

Nutrition Taught

'Gardening'

BY NELLE JOHNSON
Nutrition Program Aide
 Nutrition is the science that deals with food at work-food on the job for you. Modern knowledge of food at work brings a new kind of mastery over life. When you and your family eat the right food, it does far more than just keep you alive and going. The right food helps you be at your best in health and vitality. It can even help you stay young longer. An individual well fed from babyhood is more likely to enjoy a long prime of life. But at any age you are better off when you are better fed.

Young people enrolled in the Expanded Food Nutrition Extension Program are taking advantage of the Youth Garden projects and are enjoying the luscious vegetables that are so essential for good health. Shown in their gardens, Beaver Whitson and Billy Bryant check their tomatoes that help to provide vitamin C in their diet. Linda and Sheila Renfro are enjoying picking their green beans. These young people will tell you there is nothing so good as fresh vegetables that come from their gardens, and they firmly believe that "you are what you eat!"



Linda And Sheila Renfro



Beaver Whitson, Billy Bryant

South Toe Fire Calls

Sunday, August 7, at 3:45 p.m. Report of a car fire on St. Rd. 158, 3 miles from the top of Mt. Mitchell. South Toe was the nearest fire dept. so Engine 1 and a crew went under the supervision of Ass't Chief George Powers. A standby crew stayed at the fire house.

thoughtless drivers on the Blue Ridge Parkway who would not give the fire truck the right of way. While Engine 1 was out, another alarm came in—a brush fire. This was quickly put out by the standby crew headed by Capt. Gavriel Goldstein. The Mt. Mitchell response was the longest made so far by the South Toe VFD, a 52 mile round trip.

North Carolina

FARM BUREAU Insurance

Mary Sue Bailey, Carlie Rice, and Dan Wilson

Dividends Paid

For the 11th consecutive year, Farm Bureau Insurance has paid a 20% cash dividend on Fire, Homeowners, Farmowners, Inland Marine, Tobacco Floater, and Special Multi-Peril Insurance policies. Farm Bureau Insurance also deviates 10% below state rates on these Fire lines and 15% below state rates on Auto Physical Damage coverage.

Mary Sue Bailey, Agency Mgr.
 P.O. Box 784, Burnsville
 Bus. 682-2077 Res. 682-2834

Carlie R. Rice, Agent
 Rt. 6, Burnsville, N.C.
 Bus. 682-2077 Res. 682-2913

Dan Wilson, Agent
 Rt. 1, Burnsville
 Bus. 682-2077 Res. 682-6501

Call us for a quotation.

Summer Course For Nurserymen

The North Carolina Nurserymen's Association has planned a summer short course and Trade Fair—August 21-23, 1977 at the Hilton Inn in Asheville, N.C. The short course is designed to get the small nurserymen of the mountain region involved in the activities of the association. The program will begin with registration on Sunday between 1 and 5 o'clock p.m. Monday's program will begin with breakfast at 7:30 a.m. The short course will adjourn around 3 o'clock p.m. on Tuesday. Registration fee for professional nurserymen will be \$15.00 per person. Anyone

interested in attending or receiving additional information can contact the Agricultural Extension Service office 682-6186.

Volunteers Are Needed

Volunteers are needed to contact businesses and homes in the Burnsville area from August 18 through August 31, for the North Carolina Chapter of the Cystic Fibrosis Foundation "Kiss Your Baby" Campaign. Interested individuals or groups may contact Judy Brown, 675-4622 about the door-to-door campaign or any special fund-raising ideas.

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Mt. Mitchell Motel
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Thursday, August 18, 1977

9:00 AM to 11:00 AM

THE BURNSVILLE AND SPRUCE PINE ARMY STORES

FOR BACK TO SCHOOL

MEN'S AND BOYS NOVELTY SHIRTS

Adidas and other brands

Values \$4.95

99¢

MEN'S QUILTED SKI JACKETS

Reg. \$29.95

\$16⁸⁸

SPECIAL GROUP MEN'S WESTERN SHIRTS

2 FOR \$15

\$7.88 ea.

WRANGLERS DENIM OR CHAMBRAY SHIRTS FOR MEN

\$9⁸⁸ Reg. \$11.97

BOY'S NO-FAULT FLARE LEG WRANGLERS

8-12 Reg. 8-14 Slim

\$6⁸⁸

14 oz., 100% cotton. STUDENT SIZES 27-32

Wrangler **\$7⁸⁸**

Style 400

MEN'S BETTER SPORT AND KNIT SHIRTS

Values to \$10.95

3 FOR \$12 \$4.99 ea.

FRUIT OF THE LOOM

MEN'S TEE-SHIRTS OR BRIEFS

\$2⁷⁷ PKG. OF 3

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BOY'S MULTI COLOR INSULATED SKI JACKETS

\$12⁸⁸

ATHLETIC TUBE SOCKS 99¢ PR.

CONVERSE "CHUCK TAYLOR" ALL STAR BASKETBALL SHOES

\$13⁸⁸

High top or oxford style in white and assorted colors. Sizes 3 - 13

SPECIAL PURCHASE

72 x 90 BLANKETS

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100% Polyester machine washable. Satin bound Tiny irrs. \$3.99 ea.

AUCTION

BURNSVILLE, N.C.

SATURDAY, AUGUST 20, 10:00 A.M.

RAIN or SHINE

"WHITE OAK ACRES"

16-BEAUTIFUL HOMESITES-16

(Restricted)

LOCATION-Take Hwy. 19E one mile east of Burnsville to the Bill Allen Branch Road, then 3 tenths of a mile to the entrance of WHITE OAK ACRES.

Homeseekers Builders Investors

White Oak Acres is a beautiful development just minutes from downtown and nearby conveniences such as shopping centers and banking facilities. These are beautiful wooded lots with excellent roads and lovely views of the surrounding mountains. Water is immediately available on eight of these lots from a new water system. This is your opportunity to buy some of Yancey counties most choice and select property ever offered at auction. We invite you to drive out and look over this beautiful property and select your future homesite. A representative will be available on Friday, Aug. 19, prior to the sale on the property.

TERMS- 25% down (10% day of sale 15% at closing) **BALANCE** over three years at 8½% interest payable semi-annually.

FOR INFORMATION CONTACT:
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