

Charles Gillespie
& Ferril McCurry's

HEALTH NEWS

from Pollard Drug

Get rid of roaches naturally!

Not only are roaches embarrassing and nerve wracking, but they pose a health hazard as well. If you'd like to get rid of such pests by natural and biological means instead of possibly harmful insecticides, here's a great tip.

Use boric acid powder. Get it at our pharmacy. Put it everywhere you have roaches — in floor moldings, cracks, corners, cabinets, shelves, drawers, and around the plumbing. Be sure to keep it away from food and dishes. And always store it in the original container, clearly marked and out of reach of children.

Rx Tip: Don't use a tranquilizer over long periods of time without seeing your doctor.

Dial 682-2146

Pollard's Drug Store

Burnsville, N.C.

Letter To The Editor

Dear Editor:

I want to express my appreciation to Ray Dorsett for the article he wrote on conservation in The Yancey Journal January 15. Thank you for calling these important matters to the attention of all the citizens of Yancey County. We all need to be reminded of ways we can live better lives; at home, with our neighbors, and in caring about our external environment.

Also, I want to thank Sue Larson for her excellent articles on two of the many artists in this community.

I would like to see more articles like those mentioned appear in the Journal throughout the year.

Sincerely,
Leona Markman
Rt. 4, Box 146A, Burnsville

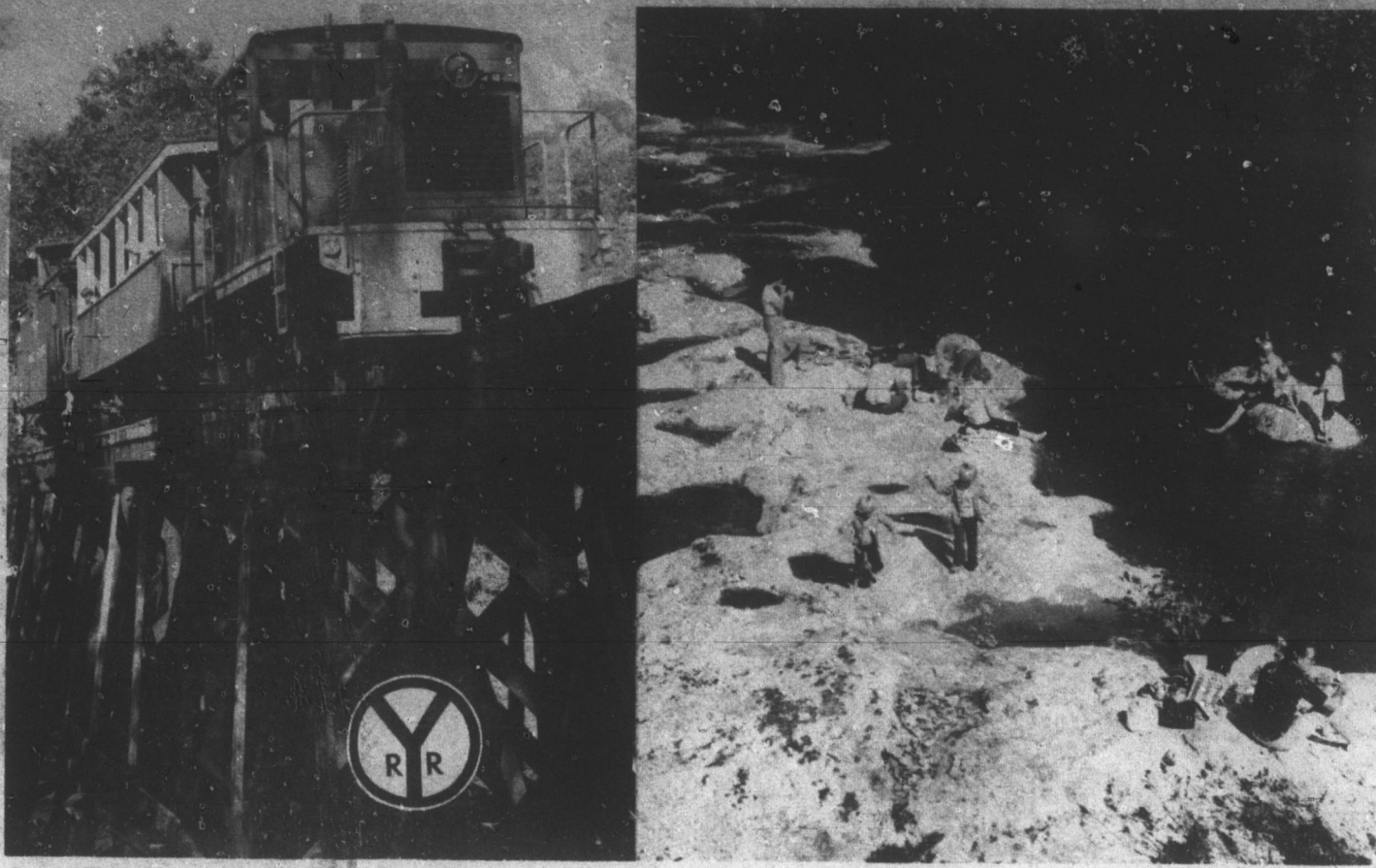
From The Editor's Desk:

The Burnsville Little Theatre has been in existence for a year and a half, and in this time the Company has produced "Billie's Spirit" and "Early Frost" and is currently producing "The Fantasticks". The first two productions have been benefits for community needs, the proceeds having gone to help the Blue Ridge Hospital System and the Yancey Library.

The Little Theatre group has asked nothing from the community except their moral [not monetary] support and appreciation for their efforts. The cast and production crew spends many long hours on the plays, giving freely to make a quality production possible. No one is paid for their time and services.

Now the Burnsville Little Theatre is presenting a musical, "The Fantasticks" on Saturday night, 8:15, in the Burnsville Elementary School Gym. Admission is only \$2 for adults and \$1 for students. Much time has been spent in working on and coordinating the music and the choreography. Bill Wilson, Artist in Residence at Mayland Technical Institute has been working free with local talented people in this production, which is a highly acclaimed musical and definitely family entertainment. It promises to be a memorable evening.

This is a chance for everyone to "give" a little of themselves by attending the play and to "gain" a wonderful experience by so doing. The Little Theatre needs community support—support only possible with your presence.



Storytelling Photo By Brian Westveer

New Product For New Year

The Spruce Pine Junior Women's Club is offering to civic clubs, schools, family groups, and churches a "Fun-Filled Adventure." "A Unique Fund Raising Opportunity", or both. The SPJWC will charter the Yancey Railroad for you on a Saturday or Sunday. Your group will leave the Burnsville station for a 4½ to 5 hour rail trip from the slopes of Mt. Mitchell, down the South Toe River gorge, to Kona Island in the confluence of the North and South Toe Rivers. At Kona your group will picnic, wade, hike, and enjoy the natural beauty of the wilderness. A church group could even recreate a Jordan River preaching experience and conduct Baptisms.

The Yancey is a real, working railroad over seventy-five years old. The Yancey offers twelve miles of winding track, the

sparkling South Toe River, and a roadless wilderness full of wildlife and beauty. Nothing commercial in the manner of carnival rides, train robbers, or foodstands destroys the mood of this adventure into the past.

Your group may charter the Yancey from the Spruce Pine Junior Woman's Club for a family, church, or school picnic just for fun. Your group may also charter the Yancey, sell tickets in your hometown area, and use the profit for a worthwhile cause. A slide-sound color program is available to clubs and civic organizations interested in chartering the Yancey Railroad. An illustrated folder will be mailed to interested persons who send 13c postage to SPJWC RAMBLER, Box 444, Spruce Pine, N.C. 28777.

Grant For Weekend Respite

[Cont'd from page 1]

person can be enrolled and the family do nothing more than stay at home and rest, if this is their choice.

The services each person will receive in the program will be commensurate with their needs. Trained staff will be on duty. Meals and snacks will be prepared and served at the Center.

The costs to the parents should not and will not be a prohibitive factor in enrollment. However, in keeping with the philosophy of having parents assume as much financial responsibility as able, and that amount being determined on an individual basis, there will be a maximum fee charged of \$15.00 per weekend or less based on a sliding scale.

Encourage people to utilize this service. Plan ahead, and make reservations as early as possible. But remember, there are last minute provisions.

For further information on how to make application, contact the Irene Worthan Center, Inc., in Asheville.

Yancey School Food Service Announces This Year's Free, Reduced-Price Meal Policy

Yancey County School Food Service today announced its policy for free and reduced-price meals, free milk for children unable to pay the full price of meals and

ing eligibility shown at the end of this article.

Children from families whose income is at or below the levels shown are eligible for free or reduced-price meals or free milk. In addition, families not meeting these criteria but with other unusual expenses due to unusually high medical expenses, shelter costs in excess of 30 percent of income, special education expenses due to the mental or physical condition of a child, and disaster or casualty losses are urged to apply.

Applications forms are being sent to all homes in a letter to parents. Additional copies are available at the principal's office in each school. The information provided on the application is confidential and will be used only for the purpose of determining eligibility. Ap-

plications may be submitted at any time during the year.

In certain cases foster children are also eligible for these benefits. If a family has foster children living with them and wishes to apply for such meals and milk for them, it should contact the school.

Under the provisions of the policy the School Food Service Supervisor will review applications and determine eligibility. If a parent is dissatisfied with the ruling of the official, he may wish to discuss the decision with the determining official on an informal basis. If he wishes to make a formal appeal, he may make a request either orally or in writing to Edgar F. Hunter (704) 682-6101, Yancey County Board of Education Drawer 218 Burnsville, N.C. 28714, for a hearing on

appeal the decision. The policy contains an outline of the hearing procedure.

If a family member becomes unemployed or if family size changes, the family should contact the school to file a new application. Such changes may make the children of the family eligible for reduced price meals, or for additional benefits such as free meals and milk if the family income falls at or below the levels shown below.

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, or national origin.

Each school and the office of the Board of Education has a copy of the complete policy which may be reviewed by any interested party.

This is the income scale used by Yancey County School Food Service to determine eligibility for Free and Reduced Price Meals and Free Milk in the 1975-76 school year:

FAMILY SIZE	INCOME	
	Free	Reduced
1	0-3,230	3,231- 5,040
2	0-4,240	4,241- 6,620
3	0-5,250	5,251- 8,200
4	0-6,260	6,261- 9,770
5	0-7,190	7,191-11,210
6	0-8,110	8,111-12,650
7	0-8,950	8,951-13,970
8	0-9,790	9,791-15,280
9	0-10,550	10,551-16,460
10	0-11,310	11,311-17,640
11	0-12,060	12,061-18,820
12	0-12,810	12,811-20,000

Each additional family member Free 750, Reduced 1180

For Lunch Program schools operating on the Special Milk Program, children eligible for free lunches are eligible for one half pint of milk per day served free. In addition the child may buy extra milk, but only the one given free will be reimbursed at dealers cost. (Free Rate)

SCHOOL Lunch Menu

JANUARY 26-30

Monday	Mustard Greens Canned Tomatoes Cornbread, butter Apple Cobbler
Tuesday	Country Style Steak Mashed Potatoes Peas and Carrots Biscuits Jello
Wednesday	Corn Dogs Mustard, Catsup Cole Slaw French Fries Peanut Butter Cake w/ peanut butter icing Milk
Thursday	Meatloaf Rice Green Beans Roll Sliced Peaches Milk
Friday	Fish Square w/Cheese on Bun w/tartar sauce French Fries w/catsup Cabbage Carrot Slaw Peanut Butter Brownie Milk

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Carolyn Yuziuk-Editor
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Brenda Webb-Staff

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Peggy Campbell, Professional Hair Stylist,
announces the opening of

Mr. & Ms. Hair Styling Salon

W. Main St. (in front of Armory)
Burnsville, N.C.

Specializing in precision hair cutting, uni-perms, hair and scalp care—for Men and Women.

This is a contemporary salon, doing no weekly shampoo and set customers—using no dryers or rollers.

We use blow-styling techniques, curling irons and hand dryers and teach proper use of them. We teach our customers how to take care of their own hair between visits to us.

Call 682-7225 for appointment
Hours: Thursday & Friday 3:30 p.m. to 10:00 p.m.
Saturday 8:30 a.m. to 2:30 p.m.

If fabric isn't too delicate, ordinary rubbing alcohol may be used to remove inkstains.



The people of North Carolina want the most for their money... We Agree!

That's why all Northwestern Bank savings plans pay the highest interest rates allowed by federal regulation. Our variety of passbook savings accounts allows you to choose the plan and the rate that best suits your particular needs. Interest is compounded quarterly. And, funds

deposited by the 10th of the quarter's first month earn interest from the first.

Stop by your nearest Northwestern Bank office for complete details. No bank can pay you more. We agree with you.

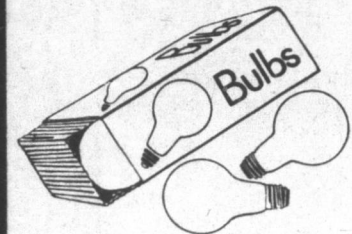
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JANUARY SALE

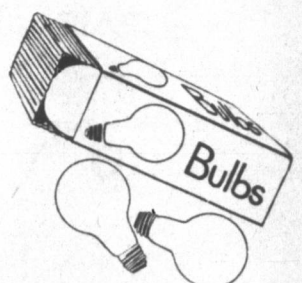


Light Bulbs

6 Bulb Handy Pak



2 Of Each
100 Watt
75 Watt
60 Watt



\$1.75 Value For

\$1.19

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Burnsville, N.C. Phone 682-2146