

Formal Wear Rentals
 Weddings, Parties,
 and Proms
By After Six
David's Limited
 town square
 PHONE 682-6542
**Johnny Carson, Tailors Bench,
 Creighton, Career Club, Levi**

**Wedding
 Vows Are
 Spoken**

Miss Susan Ann Quakenbush and Edgar Anglin were united in marriage at 11:00 a.m. Saturday at Emma United Methodist Church. The ceremony was conducted by the Rev. Holt Madison.

The bride is the daughter of Mr. and Mrs. John W. Quakenbush of Asheville. The bridegroom is the son of Maude Riddle of Burnsville.

The bride's gown of white eyelet over white dacron was designed by Miss Teresa Quakenbush, sister of the bride. Her tiara was made of white stephanotis and baby's breath.

Mrs. Linda Briggs of Mars Hill was her sister's matron of honor and Miss Teresa Quakenbush was maid of honor. Their dresses were of pink and white print eyelet over pink dacron. They carried bouquets of pink pompons.

David Cherry of Hickory was best man. Tommy Thompson of Asheville was usher.

A reception followed at the home of the bride's parents.

Mrs. Anglin plans to teach this fall. Mr. Anglin is employed at WPNF Radio in Brevard, where he is an announcer and sales manager.

The couple will live at Sunset Apartments, in Brevard.

For And About Homemakers
 Yancey Extension Service

By Mary M. Deyton
NOISE--AS RELATED TO HEARING LOSS

The loss of hearing in man is a major problem. Four and one half million persons are estimated to have hearing loss in the United States. It appears that over 80 percent are over the age of 45, while 55 percent (over half) are 65 or older, although that age group makes up only about 10 percent of the total population.

It is clear that a major hazard of our increasing gift of longevity is the gradual breakdown in our ability to communicate through speech with each other. This hearing loss imposes one of the most disabling penalties on older persons--isolation from their fellow beings.

Researchers are learning that the hearing problem is partly that of sorting out the speech of those who are talking to them from background noises. Also interpreting rapid and slurred speech.

One cause of hearing loss is that of physiological degeneration with aging, and another cause is that of a lifetime exposure to noises.

Loud and continued noise such as that from power lawn mowers, factory noises, discothèque music may be at a level and for a duration that would be damaging. Noise causes a change in chemistry of hair or nerve cell of the ear. This is compared to extreme fatigue in a muscle which requires time to recuperate. A stock car driver may not be able to hear for days after the race.

A person should wear ear plugs when using power lawn mower and solid ear plugs when hunting. Homemakers should shop for the most suction power in a vacuum cleaner. The loudest cleaner is often associated with the most power--this may not be true. Sometimes the most powerful cleaner is quiet.

Conservation of hearing in young years may result in keener hearing in older years. Clear, distinct correct speech will also help the hearing end of the communication.

(Reference: The Gerontologist, Vol. No.2, Part 1.)

CONVENIENCE FOODS

Today's busy homemaker is concerned with saving time, money and energy. For quite some time we've been looking to convenience foods to save time and energy. In fact, the first convenient canned, frozen, and dried foods offered advantages to being economical and wholesome.

Now there is a new breed of convenience foods and these conjure up thoughts of high costs and additives. First, we should note that additives have been used to a certain extent for long than anyone can remember. They are important to the health and nutrition of all populations.

The questions being raised now are in relation to how many additives and how much can we safely consume. The answer is we really don't know; there is a great deal of confusing and conflicting evidence. We do think it is wise to restrict the consumption of foods with chemical additives and consumers are urged to read labels and be cautious of using too many chemically rich foods.

The concerned homemaker can produce conveniences at home. Cook double batches and freeze for easy heat and serve meals. Single portion leftovers can be combined into individual, homemade TV dinners. Freeze meatballs, cabbage rolls, cookies and many other items on cookie sheets. When frozen hard, store in plastic freezer bags for your own pour and save convenience. Gravies and sauces can be stored this way too. Freeze as cubes in ice cube trays, then separate and bag. Defrost as needed.

Master Mix recipes for pie crusts, cornstarch puddings, and biscuits can be prepared ahead to save money now and time later. It can be stored on your pantry shelf and as a commercial mix to prepare biscuits, muffins, waffles, pancakes, and other bake products. Master Mix recipes are available from the Extension Service Office 682-2113.



**Mrs. Doyle Edward Dale
 Gosnell, Dale Are
 United In Marriage**

Miss Joyce Gail Gosnell and Doyle Edward Dale were married at 7 p.m. Saturday in the Grapevine Baptist Church in Marshall, N.C.

The Rev. E. W. Jenkins officiated at the marriage service. Rev. James H. Durham gave a recital prior to the wedding service and was pianist for the wedding. The soloist was Mrs. Barbara Ogle and she was accompanied by Miss Norma Robinson.

The bride's formal wedding gown was of white organza. Imported Peau d'ange chantilly lace accented the A-line skirt and matching lace covered the high neckline and bishop sleeves. The chapel length mantilla was edged in matching lace. She carried a white Bible, topped with an orchid bouquet.

Mrs. Judy Durham, sister of the bride, was matron of honor. Bridesmaids were Miss Donna Dale of Burnsville, Miss Tammy Sprouse and Mrs. Patricia Ball of Mars Hill.

The floorlength bridesmaids gowns were of baby blue sheer plucked polyester and they were trimmed in white lace. The bridesmaids carried a long stem red rose.

Johnny Hall of Burnsville was best man. Ushers were Larry Edwards and Charles Harding, both of Burnsville, and Alan Gosnell of Asheville.

A reception was held at the church.

The bride is the daughter of Mr. and Mrs. Arvil Glen Gosnell of Marshall, N.C. She is a graduate of Mars Hill College. This fall she will be employed with the Yancey County School System.

The bridegroom is the son of Mrs. Georgie Dale and the late Mr. Ed Dale of Burnsville. He is presently employed with the Exxon Oil Company in Burnsville.

**Riverside
 Drive-In Theatre**

LIMITED FAREWELL ENGAGEMENT
 of the SENSATIONAL 1973 MOVIE

WALKING TALL

The Powerful and True Story of Former
 TENNESSEE SHERIFF
 BUFORD PUSSER!

The Washington Post says:
 "WALKING TALL" is a Powerhouse!
 Fascinating. Emotionally charged from
 beginning to end and emotionally
 shattering. You'll NEVER FORGET IT!"

WALKING TALL

Starring
**JOE DON BAKER ELIZABETH HARTMAN
 ROSEMARY MURPHY**

Tell song sung by Johnny Mathis
 On Columbia Records

In Color

7 Big Days
 June 28-29-30 July 1,2,3,4

Adm. \$1.50 Adults
 Children Under 12 Free

June is
 dairy
 month

Plant the finest
 Trees from
 Stark Bro's

For Famous
 Stark Bro's
 fruit trees,
 roses, shrubs,
 ornamentals,
 call or write:

John G. Ramsey
 R.D. 5 Box 139
 Burnsville, N.C. 28714
 675-4264

Special 10% Discount For
 Orders Received Before
 July 31, 1974 For Fall Or
 Spring Delivery

**We're telling
 44 million
 prisoners in the
 United States
 how to escape.**

FOR A FREE BOOKLET
 ON HOW TO STOP SMOKING, CALL OR WRITE
 YOUR LOCAL UNIT OF THE
AMERICAN CANCER SOCIETY
THIS SPACE CONTRIBUTED BY THE PUBLISHER

Paul's Country Kitchen
 W. Main Street

Luncheon Specials Daily
 Including Sunday

Seafood And Steaks
 Pizza Ordered To Go

Fish Fry Friday And Saturday Night
 \$2.00 All You Can Eat

Open 7 Days

Mon.—Sat. 10 am To 9 pm Sun. 8 pm To 3 pm

Phone 682-6858

Sticking
 our neck
 out?

NO, MA'AM,
 THESE ARE JUST
 THE FACTS ABOUT

Mayland Technical Institute
 Spruce Pine, N.C.

Member N.C. Dept. Community Colleges

We Offer: Excellent Training In

Degree(AAS) Programs	Diploma Programs
Accounting	Auto Mechanics
Business Administration	Diesel Mechanics
Office Technology	Child Care Worker
Secretarial (Executive, Legal, Medical)	Electrical Installation— Maintenance
Child Care Specialist	Light Construction
	Cosmetology
	Practical Nurse Education

All Courses VA Approved

For Information,
 Contact Student Personnel Office
 Phone 765-4261

FIRECRACKER 400
 DAYTONA INTERNATIONAL SPEEDWAY
JULY 4
 9:45 A.M.

On **WKYK**
 154 Sports Radio

NEWS OF TRAVEL

THE QUESTION OF YOUR VACATION

Q. In the interests of the national economy, should I cancel my 1974 vacation?
 A. Not at all. It could actually hurt the economy to curtail your travel plans now. The \$61 billion travel industry is a vital branch of American business and if tourism is cut off, the repercussions could effect employment all across the country.

Q. Will the energy crisis make it too difficult for me to make travel plans now?
 A. You can still have fun if you make your plans with care—and expert advice. Your travel agent can be a tremendous help. If you're up in the air about transportation, it might put you on cloud nine to know that there are still plenty of airline seats available, and your travel agent is the one who can help you into one of them. He'll also show you which countries are the most economical to see these days, and just how much it will cost. Check to see if the agent is a member of the

plicated travel world where circumstances can vary from week to week and place to place. He handles information about an armful of travel-connected items, too--hotels, airport conditions, climate, sightseeing, ground transportation, fuel availability, even theater tickets.

Your ASTA travel agent can help you to a terrific trip that won't hurt the economy.

TIME FOR A TUNE-UP

Your Homeowners policy, like your automobile, needs a periodic check-up to avoid breakdown. A breakdown of your insurance protection at time of disaster can be catastrophic. But this can happen if your policy is not kept up-to-date. Call us.

Roberts INSURANCE AGENCY
 45ma
 Phone 682-2191

Mountain Workshop
 Home Building-Remodling
 Stone Work-Plumbing
 Landscaping-Electric
 Site Planning and Design
 682-6617
 Richard Kennedy Burnsville, N. C.