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Read The Ads



Larry Ballard Covers Corn

## Youth Gardens

BY FAYE STORIE  
 Extension Nutrition Aide

Planting a variety of vegetables for good nutrition is providing a valuable learning experience for some Yancey County youth who are enrolled in the Extension Food and Nutrition Education Program. In Nutrition Education the youth have been learning about the importance of vitamins in the diet, but the actual experience of growing the vegetables which supply them is the greatest teacher.

In addition to the usual beans, potatoes and corn, the youth are planting broccoli, greens, carrots and squash for vitamin A and they have tomatoes, cabbage, mustard and peppers for vitamin C. Raw vegetables are becoming more popular with the youth as a between-meal snack; carrot and celery sticks and fresh fruits are beginning to replace some of the chips and coke.

The aim of the youth in the garden project is not only to provide more food for the table but to learn to grow the different vegetables for more nutrition. They are learning this with a Vegetation Garden.



Patricia Ballew Prepares Soil

## Westco Charges Set

[Cont'd from page 1]  
 by dialing 1+555-1212 is also allowed for each long distance call to a number within the 704 area, made from and charged to your telephone.

No charge will be made for calls to Directory Assistance placed from coin telephones or for calls to Directory Assistance outside the 704 home area.

Blind persons and those persons physically handicapped to the extent that they cannot use a telephone directory will not be charged for calls to Directory Assistance. To qualify for exemption from charging for Direc-

tory Assistance calls, certification of eligibility must be made to the telephone company.

The volume of calls to Directory Assistance has been steadily increasing each year and the charge for calls to Directory Assistance is intended to help reduce the growing volume of unnecessary calls and, in turn, reduce the continually climbing costs of providing this service. Under this plan, those customers who continue to call Directory Assistance will pay their share of the costs of providing this service.

## Wildlife Commission Sets Deer Seasons, Limits

A two-deer daily limit in the eastern part of the state was one of several changes in the hunting and trapping regulations adopted for the 1976-77 season by the N.C. Wildlife Resources Commission in Raleigh Monday.

Mandatory tagging for all species of big game (bear, boar, wild turkey, and both antlered and antlerless deer) was also adopted, and will be effective this fall. Hunters should check the 1976-77 regulations for details.

A proposal to shorten the bear season in eastern North Carolina and open it later in the fall was approved with modifications. Instead of different seasons for the east and west, the Commission shortened the season by a week and opened the split seasons concurrently two weeks later than last year to avoid any concentration of hunters. The delayed season will shift the harvest from adult females which den early in November to yearling males which remain active during the winter months.

The either-sex deer seasons will remain much the same as last year. There will be a one-week season, November 29-December 4, in all of Gates, Halifax, Northampton, Pasquotank, and Perquimans counties and parts of the following counties: Bertie, Camden, Chowan, Currituck, Edgecombe, Martin, Hertford and Hyde.

A two-day either-sex deer

season, November 29-30, will be held in all of Pamlico County except the Game Lands, and also in that part of Craven County north and east of NC 55 and US 17.

A two-week, November 29-December 11 either-sex deer season will be held in that part of Buncombe County known as the Biltmore Estate.

### STEEL SHOT ONLY

The U.S. Department of Interior has announced that Currituck County in northeastern North Carolina will be one of nine areas on the Atlantic Coast where only steel shot will be permitted for use by waterfowl hunters during the 1976-77 season.

The Federal decision to ban the use of lead shot and allow only steel shot in

shotgun shells on nine areas in nine states was made following recommendations by the U.S. Fish and Wildlife Service, which controls all migratory bird hunting. Pending final action by the U.S. Fish and Wildlife Service, only steel shot (no lead shot) will be permitted for waterfowl hunting on or over the waters and marshes of Currituck County. Currituck County is the only area in North Carolina under the Federal ban on lead shot this coming season. The purpose of the steel shot requirement is to stop the accumulation of spent lead pellets in areas where they cause lead poisoning problems. Waterfowl frequently ingest these pellets and subsequently die from lead poisoning.

**Health News & Views**

**Well, tan my hide! Tips! how to in the sun**

Will you become a blistered, burned, wrinkled or possibly cancer-scared victim from too much sun? Here are a few tips for your protection.

- 1) Block out searing rays with lotions containing 5% PABA in solution with 70-95% ethyl alcohol... a proven formulation. 2) Gain possible added protection from skin cancer with vitamins C and E supplements. 3) Avoid sunlight exposure between 10 and 2. 4) Some drugs increase risk of sunburn, so ask your pharmacist for details. 5) Take sunburn gradually - 30-40 minutes a day, until your "hide" toughens to the sun.

Choose your sun 'n fun products at our pharmacy. I'll gladly assist you.

We're not only your drug store, but your friend. Come see us soon.

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**Sports News**  
 Yancey County Recreation Commission

Yancey County One Pitch Softball League Schedule is as follows:

**June 2, Wednesday**  
 7:30 Jaycees vs. Murchison Store  
 8:15 Smokeys vs. Fire Department  
 9:00 Bee Log vs. C.B.B.'s

**June 3, Thursday**  
 7:30 Bald Creek vs Mt. Mitchell Inc  
 8:15 Fire Department vs. Jaycees  
 9:00 Murchison vs. Murchison (Store)

**June 7, Monday**  
 7:30 Smokeys vs. Bald Creek  
 8:15 Bee Log vs. Murchison Store  
 9:00 C.B.B.'s vs. Fire Department

## Plea For Typhoon Victims

BY ASHTON CHAPMAN  
 Residents of Mitchell, Avery and Yancey, the Counties served by the Mayland Red Cross Chapter, are urged to make donations to the fund being raised by the American National Red Cross to assist in relieving the extreme human need created by Typhoon Pamela which struck the Western Pacific May 20-21.

This disaster received minimal coverage in the news media. Not only did the island of Guam feel the full power of this mighty storm; the islands of Wake, Truk, Tinian, Saipan and Rota also sustained extreme damage and human need.

Initial damage estimates indicate that 70 to 80 per cent of residential housing, agricultural and commercial structures on each of the islands were destroyed or severely damaged. Power outages and acute water shortages have also affected the island's peoples.

The Guam Red Cross Chapter, assisted by a team of 30 Red Cross Disaster Specialists from Honolulu and the U.S. mainland, is sheltering at least 5,000 Guamanians in 29 shelters on Guam and neighboring islands. More than 13,000 families on Guam alone require immediate assistance from the American Red Cross. To this number must be added at least 2,000 families on Truk Island and as yet undetermined numbers on other islands. Cost of assistance is expected to exceed \$5,000,000.

Inasmuch as its Disaster Budget for fiscal 1975-76 has been almost expended, the Red Cross is launching a nationwide campaign for \$5,000,000. The portion to be raised by the Mayland Chapter is in addition to amounts included for the Red Cross in the Yancey County United Way campaign and the annual Red Cross drive conducted in Avery.

Earl C. Van Horn of Altamont and Spruce Pine, Chapter Chairman of the Mayland Red Cross Chapter, urges everyone in the three counties to make a donation, large or small, to help the Red Cross in taking care of the thousands of families, most of which include young children, who were victims of the terrible Typhoon Pamela. Donations are tax deductible.

Please send your donation to Mrs. Lillian W. Hollifield, Executive Secretary, Mayland Red Cross Chapter, 414 Hemlock Ave., Spruce Pine, N.C. 28777. And won't you please do it now?

**Little League Baseball Schedule**  
 8-10 AGE GROUP

**Monday, June 7**  
 Mustangs vs. Bears at Micaville  
 Tigers vs. Astros at Clearmont  
 Eagles vs. Twins at Pensacola

**Wednesday, June 9**  
 Mustangs vs. Indians at Burnsville  
 Tigers vs. Eagles at Micaville  
 Astros vs. Bears at Bee Log

**11-12 AGE GROUP**  
**Tuesday, June 8**  
 Vikings vs. Bears at South Toe  
 A's vs. Mets at Burnsville  
 Orioles vs. Braves at East Yancey  
 Tigers vs. Reds at Clearmont

**Thursday, June 10**  
 Vikings vs. A's at South Toe  
 Orioles vs. Mets at Micaville  
 Tigers vs. Braves at Burnsville  
 Bears vs. Reds at East Yancey

**13-15 AGE GROUP**  
**Monday, June 7**  
 Angels vs. Giants at East Yancey  
 Cards vs. Cubs at Cane River

**Friday, June 11**  
 Angels vs. Cubs at Pensacola  
 Giants vs. Cards at East Yancey  
 Eagles vs. Lions at Cane River

## !Sale Days!

**A.R.M. ALLERGY RELIEF MEDICINE**  
 20's  
 LIST \$1.95 **\$1.59**

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**Anusol** relieves hemorrhoidal pain and burning in minutes  
 12 suppositories  
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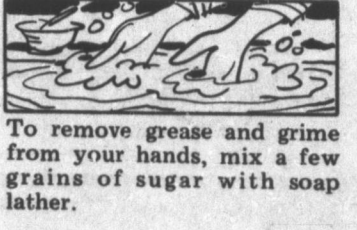
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**THE YANCEY JOURNAL**  
 BOX 667  
 Burnsville, N.C. 28714  
 Phone (704) 682-2120

Edward Yuziuk, Publisher  
 Carolyn Yuziuk-Editor  
 Pat Randolph-Manager  
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Published Every Thursday By

Twin Cities Publishing Co.  
 2nd Class Postage Paid  
 At Burnsville, N.C.

Thursday, June 3, 1976  
 Vol. 4, Number 23

Subscription Rates By Mail:  
 In Yancey County  
 One Year \$5.00  
 Six Months \$4.00

Out Of County or State  
 One Year \$7.00  
 Six Months \$6.00