



HEALTH NEWS

Smokers need more vitamin C

Next time you reach for a pack of Kent, reach for a vitamin C-rich orange, too. Apparently, smoking reduces the body's utilization of vitamin C by 40%. This interference factor probably makes other vitamins and minerals less available to the body, also.

The smoking habit does not itself actually destroy the vitamin, but rather the vitamin becomes less likely to be absorbed into the system as a result. Thus the smoker who can't or won't stop smoking requires more C than normal.

Add a citrus fruit or a vitamin C tablet to your next "coffee and cigarette break." You may be one who needs it!

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BIRTH DEFECTS ARE FOREVER. UNLESS YOU HELP.

MARCH OF DIMES

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener



Despite a strong movement in recent years to preserve regional speech, it seems quite obvious that the battle is a losing one. As one writer recently put it, "Cronkiteism is destined to be the language of the land."

But atop a few lonely Appalachian hills and up a number of isolated draws and hollers, a dwindling number of mountain folk still hold out against radio, TV, movies, consolidated schools, and other language levelers.

Some comments on the characteristics of their speech were explored recently by Elizabeth Maxwell, a student at ASU.

There are variations and differences in this language of Appalachia that are delightful to the rest of us English-speaking Americans. The purist notes a confusion of strong and weak verbs ("She caught the chicken"); the substitution of one part of speech for another ("Mowin is a slavish job," "Ye cain't fault her; she's jist natured that way," "a-backin' and a-forthin'"); intriguing shortened forms of familiar words (He's a strip of a boy"); archaic pronunciations ("That snake quiled up ready to strike"); invented words ("They was a regular up-suddle at the schoolhouse"); and twists in meaning ("I'm

rite proud ye come," "an awful generation of young-ins" (a large family), "a fair morning" (a beautiful day, a la Oklahomal, not just sunny). Having a limited vocabulary, the mountaineer will search for a term to express just what he feels, a fact that leads to a language rich in imaginative forms of expression and alive, forceful and memorable. His homely figures are suited to the occasion: "If it was raining soup, I'd be caught out with a fork," says a despairing loser.

As in Ireland, Appalachian speech has that poetic quality found among primitive peoples; Dr. Cratis Williams describes it as "not much of a leap between prose and song." A woman whose reputation for good deeds had preceded her arrival might be greeted: "Proud to behold ye, ma'am, the face and eyes of ye." Instead of prose, the mountain man uses poetic hyperbole ("There wasn't anything a-tall whatsoever to make a dollar out of"); he speaks in poetic metaphors and similes, usually far fetched, according to John West, with a stress that makes his speech soft, melodic and plaintive ("A slide come along and took the house out like it was a-walkin' on top of the ground.")

There are similes that are unlikely or whose origins are, at least for an outsider, obscure.

How did the hill-country man, far from the ocean, arrive at the expression: "Dumb as an oyster"?

How honest is "honest as all get out"?

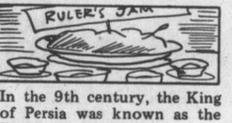
Is it useless to try to trap owls, as might be supposed from "sorry as owl bait"?

And does the hour refer to the flower that blooms and fades in the afternoon or to the dark depressing time just before dawn in "dead as four o'clock"?

Often the apt comparisons of the mountaineer reflect his work or pastimes; he will encourage a shy youngster to "jist whetstone the wits o' ye and answer up"; he calls a neighbor who has lied to him "as crooked as a fish hook"; and his woman who is accustomed to the long hot process of making soap will call a friend's coffee "strong as lye."

peacefulness of a day when "the sun's as soft as an old blanket," the innocence and insistence of a girl who "looked like a hummin' bird 'round a rosey-bush," or the brightness of a "Sky that looked like hit was purtied up for a frolic," or the gentleness of the preacher's blessing on "those whose heads were bloomin' for the grave," or the sweet helplessness of "just a little thing, like a junior."

But descriptive similes in the mountains are not always poetic; they can be sharp, sarcastic, brief and pointed. A stingy man may be "tight as hickory bark," or "so tight he screams," while a trustworthy friend, who's "honest as the day is long," "wouldn't cheat you nary grain o' corn." A strong man is to be admired: he's "stout as a mule," "tougher'n a bullhide," and can "pack a saw log to hell and back afore breakfast"; a less fortunate fellow may be contemptuously described as "weaker'n a widdier-woman's dishwasher." An exasperatingly slow (even to the mountaineer) person is "slow as the seven-year itch," or "slow as grandma," or even "so slow he's the right fellow to send after the doctor if the devil was sick!"



In the 9th century, the King of Persia was known as the Illustrious Jam.

Letter To The Editor

Dear Editor:

On behalf of all our Senior Citizens the Yancey County Committee on Aging would like to take this opportunity to express much appreciation and thanks to everyone who donated and contributed money, services, time and other material things in helping to make this Christmas a happier and merrier one for our Seniors. It was indeed a great and wonderful experience to see and witness the expressions of gratitude of those receiving a fruit basket or other gift delivered by kind and helpful volunteers.

Many many thanks are owed everyone who helped and gave a helping hand in making possible a most wonderful Christmas dinner at the community building.

A great time was had by all. One senior lady who had prepared and brought a huge covered dish herself was overheard expressing thanks and gratitude for what other people had done in providing such a wonderful meal plus the opportunity to meet and be with good and dear friends at Christmas time. The way she expressed her gratefulness no one would have guessed that she was one of the many who had helped in making it all possible.

We are very grateful for the response of the people of Yancey County in helping to make the lives of our great and grand Senior Citizens of Yancey County a little better and happier during this the yuletide season.

Sincerely,

REPORT FROM U.S. Senator JESSE HELMS

WASHINGTON—When I headed for North Carolina on December 20, I brought with me a dozen or so documents to study during the holidays. One of these is a report by the General Accounting Office, which is a "watchdog" of sorts in terms of how your federal tax dollars are being spent—and, too often, wasted.

This report is a rather gloomy one, but not particularly surprising. It deals mainly with the productivity of federal employees. And it is rather instructive about the inefficiency of our enormous, massive federal government which, like Topsy, just keeps growing and growing.

SPENDING—Specifically, the report deals with federal civilian employees in the Executive Branch of the federal government. Military personnel are not included. Neither are the thousands of federal employees who work for the Congress, or for the federal courts.

There are almost 3,000,000 civilian employees who receive their paychecks from the Executive Branch. Many of these, it should be emphasized, are dedicated, hard-working citizens. They are just as alarmed as anyone else about the appalling increase in federal spending—but, like their fellow citizens in the private work force of America, they are powerless to do anything about the waste and extravagance they see all around them.

They see unnecessary federal employees being hired to hold down unnecessary jobs. They see hordes of press agents, hired for the obvious purpose of making federal bureaucrats look good. They see loafing, and useless shuffling of paper. They see government red tape created, just to give bureaucrats something to do. And they don't like it any more than you do.

CUT SPENDING?—Senator Harry F. Byrd and I have been constantly urging a cut in federal spending for the past three years. We have co-sponsored much legislation which would accomplish it. But we are repeatedly voted down in the Senate.

Each time a reduction in spending is proposed, the same old cry goes up from the "liberal" members of the Senate. They declare, with self-righteous rhetoric, that people will starve, and that America will collapse, if the enormous federal deficits are not continued.

This is poppycock. I very much doubt that there are many government agencies, if any, that could not operate at least as efficiently, and perhaps more so, if their budgets were reduced by ten percent or more, across the board. One thing is obvious, as one reads the recent report from the General Accounting Office: the federal government is becoming less efficient every day.

So, is it possible to cut federal spending? Of course it is! As a matter of fact, it's got to happen if we want to avoid bankruptcy in America.

DEFICITS—The federal government is presently running "in the red" at the rate of \$75 billion a year. That means that our government is spending \$1 1/2 billion more each week than it takes in. The total federal debt will exceed \$600 billion in 1976. The interest on that debt will approach \$40 billion.

And that, it seems to me, is a totally irresponsible way to celebrate the 200th birthday of our nation.

A MESSAGE FOR DADDIES

They'd rather have you around than your insurance. Get yourself a good, thorough examination once a year. Once a year, let your doctor really look you over. It'll take a little time, and a little patience. And maybe he'll poke around a little more than you'd really like. And so he should.

The whole idea is to keep you healthy. If nothing's wrong (and more than likely, there isn't) hooray! Come back next year. But if anything's suspicious, then you've gained the most important thing: time.

We can save 1 out of 2 persons when cancer is caught in time, caught early. That's a good thing to know. All Daddies should know how to take care of themselves so that they can have the fun of taking care of their kids. Remember—it's what you don't know that can hurt you.

American Cancer Society



The man who built France's famous prison, the Bastille, was the first person confined there.

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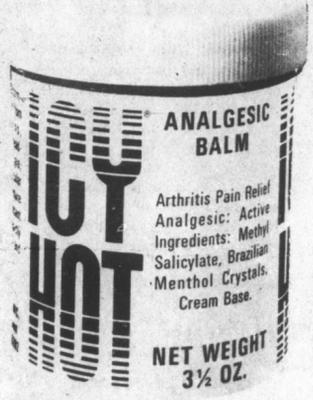
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