

**Health News & Views**

**One simple rule to help you understand**

To a pharmacist co-operation means patient compliance. When patients fail to understand or forget prescription directions, that's one thing. But without their voluntary compliance and cooperation, drug therapy would become an exercise in waste, and possibly even in danger. In our pharmacy we make sure our patients "get the message." We have a simple rule. Before you leave our pharmacy with a prescription, you must understand the "how" and the "why" of your medication — how to take and why you should follow the directions for best results. The importance of knowing all this should not be taken lightly.

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**THE ARMY RESERVE. PART OF WHAT YOU EARN IS PRIDE.**

**Folk-Ways and Folk-Speech**



Will Rogers used to say that everybody talked about the weather and nobody ever did anything about it.

He ignored the fact that the talk itself can sometimes be helpful. How else could mountain folks endure their present miseries at sub-zero temperatures?

Joe Miller, a Boone druggist, recently posted some of the more colorful (and printable) expressions overheard from the early morning sessions of the coffee klatch in his store.

Raymond Jones, a resident of Sands: "I tell you that wind was so keen and strong this morning that it blew all the bars on my fence all the way to end post."

Unidentified coffee drinker: "I wrapped up in the middle of night at ten below zero to answer a call of nature. Blamed if the wind wasn't so strong it was playing any-over with the outhouse!"

Fred Reece, Sugar Grove: "It was so cold on Monday that I saw two dogs with jumper cables trying to get a rabbit started!"

James Green, Cove Creek: "I heard a knock this morning and went to the door. Danged if it wasn't the outdoor thermometer trying to get in out of the cold."

John Robinson, Boone: "I looked out the window the other day and saw my neighbor's hound dogs in full cry after a rabbit, though for some reason I couldn't hear their barking. Today the yard was full of sound but no dogs—it took a warm day to thaw out their barks."

Pete Leonard, Beech Mountain: "I was passing this car in a sort of congested area. The driver wouldn't give me passing room so I laid down on the horn. He still wouldn't move over, so I brushed on by him. About that time a patrolman pulled me over and cited me for not sounding my horn when I passed. I tried to tell him I had, but I couldn't convince him. This morning about three I woke up and heard a horn blasting somewhere. Finally I looked in the garage and figured the patrolman was right—my passing honk had just thawed out."

A letter from Cynthia King, a former Wallburg resident now living in San Jose, California, comments on a tall tale by the Parson of Possom Holler printed in this column recently.

"My husband's father, Mr. Ben E. King of Wallburg, enjoyed telling an occasional tall one himself. His wife taught us all to recognize that he was telling another one by the way his nose wiggled. It became a family joke."

She also adds to our cold weather stories by passing along the following:

In rebellion against the frigid arctic air, our water pipes froze and broke in four places on Christmas Eve. We finally caught up with Farmer Bjork, the local plumbing expert, whilst he was warming his usual spot at Max's Tavern, and he kindly rushed right over to stave off the encroaching flood.

"I had a feeling it was going to be a cold one," he quipped as he sloshed thru ankle deep, dirty basement water to pull the plug on the electric heater. "But when I saw that earthworm trying to rob a woolly caterpillar of his coat, I knew it was serious!"

Readers are invited to send folk material to Folk-Ways and Folk-Speech, Box 376, Appalachian State University, Boone, N.C. 28608.

**School Issues:**

**Teacher Workday**

(Editors Note: This is the first in a series of articles furnished by the office of the Superintendent of Schools which are intended to inform the general public on school issues.)

The teacher work day, which might more descriptively be called a pupil-less school day, is a day for which a teacher is paid to work at the school when there are no pupils present. Older teachers can well remember the time when they began receiving pay for work on the first of the 180 day school term and their pay ended on the last day that students attended in the spring. This meant that all preparations, including lesson plans, record keeping, report cards, registers, preparing and grading tests, attending teachers meetings and workshops, and a multitude of other tasks had to be done on the teachers' own time at night or on weekends and was without financial compensation.

In recent years the legislature has provided for teachers to be paid for this type of work. Consequently, while student attend school nine months, the teachers are paid to work ten months. During the ten calendar month period in which most teachers are paid for work, each local school system is expected to work into its calendar 180 days of school for students, seventeen and one half teacher work days, nine holidays and twelve and one-half leave days.

Most school systems provide for from four to seven days of work for teachers before school begins in August and two to four days after schools close in the spring. The remaining days are scheduled throughout the school year usually at the end of grading periods to be used for grading papers, recording grades, parent conferences, etc. Also, time is allowed for teachers to attend workshops and participate in other activities that help keep them up to date on procedures and techniques.

This year's loss of school time because of inclement weather conditions has forced school administrators and local boards of education into a precarious position. Teachers work under a signed contract with the local board of education which has the responsibility of devising a school calendar that meets the state requirement listed above. Yet, in Yancey County over ninety percent of the money to pay teachers' salaries is provided by the

state board of education which insists that teachers work a specified number of days in order to receive full pay. These circumstances have necessitated the use of an unusually large number of teacher work days during the month of January. School officials readily admit that this is not the best way to use such a large number of teacher work days, nor was this the intended purpose for which they were provided. However, under the conditions which have developed this year, this seems to be the only alternative.

**Meeting For Xmas Tree Growers**

A meeting for Christmas Tree growers will be held at the Avery County High School on Thursday, February 17, from 9:00 a.m. to 5:00 p.m.

Dr. Fred Hain, Assistant Professor, Entomology and Forestry, will discuss Spruce Spider Mite & Twig Aphid Control Measures. Other topics of discussion will include: Private Nursery Operation—Procurement of Seedlings and Growing Transplants, Identifying Root Diseased Plants and Control Measures for Phytophthora Root Rot in both Fraser Fir Plant Beds and Field Plantings, Chemical Weed Control for 1977, and Marketing Information and Outlook for Christmas Trees. Also Mr. William Husxter, Jr., Extension Professor, Forestry, NCSU, will assist individuals desiring information on record keeping and federal and state income tax regulations pertaining to Christmas trees.

If you have questions call 682-6186. All Christmas tree growers are urged to attend.

**Surveyors' Society Met**

The Western Chapter of the North Carolina Society of Surveyors, Inc. met in Asheville on February 7, 1977 to install the new officers for the year of 1977. The officers are William S. Callaban, President, of Rutherfordton, N.C.; Dallas G. Miller, Vice President, of Burnsville; and R. Larry Green, Sec.-Treas., of Marion, N.C.

**Open Letter To EMC Members**

My name is Charles Tolley and I am the General Manager of French Broad Electric Membership Corporation.

You have probably just received or will be receiving, in the next few days, what is probably the highest electric bill you have ever received. If you will look at the KWH usage, you will probably see that you have used more than you have ever used before. The reason for this is the recent cold weather we have been experiencing.

Your children have been out of school and at home. You have cooked more meals, used more hot water, washed more clothes, and have been forced to stay inside the largest percentage of time; all of which means your usage of electricity has greatly increased. Also, the cost of electricity is higher than it has ever been.

Everywhere we turn we are coached, prodded, and begged to conserve energy. Our Governor and our President have pleaded with you and me, the American Public, to conserve energy and yet we refuse to do so.

**NATIONAL ENERGY POLICY**

President Carter, in a recently televised speech, states that he plans to establish a National Energy Policy by April 20, 1977, and he predicts that the policy would, and I quote "Require substantial sacrifice by the American public." This substantial sacrifice can mean only one thing, and that is, higher prices for electricity, fuel oil, gasoline, natural gas and coal.

The theory behind all of this, I believe, is that if we will not voluntarily conserve energy, our government will allow its prices to go so high that we will not be able to afford to use the quantities we are now using. I, as your manager, cannot change that and no one else as your manager could change that. Your Board of Directors cannot change it.

**ONLY ONE GROUP CAN HELP**

There is only one person and one group of people who can lower your power bill, and that person is you; that group of people is your household. If you do not cut back on the usage of electricity, you can expect to pay even higher and higher prices.

In the Bible, there was a king named Belshazzar who one night saw a handwriting on the wall of his palace. The king could not read the writing and asked a man named Daniel to interpret the writing for him. I am not a Daniel. I am merely an ordinary person as you are, but if you cannot read the writing on the wall, I will read it for you.

Take your most recent power bill and multiply it by 2—Yes! Double it! In the next three to five years, that is what you will be paying for the same amount of electricity you have used today.

Our newsletter has repeatedly urged you to conserve energy. We have explained to you ways it can be done.

**OPERATIONAL COSTS**

Over \$.65 out of every dollar French Broad EMC takes in, goes directly to Carolina Power and Light Company for electricity. The other \$.35 maintains 2,500 miles of line, pays 91 employees, operates over 30 vehicles, and completely covers our entire operation. I don't think you can find a power company anywhere that does any better, with the exception of T.V.A. power which we cannot buy or use by Federal law.

The employees of French Broad Electric are your friends and neighbors. They were born here, they have grown up here, and are raising their families here just as you are, and they pay the same high prices for everything that you pay, and I would like to ask you to treat them as you would like to be treated.

If you have a question or complaint about your bill, by all means, please let us know and we will be happy to discuss it at great length with you.

**WASHINGTON'S BIRTHDAY CHOP-DOWN SALE**

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| <p><b>KERI LOTION</b><br/>6.5 OZ. VALUE \$2.84<br/><b>\$1.99</b></p>                                   | <p><b>PRELL LIQUID SHAMPOO</b><br/>11 OZ. VALUE \$2.39<br/><b>\$1.49</b></p> |
| <p><b>SINUTAB SINUS SPRAY</b><br/>1/2 OZ. VALUE \$1.79<br/><b>\$1.19</b></p>                           | <p><b>ALPHA KERI BATH OIL</b><br/>8 OZ. VALUE \$4.09<br/><b>\$2.99</b></p>   |
| <p><b>TRIAMINICIN TABLETS</b><br/>12's VALUE \$1.34 <b>88¢</b><br/>24's VALUE \$2.12 <b>\$1.59</b></p> | <p><b>MASSENGILL POWDER</b><br/>3 OZ. VALUE \$1.39<br/><b>99¢</b></p>        |

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**Yoga Classes**

Yoga classes will be given at the Yancey County Public Library Monday evenings starting February 28, at 7:00 p.m. There is no charge. Classes will be supervised by Carmela Mandala.



Don't sniff at a food you think may be moldy. This can send spores directly into the respiratory tract.

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