

# Have You Got It? Alcoholism

BY JAY KAYSON

(Editor's note: This series is based in the personal experience and observations of the author, a member of Alcoholics Anonymous. He uses a pen name to conform to AA's tradition of anonymity. It is not a comment or judgment on the drinking of alcoholic beverages, except as the drinking of such applies to people who suffer from the disease of alcoholism. Correspondence may be addressed to him in care of this newspaper.)

It is no great thing anymore to learn that one is afflicted with the disease of alcoholism, no more than it is to learn that you've got diabetes, or a glandular problem that is keeping you overweight, or a receding hairline that will one day make the viewer unable to tell where your face ends and your head begins.

When I was a boy, tuberculosis was a disease that somehow carried a stigma with it. It was called, "the con" (an abbreviation for the term "consumption") and was always mentioned by adults in my presence in hushed whispers. But for many years now we have been fighting tuberculosis out in the open, markedly through our Easter Seal Campaign. Webster's still carries the term "con," for tuberculosis, but now it's the eighth meaning of the word.

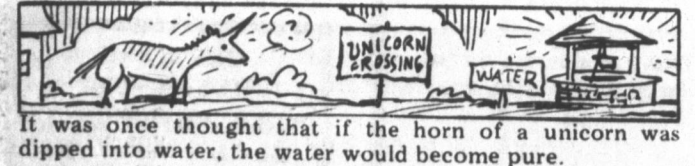
Certainly, in this day and age, it is no disgrace to contract the disease of tuberculosis and just as certainly it is no disgrace to discover that one has contracted the disease of alcoholism. Doctors treat it, hospitals admit you for it, there is insurance coverage for it, the Federal Government is spending millions yearly combating it, there are professional rehabilitation centers that specialize in its treatment, some of our major corporations routinely operate long-established programs to help their alcoholic employees recover. We should not be so naive in these sophisticated medical times as to take either issue or umbrage with the American Medical Association's pronouncement that alcoholism is a disease.

## TWENTY QUESTIONS TO ANSWER

That said, there follows a list of 20 questions taken from a pamphlet issued by the Charlotte Council on Alcoholism ("Help for the Families, Friends, Employers of Alcoholics"), which has kindly authorized their use in this article. The questions were drawn up by The Johns Hopkins University Hospital to indicate whether a person is an alcoholic or not. If you drink, these questions are for you (honest answers, please). If you don't, but know someone who does, they will also be useful:

1. Do you lose time from work due to drinking? Yes. No.
2. Does your drinking cause unhappiness at home? Yes. No.
3. Does your drinking cause financial strain on the home budget? Is your wife, or husband, concerned with your behavior when drinking?
4. Do you drink because you are shy with other people? (Does your drinking enable you to assert yourself as a more important individual?) Yes. No.
5. Is drinking affecting your reputation? Yes. No.
6. Do you get fewer invitations to gatherings where alcohol is served? Do former drinking companions seem to avoid you?
7. Have you gotten into financial difficulty because of drinking? Yes. No.
8. (Have you bought alcohol when bills needed to be paid?)
9. Have you ever stolen, pawned property, or "borrowed" to get money for alcoholic beverages? Yes. No.
10. Do you turn to lower companions and an inferior environment when drinking? Yes. No.
11. (Has your behavior when drinking with social and intellectual equals made you ashamed of yourself?)
12. Does drinking make you careless of your family's welfare? (Are they clothed, fed, housed in a manner befitting your income after taxes and before drinking? Does your drinking bring on emotional outbursts which create friction and psychological insecurity in the family?) Yes. No.
13. Has your ambition decreased since drinking? Yes. No.
14. Do you crave a drink at a definite time daily? Yes. No.
15. Do you want a drink the next morning? Yes. No.
16. Does drinking cause you to have difficulty in sleeping? Yes. No.
17. Has your efficiency decreased since drinking? Yes. No.
18. (Do hangovers, morning blues keep you from doing your best on the job?)
19. Is drinking jeopardizing your job or business? Yes. No.
20. (Has the boss talked to you about drinking? If an employer, are you about to lose your customers?)
21. Do you drink to escape from worries/troubles? Yes. No.
22. Do you drink alone? Yes. No.
23. (Answer yes if you "drink for the glow" or if you prefer to drink alone.)
24. Have you ever had a complete loss of memory as a result of drinking? Yes. No.
25. (Not to be confused with "passing out". You were conscious, walking, talking, but can't recall. There is a blank.)
26. Has your doctor ever treated you for drinking? Yes. No.
27. Do you drink to build up your confidence? Yes. No.
28. (Are responsibilities so burdensome you can't handle them without alcohol?)
29. Have you ever been to a hospital or institution because of drinking? Yes. No.

How to score: "Yes" to one question: a warning that you may be an alcoholic. "Yes" to any two: chances are you are an alcoholic. "Yes" to three or more: you are definitely an alcoholic.



It was once thought that if the horn of a unicorn was dipped into water, the water would become pure.



# For And About Homemakers

BY MARY M. DEYTON

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**Home Ec. Extension Agent**  
Tomatoes are by far the most popular food for canning at home. One of the reasons for their popularity is that they are so versatile. Another attribute is their abundance, because they are grown at home in every likely corner in North America. Their third great virtue has been that they are easy to can—so easy that many a householder considers them to be just about foolproof.

## CANNING TOMATOES

Midsummer 1974 saw a record number of backyard vegetable gardens. It also saw the first general widespread publication of two happenings that should clobber any idea that home-processed tomatoes cannot harbor dangerous spoilage. As the publicity died

down, a prime fact emerged: In the preceding decade and a half, successful hybridizing had created a number of popular strains of so-called "table" tomatoes that are less acid than the old-time varieties. This lower-acid content means that some tomatoes should be regarded as having a higher number in the pH ratings—which in turn calls for re-thinking a standard of packing and processing them. (The pH scale rates foods according to natural acid content.)

## ADDING ACID

Adding acid to tomatoes is not a crutch! Increasing the acidity does not mean that you can short-cut any step in safe canning procedure. The why's of good packing and processing are the primary safeguards in canning tomatoes in

all varieties.

As far as how much acid to add in order to bring the pH rating of your tomatoes within the safety range for the boiling-water bath, Dr. Nadine Tope, Extension Foods and Nutrition Specialist, recommends that citric acid be added at the following ratio: ¼ teaspoon per pint; ½ teaspoon per quart (citric acid is available at the drug store.)

Follow the rules for processing your tomatoes: Refer to page 9 "Fruits and Vegetables with Home Canners Goodness" H.E. Pub. No. 109. After 24 hours, when jars are cleaned, checked and labeled, store tomatoes in a cool, dark, dry place. Enjoy!

## SPECIAL INTEREST PROGRAMS

Plaids are going to be very popular this fall and winter. Many home sewers consider plaid fabrics a problem, but by knowing the right techniques you can sew with plaid fabrics with no problems. A special interest program, "The Mastery of Matching Plaids" will be presented in October to help you with your plaid problems. Topics discussed will include types of plaids, selection of patterns for plaid fabrics and cutting and sewing of plaid fabrics.

A special interest program on Fitting and Altering Pants is also scheduled for this fall. Pants have become a very important part of our wardrobes. However, pants often present more of a fitting problem than other clothing. This program discusses selection of patterns, some common fitting problems, and some common alterations.

If you are interested in either of these special interest programs, call the Agricultural Extension Service at 682-2113 to sign up. Dates and places for the workshops will be announced later.



REPORT FROM  
U.S. Senator  
JESSE ★★  
HELMS

WASHINGTON—Not many Americans are aware of it, but there is a behind-the-scenes maneuver by Secretary of State Kissinger to effectively surrender U.S. sovereignty in the Panama Canal Zone.

The best that can be said for Dr. Kissinger is that he apparently is trying to imitate Great Britain's Prime Minister Neville Chamberlain, who foolishly thought he could buy "peace in our time" by compromising with Hitler just before World War II. There are some hot-heads in the Republic of Panama who are demanding that we give away the Panama Canal. Evidence is clear that some of these are being prompted by communists, including Fidel Castro.

Americans should bear in mind that the people of the United States bought and paid for the Panama Canal. It was built with funds provided by the American taxpayers. The property is ours, by treaty—and a treaty can be broken or changed ONLY by the Congress of the United States. Even then, it requires a two-thirds vote.

TREATY—The treaty between the United States and the Republic of Panama was signed on November 18, 1903. It was officially proclaimed on February 26, 1904. There is not the slightest possibility that the U.S. Senate would vote, by the required two-thirds majority, to surrender this country's ownership of the Panama Canal. So, Dr. Kissinger is maneuvering in the background to by-pass the will of the Senate.

Kissinger's strategy is to use what I consider unconstitutional means to break the treaty, and thereby virtually give away the Panama Canal. Last year, Kissinger (on February 7, 1974) signed an "agreement" with the Republic of Panama which stipulated that "The Panamanian territory in which the Canal is situated shall be returned to the jurisdiction of the Republic of Panama."

Specifically, what Kissinger had in mind was to give the Panamanian government control of police and fire protection in the Canal Zone, plus control of the postal service.

NO AUTHORITY—Kissinger has no authority to enter into any such agreement—but he did it nonetheless, and in the name of the President of the United States. Unfortunately, President Ford has as yet been unwilling to reject this foolish act by his Secretary of State. I hope that the President may change his mind, after examining Article IV, Section 3 of the Constitution of the United States, which states:

"The Congress shall have power to dispose of and make all needful rules and regulations respecting the territory or other property belonging to the United States."

The intent of the Constitution is clear: Congress has "the power"—not the President, not the Secretary of State—"to dispose of" the Panama Canal.

This is another one of those times when the Congress needs to face up to its responsibility, and exercise its authority. And that can best be done, in the instance of the proposed give-away of the Panama Canal, by telling the President and Secretary Kissinger that the Canal is U.S. Property, and that neither the President nor the Secretary of State should try to contravene the law and the Constitution.

# 58 Finish Red Cross Sponsored Swim Course

BY ASHTON CHAPMAN

Virginia Banks ("Ginny") reports that a total of 77 were enrolled in the free Swimming and Water Safety Courses which she conducted July 7 through July 25 at the Crestview Playground pool near Burnsville. Fifty-eight of these successfully completed the course in which they were enrolled. Assistant instructor was Sheree L. Banks.

The courses were sponsored by the Mayland Red Cross Chapter, which serves Mitchell, Avery and Yancey Counties.

Those who successfully completed the course for Beginners included Angela Anglin, Gary Banks, Chris

Blevins, Alicia Brinkley, Ken Burnett, Renee Cooper, Tom Duvall, Edwin Fortner, Kim Fortner, Mickey Grindeland, Randy Grindeland, Angela Hall, Jerry Hatfield, Chip Hefner, Pam Hensley, Pat Hensley, Bobby Hughes, Mary Ann McCanness, Tammy Ogle, Terry Robinson, Joey Shepherd, Vickie Shepherd, Aaron Snipes, Beth Snipes, R.C. Styles, Sherry Styles, Stacey Styles, Angie Wilson, Monica Woody, Chip Young, Melissa Young and Eric Lawhern.

Those successfully completing the Advanced Beginners Course included Tammy Burleson, Laura Holcombe, Eric Laughrun, Sharon Mc-

Clure, Ailen McCurry, Dean McCurry, Eddie McKinney, Vanda Murphey, Bryan Styles and Tammy Whitson.

Those who attained ratings as Intermediates included Clifton Burnett, Melinda Burnett, Kevin Dellinger, Randy Dellinger, Connie Duncan, Karen Hefner, Tamara Price, Angie Randolph, Holly Sides, David Styles, Joan Styles and Brenda Williams.

Those who attained the rank of Swimmer included Robin Calloway, Rickey Carroll, Teri Hefner and Gary Hughes.

All 58 have been awarded a certificate of achievement by the Red Cross.

# Mars Hill College Offers Continuing Education Program

[Cont'd from page 1]

are also available to those who qualify.

In keeping with recognizing reflective life experiences, reducing charges, and giving credit by examination, the college is removing another barrier which has kept many adults from additional education in the past. The program will operate under a completely "open door" admissions policy. Furthermore there is no admission fee.

The program is concentrating on the four county area of Buncombe, Madison, Yancey, and Mitchell counties. Registration for the fall semester will be Monday night, September 1, on the college campus from 6:00 to 8:00 in room 206 of the Cornwell Building. All CEP will register then and classes that normally meet in Asheville, Burnsville, and Marshall, on Monday nights will meet on campus that night

only. Representatives from the Student Development Office, Records Office, Business Office, and CEP Office will be present. The Mars Hill College Bookstore will also be open late that night.

Courses in Education, Religion, Psychology, History, Library Science, Math, English, Economics, and Business Administration will be offered at Marshall, Mars Hill, Burnsville and Asheville. In Marshall, classes will meet in the Madison High School; classes will be held on campus

in Mars Hill; Burnsville Elementary School will be the meeting place for the classes in Burnsville; and the First Baptist Church will host the classes held in Asheville. Courses are also scheduled for Hot Springs and will meet in the Hot Springs School.

Over 28 courses will be offered in the four locations, with others pending for the spring semester. Those requiring further information should contact the Mars Hill College Admissions Office at 689-1201.

## WATER HEATER ENERGY TIPS

If you have a gas water heater, you are already using an efficient energy appliance - using it wisely can save even more energy and money:

(1) Lower water-temperature setting to 120 degrees F. A savings of 10-20% in water heating costs can be

achieved; (2) Repair dripping water faucets; (3) Wash full loads of clothes and dishes; (4) Use one third less hot water for bathing. A savings of up to 14% of water heating costs can be achieved; (5) Insulate hot water pipes in crawl spaces or where exposed to outside air

# Mars Hill College's Continuing Education Program

REGISTRATION for the fall semester will be held on the Mars Hill College campus Monday night, September 1, from 6:00 to 8:00 p.m. in room 206 of the Cornwell Building. All Continuing Education Program [CEP] students will register on this date. Classes which normally meet in Asheville, Burnsville, and Marshall on Monday nights will meet on campus for this night only. Representatives from the Student Development Office, Records Office, Business Office, and CEP Office will be present. The Mars Hill College Bookstore will also be open this night only.

## Financial Aid

A \$25 per hour scholarship will be given to each student. All full time students [12 semester hours] will be awarded a \$100 grant from the state. Additional financial aid is available to those who qualify.

SEPTEMBER 1-NOVEMBER 7

[All courses carry 4 semester hours credit unless otherwise noted]

## Courses Offered

- ASHEVILLE**  
Monday--Religion 442--Life and Letters of Paul--7 to 10 p.m.--Dr. Blevins  
Psychology 199--General Psychology--4 to 7 p.m.--Mr. Lynch  
Tuesday--Education 301--Language Arts in the Elementary School--4 to 7 p.m.--Mrs. Delany  
Wednesday--History 224--U.S. History--4 to 7 p.m.--Dr. Holcombe  
Math 105--Introduction to Number Systems for Elementary Teachers--7 to 10 p.m. Mrs. Sulock  
Thursday--Library Science 211 & 411--Selection of Materials for Elementary and High School Libraries/Instructional Materials Center: Organization and Operation of Library Service--4 to 7 p.m.--Mr. Jacobsen

## TIMES TO BE ANNOUNCED

- Education 202--Seminar and Tutorial Experience--Dr. Hough--2 semester hrs. credit  
Education 461--Internship for Juniors and Seniors--Dr. Hough  
Education 406--Student Teaching in the Elementary School--Dr. Hough--8 semester hours credit.

## BURNSVILLE

- Monday--Education 058--Early Childhood Materials Workshop--4 to 7 p.m.--Mrs. MacLeod--TO BE HELD AT BALD CREEK  
Tuesday--Religion 221--The Bible and Contemporary Society--4 to 7 p.m.--Mr. Lynch

## TIME TO BE ANNOUNCED

- Education 202--Seminar and Tutorial Experience--Dr. Hough--2 semester hours credit

## HOT SPRINGS

- Tuesday--History 223--U.S. History--7 to 10 p.m.--Mr. Matthews  
Thursday--English 101-102--Communications I-7 to 10 p.m.--Mr. Burton--Involves 15 weeks.

## TIME TO BE ANNOUNCED

- Education 202--Seminar and Tutorial Experience--Dr. Hough--2 semester hours credit

## MARSHALL

- Monday--Math 102--Basic Mathematics--7 to 10 p.m.--Mr. Edye--Involves 15 weeks.  
Tuesday--Religion 442--Life and Letters of Paul--7 to 10 p.m.--Mr. Kendall

## TIME TO BE ANNOUNCED

- Education 202--Seminar and Tutorial Experience--Dr. Hough--2 semester hours credit.

## MARS HILL

- Monday--History 112--Modern European History--7 to 10 p.m.--Mrs. Jolley  
Tuesday--Office Administration 434--Secretarial Procedures--7 to 10 p.m.--Mr. Chapman, Involves 15 weeks.

- Wednesday--Economics 222--Principles of Economics--7 to 10 p.m.--Mr. Narron  
Education 302--Unit teaching in the Elementary School--4 to 7 p.m.--Mr. Booth

- Thursday--English 101-102--Communication I-7 to 10 p.m.--Mrs. Jarrett--Involves 15 weeks.  
English 113-114--Communications III--7 to 10 p.m.--Mrs. Watson

## TIME TO BE ANNOUNCED

- Education 202--Seminar and Tutorial Experience--Dr. Hough--2 semester hours credit

## CLASSES AT MARS HILL ONLY--NOVEMBER 10 TO DECEMBER 19

- Monday and Wednesday--History 058--Gourmet Cooking--7 to 10 p.m.--Mr. Lenburg  
Education 053--Teaching and Learning at Mars Hill College--7 to 10 p.m.--Dr. Hough  
Tuesday and Thursday--Business Administration 050--Personal Income Tax--7 to 10 p.m.--Mr. Joyce

Call the Mars Hill College Admissions Office for further information 689-1201

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