

**Health News & Views**

**Children may be getting too much iron**

Chewable vitamins are great for the kids — grown-ups, too! This easy-to-consume food supplement makes nutrition fun. But a warning to the wise — if your chewable vitamin and mineral supplements contain iron, be careful not to let your children consume more than is good for them. Iron's toxicity can be poisonous. A number of hospitalizations, and some deaths, have been related to iron ingestion among children under five.

But like anything else, don't over-do it. Keep vitamins, like drugs, out of youngsters' reach. Let's put the lid on ingestion of possibly toxic levels of iron.

We are dedicated to maintaining only the highest standards of family health care.

Chewable vitamins may be valuable to a family's nutrition.

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**Home-Industry-Agri Tour Slated August 3**

The Agencies comprising the Rural Area Development Panel announce a cooperatively sponsored "Home-Industry Agriculture Tour" August 3rd.

The Tour will travel by bus and depart from the First Baptist Church Parking lot at 9:30 a.m. sharp. During the day the tour will see a new Day Care Center, a newly constructed home, Strawberry production, Tobacco varieties and sucker control, Erosion control and sediment management, then tour the new

Mountain Heritage High School buildings.

During a "dutch" lunch of hamburgers, tour participants will see and hear about a local industry. During the afternoon tour participants will see a corn experiment, a dairy, multiflora rose eradication, tree planting, an equipment display of forest fire fighting equipment and adjourn at 3:30 p.m.

Homemakers, industrialists, farmers, and the general public are cordially invited and urged to attend.

**CLASSIFIED ADS**



Hundreds Attend Spruce Pine Mineral And Gem Festival Annually

**Mineral And Gem Festival Next Week In Spruce Pine**

The 18th annual Mineral and Gem Festival at Spruce Pine will be held August 4-7 this year, it is announced by Mrs. G.B. Sproules, general chairman.

The festival, sponsored by the Mitchell County Chamber of Commerce, will include a variety of gem dealer displays, a swap shop each day from 10 a.m. to 9 p.m., field trips, lectures, and competition in mineral specimens and lapidary work. Thousands of people annually attend the event in Harris High School. Mr. Paul Desautels, Curator-Division of Mineralogy in the Smithsonian Institution, Washington, D.C. will lecture Wednesday, August 4, on "Jade, The Sometimes Green Stone," and Friday, August 6, on "Perils of Purchasing Gem Stones."

John Ray, an experienced guide, will lead field trips to mines in the Spruce Pine area

each day during the festival. The night field trip to view fluorescent ores is scheduled for Thursday, August 6.

Judges for the competitive events are headed by Dr. Jack Hanahan of Belmont Abbey College.

Admission tickets to the festival are \$2 for adults and \$1 for children, and include the field trip of the day.

Visiting rockhounds at the festival also have the opportunity to see the Museum of

North Carolina Minerals on the Blue Ridge Parkway five miles south of Spruce Pine via N.C. 226.

More than 300 different minerals and gems are found in North Carolina and nearly 60 of these have been found at various points in Mitchell, Yancey, Avery, and in McDowell Counties.

The show will open at 10 a.m. August 4 and run to 9 p.m. Wednesday, Thursday and Friday, and close at 6 p.m. Saturday.

**Hunt Interview Taped**

A half-hour taped interview with Lt. Governor Jim Hunt will be aired over the University of North Carolina television network Friday, July 30, at 7:00 p.m. The show will be shown statewide on all public television channels.

Hunt, a Democratic candi-

date for governor, was interviewed by Dick Hatch, news director for WUNC; Gail Harris, reporter for WBTV in Charlotte; and Jim Shumaker, a columnist for the Charlotte Observer.

The program is one in a series on all candidates for governor and lieutenant governor.

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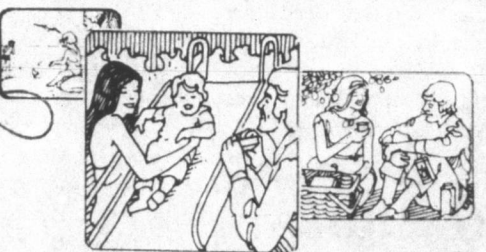
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