

**Health News & Views**

**An immunized kid means a healthy home**

Back-to-school means kids meeting kids, dribbling, drooling, aching and generally passing off on other kids whatever disease they happen to have at the moment. The exchanging of "germs" among our youngsters in school is just the beginning. For when they come home from class they're right in our faces, too, breathing, snorting and wheezing those new-found journeyman germs.

Childhood infections spread like wildfire without preventive measures. Isn't it about time you made that appointment with your doctor to shackle your family's susceptibility to measles, mumps, polio and flu?



No matter how you cut it, it's a losing proposition without proper immunization.

**Pollard's Drug Store**  
682-2146 Burnsville

**MTI Commencement**

[Cont'd from page 1]  
Susan A. Ferguson, Vicki Hoyle, Charles Huskins; **Cosmetology:** Peggy Bailey, Ethel Bradford, Gail Buchanan, Judy Buchanan, Johanna A. Henson, Peggy Greene, Martha Joselyn Henson, Janie Perry Lovelace, Connie Stafford, Vivian Sullins, Janice Willis, Lee Ann Wilson, Russell Alex Wilson, Christine Wiseman, Mary Alice Wyatte, Anita Yelton, Louise Buchanan, Katherine Buttke, Hattie Sue Greene, Della Lee, Carolyn Letterman, Lucille Markland, John Mark Sutherland, Alice Pearl Vance; **Electrical-Electronics Installation and Maintenance:** One Year: Ira Buchanan Jr., Aaron G. Holtzclaw, Alan R. Woody; **Light Construction:** Two Year: Roy T. Carpenter, John J. Miller, John W. Allen, Billy Dennie, Gail Bodford, Edward F. Braswell, William R. Briggs, Robert C. Buchanan, Dean Wade Calloway, Willie Gene Evans, Harold Johnson, James Jones, Larry S. Jones, Larry McBee, Billy Dean McKinney, Doyle Mirtsching, William R. Pauley, Gerald Pendley, Danny R. Pierce, Wade Thompson. Also one year: Charles Ray Smith, Archie L. Wright; **Nursing Education:** Level I, Loy Derl Cook, Gail Ann Crawford, Susan Elaine Ford, Rita Teague McMahan, Patricia Hughes Norman, Anne Marie Ryan, Robin Dellinger Sims, Lucinda Sue Smith, Marion Estel Sparks, Patricia Thomas Turbyfill, Willa Jan Williams, Peggy Vance Young.

**Pageant To Be Staged**

Parents of North Carolina girls, ages three to 12, are advised that the nationally sanctioned statewide Little American Miss pageant will be staged Friday, October 1, 1976 at the Holiday Inn West in Asheville under direction of Mrs. Emogene LeSueur of Tennessee.

Entry information is available by writing to Mrs. LeSueur at P.O. Box 3541, Carroll Reece Station, Johnson City, Tenn., 37601 or by calling (615) 477-3160.

**Folk-Ways and Folk-Speech**

Recently I placed an appeal in Folk-Ways for information concerning the use of "toothbrushes" or "chewing sticks" as an aid to cleaning the teeth.

A follow-up letter from the Washington University School of Dental Medicine indicates that the information is needed as part of a world-wide study of this dying habit. The chairman of the Dental Microbiology Department, Dr. Memory Elvin-Lewis, reports that student survey teams have been used quite successfully in West Africa in obtaining information on chewing sticks. He writes: "I am especially interested in obtaining as much ethnobotanical information as possible regarding their use (chewing sticks). It is important to know the reasons for the types of plants preferred and especially if any have other medicinal uses."

"I know that Dogwood, Sweet Gum, and Hickory are popular, but to what degree? In our survey in Africa, for example, at least 80 species are known but only a very few are used by the majority of the population."

"It would also be interesting to know how the habit was taught and at what age it was considered important. In this regard differences may exist between juvenile and adult preferences."

A casual broaching of the subject to friends this week brought responses which suggest that a variety of species were also used in Appalachia and in the South in general.

Ruby Akers, a Boone resident who grew up in Mississippi, remembers the blackgum as a favorite tooth or chewing-stick: "We always broke off the twig or stick at the knot, for it seemed to have a better flavor there and would eventually shred into many fine particles which could be used like a brush for both teeth and gums. I think we also used poplar and hickory, but blackgum was our favorite."

Clarence Bunch, a transplanted Missourian, remembers very vividly that willow branches were first choice in his youth: "I guess there's good reason to remember: we cut our tooth-sticks off the switches our mother used on us when we got into trouble."

Watauga County native



**Complete Swim Courses**

The 1976 swim season has ended for the Mayland Chapter of the American Red Cross with the completion of a most successful group of classes. In the Tri-County area, classes were held at the Lees-McRae Pool in Banner Elk, the Moose Lodge Pool and the Blue Marlin Pool in Spruce Pine, and Crestview Playground in Burnsville.

Courses were offered in Basic Water Safety, Advanced Life Saving, Swimmers, Advanced Beginner Swimming, Adult Beginner Swimming, Intermediate Swimming and Beginner Swimming. A total of 693 people were enrolled at the four locations and 259 of these were passed to the next level.

Instructors for the various courses offered by the Red Cross were John C. Wilson, Helen S. Smith, Charlotte M. Wilson, Kathleen Handley, Donnie Russell, Vanessa D. Smith, Sheree L. Banks, Chris Day, Michael Gunter, Sandra T. Westall, Robert S. Killen, Robert S. Myers, Harriett Hutchinson, Virginia Banks, and Pat Allen, swimming aide.

The Red Cross hopes to offer a group of classes next season as successful as the 1976 Summer Swim Program.

**Letter To The Editor**

Dear Editor:  
Mike Mitchell's "Last Farewell" to Yancey Railroad's engine, "Blackie," was one of the most unique and refreshing articles I've read in many a day. He made Blackie live and breathe! I wanted to hug and kiss her good-bye and tell her how much I love and appreciate her so badly I could stomp. I think I shall go to Alabama and do just that. Anybody want to go with me?

You know the more sentiment we feel and express for all things, even the inanimate, the more we have for our fellowman and for God.

Some talent you have there, Mr. Mitchell. Keep it up.

Sincerely yours,  
Glady's M. Sandlin

**Mayland Tech Gets Kellogg Grant**

[Cont'd from page 1]  
for developmental programs.

The W.K. Kellogg Foundation, founded in 1930 by the breakfast cereal manufacturer, is among the 10 largest philanthropic organizations in the U.S. and is a leader in grants to community colleges and technical institutes.

It annually supports programs in Agriculture, health and education on four continents, including the U.S., Canada, Latin America, Europe and Australia.

According to statistics developed through the consortium, there is a large percentage of students from middle and lower income families in the region who lack the skills needed to succeed in post-secondary education.

Efforts to provide special help for these students have been limited in recent years due to tremendous growth in schools and insufficient funds

**MTI Board Meeting Set**

The board of trustees of Mayland Technical Institute will meet Monday night, September 13th at 7:30 p.m. at the Mayland Tech church building in Spruce Pine.

**Honors Day For Scouts**

Troop 502 of Burnsville is having a Court of Honor and a covered dish supper at the Presbyterian Church on Monday, September 13, at 7 o'clock p.m. All Scouts and boys eleven years of age or older who want to join scouting, are invited to come.

**Riverside Drive-In**  
Fri-Sat-Sun.  
September 3-4-5  
Children Under 12 FREE

This was the night of the **CRAWLING TERROR!**

Beneath the shroud of night they wake and crawl abroad, while a grinning skull, half-buried in the slime, leers with empty sockets at their tortured writhing, their endless searching quest for the soft, pale flesh they needs must feed upon.

This is a **TERROR WORM**

**SQUIRM**

an American International Release

THE YANCEY JOURNAL BY JOSEPH BERUH PRODUCTION  
"SQUIRM" DON SCARDINO PATRICIA PEARCY R. A. DOW JEAN SULLIVAN  
FACTORY PRODUCED BY EDGAR LANSBURY & JOSEPH BERUH PRODUCED BY GEORGE MANASSE  
MUSIC COMPOSED BY ROBERT PRINCE WRITTEN AND DIRECTED BY JEFF LIEBERMAN COLOR BY MOVIELAB

**Amos Clark Is Coming To Burnsville: September 19-24**

Evangelist-Pastor-Educator  
Special Meetings At:  
Faith Fellowship Baptist Church On Mitchell Branch beyond Health Center  
Richard Buchanan, Pastor

**September SALE**

<p><b>Westinghouse Light Bulbs</b></p> <p>1 Pkg. 2 Bulbs Reg. \$1.10 <b>52¢</b></p>	<p><b>Icy Hot</b></p> <p>Puts Your Pain to Sleep</p> <p>14oz. \$7.19 Reg. \$8.99 7oz. \$3.99 Reg. \$4.99 3 1/2 oz. \$2.39 Reg. \$2.99</p>
<p><b>Golden Plate Pure Honey</b></p> <p>Nothing Added 2 lb. 8 oz. Reg. \$3.99 <b>\$2.69</b></p>	<p><b>Grape Jelly</b></p> <p>32 Oz. <b>\$1.29</b></p>

**"No Nonsense" Panty Hose**

Fashion Shades **\$1.19** and up.  
All Sizes

**POLLARD'S DRUG STORE**  
Burnsville Phone 682-2146

**Note Of Thanks**

The family of Grady Penland wishes to express sincere appreciation to friends for their attention and their thoughtfulness during the time of sorrow. Special thanks go to the ministers, Revs. Bert Styles, J.D. Stewart and Walser Penland; Holcombe Brothers Funeral Home; and Flowers by Vance.

**Ruth Brown**  
Studio Of Voice And Piano

Bachelor Music Degree  
Voice Major  
Graduate Studies in Four Universities

Long Experience In Teaching-Performance in Florida and Carolinas

Local References Available

For Details Call 682-2670 After 5 pm Or Write Box 202 Burnsville, N.C. 28714

**Yancey Health Dep**

Sept. 1, Wed., Eye Clinic (App't only)	8:00-11:00
Sept. 2, Thurs., Maternal Health-Ms Kingham	8:00-11:00
Sept. 6, Monday--Holiday	
Sept. 7, Tues., Maternal Health-Ms Kingham	12:30- 3:30
Sept. 8, Wed., Pap Smear Clinic-Ms Taylor	12:30- 3:30
Sept. 9, Thurs., Family Planning-Dr. McGahey	8:00-11:00
Sept. 10, Friday, Child Health-Dr. Pope	9:00-12:00
Sept. 13, Mon., Immunization Clinic	8:00-11:00
Sept. 13, Mon., Nurse Screening	9:00- 3:00
Sept. 14, Tues., Child Health-Dr. Cort	9:00-12:00
Sept. 16, Thurs., Maternal Health-Ms Kingham	4:00- 6:00
Sept. 17, Fri., Eye Clinic-App't only	8:00-11:00
Sept. 18, Sat., Maternal Health-Ms Kingham	8:00-11:00
Sept. 20, Mon., Immunization Clinic	8:00-11:00
Sept. 20, Mon., Nurse Screening	9:00- 3:00
Sept. 21, Tues., Maternal Health-Dr. Hemphill	8:00-11:00
Sept. 22, Wed., Orthopedic Clinic-Avery County	8:00-11:00
Sept. 23, Thurs., Family Planning-Dr. McGahey	8:00-11:00
Sept. 24, Fri., Child Health-Dr. Pope	9:00-12:00
Sept. 27, Mon., Immunization Clinic	8:00-11:00
Sept. 27, Mon., Nurse Screening	9:00- 3:00
Sept. 28, Tues., Child Health-Dr. Cort	9:00-12:00

**Lions Club Meeting**

Burnsville Lions Club monthly business meeting is set for 6 p.m. Wednesday, Sept. 8, at Banks Drugs. Parking at rear of building.

**SCHOOL LUNCH MENU**

SEPTEMBER 13-17

<b>Monday</b>	Chicken Pie w/biscuit top Candied Sweet Potatoes Green Beans Jello w/Fruit Milk
<b>Tuesday</b>	Spaghetti w/Meat Sauce and cheese Tossed Salad w/Dressing Sliced Peaches (USDA) Roll Cookie Milk
<b>Wednesday</b>	Cheeseburger Mayonnaise, Mustard Lettuce and Tomato Tater Tots w/catsup Choc. Cake w/vanilla icing Milk
<b>Thursday</b>	Hot Dog w/chili, onions Mustard, Catsup, mayonnaise Cole Slaw Baked Beans Banana Pudding Milk
<b>Friday</b>	Pinto Beans w/onions Mustard Greens w/vinegar Carrot Strips Applesauce (USDA) Cornbread and butter Milk

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BOX 667  
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