

**Alice S. Scott**  
Ph.D.—R.D.  
**Speaks On Nutrition**

**Registered Dietitian**

R.D.? Some people have questioned me since I began writing the nutrition column for the newspaper, what does R.D. mean? Is that something new you have achieved? These questions made me realize that sometimes we do hide our light under a basket, rather than put it on a candlestick.

The term registered dietitian refers to the standard of identity in nutritional care, the professional recognition of competency in the field of clinical nutrition, community nutrition and foodservice administration.

Registered dietitians complete a minimum of four years of specialized academic study at an accredited college or university. Some complete their clinical education during the four years of college, others choose to do a dietetic internship (traineeship), or a masters degree plus a minimum of six months clinical experience. Upon completion of the academic and clinical education requirements, an examination must be taken and passed to become a registered dietitian.

Dietitians practice in many

different settings - hospitals, health departments, nursing homes, schools and universities, industry, and community agencies. Dietitians can be involved in clinical practice, research, foodservice systems management, food processing, communications and teaching. Almost all dietitians function as managers and educators in addition to their prime responsibilities.

The American Dietetic Association (ADA), the professional society for more than 33,000 dietitians, has as its goals: to improve the nutrition of human beings, advance the science of dietetics and nutrition and promote education in these and allied areas. ADA recommends that nutritional care which includes dietary counseling be an integral part of all health care programs.

ADA states that "as consumers become more aware that nutrition is the cornerstone of positive health care, they will realize that it is their right to expect professional guidance and dietary counseling to assist them in developing and maintaining sound nutritional habits."

**NCSU Awards Medals To Retired Officials**

North Carolina State University awarded Watauga Medals, the top NCSU non-academic honors, to two retired officials Tuesday night, March 28, during a commemoration of the 91st anniversary of the founding of the Lang-Grant institution.

Chancellor Jobb L. Thomas presented the Watauga Medals to L.R. Harrill, who for 37 years headed N.C. 4-H Club work from headquarters at NCSU, and H.W. (Pop) Taylor, formerly of Duplin County, director of NCSU alumni activities for 23 years and a former state legislator. Both live in Raleigh.

The medals are named for the Watauga Club, which helped persuade N.C.'s 1887 legislature to establish what then was called "The N.C. College of Agriculture and Mechanic Arts."

On the 91st anniversary of that act, NCSU has emerged with 17,000 students, more than 1,000 faculty, and a multi-million dollar research program and extension services that reach from the Atlantic to the

Appalachians and beyond.

H.W. Taylor, known affectionally by older NCSU alumni as "Pop," is a native of Duplin County and a 1926 NCSU graduate. He first entered State in 1918, but a combination of sickness, poor high school preparation and what he felt was "the notion that what I really wanted to do was farm" sent him back home at the end of the semester.

Taylor spent the next four years farming and going to school, and in 1922 he returned to State. Four years later, he graduated as valedictorian of his class. He acquired the nickname, "Pop," when he returned to high school at an age somewhat older than his contemporaries.

Taylor joined the N.C. Agricultural Extension Service in 1928 and served that organization in various capacities until he was named the University's first full-time director of alumni affairs in November, 1942.

Under Taylor's leadership, the NCSU alumni association

grew from 12 clubs and annual contributions of less than \$2,000 to 125 local organizations and yearly contributions of over \$70,000 at the time of his retirement.

The association also made a number of outstanding contributions toward the advancement of the University, including helping establish the institution's fund-raising foundations, its Faculty Club, helping

for veterans following World War II, assistance to the library, scholarships, and other University projects.

The Watauga Medal was established in 1975 by the NCSU Board of Trustees to be awarded

annually to no more than three recipients for "notable and distinguished contributions to the advancement of the University."

**HAVE A BREAKFAST TREAT**

**Orange-Glazed Apples and Sausages**

- 1 package (8 oz.) brown 'n serve sausages (8 to 10 links)
- 2 tablespoons butter or margarine
- 4 medium cooking apples, cored and cut in wedges
- 1/4 cup orange-flavored instant breakfast drink
- 1/8 to 1/4 teaspoon ground cinnamon

Prepare sausages in skillet as directed on package. Remove from skillet; keep warm. Add butter and apples to skillet and saute apples until tender. Sprinkle with instant breakfast drink and cinnamon; toss gently to coat. Serve with sausages. Makes 4 servings.

**Garden Tips**



**LIBERATE THE TOMATO!**

NO ROOM FOR TOMATOES? PLANT THEM IN HANGING BASKETS! VARIETIES LIKE SMALL FRY, TINY TIM, RED CHERRY AND PATIO LOVE THEM!

**SUPERCHARGED GARDEN**

GROW MELON AND VINE CROPS ON A METAL FENCE WHICH WILL ATTRACT STATIC ELECTRICITY AND IMPROVE THE YIELD.



**Tribute To 4-H Leaders During National Volunteer Week, April 16-22**

Somewhere between the sternness of a parent and the comradeship of a pal is that mysterious creature we call a 4-H leader.

These leaders come in all shapes and sizes, and may be male or female. But they all have one thing in common—a glorious twinkle in their eyes!

The 4-H leaders are found everywhere—at judging contests, junior fairs, square dances, and talent shows. They always are preparing for, sitting through, participating in, or recuperating from a meeting of some kind.

They are tireless consumers of muffins, expert at taking knots out of thread, peerless coaches, and spend hours on the telephone.

A 4-H leader is many things—an artist making a float for the Fourth of July, a doctor prescribing for an

underfed calf, a counselor at camp, a lawyer filling out reports, and a shoulder to cry on when that dress just won't fit.

Nobody else is so early to rise and so late to get home at night. Nobody else has so much fun with so many boys and girls.

We sometimes forget them, but we can't do without them. They receive no salary, but we never can repay them.

They are angels in aprons, saints in straw hats. Their only reward is the love of the kids and the respect of the community. But when they look around them at the skills, they've taught, and the youth they've built, there's an inner voice from somewhere that says, "Well done."

—Bonnie Hill, Colorado

**Look For The Surprise!**



**Peach Cheese Dessert**

- 1 can (8-3/4 oz.) sliced peaches
- 1 package (3 oz.) peach flavor gelatin
- 1 cup boiling water
- 3 tablespoons (half of 3 oz. package) cream cheese, softened
- 1 teaspoon milk
- 1/4 cup finely chopped walnuts

Drain peaches, reserving syrup. Add water to syrup to make 1 cup. Dissolve gelatin in boiling water. Add measured liquid and chill until thickened. Meanwhile, combine cream cheese and milk; blend well. Shape into 8 small balls and roll in walnuts. Spoon gelatin into 8 dessert dishes. Arrange 2 or 3 peach slices and 1 cheese ball in each. Chill again, if necessary, until set but not firm. Top with remaining gelatin. Chill until set, about 2 hours. Makes 3 cups or 6 servings.



**Relinquishing the relic.**

It was a relic. The oldest car in town. Mom prayed for a new one. But my father said, "No. This one runs like a clock."

Actually it ran like a clock that had to be constantly repaired.

A new muffler every year. Unending trouble with the transmission. The brake linings. The carburetor. Even the upholstery was shot. My sister Ginny called it "Clarke's Clunker."

A new car. It seemed possible only in the far distant future. Because Dad had six kids and a house to take care of. But without saying a word about it, he joined the Payroll Savings Plan at work. And started buying United States Savings Bonds every week.

Then one morning in the fall, he got up early and left without saying where he was going. We were still around the breakfast table when he came back in the door. Smiling.

"How'd you all like to go for a ride in a brand-new car?" he said.

It was light blue. My mother thought it was the most beautiful car she'd ever seen. And it was the first one they'd ever owned brand new from the factory. She polished it every chance she had. And was forever bragging to the neighbors about all the options, even though she didn't understand half of them.

That was ten years ago and Dad is still driving it today. One of the oldest cars in town. But this one shines and drives like new. Dad has saved enough Bonds to put most of us through school and still buy another car, but Mom won't hear of it.

The way she sees it, "They just don't make 'em like that anymore."



**THE GOOD GUYS AND BAD GUYS OF THE NORTH CAROLINA MUSEUM OF ART**

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