

1976-77  
Basketball Schedule

**MOUNTAIN HERITAGE "COUGARS"**


January 28 X\*  
February 1 X  
February 4 X\*  
February 8 X\*  
February 11 X  
February 14-19  
February 21-March 2

Mitchell  
East Henderson  
Owen  
West Henderson  
Sylva  
County Tournament  
District Tournament

[\*Home Games]  
[X Conference Games]

Life insurance  
for **small budgets**

We have a policy for people who think they can't afford life insurance. Call today.



Harry E. Hall  
West Main Street  
Burnsville, N.C. 28714  
Phone 682-7210

**NATIONWIDE INSURANCE**  
Nationwide is on your side

Nationwide Life Insurance Company  
Home Office: Columbus, Ohio

**Health News & Views**

**Pharmacists likened to basketball heroes**

In some respects the pharmacist is like the basketball player who plays the whole game unnoticed, but who scores a last second goal that wins the game.

It only takes a second, but perhaps the most important obligation that a pharmacist has to his "team" of health officials is to insure a correct, safe prescription. We are the last ones on your health team to take a "shot" at catching a possible error in your medicine. So, like the basketball player, your pharmacist stands ready to "score" when you need the points!

It is an awesome responsibility, day in and day out. But 24-hours a day, we stand ready to serve you instantly.



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

**January Sale**

**Chloraspetic Mouthwash & Gargle**  
Reg. & Cherry  
Reg. \$1.00

**Fast! Sore Throat Relief**  
\$1.29

**Sinutab Sinus Spray**  
5 oz. \$1.19  
Reg. \$1.79

**White Rain Hair Spray**  
Reg. Unsc.  
Extra Hard to Hold  
88¢  
Reg. \$1.00

**Sinutab Tablets**  
Reg. \$2.00 \$1.79

**Sinutab-II**  
For relief of sinus headache and congestion without antihistamines.

**Arthritis, Rheumatism Sufferers!**  
**Time Proven ICY-HOT PUTS PAIN TO SLEEP "Without taking Pills"**

If you're one of the many, many folks who have "tried everything"—taken pills by the thousand, capsules until you've gagged on them, spoonfuls of evil-tasting liquids until you can't stand the sight of your medicine cabinet, then it's time you get ICY-HOT!

ICY-HOT has been making friends for just about 50 years.

You don't "take" ICY-HOT. Instead you just rub its creamy balm over the affected joints or muscles. That's all there is to it. ICY-HOT must get you the results you want—blessed temporary relief from the pain of arthritis, bursitis, rheumatism, soreness, stiffness. You begin to sleep peacefully again. You can actually feel the pain lessening. If you don't have relief in 24 hours, we'll return your money.

Yes, you must be 100% thrilled with the speed with which ICY-HOT puts pain to sleep, or we'll return the purchase price without question. **3 1/2 oz. \$2.99**  
**7 oz. \$3.99**

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



**New Regional Blood Center Planned**

Facing growing demands and inadequate space, Red Cross leaders have announced plans for a new Regional Blood Center in Asheville. The regional blood program has been in existence for 28 years and last year distributed 24,434 units of blood for residents of western North Carolina. The present building cannot feasibly be expanded, according to Red Cross officials, who point out that a lack of land also restricts expansion of the present structure. The new \$1,126,000 building, plans for which are a result of a three-year

study, will be located on Merrimon Avenue in Asheville. With a low-interest loan from the National Red Cross and the estimated income from the sale of the present property, \$800,000 is still needed to cover construction costs. No federal money is available and the United Way is not a source for capital funds. Contributions from individuals and businesses are now being accepted. Contact Regional Blood Center Building Fund Office, P.O. Box 352, Asheville, N.C. 28801.

**GETAWAY DISNEY WEEKEND**

- Double accommodations; poolside
- Fifth of champagne on ice
- Continental breakfast for two
- Minutes from Walt Disney World & other Cen. Fla. attractions

**\$23.95** per couple  
Two Days/One Night

**\$39.95** per couple  
Three Days/Two Nights  
Continental breakfast for 2 days

All gratuities included. Tax extra.  
Deluxe fruit basket may be substituted for champagne.  
Children under 18 stay free in some room with parents.  
Weekend offer good anytime in the week thru Dec. 15 and entire month of Jan. 1977.  
For reservations write or call collect.

**Vacation lodge**

8600 Space Coast Parkway (Rt. 192 West)  
Kissimmee, FL 32741  
COLLECT 305/847-0100

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Regular 5th Saturday Gospel Sing Is Slated**

The Middle Fork Independent Baptist Church will have their regular 5th Saturday night Gospel Singing January 29th, starting at 7:30 p.m. Featured on this program will be: Peek Family Quartet, Silver Chapel Singers, Laurel Chapel Quartet, Glory Road Quartet, Pleasant Valley Youth Choir, Gatesmen Quartet.



**Aquarius**  
A Good Sign

Asquarius you're an individual one who appreciates progress and Business Interruption Insurance plan covers the progress of your business and the loss of income in the event of a business fire.

Call us today. Ask for Business Interruption Insurance before you purchase fire insurance.

**Aetna**  
LIFE & CASUALTY

**Roberts Insurance**  
Phone 682-2191

The bitter orange was the only kind known in Europe until after 1500 A.D. It was used as a seasoning, not as a fruit.

**GRAINGER STUDIO PACKAGE SPECIAL LIVING COLOR PORTRAITS**

**YOU GET ALL THIS SET OF COLOR CHARMS**

SINGLE SUBJECTS ONLY

Pay \$2.00 when photographed and only \$12.95 when you pick up your package.

No Extra Charge For Groups  
No Limit Per Family  
Satisfaction Guaranteed

Variety Of Poses  
Your choice of 4 scenic backgds  
Wed., Feb. 2, 12 noon 'til 5:30pm

**Banks Drugs**  
Banks Family Square Burnsville

1—11 x 14  
2—8 x 10's  
2—5 x 7's  
10—Wallets

Regular \$24.95 Value  
**\$14.95** All Ages  
Plus Local & State Tax

REPORT FROM  
**U.S. Senator JESSE ★★ HELMS**



WASHINGTON—During the holidays, I drafted a piece of legislation which I am convinced the American people ought to consider seriously.

I feel that there are sound arguments for limiting the President of the United States to one six-year term. A Constitutional Amendment would be required, of course, and the amendment, if ratified, would not be applicable to the President who happens to be in office at the time of ratification. I have drafted such an amendment, and have introduced it in the Senate.

Like other Americans, I have been watching the political activities of the White House for many years. Things have happened, with both Democrat and Republican Presidents, which should never have happened. A good case can be made that many of these improprieties would not have occurred if the President involved could not have succeeded himself.

WATERGATE—Not long ago, a lady wrote to me, suggesting that "Watergate was a tea-party compared to some of the things that went on when (various Presidents) were in office." She may be right, but the point is that we ought to have every possible safeguard against political misconduct by any President or his staff.

The temptations of public office are great, from the national level down to the local level. People in public office are human, and too many of them yield to temptation. They want to be popular. They want to be reelected. Therefore, a lot of things go on that should never happen.

Small wonder that so many Americans are disillusioned. Nearly 50% of the eligible voters in the November election didn't even bother to go to the polls. During the holidays, I read an item quoting a man who said that he had stopped voting because he didn't want to encourage the politicians.

MONEY—There is no question about the fact that a great deal of the taxpayers' money is used for political purposes. A number of my friends have complained to me about my refusal to mail out hundreds of thousands of so-called "newsletters" to citizens of my state.

I don't do it, because I want to practice, as a Senator, what I preached before I came to Washington. When I first arrived here, we did make a limited distribution of two or three reports. But I stopped it, because I didn't want it to develop into a costly, massive thing.

Nevertheless, many citizens have told me that they would like to receive a regular report from my office. Some have said, in effect, "All the others do it—so why don't you?" This report that you are reading costs the taxpayers nothing. I write it at home, on my own time. It is prepared in column form in Raleigh by a private printing firm, paid for with private funds. This newspaper provides the space without cost, for which I am most grateful.

Of course, some newspapers, for political reasons or otherwise, decline to run this report. This is to be expected, and I respect their right not to do so. On the other hand, the question arises as to whether the people of North Carolina should have available to them the views of their Senators—and, if so, what is the proper way to distribute those views?

OPINION—I would genuinely appreciate your thinking about this matter, and letting me know. One friend suggested that I distribute one newsletter—just one—and ask those citizens who desire to receive such reports on a regular basis, to let me know. I confess that I am exceedingly reluctant to do even that, but I promised to think about it.

Maybe you have some ideas. If so, I would greatly appreciate hearing from you. My address is simply U. S. Senate, Washington, D. C. 20510. In the meantime, I intend to continue to "practice what I preach" in matters involving the spending of the taxpayers' money.

**THE YANCEY JOURNAL**  
BOX 667  
Burnsville, N.C. 28714  
Phone 704-682-2120

Edward Yuzluk-Publisher  
Carolyn Yuzluk-Editor  
Pat Randolph-Manager  
Brenda Allen-Staff

Published every Thursday  
By  
Twin Cities Publishing Co.  
2nd Class Postage Paid  
At Burnsville, N.C.

Thursday, Jan. 27, 1977  
Vol. 5, Number 4

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