Mtn. Heritage Varsity Boys

took on Sylva Webster on the

Cougars home court. The

Cougars were defeated by a

score of 60-69. Donny Laws

led with 21 points. Daryl

Huskins scored 12 points and

Wade Biddix had 10 points.

Heritage Varsity Boys played

Owen on the Cougars home

court. There the Warhorses

defeated the Cougars by a

score of 70-53. The Cougars

had three players in double

Friday, February 4, Mtn.

The spring play to be presented this year at Mountain Heritage High School will be the musical, Brigadoon. This play will involve students in the drama department, chorus and band.

Brigadoon is a big musical production with ten major characters, as well as dozens of townspeople and members of the community. Volunteer work is needed to help with the props, publicity and other stage work. Anyone wishing to help with the production should watch the bulletin board for information.

Tryouts for the play will be held in a few weeks. The musical will be presented May 12, 13 and 14.

**SPORTS NEWS** AT MOUNTAIN HERITAGE

Tuesday, February 1, Mtn HEritage Varsity boys traveled to East Henderson. They were defeated by a score of 103 to 66. Johnny Robinson led with 10 points with Jeff Harding, Donny Laws, and Dwight Buchanan combinbing for 7 points each.

Thursday, February 3,



David Banks

Announce Birth

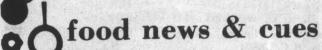
Born to Frank and Shelba Banks of Route 3, Burnsville a son, David Jason Banks, at Memorial Mission Hospital in Asheville on February 1, 1977. David weighed 9 lbs., 61/2 ounces.

## WomansClub Hand Spinning, Jewelry, **Meeting Set**

The Burnsville Woman's

Jennifer Cannon Club will hold its regular meeting (weather permitting) Announce on Thursday, February 10, at 8:00 p.m. at the Yancey County Library. Hostesses will be Mrs. John Bennett and Born to Mr. and Mrs. Mrs. J.V. Cannon. The Jerry Lynn Cannon a daughfeatured attraction for the ter, Jennifer Lynn, on Februprogram will be a dramatic ary 3. Jennifer weighed 7 lbs. appearance by Miss Rhonda 10 oz. Proud grandparents are Dry, Third Century Artist-in-Mr. and Mrs. Ford Cannon of Residence with the Toe River Route 4, Burnsville and Mr. Arts Council. and Mrs. Briscoe Tipton of

From The Yancey Extension Homemakers



BY DONNA McLAIN **Extension Homemaker** 

Birth

Route 2, Bakersville.

This week's recipe features beans n' beans n' more beans. Try it for an easy dinner menu on a working

FIVE STAR CASSEROLE Henrietta Hilliard

1-16 oz. can cut green beans, drained 1-16 oz can kidney beans,

drained 1-16 oz can butter beans,

drained

1-16 oz can pork & beans in tomato sauce

1 tsp. salt 1/4 tsp. pepper

A Tblsp horseradish

2-5 oz. cans vienna sausage in beef stock, drained, cut in half

lengthwise. 2 onions, sliced

Heat oven to 350 degrees. Combine beans, horseradish and seasonings; pour into baking dish and arrange onions, cut side on beans.

Bake 30 minutes or until

bubbly. **OATMEAL COOKIES** 

1 cup shortening

1 cup brown sugar 1 cup white sugar

2 eggs, beaten

1 tsp. vanilla

11/2 cup flour

1 tsp. soda

1 tsp. cinnamon

1 tsp. nutmeg

Makes 4 dozen.

1 tsp. salt

1 cup chopped pecans 3 cups oatmeal

Cream shortening and sugar. Add eggs and vanilla and beat well. Combine flour, soda, nutmeg, cinnamon, and salt and add to creamed mixture, a small amount at a time. Add nuts and oatmeal and mix well. Divide mixture into 3 parts and shape into rolls. Wrap in wax paper and foil and freeze until needed. Slice thin and place on greased cookie sheet. Bake at 350 degrees for 8-10 minutes.

# School Sports

coaches from Mitchell, Madison, and Yancey Counties met to organize a post season tournament. The name of the newly organized tournament is Mountain Basketball Tournament in honor of the

mountains where we live. The following teams will participate in the event: Mitchell High Mountaineers,

Avery High Vikings, Madison High Patriots, and the Mountain Heritage High Cougars. The tournament will include the J.V. Boys and Girls and Varsity Boys and Girls. The dates for the tournament will be February 16, 18, and 19, 1977. The bracket for the tournament will be drawn up and printed in the Journal

IT'S NOT JUST SPEED A COOD IDEA LIMIT **克斯2.4 A:134 M:**(人)

A public service of this newspaper, The U.S. Department of Transportation and The Advertising Council.

prior to the event.

figures with Jeff Harding scoring 13 points, Darryl Huskins 12, Wade Biddix 11, and Donald Angel 11.

On February 26 the Mountain Heritage basebal! players will attend a baseball clinic at Warren Wilson

The instructor of the clinic will be Dave Bristol, manager of the Atlanta Braves. Mr. Bristol will be giving valuable information to the players for use in future games.



Debbie Buchanan

tage's 1976-77 General Mills Family Leader of Tomorrow. Deborah won the honor by competing with other seniors here in a written knowledge and attitude examination on December 7. She will receive

Deborah L. Buchanan has

been named Mountain Heri-

certificate from General Mills, sponsor of the annual educational scholarship pro-

gram, and becomes eligible

or And About Homemakers BY JOYCE A. WATTS

ve Materials, Quilting and

\$21.75, Lunch (day students)-\$3.00, Dinner (day students)--\$4.50, Conference fee (additional fee charged by Assembly Inn)--\$3.00.

Tuesday, April 5 9:30 a.m. Orientation 10 a.m.-12 p.m. classes 12:15 p.m. Lunch 1 p.m.-5 p.m. Classes 6:00 p.m. Dinner 7:30-8:30 p.m. Films

7:30 a.m. Breakfast 8:30-12 noon Classes 12:15 p.m. Lunch 1:15-4:00 p.m. Classes 4:00 p.m. Classes dismissed A \$10 fee per person advance room deposit is required before confirmation can be made. This advance fee is credited to your bill. I have detailed information in my office about the instructors, class limit, cost and wht to bring. I will need to have your 1st and 2nd choice of classes, your registration and conference fee, and the name

of your roommate by Feb. 28.

Deborah is the daughter of

Family Leader Of

for state and national honors The State Family Leader of Tomorrow, to be chosen through judging centered on performance in the December 7 test, will receive a \$1,500 college scholarship, with the second-ranking participant in the state receiving a \$500 grant. The state winner will also earn for his or her school a 20-volume reference work, "The Annals of America," from Encyclopedia Britannica Educational Corporation.

In April, the 51 winners representing every state and the District of Columbia will be guests of General Mills on an expense paid educational tour of Colonial Williamsburg, Va., and Washington, D.C. During the tour, personal observations and interviews will be conducted to select the All-American Family Leader of Tomorrow, whose scholarship will be increased to \$5000. Second, third and fourth place winners will receive scholarship increases to \$4000, \$3000, and \$2000 respectively.

Mr. and Mrs. Frank Bu-

omorrow Named Again this year, the 4-H clubs are sponsoring a shrubpery sale. We have Roses, Azaleas, Rhododendron, Hollies, Photinia, Dogwood, and many other shrubs. Also, we have fruit and berry trees for sale. Included are: Apple, Cherry, Plum trees and grapes. Order forms can be picked up at the Extension office and local businesses. Place your order by calling 682-6186. The deadline is February 15. Payment must be made when you pick up your orders. For those interested, the 4-H'ers who sell the most shrubbery over \$50.00 will get a scholarship to 4-H camp or 4-H Congress.

### TRAFFIC SAFETY

POSTER CONTEST Any boy or girl in the county between 9-12 years of age may participate in the contest. Make a poster about one of the following topics: Bicycle Safety, Safety Belt Usage, Motorcycle Safety and School Bus Safety.

Make the poster on 81/2" by 11" paper. Write on the back of your poster your name, address, age, parent's name and the county. Mail your poster to the 4-H Coordinator, P.O. Box 397,

bring it by the Agricultural Extension Office in Room 7 of the courthouse.

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Judging will be based on creativeness, attractiveness and educational value. Awards will be given as follows: (1) State Winner: New Bicycle (2) County Winner: Bicycle Maintenance kit and bicycle decal. One county winner will receive a scholarship to 4-H camp. Each participant will receive Safety Belt game.

Deadline for entries i March 8, 1977. Don't delay! Make your poster today. You could be a state winner.

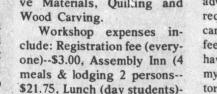
#### DISTRICT ACTIVITY DAY District Activity Day will

be held June 22. Yancey County will be host and it will be held at Mountain Heritage High School. Since we are the hosts, we are going to need help not only from you, but your friends and your leader. We will be getting in contact with you later.

#### 4-H CAMP

4-H Camp is scheduled for June 27-July 2 at Camp Schaub. Cost of camp this year is approximately \$35.00 to. \$40.00 per camper. More on this later.





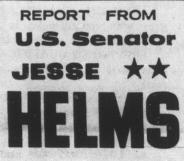
The Western Carolina Crafts Workshop will be held April 5 and 6 at the Montreat Assembly Inn, Montreat, North Carolina. The workshop is open to all craft leaders. A craft leader is an adult who will teach someone else what they learned at the workshop. The leader can teach individuals or groups. I want to encourage Extension Homemakers crafts leaders, 4-H leaders, scout leaders, recreational craft leaders and other individual craft leaders to

participate in the workshop. Workshop classes include: Bargello, Chair Bottoming (Wide Cane), Chair Bottoming (Fibre-Cord), Chair Caning, Corn Shuck Wreaths, Creative Stitchery, Decoupage, (advanced) Frame Loom Weaving, Hand-tied Fringe, Oshibana, Pine Cone and Nati

Ass't Home Ec. Ext. Agent

Class Schedule is as follows:

Wednesday, April 6



WASHINGTON-A week or so back, there was a brief item in one of the North Carolina papers reporting that Jerry Crump of Lincolnton had died in a traffic accident. The item mentioned that Mr. Crump had been cited for heroism during the Korean War.

As I read the item, my mind raced back in time to one morning in 1952, when I went down to the White House with North Carolina's Senators Clyde R. Hoey and Willis Smith. President Truman had invited us to attend ceremonies in the Rose Garden for three young men who were being awarded the Congressional Medal of Honor—the top honor that can be bestowed upon a U. S. serviceman.

Two of the young men were there-Jerry Crump of Lincolnton, N. C., and another soldier-from the mid-west, as I recall. The third soldier was not there. He had lost his life, and the President presented the Medal of Honor to his

CRUMP-I shall always remember that morning. It was a beautiful day. The families of the three men had come to Washington at the invitation of the President of the United States. General Omar Bradley, whom I saw recently at the inauguration of President Carter, stood with the President at the ceremony.

President Truman greeted everyone in the Oval Office; then we proceeded with the President to the Rose Garden. I remember that the President's voice choked up as he read each of the citations. Then he asked the two young men to stand beside him. He shook their hands simultaneously as the newsmen took pictures of the occasion.

Afterwards, there was a quiet luncheon at the Capitol for Jerry Crump and his family. Then they departed, heading back to Lincolnton. I never saw him again-but many times during the years since, I have wondered how he was getting

MIRACLE—Young Jerry had incredibly survived the severe wounds he suffered in battle on September 6-7, 1951. On September 7, a communist had lobbed a hand grenade into a group of Americans. Sergeant-Crump, without a second thought, threw his body over the grenade to save the lives of his fellow soldiers.

He did so, without hesitation, knowing that it would undoubtedly cost him his own life. Miraculously, he was still barely alive after the grenade exploded. He was rushed to an Army hospital, where he was patched up, and then flown to another hospital where he began a series of operations over a period of more than a year.

PUZZLED—That morning at the White House he was a quiet, shy young American who seemed puzzled that so

much attention was being devoted to him. As I say, I never saw Jerry Crump again after that day in Washington nearly a quarter-century ago. But I was saddened when I read of the traffic accident that cost him his life. In his quiet, modest way, he was a measurement of the greatness of America. He proved his willingness to sacrifice his own life for his friends and his country.

Maybe he didn't agree with the war in Korea. But he didn't cut and run when duty called. He was willing to give everything he had for his country - and he almost did.