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**10:00 am Sunday School**  
**11:00 am Morning Worship**  
**7:00 pm Evening Worship**

Rev. Linwood J. Dietz, Minister  
Rt. 5 Box 25B Burnsville, N.C.  
Manse Telephone 675-5278

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**AUCTION**

**Complete Dispersal Of Dairy Herd And Milking Equipment**

**Banks and Tipton Dairy**  
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On Phipps Ck. Rd. then to Banks Ck. Rd.

**January 31**  
**10:30 am**

**TERMS: CASH**

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For information  
Contact Tony Tipton 682-3853

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**The Staff At Fortner Insurance Is Proud To Announce Mr. Cecil Anglin Has Joined The Staff.**

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## Cane River News

Cane River students got ready for graduation last Monday—except for grades, that is.

**SENIORS ORDER CAP, GOWN & INVITATIONS.**

On Monday, January 26, Seniors at Cane River ordered invitations for graduation and had cap and gown measurements made. A \$10 deposit was made at the time for invitations, and caps and gowns will be paid for when they arrive.

**STATE TRYOUTS**  
By Katrina Adkins  
On Saturday, January 10, ten Cane River and East Yancey students tried out for All-State Band at Tuscola High. On clarinet were Robbie Morrow, Patricia

Banks, Patty Buchanan, and Renee Young. On trumpet were David Perkins, Ricky Carroll, and Kim Aldridge. Vicki Buchanan played baritone, Sam Stuart was flute, and Willie Riddle played sax. The students competed with three hundred other students from twenty seven high schools. They had to memorize nine scales and a chromatic scale.

They also worked on a self-prepared piece and had to sight read. When the results came, four of the students had made it. They were Vicki Buchanan on baritone, Sam Stuart on flute, David Perkins on trumpet, and Willie Riddle on sax. Congratulations!

**STUDENT GETS SOLUTION**

Stuart McLaughlin found the correct solution to December's problem of the month, which appeared in The Abellan Grapevine spon-

sored by the Dept. of Mathematics, Western Carolina University. This is the problem: A woman withdraws some money from the credit union to go on a five-day shopping tour. The withdrawal includes daily round-trip taxi fare which costs \$1.00 fare each way as well as shopping expenses. Each day while shopping she spends half the money in her purse. On returning home the fifth day, she pays her taxi fare and has no money left. How much money did she withdraw initially?

The answer is \$93.00.

**SCHOOL Lunch Menu**

**FEBRUARY 2-6**

**Monday**  
Vegetable Beef Soup  
Saltnes  
Toasted Cheese Sandwich  
Funshe Orange Juice Bar  
Cinnamon Bun  
Milk

**Tuesday**  
Hot Dog on Bun w/Chopped onions  
Mustard, Mayonnaise  
Cole Slaw  
Plain Pork and Beans  
Chocolate Pudding  
Milk

**Wednesday**  
Soup Beans or Chili Beans  
Mustard Greens  
Canned Tomatoes  
Cornbread, butter  
Jello  
Milk

**Thursday**  
Spaghetti w/Meat Sauce and Cheese  
Tossed Salad w/dressing  
Applesauce  
Roll  
Spice Cake  
Milk

**Friday**  
Cheesburger on Bun  
Mayonnaise, Mustard, Catsup  
Baked Potato in Jacket  
Lettuce Leaf, Tomato Slice and Carrot Strip  
Chocolate Cake with Butter Cream Icing  
Milk

### Contributes To Alumni Exhibition

A Burnsville resident will be a contributor to a unique alumni exhibition to be presented at the Philadelphia College of Art, January 30 to February 27, 1976.

He is William Bernstein of Route 5, Burnsville.

The exhibition will feature the creative skills of 69 Philadelphia College of Art alumni, dating back over the years to the class of 1915, and will commemorate the 100th year of the founding of the Philadelphia College of Art.

The exhibition will be open Mondays through Fridays, 9 A.M. to 5 P.M. Admission is free.

### Students On Deans List

A total of 1,261 students earned fall semester academic honors and have been placed on the Dean's List at Appalachian State University. Of these students, three were from Yancey County. They included Charles H. Aldridge, Jr., a senior, of Burnsville; Luanne Lee Banks, a junior, of Burnsville; and Ellen Cook Blair, a senior, of Green Mountain.

Also on the Dean's List was Stephen Hal Angel, a senior, of Charlotte.

### Added To Gallon Club List

The Yancey Unit of the Mayland Chapter of the American Red Cross is happy to announce the following additions to the Gallon Club: Anne E. Adkins (Mrs. Darius L.), James Lee Owens, Donald M. Sides, Earl Nelson Tipton. Mr. Billy Joe Robinson has been elevated to membership in the Three Gallon group.

The next visit of the Bloodmobile to Yancey County will be March 15.

### Armed Forces Report

Army Specialist Four David P. Carroll, son of Mr. and Mrs. David W. Carroll of Route 4, Burnsville, was promoted to his present rank while serving with the 25th Infantry Division at Schofield Barracks, Hawaii, January 7.

A radio telephone operator in Company B 1st Battalion, 21st Infantry of the division's 2nd Brigade, Spec. Carroll entered the Army in August 1974 and completed basic training at Ft. Jackson, S.C.

A 1971 graduate of East Yancey High School, he was employed as a textile mill worker at American Thread Plant, Marion, before entering the Army.

### Use Range Wisely To Cut Costs

Food brought to a boil and simmered with a cover cooks as quickly as food boiled rapidly in an open pan, reminds Kathryn Wooten, extension home equipment specialist, North Carolina State University.

So, if saving energy is important to you, use range burners wisely.

Once a liquid is brought to a boil on a "high" burner setting, reduce heat setting to "low" or "simmer." The food will maintain its temperature and continue to cook at the same rate, while using less energy, Miss Wooten explains.

Using a cover on the pan will also help maintain food temperature and reduce evaporation.

An 8-inch electric burner operates at 2,400 watts on "high," 1,200 watts on "medium," and only 180 watts on "low," the specialist points out.

Using the range wisely could mean savings to your family.

## Mountain Heritage Cougars Show Basketball Prowess

The Mountain Heritage Basketball season is marked with ups and downs and an extremely flexible win-loss record. The Cougars are putting up a good show this year, however, and have become a force to be reckoned with in high school sports.

**J.V. GIRLS WIN 2 LOSE 1**

On January 5, Mountain Heritage J.V. girls played North Buncombe at Cane River. Heritage won with the final score 34 to 52 our favor.

On January 15, Mountain Heritage J.V. girls played Enka at East Yancey. The final score was 27-29 in favor of Enka. This was the first game the J.V. girls lost this season.

On January 22, the J.V. girls played Mitchell at East Yancey. The score at half-time was 21-9, Mtn. Heritage. Mountain Heritage won with the final score 30-15. The starting players were Debra Norris, Janice Biggerstaff, Renee Hensley, Anita Troup, and Anna Webb. Scorers were Debra Norris with 11, Renee Hensley and Anna Webb with 6 each, Janice Biggerstaff and Anita Troup with 4 points each and Carolyn Pritchard with 1 point.

beat the Cougars with a 60-48 score.

The Lady Cougars had another victory on January 13, at Cane River. The girls beat the Falcons with a 49-43 score. At half-time the Cougars were ahead 21-17. High scorer was Rhonda Fender with 19 points.

Lady Cougars were defeated by Sylva Webster on January 16. The game was played at Sylva Webster. The final score was 65-46 in Sylva-Webster's favor.

On January 20, at Cane River, the Cougarettes were defeated by the Sugar Jets of Enka. The final score was 62-46. Scorers for Mountain Heritage were Rhonda Fender with 18 points, Gayla McCourry and Natalie Fox with 9 each, Marsha Jones with 6 points and Sandra Fox and Pam Hopson 2 points each.

**COUGARS SUFFER LOSSES**

Mountain Heritage traveled to East Henderson on Tuesday, January 6, to win the Cougars' sixth straight victory. Then on Tuesday night, January 9, Mountain Heritage's varsity boys were defeated by the Owen Warhorses at Cane River with a final score of 64-58 in Owen's favor.

The high scorers were Ken Long and Jimmy Hughes with 15 and 14 points.

On Tuesday night, January 13, the Mountain Heritage Cougars played the West Henderson Falcons on their home court at Cane River. At one point in the game the Cougars led by 20 points, but the Falcons made a 31 point comeback to win 75-64.

On Friday, January 16, the Cougars traveled to Sylva Webster only to be defeated by the Golden Eagles. Ken Long led the Cougars scoring with 20 points while Jimmy Hughes contributed 14. The final score was 62-63.

The Cougar boys fell to a 6-5 overall record when the Enka Jets defeated them 101-84 in a non-conference game. Ken Long led Heritage's offense with 23 points.

On Friday, January 23, the Cougars traveled to North Buncombe to defeat the Black Hawks in a 70-62 decision. The starters for the Cougar boys were Tony Byrd, Ken Long, Eddie King, Gary Winters, and Jimmy Hughes. Tony Byrd and Ken Long were high scorers with 20 and 19. The Cougars now have a 7-5 overall record and a 4-3 in the Little Mac Conference.

### How To Reduce Home Fuel Bills

Chances are good that your home's annual heating and cooling costs are a lot higher than they need to be.

Care to find out how much higher?

To begin diagnosing your home's saving potential, you'll need the following tools: a flashlight, a ruler, two thermometers, a screwdriver and a candle.

Insulating your attic can reduce fuel and energy waste by as much as 30%.

**First Stop—The Attic**

Since the roof or attic accounts for a major percentage of a home's energy waste, it makes good sense to begin the check up in the attic. Here the first thing you'll want to check is the amount of insulation you have—or don't have.

Simply take your ruler and measure the thickness of the insulation you find.

Don't be alarmed if you don't find any. If your house is like 35 million others, built before 1960 when energy was cheap and plentiful, there's a good chance that the attic has little or no insulation, or contains only three to four inches. If your house is newer, say built within the last 10 years, you could find six or more inches.

Insulating your attic is probably the best home-energy-efficiency investment you can make.

Even as little as just six inches of Fiberglas insulation can save from \$50 to \$200 a year in home fuel costs.

Insulating walls is not a do-it-yourself job. It's best done by a professional insulation contractor who has the expertise and special pneumatic equipment to perform the work quickly and efficiently.

**Last Stop—The Basement**

The last stop on the energy-efficiency check up tour is the basement, an area that wastes more of your home's energy than you think.

Be sure to check your furnace and central air-conditioning unit. For maximum operating efficiency, these should be inspected regularly and maintained in accordance with the manufacturer's instructions. Also, be sure to check the filters. During peak operating seasons, they should be changed at least once a month.



Insulating your attic can reduce fuel and energy waste by as much as 30%. Caulking should be applied outside around window and door frames, and to all corners or joints where wood and masonry, or metal masonry come together. By caulking and weatherstripping your home, you'll cut up to 10 percent annually off the fuel you waste.

**Storm Windows And Doors**

While you're checking the doors and windows, you might want to give some thought to two other important energy-saving improvements—storm windows and doors.

If you already have storm sash all around, take comfort in knowing that you're using about 15 percent less energy than you'd be using without them.

**Insulating Walls**

One of the best ways to avoid drafts — and reduce your fuel waste still further — is to insulate your walls.

Here is a simple way to check the amount of wall insulation you have. On a cold day tape one thermometer against an outside wall and the second in the center of the room. Four hours later, if the reading at the outside wall is more than five degrees below the one in the middle of the room, it's a good sign your home needs wall insulation.

Insulating walls is not a do-it-yourself job. It's best done by a professional insulation contractor who has the expertise and special pneumatic equipment to perform the work quickly and efficiently.

## Maud's Beauty Salon

**Announces Betty Joan Black Has Joined Her Staff.**

Call For Appointment With:  
**Joan Vera Beverley Maud**

**Call: 682-2302**

**East Main Street**



**Interior Living Spaces**

The next step in the energy-efficiency check up is to inspect interior living spaces for fuel waste.

But before you walk away from the attic door, stop. Is the door tightly sealed around all four edges? To find out, light the candle and hold it near where the door meets the frame. If the candle flickers, you're wasting fuel. Even a 1/4-inch crack can cost you as much as \$4.50 a year.

Now, while you have the candle, perform the same test on all other doors and windows between heated and unheated spaces. If the candle flickers, your doors



Storm windows can reduce heating and cooling energy waste up to 15%. Caulking and weatherstripping help reduce drafts and eliminate up to 10% of a home's fuel waste.



these should be inspected regularly and maintained in accordance with the manufacturer's instructions. Also, be sure to check the filters. During peak operating seasons, they should be changed at least once a month.