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Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener

Send your suggestions for column material to Rogers Whitener, Box 376, Boone, N. C. 28601.



When the idea for this column was first broached, the plan was to try for at least thirteen installments and see whether reader response warranted going beyond this number. Today I note that this is column twenty-one, and readers in good number continue to send or ask for information about the past.

One problem encountered as the column has continued is remembering what has been used from letters received, since many letters contained a number of items from which I may have extracted but one for a particular column.

Browsing through early column response this week, I came upon a number of games sent in by Frances Reed, of Boone, N.C. As I recall I used two of them, but did not have sufficient space for one that we simply called Fists in my child-

hood. I often came away with bruised hands after playing the game with my older brothers. Mrs. Reed remembers it this way: "We played a game with two or more (my father played with us) by stacking fists one on top of the other, holding the thumb of the first beneath. Then we would begin by having the owner of the fist second from the top (#1) ask the owner of the fist on top (#2) what he or she had in the fist. #1--Whatcha got there? #2--A handful of fingernails. #1--Take it off or I'll knock it off. (At this point #2 either took away the fist or, indeed, had it knocked off. This was repeated until each player had a fist in position to be moved or "knocked". Then a new phase began. #1--Whatcha got there? #2--Bread and cheese.

#1--Where's my share?
#2--Cat's got it.
#1--Where's the cat?
#2--In the woods.
#1--Where's the woods?
#2--Fire burnt 'em.
#1--Where's the fire?
#2--Water quenched it.
#1--Where's the water?
#2--Ox drank it.
#1--Where's the ox?
#2--Butcher killed 'im.
#1--Where's the butcher?
#2--Rope hung 'im.
#1--Where's the rope?
#2--Knife cut it.
#1--Where's the knife?
#2--Hammer broke it.
#1--Where's the hammer?
#2--Buried behind the old church steeple.

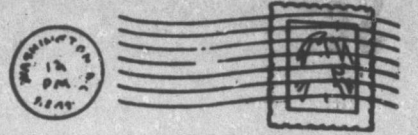
story the question-answer series starts again.)"

Mrs. Maxie Edminsten, also of Boone, sends two games which she and her family used to "while away long winter days"

"Marsh--This was a large game played on a homemade game board. The playing pieces were grains of corn. The object of the game was to get "three in a row." Fox and Goose--This was also played on a homemade game board and was somewhat like Chinese Checkers. Grains of corn were used for playing pieces. The object was for the fox to hem the geese in one of the corners. The fox was represented by red corn and the geese by white."

Note to readers: When you send in games, recipes and the like, don't forget directions. It's easy to remember the what, but the how comes harder.

Letter To The Editor



Dear Editor:

Several months ago an article about the Yancey County Home Health Agency appeared in The Yancey Journal. We would like to express our appreciation for your thorough and accurate coverage of the services offered by the Home Health Agency. For those who might have missed the article or are new to the community, I would like to review our services once more.

The Yancey County Home Health Agency provides visiting health care to individuals in their home or place of residence. Visits are made by a registered nurse, nurse's aide, and physical therapist. Doctor's services are not provided in the home by the Agency.

- Several ways in which the service can help you are:
1. If you have an illness which makes it difficult or impossible to leave your home or place of residence, and yet you are not sick enough to be hospitalized,
 2. If your doctor thinks you could leave the hospital sooner if someone could look in on you at home.
 3. If you are recovering from an illness such as a stroke or broken bone and need help with proper exercise and cannot travel to the doctor's office.
 4. If someone is terminally ill, and nursing visits could help them remain in their own home longer.
 5. If a member of the team could teach you, in your own home, how to better care for a sick family member.

Visits are made Monday through Friday, 9:00 a. m. to 4:30 p. m. At other times, visits are made in emergency situations and at the discretion of the Home Health staff.

Anyone living in Yancey County may receive Home Health Services if their family physician feels that they could benefit from these services and if he refers them to this agency. All care is given only as directed by the doctor.

The costs of the visits are \$10 per Registered Nurse visit, \$10 per Nurse's Aide visit, and \$15 per Physical Therapist visit. Medicare and Medicaid help pay this cost. Some private health insurance plans provide coverage for Home Health Services. We will discuss a plan of payment in keeping with the family income on those patients not covered by health insurance and unable to pay the full cost.

The Home Health Agency works out of the Yancey County Health Department, telephone 682-2127 and address, P. O. Box 7, Burnsville, N.C.

Thank you for helping us bring this information to the citizens of our community. Working in Yancey County is a pleasure and a challenge as the medical needs are great. If you have any questions, we would be happy to hear from you.

Sincerely,
Mary Tomlin, R.N.

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Children's Music Workshop

(Cont'd from page 1)

every week and even try playing themselves on different kinds of instruments. Also scheduled for the participants is a trip to visit a pipe organ and an orchestra. The children will help put on a mini-concert, and will make "toy" instruments

that really play.

To take advantage of this unique opportunity, simply bring your child or children to register for the workshop on a first day of the course. Registration is 9:00 to 9:30 and the workshop begins at 9:30 that same day--Monday, June 25.

Yancey Health Dept.

Monday, June 4	Child Health, Dr. Pope, app't necessary
Tuesday, June 5	Nurse Screening 9:00 - 12:00
Tuesday, June 5	Maternal Nurse 1:00 - 4:00
Thursday, June 7	Mental Health, Dr. Byron, app't necessary
Friday, June 8	Mental Health, Mr. Hutchison
Friday, June 8	Development Evaluation Team
Tuesday, June 12	Nurse Screening 9:00 - 12:00
Thursday, June 14	Family Planning, Dr. Webb 8:30 - 12:00
Friday, June 15	Mental Health, Mr. Hutchison
Tuesday, June 19	Nurse Screening 9:00 - 12:00
Tuesday, June 19	Maternal Nurse 1:00 - 4:00
Wednesday, June 20	Eye Clinic, Dr. Powell, app't necessary
Thursday, June 21	X-Ray 10:00 - 11:00
Friday, June 22	Mental Health, Mr. Hutchison
Tuesday, June 26	Child Health, Dr. Pope, app't necessary
Wednesday, June 27	Orthopedic in Newland, register before 11
Thursday, June 28	Family Planning, Dr. Webb 8:30 - 12:00
Friday, June 29	Mental Health, Mr. Hutchison
Friday, June 29	Development Evaluation Team

The Clinic for Immunization and general tests is held every Monday morning from 8:00 until 11:30.

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