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Eyes need extra care in Summer

The "Eyes Have It" during the summer! They get radiated, chlorinated, reflected upon, glared on, windblown, pollenated, and salted.

That is why you should take special care of your eyes during the vacation season. For protection, select a good pair of drug-store sunglasses which

block out ultra-violet and infra-red sun rays, are shatter-resistant, and distortion-free.

To refresh and relax your eyes use eye drops, regularly. Simply tilt head back, close eyes, drop two drops in the inner corners of eyes, and then open lids to allow drops to seep naturally into eye. The feeling is euphoric!



Your Dependable Drug Store

Pollard's Drug Store
Tel. 682-2146 Burnsville, N.C.

Folk-Ways and Folk-Speech

No ailment has plagued mountain folk more severely than arthritis and rheumatism.

Thus numerous folk remedies have been concocted for these ailments varying from assorted tonics used internally to all manner of polices and oils applied to the afflicted joints. In addition, certain amulets or good luck charms may be worn or carried to ward off this painful affliction.

In 1954, for instance, the following notation and recommended treatment for arthritis and rheumatism appeared in an edition of *Health From Herbs*:

"Arthritis. This widespread octopus requires little introduction as its strangeness is only too painfully apparent today.

"In this era martyrs do not die at the stake, but suffer from what is sometimes ten times worse. If those disturbing twinges have, not yet tightened into the vise-like grip of this scathe, the following may prove to be just what you need to avoid its clutches."

A recipe for "nature's medicine" is then given, involving the boiling of sassafras bark, prickly ash bark, and wood betony herb. Directions recommend taking the tonic nightly and being very patient about achieving relief.

This remedy is widely known in Appalachia, but probably has not been employed as frequently as pokeberry tea, made by simply boiling the berries in water until a proper consistency is reached. In the past some advocate of this remedy added white whiskey for special curative effects. They usually took it nightly.

Another favorite rheumatism and arthritis remedy still used in the mountains is a tonic made from boiled cherry bark and corn whiskey. Like pokeberry tea it is taken regularly. Other liquid remedies include boneset tea, alfalfa tea, plain sassafras tea, sarsaparilla tea, and lion's tongue tea.

Remedies employing salves and ointments tend to outnumber tonics and teas.

An ointment frequently employed in the Appalachians is made of St. John's root and calves' feet oil. Another is prepared by boiling catnip, tansy, and sage, and adding turpentine to the mixture.

Still another favorite—undoubtedly gained from the Cherokees—is bear grease, liberally applied. Groundhog oil was also frequently used. Even more unusual is a rubbing oil concocted by soaking a snake in corn whiskey.

The power of the buckeye to ward off rheumatism is

widely recognized in the mountains. Normally the procedure is to carry a single buckeye in a pocket, but in times past bags of buckeyes were worn around the neck. Irish potatoes were also carried on a person as insurance against rheumatism and there were those who believed that a potato carried thus until it hardened could also effect a cure if the ailment were already present. Many mountain dwellers also believed that a rattlesnake skin would ward off rheumatism if it were carried or worn. Thus rattlesnake belts were common items of dress.

Preceding the modern fad of or belief in copper bracelets, the early mountain settler might wear a ten-penny nail made into a ring or suspend a coin or other piece of metal by a string around his neck to prevent rheumatism.

Undoubtedly some of the remedies actually worked to a degree, their success probably measured according to the belief of the user.

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

Sheriff's Budget

Cont'd from Page 1

very little protection," Banks said. "We cannot supervise the jail and office as required by law, fill all our other duties, and provide the people with adequate protection and patrol. This move would make it necessary to completely cut out our third shift patrol."

Meet Your S.S. Rep.

Meet your social security representative at the Yancey County Courthouse, Burnsville, at 9:30 a.m. to 12:30 p.m. on the following days: July 11, 18, August 1, 15, 29, September 12, 19.

Accurate, up-to-date publications on social security are available free at any social security office. For more information, call, write, or visit your social security office: 50 South French Broad Ave., Asheville, N.C. 28801. Phone Asheville WX-3500.

Toe River Campground Under New Management

Toe River Campground is open for the season under the new management of the Sam Marzella family of Route 5, Burnsville. Sam has 29 years

experience in teaching and supervising recreation and physical education and he was Swimming Coach at Toe River Campground last season. His wife, Maryruth, and four of their six sons, Jay, Joe, Mark, and Paul, are working in various areas of the new operation. The family has had experience in restaurant, swimming pool, and all recreational fields and is planning many special activities for the enjoyment of everyone.

Coach Sam will be teaching swimming lessons for teens, children, and adults, and is planning sports activities on the new ball field.



Sam Marzella

About Alcoholism

Alcoholism is the number one drug problem in the United States. It surpasses all others in scope and intensity. By definition and any standard of measurement, alcoholism is a true and medically accepted physical and psychological addiction. The damage alcoholism inflicts upon individuals caught up with the illness, their families, relatives, friends, neighbors, and fellow workers is incalculable. The national estimates we have of such damage (physical, emotional, financial, legal, mental, spiritual) touch only the tip of a deeply submerged iceberg.

Such damage is not confined to metropolitan areas. It touches virtually every small town, village, hamlet, and rural area in America. Yancey County fits in here some place. We can't look the other way and ignore this very major among all major social, cultural and medical problems. It won't go away. It has reached such dimensions that it can no longer be considered as simply a personal or family matter. We must come to think of it in terms of a major community problem. This is particularly true when we consider the fact that one alcoholically addicted person affects the lives and well-being of from five to ten other people, mostly family members and close relatives.

PUBLIC KNOWLEDGE LIMITED

Public knowledge of the extent of alcoholism in Yancey County is limited to the tip of the iceberg, visible mostly through the work of the courts and law-enforcement agencies operating in the county. The vast body of the iceberg is hidden beneath the water's surface shielded by secrecy because we, as a community, have chosen to keep it that way.

No one is more aware of these facts and factors than the staff of the Asheville-based Comprehensive Alcoholism Program which serves residents of Buncombe, Madison, Yancey and Mitchell Counties. The CAP has two basic functions: to help alcoholics avail themselves of the medically supported treatment facilities set up to serve them, and to provide information on the subject of alcoholism to the general public.

Since Yancey County is my working area (and I live here), I have a special interest and a very special concern not only for those of its residents who may be directly or indirectly affected by the illness of alcoholism, but for all other residents as well. The more we know about alcoholic-beverage drinking, the better we can handle it; the better we can decide whether, where, when, why, how much, and with whom to drink.

COLUMN ABOUT ALCOHOLISM

The Comprehensive Alcoholism Program will be using this means of communication to the people of Yancey County the facts and misconceptions about alcoholism, where to go for help, and how to cope with the problem. This column will be published in *The Yancey Journal* at frequent intervals...and we urge you to read it for better understanding.

ROD CHAMPION
Counselor

COMPREHENSIVE ALCOHOLISM PROGRAM
Hwy. 19E—just east of Burnsville
Telephone 682-6717

[A program of Blue Ridge Community Mental Health Center]

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\$1.99
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Reg. \$3.25

Solarcaine
4 oz. Spray **\$1.98**
Reg. \$2.49

White Rain Hair Spray
Unscented Regular Extra Holding
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Letter To The Editor

Dear Editor:

The Burnsville Town Board would like to add its expression of thanks to that of the Yancey County Chamber of Commerce for the generous assistance from Mr. and Mrs. Troy McCurry toward beautifying the Town Square.

The contribution of bedding plants, together with labor of setting them out, will greatly enhance the appearance of the square this summer. This contribution, together with a similar one made last year by the McCurrys are outstanding examples of the generous outpouring of help from the County's citizens since the facelift project was started.

On June 20, 1977 The Town Board sent a personal note of thanks to Mr. and Mrs. McCurry.

Yours sincerely,
Robert K. Helmle, Mayor

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July 1-2-3- Fri. Sat. Sun.

Daily: 10am-8pm
Sun: 1pm-5pm

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Banks Family Square

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Burnsville Phone 682-2146