



Health News & Views

Allergy sufferers: here is good advice

People can make fun of allergies. Yet for nearly 10 million who suffer from the more serious asthmatic form, it is no joking matter. An untreated youngster, for example, may wind up with physical weakness, personality problems, heart damage, as well as disabling lung disease. Competitive sports are usually ruled out for them, and "no," they don't always outgrow their asthmatic conditions.



pollen, or a host of other allergens may stimulate your body's production of histamines. This is why we often suggest antihistamine-containing remedies to relieve congestion, rashes, sneezing and itchy eyes.

Allergy can hit anyone. At any age. House dust, dog hair, ragweed. We're not only your drug store, but your friend. Come see us soon.

Pollard's Drug Store
682-2146 Burnsville

WE KEEP ON ROLLING ALONG!
Baking potatoes in a muffin tin keeps them from rolling.



GOP Entertainment

The Griffith Chapel AME Zion Choir sang at the GOP Dinner last Saturday night, providing lively entertainment for the assembled politicians and guests. The singing was thoroughly enjoyed by everyone. Photo by Brian Westveer

Republicans To Meet

The Republicans of Burnsville Precinct will hold an important meeting Thursday, October 14, at 7:30 p.m. at Republican Headquarters located on old 19E East of

Burnsville. Mrs. Earl Young, Precinct Chairman, urges all Republicans, men and women, to make every effort to attend this business meeting.

Power Interruption

There will be a scheduled power interruption on Sunday, October 17, from 7:00 A.M. until 8:00 A.M. in Yancey and Mitchell counties.

M-M House Tour Set

The Music in the Mountains House Tour, scheduled for Saturday, October 16 from 10:30 to 3:00 p.m. and featuring the hilltop home and studio of Mme. Lili Kraus at Celso Farm, is located between Brown's Creek and White Oak Creek Roads in Celso-South Toe section of Yancey County.

Houses can be visited in any order, and tickets will be available at each house. Entrance to the houses is \$3.50 for a single ticket and \$6.00 for a couple. In addition to Mme. Kraus's house, homes of Harry and Julia Abrahamson, Edward and Marjorie Gibbs, Phillip and Ruth Simmons, and Charles and Susannah Jones will be on view. What to look for in each house will be written up and available at the entrance of that house.

In the evening at 8:00 p.m. a concert is planned at the Presbyterian Church, Burnsville. The performers will be Bruch Schoonmaker of Charlotte and Chicago and Eve Lynne Reeve, Celso Chamber Player and founder of Music in the Mountains. Tickets are available at the door for \$1.50. For students and senior citizens who wish admission at no cost, call 675-4659.

Letter To The Editor

Dear Editor:

The proposal of a National Park utilizing our beautiful Black Mountain range with the magnificent Mt. Mitchell Peak as a focal point came as a great surprise. It would "put us on the map" and bring more people into the area as tourists. New businesses would be built to meet their needs which would provide needed employment for some of our people. At the same time, many regulations for use of the Park lands would cause a drastic change in the hunting and fishing, leaf pulling and root digging, rock hunting and other delightful pastimes that local residents and our guests enjoy.

Having visited National Park areas we have found the surrounding towns and countryside to be very commercialized. Do we want our county to develop in this way?

Instead of becoming a National Park, a National Recreation Area could be designated. This idea is appealing because current uses including the cutting of firewood and timber could continue.

Please, let's give this matter much thought and make a wise decision. We do not want detrimental progress.

Respectfully,
Dr. and Mrs. Garland E. Wampler

Dear Editor:

I want to say a few words to back up what Carolyn Yuziuk said in the September 30 issue of The Yancey Journal under NO PARK PLEASE!

For the past eight years I have lived at the gateway of the National Recreation Area called Land Between the Lakes in Western Kentucky; and not only have I lived near but also have been closely associated with the operation of the Area in my work with the LBL Area Ministry Council. This is an interdenominational [11] group which has provided chaplains and worship leaders for the three campgrounds in LBL. It is operated by TVA.

During the past year a few people who still were unhappy about having had to move from the area tried to get support for making LBL a National Park. This did not get very far, because the papers, business organizations and individuals came to the defense of what we have. I am completely sold on the management of this area! Come out and I will help you to see how it works.

Sincerely,
Arthelia [Tillie] Brooks

Dear Editor:

The article in the September 30 issue Yancey Journal concerning the National Park was right. It would NOT be a great idea. A lot of people would not be able to depend on the Park for much pleasure. Some of us love to jeep ride on the back trails that surround Mt. Mitchell. Also some people depend on the dead trees for winter firewood. Now what would those people do? The people of Yancey County would be hurt if a National Park would come into being. Hotels and Motels would spring up all around the beautiful countryside. Traffic would be terrible. Maybe some people think it would be a good idea, but I think it would be the biggest mistake ever.

Now the countryside is at its peak of nature's beauty and can be enjoyed by all of us.

So I think a National Park should get a big NO from the people in Yancey County.

Sincerely,
Pvt. Robert W. Howard
PLT. 282 D.Co.
2nd Bn.M.T.B. M.C.R.D.
Parris Island, SC 29905

Swine Flu Vaccine

[Cont'd from page 1] below are not being given the vaccine, as it is not recommended for them. Anyone in this category who has a chronic illness should see a physician who will administer the vaccine if he deems it necessary.

Most people will have no side effects from the vaccine. However, tenderness at the site of the shot may occur and last for several days. Some people will also have fever, chills, headache, or muscle aches within the first 48 hours. These vaccines have been field tested and shown to produce very few side effects, but because as with any vaccine or drug the possibility of severe or potentially fatal reactions exists, the following precautions should be carefully noted by everyone:

"Children under a certain age should not routinely receive flu vaccine as already mentioned. People with a known allergy to eggs should receive the vaccine only under special medical supervision. People with fever should delay getting vaccinated until the fever is gone. People who have received another type of vaccine in the past 14 days

should consult a physician before taking the flu vaccine.

Many people ask questions about flu vaccination during pregnancy. An advisory committee of the Public Health Service examined this question and reported that "there are no data specifically to contraindicate vaccination with the available killed virus vaccine in pregnancy. Women who are pregnant should be considered as having essentially the same balance of benefits and risks regarding influenza vaccination and influenza as the general population."

While there is no reason to expect serious reactions to this flu vaccination, persons who believe that they have been injured by this vaccination may have a claim. The Congress recently passed a law providing that such claims, with certain exceptions, may be filed only against the United States Government.

Remember that it is unlikely that you have adequate protection against swine flu since it has not caused widespread human outbreaks in the past 45 years.

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League Football

On Saturday night, October 16, Cane River and East Yancey will battle for second or maybe even first place in the Tri-County Football League. Both teams have identical 4 and 1 records and are tied for second place. The loss for each team came against Mars Hill, owners of a spotless 6 and 0 record. However, Mars Hill has two tough games left and if they should lose both of them, the winner of the Cane River-East Yancey game will have a shot at the conference championship.

Game time is 8 o'clock at East Yancey Saturday night. Come on out and see what promises to be a close, exciting football game. Fans may come early and enjoy a delicious spaghetti supper in the East Yancey cafeteria. Tickets are \$2.50 and may be purchased at the school or from any East Yancey player or at the door. Proceeds go to the East Yancey Panthers' football program.

CONFERENCE STANDINGS

Team	W	L	T
Mars Hill	6	0	0
Cane River	4	1	0
East Yancey	4	1	0
Rams	3	2	0
Marshall	2	3	0
Bears	2	3	0
Mountaineers	1	4	0
Blue Devils	1	4	0
Raiders	0	6	0

Notice

An ADAP organizational meeting is planned for Thursday, October 14 at the Burnsville Presbyterian Church. A Board of Directors for ADAP will be selected.

Harvestime Specials

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