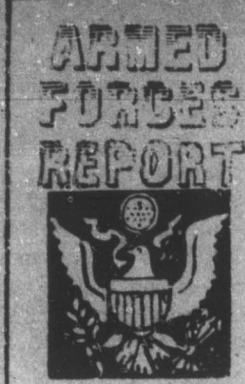


Armed Forces Report

David K. Hopson, son of Mr. and Mrs. Charles E. Hopson of Route 2, Green Mountain; and Ronald H. Tipton, son of Mr. and Mrs. Howard Tipton of Route 1, Burnsville, have enlisted in the U.S. Air Force.

Both men are graduates of Cane River High School. They enlisted on January 26 and departed the same day for Lackland Air Force Base, San Antonio, Texas, where they will undergo six weeks of



basic training.

After completing basic training, Airman Hopson and Airman Tipton will receive training in the mechanical aptitude career field, according to Sergeant Steve Cochran, Air Force recruiter in Asheville.



Lieutenant Colonel Jon D. Black, brother of Mrs. Thomas T. Lawson of Spruce Pine, is now wearing a distinctive service ribbon as a member of an organization which recently received the U.S. Air Force Outstanding Unit Award.

Colonel Black is commander of the 25th Flying Training Squadron at Vance AFB, Oklahoma, with the 71st Flying Training Wing that earned the award for meritorious service from January 1 to December 31, 1975.

The colonel, a 1955 graduate of Science Hill High School in Johnson City, Tenn., received his B.S. degree and commission in 1959 upon graduation from the U.S. Air Force Academy.

Dental Health Week Observed

[Cont'd from page 1]

from birth is known to curtail tooth decay by about 65 per cent. Another practical way of getting fluoride is to use an accepted fluoride toothpaste.

Plaque removal, avoiding sweet snacks, and using fluorides every day can add up to better dental health.

My neighbor had told me about her little girl's dental problem called "nursing bottle mouth." How can I make sure my baby doesn't have it?

When a child has "nursing bottle mouth," the teeth will literally have decayed to the gumline. Even two- and three-year old children can have this problem. The culprit is that comforting bottle of fruit juice or formula given at bedtime.

From the moment a child's teeth begin to appear—at approximately six months of age—they are susceptible to decay.

When sugary liquids are taken in the bottle, the bacterial plaque that forms continuously on everyone's teeth combines to form acids that attack the enamel of the teeth. Continued, frequent acid attacks eventually cause tooth decay.

When a child is awake, the saliva washes much of the sugar and acid out of the mouth. At night, however, saliva production is decreased, allowing the decay acids to remain longer on the teeth.

It is important to avoid fruit juices, formula and soft drinks in the baby's bedtime bottle. Even milk when left in the mouth while the baby is sleeping can cause decay. The sugar can be a serious threat to a baby's teeth.

The longer a child is given a bedtime bottle, the greater the damage to the teeth. If the child must have a bottle at bedtime, fill it with water.

I want to make sure that my two-year-old son has good teeth all his life. When should I take him to the dentist for the first time and how should I prepare him for this first visit?

A child should visit the dentist before all of his primary teeth have appeared. The average child will have his full set of 20 primary teeth

by the age of two or two and a half. Because these teeth are so important to a child's future well-being and appearance, it is important that they be well taken care of.

You can help your child develop a positive attitude about this first trip to the dentist that will influence his feelings about dental care throughout life. You will want to explain in a very general way what the child can expect. For example, the dentist will examine the child's teeth. He may also clean them and take x-ray pictures to detect any hidden dental problems. These early examinations are important because surveys show that 50 percent of two-year-old children have one or more decayed teeth.

During the first visit, the dentist will discuss with you a program for regular dental care for your child, scheduling future visits to meet individual needs. Twice a year may be sufficient for some children, whereas closer supervision may be necessary for others.

By helping the child establish a friendly relationship with the dentist, you can eliminate fears that could lead to his neglecting needed dental care later on in life.

My four-year-old daughter still sucks her thumb at bedtime, and we are concerned that this habit will prove harmful to her teeth. How does the dental profession feel about this?

During the child's early years, thumb sucking—which gives pleasure and emotional

comfort—should be considered normal behavior. In most instances such sucking is relatively harmless and most children stop the habit by the time they are four or five years old.

Prolonged and intensive thumb sucking past the time when the permanent teeth are in position—at five to six years of age—can lead to real problems.

There are degrees of sucking. A light resting of the thumb between the lips at bedtime probably will not have much of an effect on the child's teeth and jaws, but heavy sucking done several times a day or all night long can affect the position of the permanent teeth and the shape of the jawbone.

The family dentist should be consulted as early as possible as he is the only one who can diagnose the seriousness of your child's habit and advise you concerning ways to help overcome it.

At this point, he may tell you not to worry about it. Scolding or punishing the child—rather than helping to eliminate the habit—may only further her anxiety and thumb sucking.

But if she should continue the habit over the next year, the dentist can suggest several methods aimed at stopping it, including rewarding her for quitting; painting the thumb with bitter tasting lotion; sedative pills to control restlessness at bedtime; bandaging the thumb; and

mittens. Another method might be a fixed or removable dental appliance to keep the thumb out of the mouth.

The Appalachian District Health Department works primarily in Yancey County. Oral inspections, dental health education and series of plaque control sessions are just part of the program. The public health dentist spends approximately 3-4 months each year working extensively in this county treating the school children with restorative dental care. Tentative plans for Yancey County include a preventive education program throughout the summer months, with intense dental health education on good oral hygiene.

Mountain Top Dining

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Lunch 11:30am-3:30pm
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The Journal is Offering A Year's Subscription To The Lisa Haney Fund. We Urge Everyone, Whether You Have Already Contributed In This Cause Or Not, To Spare \$5 And Five Minutes Of Your Time To Help Us Help Lisa. Send \$5 To

The Lisa Haney Fund, c/o Rev. Frank Phillips, Route 6, Box 414 Burnsville, N.C. 28714 Enclose Your Name (if you are not presently a subscriber to the Journal) Or The Name Of A Friend Or Relative Who Is Not Already A Subscriber.

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Position Available

Mayland Technical Institute is now accepting applications for a COUNSELOR to work primarily with students in evening programs.

MINIMUM QUALIFICATIONS--Masters Degree with competencies in counseling, testing, student activities and recruiting.

PREFERRED QUALIFICATIONS--Three years experience in counseling and student personnel work.

REFERENCES from three previous instructors or employers required.

SALARY consistent with Mayland Technical Institute's salary plan.

APPLICATIONS will not be accepted after March 7, 1977.

A member of the N.C. Community College System Mayland Technical Institute has an enrollment of 510 in one and two-year curricula. CONTACT Ronald B. McKinney, Mayland Technical Institute, Spruce Pine, N.C. 28777 [704-765-7351].

DATE POSITION AVAILABLE: April 1, 1977. An Equal Opportunity Employer.

Feb.10,17,24,1977 ch

Job Opportunities With Yancey County Service Program For The Aging

PROJECT DIRECTOR
Responsibilities will be to develop new program of Meals on Wheels, Chore Service, Home Repair, Medical Escort, Volunteer Service, Supervise staff of 4. BA or equivalent experience of 3 years management experience. Salary \$9744. Apply at Yancey County Department of Social Service Office before Feb. 17.

SERVICE COORDINATOR
Job responsibilities are staff, volunteer, and interagency coordination. HS diploma or 3 years experience in human services required. Salary \$6204. Apply at Yancey County Department of Social Services before February 17.

TWO CHORE WORKERS
Job responsibilities are to assist elderly citizens in performance of routine tasks of daily living. Salary \$5220. Apply at Yancey County Department of Social Services before February 17.

PART-TIME SECRETARY/BOOKKEEPER
Job responsibilities are keeping records, performing clerical duties and fiscal management. Must have HS diploma or 3 years experience in field. Salary \$2844. Apply at Yancey County Department of Social Services before February 17. 2-10 ch

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

ADMINISTRATRIX NOTICE
Having qualified as Administratrix of the estate of Willard Pearson Chandler of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Willard Pearson Chandler to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 1st day of February, 1977.
Doris D. Williams, 463 Weaverville Highway, Asheville, N.C. 28804.
Feb.10,17,24, March 3 ch

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

ADMINISTRATRIX NOTICE
Having qualified as Administratrix of the estate of Ray Bodford of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Ray Bodford to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

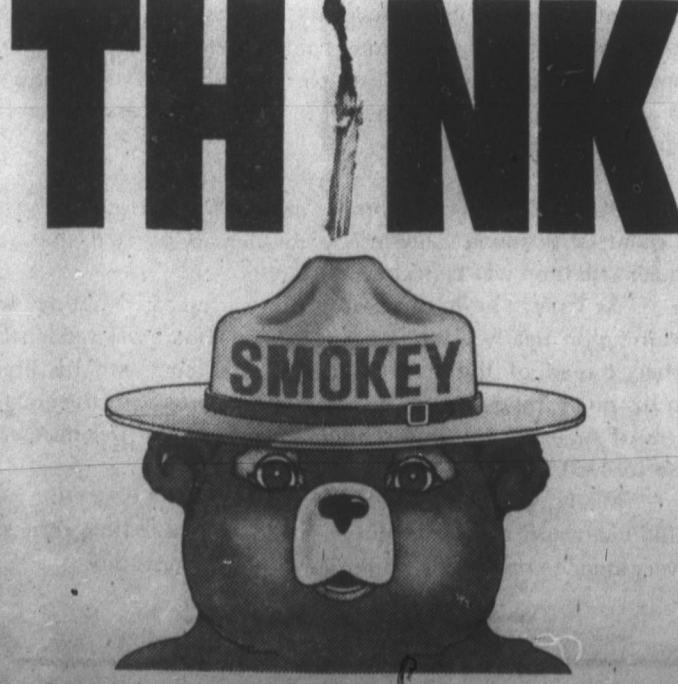
This the 3rd day of February, 1977.
Maude Bodford, Route 2, Box 67, Burnsville, N.C.
Feb.10,17,24, March 3 pd

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

ADMINISTRATRIX NOTICE
Having qualified as Administratrix of the estate of Frank Leo Andres of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Frank Leo Andres to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 3rd day of February, 1977.
Zora Thomas Andres, P.O. Box 14, Micaeville, N.C.
Feb.10,17,24, March 3 ch



LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

ADMINISTRATORS NOTICE
Having qualified as Administrator of the estate of Cordie Young Autrey of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Cordie Young Autrey to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 11th day of January, 1977.
Ranis Autrey, Route 5, Burnsville, N.C.
Jan.20,27, Feb.3,10 pd