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Health News & Views

Know Your OTC Remedies

Can you believe Americans will catch over one billion colds in 1973 that will cost over 1/2 billion dollars? Health officials say it's so. Much of the cost of colds could be eliminated if greater knowledge of over-the-counter drug remedies existed. Antihistamines, for example, offer relief from nasal or post-nasal discharge, sneezing and burning eyes. Decongestants relieve nasal blockage and general stuffiness, while aspirin offers best all around relief from headache, muscular aches, malaise and fever. Ask your pharmacist if you have difficulty selecting the proper cold antidote. And remember, a cold is rarely as bad as its symptoms, so control those symptoms and save yourself the two m's - misery and money!



Pollard's Drug Store
Burnsville 682-2146

Dark-colored stems mean cherries have been around too long. Look for bright, plump fruit with green stems.

Letter To The Editor

Dear Editor:

Since Valentine season is a happy time, I have just remembered how happy I am to have had such a fortunate experience while in Burnsville over Christmas. This past Christmas Eve my wife and I were stuck with what we thought was a dead battery in freezing cold weather just beyond Celso near some Trout Creek Farm Road.

We called the Mountain View Motel and it was truly heart warming to find the hospitality of Tony Pagano who came to our rescue. Our problem was not the battery and Tony took the time to transfer our baggage and drive us to the motel, this on Christmas Eve while he was with his family.

As an expression of our appreciation for Tony's response, we did send a check to the Lisa Haney Fund since he would not accept any additional remuneration for his service.

We have now had two visits in the Burnsville area and it is with a feeling of warmth that we hope to return again on Easter.

Sincerely yours,
John P. Milanovich,
Vice President for Development
Geneva College, Beaver Falls, PA

Health Department

CLINIC SCHEDULE FEBRUARY 1977

Feb. 23, Wed., Orthopedic Clinic	8:00-11:00
Feb. 24, Thurs., Family Planning-Dr. McGahey	8:00-11:00
Feb. 25, Fri., Child Health-Dr. Pope	8:00-3:00
Feb. 28, Mon., Immunization Clinic	8:00-11:00
Feb. 28, Monday, Nurse Screening	9:00-3:00

School Issues:

Snow Day Decisions

[This is the second of a series of articles furnished by the Office of the Superintendent of Schools for the purpose of informing the interested public on school matters]

During the past two months, more than ever before, people are asking detailed questions about cancellation of schools, who makes such decisions and under what conditions. We will attempt to answer these questions below with some explanation as to how and why.

The superintendent of school alone is charged with

making final decisions about cancellation of schools. If inclement weather conditions are forecast the night before that might cause hazardous driving conditions, he normally arises around 5:00 a.m. to check weather conditions. This is done sometimes by driving over some of the roads in questions and by checking with some early risers in various parts of the county. The Sheriff's Department is very helpful by reporting snow or ice as discovered by deputies who are on patrol during the night. After sufficient opinions have been collected, the decision is made to have school or to

Deer Kills Registered In Yancey

BY VIC VANSANT
Wildlife Biologist

A total of 156 deer kills were registered with Yancey County Wildlife cooperator agents during the past deer season—115 of which were taken during rifle season. These totals are probably not complete since several kills were not registered. The N.C. Wildlife Resources Commission would like to express their appreciation to hunters and cooperator agents for providing us with these records. Harvest information of this type helps wildlife personnel set hunting regulations accurately. This knowledge would be especially valuable in an area like Yancey County, since the deer herd is still growing.

Deer and other big-game hunters are required by law to tag their kill and register it at local cooperator agent facilities. Hunters can help the Wildlife Resources Commission manage deer herds by following season and bag limits and providing kill records to cooperator agents.

Folk-Ways and Folk-Speech



Tall tales have always been a favorite type of American folklore.

Some scholars say they are a kind of reverse bragging related to the difficulties of pioneer life in this country. Now I'm not exactly a pioneer type, but living in Boone over a number of years, I've noticed a tendency in myself and others to enjoy exaggerating the severity of the winters, actually bragging about the winds, depth of snows, and sub-zero temperatures.

Another type of mountain bragging concerns itself with "making do" with as little as possible, perhaps because the hill person has, indeed, found it necessary to stretch his resources to the fullest extent.

One of the tall stories related to this feature is the shaky gun story, which appears in many forms.

A Watauga County reader recently shared the following version with me, one that I had not heard before. As with most folk tales it tells better than it reads.

NOT A BAD SHOT

Little Johnny baged and baged his Farther to let him go hunting, so his Farther said, "Son, what do you want to hunt for?"

"Dad, I want to go out an' kill a great big wild turkey." So his Farther leaded up his muzzle lead rifle, gave it to Johnny and told him where he had saw some wild turkeys a few days before.

Johnny took the gun and went out where his Daddy had

saw the turkeys. All at once there was a big flopping sound and up flew five big wild turkeys and lit on a limb just over Johnny's head.

Not use to the flopping and noise Johnny stood there shaking and thinking what to do.

He decided that he would try and kill one. When he rased the rifle and looked through the sites, the end of the rifle barrel was going about ever way.

Bang went the gun. Up through the limb went the bullet, splitting the limb open. Down drops 10 turkeys' feet in the crack. When the limb went back to gather there was five turkeys hanging and flopping!

A related story passed along by the same reader tells of an eminently successful squirrel-hunting technique.

NOT MUCH LUCK

A frind said while he was out squrel hunting one day a rain storm blew up so he crawl up under a cliff near by.

As he sat there out of the rain, he saw a dead tree with a large crack up the side. While he sat there and looked he notice the crack would close up and open back out.

When the rain slacked he jumped out, cut off a Jack vine, tied it around the tree where the crack was just as tight as he could pull it, so that stop the crack from opening up.

When the rain ended he went to the house, got the ax, cut the tree down and choped in to see what made the crack open and close.

To his surprise there was 90 squrels he had smothered to death!

VAGARIES OF THE WEATHER

Alfred E. McThenia of Glade Spring, Virginia, recently responded to an item in this column about the unusual frost cycle in Watauga County by noting an abnormal pattern in a bowl-shaped valley in Washington County, Virginia.

He quotes Squire Bill Widener, a resident of the area, as labeling the weather pattern "very unique in behavior"—that "every year after the last spring frost, the area outside the saucer (valley) would continue to be plagued by frost for a period of four to six weeks and that in the fall the first killing frost would occur four to six weeks earlier outside than inside the saucer area.

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



US Patent Awarded

Mr. Lawrence Frierson, right, an aerospace engineer at the Naval Surface Weapons Center in Dahlgren, Virginia, was recently awarded a United States Patent for his work on the development of a low-cost position sensor for high speed vehicles. Mr. Frierson is the son-in-law of Mr. and Mrs. Verne Wilson of Jack's Creek. He and his wife, Millie and son Ben live in Fredericksburg, Virginia.



REPORT FROM
U.S. Senator
JESSE ★★
HELMS

WASHINGTON—Several days ago, the Associated Press in Raleigh distributed an erroneous report to North Carolina radio stations—a report that was later corrected, but not quickly enough to prevent a great many people from being misinformed.

It was an honest error, such as all humans make—but it was an error nonetheless, and it did mislead citizens who heard the radio report.

It concerned the pay raise which the Congress has, in effect, voted for itself—and for thousands of high-level bureaucrats and federal judges.

MISTAKE—The Associated Press reported that both Senator Morgan and I had voted in favor of the pay increase—when, in fact, both Senator Morgan and I voted against the increase. Moreover, I was one of the chief sponsors of a Senate resolution to disapprove the pay increase.

That resolution was defeated by a four-vote margin. The leadership of the Senate would not even permit a straight up-or-down vote on it; instead, the Majority Leader of the Senate, Robert C. Byrd of West Virginia, moved to table the resolution—and it was on that motion that the Senate voted. Both Senator Morgan and I voted against tabling the resolution.

AUTOMATIC—I object to any scheme—and that's what it is: a scheme—which allows a Presidential Commission, accountable to nobody, to specify such salary increases. In order to block the pay increases, the Congress must vote to disapprove the recommendation of the Presidential Commission. If the Congress does nothing—if it fails to vote its disapproval—the pay increases are automatic.

I have serious doubts that such a scheme is even constitutional. But even if it is, I do not believe that enormous pay increases should be given to the very people who have caused the inflation that the American people are suffering. It is the wild spending by Congress and the federal bureaucrats that is the direct cause of inflation. Why should the taxpayers be forced to bail out the very people who have been causing our nation's economic woes?

KNEW—Moreover, every Member of Congress knew what his or her salary would be when he or she ran for office. I have heard several Senators complain that they could earn a great deal more money in other jobs. During debate in the Senate, I observed that the door was open—that these Senators could resign from the Senate simply by filing notice. (I haven't seen anybody resign yet, and I haven't noticed any shortage of candidates.)

A substantial number of North Carolinians heard the erroneous radio report. Our office received a number of letters from citizens who did not hear the correction later distributed by the Associated Press.

We have responded to all who wrote. However, there's no way to be sure about others who heard only the first report, and didn't write to us. Maybe the word will get around, sooner or later.



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, Feb. 24, 1977
Vol. 5, Number 8

Subscription Rates By Mail:
In Yancey County
One Year \$5.00
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Out of County or State
One Year \$7.00
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