 3.80 average. Doyle is majoring in Engineering.

Academic honors at Western Carolina University have been earned by Norris L. Dover, Wesley B. Hensley, Harrison D. Tyner, and Warren C. Webb for the 1974 fall quarter, according to an announcement by Dr. J. Stuart Wilson, vice chancellor for academic affairs.

Students on the dean's list must earn a quality point ratio of 3.0 on a scale of 4.0 for a regular quarter's work of not less than 12 quarter hours.

Two persons from Burnsville are among 184 students of Berry College near Rome, Ga. who have been named to the Dean's List for academic achievement during the fall quarter.

They are Cathy Deyton, daughter of Mr. and Mrs. O.W. Deyton, and Janice Hunter, daughter of Mr. and Mrs. Edgar Hunter.
To be named to the Dean's List at Berry, a student must carry at least 12 hours of study and earn a grade point average of not less than 3.5 on a scale of 4.0.

Ben F. Geouge Jr., son of Mr. and Mrs. Ben F. Geouge of Burnsville, and Ingrid Abegaz-Hassen, daughter of Bessie R. Jordan of Burnsville, have been named to the Dean's List at Warren Wilson College. In order to qualify for the Dean's List, the student must earn a 3.50 average in at least 12 semester hours credit.

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