

Refrozen Foods May Be Unsafe

During the recent ice storm many members had food in their freezers to thaw before dry ice or other means of refreezing the food could be had. According to Evelyn B. Spindler, nutritionist, Federal Extension Service, it may be unsafe to eat thawed frozen foods (especially poultry and meats) if they remain thawed at 40 degrees F even 1 or 2 days. If the thawed foods are off in color or odor get rid of the food. It may be dangerous! Tests have shown that you can safely refreeze beef, veal and lamb if no signs of spoilage are evident.

Bacteria multiply rapidly in shellfish (oysters, crab, etc.), vegetables, and cooked foods. So do not refreeze these foods if they have thawed completely. If you have these foods in your freezer which have been refrozen they may be dangerous to eat. If there is a question about your family's safety in eating these, don't hesitate to get rid of these foods. These foods (shellfish, vegetables and cooked foods) when rethawed could look all right and smell normal but could still be dangerous. If you were able to refreeze your food before it was completely thawed then this food should be safe for consumption provided you were able to quick refreeze it before the ice crystals in the food melted. However, if you were only able to hold this food in the partially thawed condition for days there is a question of its safe use. The exception is thawed fruits which have begun to ferment. This will not make them dangerous to eat, but it may spoil their flavor. So, if thawed or rethawed fruits smell and taste good they will be safe to use. Or you can use them in pies, jams, jellies or preserves.

Club Leaders Will Confer

4-H Club Leaders from Western North Carolina will meet for a conference at the Ridgecrest Baptist Assembly in Black Mountain March 28th and 29th. Leaders from Yancey County to attend are: Mr. and Mrs. John G. Ramsey of the White Oak Creek Community; Mr. Charles Hepson of Green Mountain and Mrs. Bill Young and Mrs. Bill Norris of the Arbuckle Community.

This will be an opportunity for leaders from Yancey County and Western North Carolina to swap ideas, socialize and receive some valuable training.

Burnsville Men's Club Installs New President

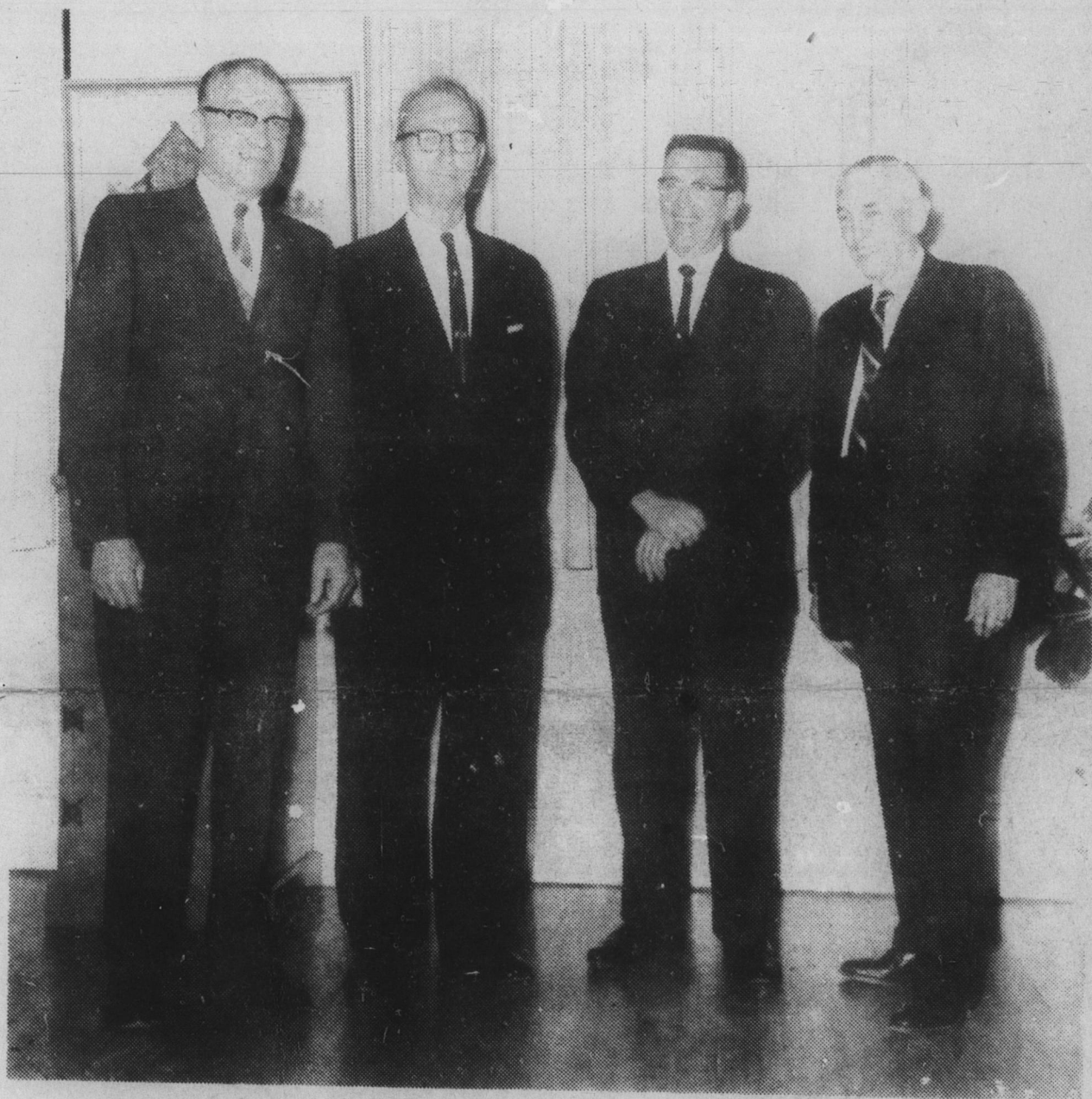
By: R. K. Helmle

James Gardner, the new president of the Burnsville Men's Club, was installed at the Annual Ladies' Night Banquet held Monday night at the Community Building, with some eighty members, wives and guests attending.

Other members of the new slate of officers of the civic organization are Olen Shepard as vice president, and Dr. Paul Fall as secretary. The latter has served the club as president during the past year. Dover Fouts, in conducting the installation, spoke of the importance of the Men's Club as a civic organization in its 45 year history, and urged support of the officers for the coming year.

Mr. Fouts also presented plaques of appreciation to the two officers of the Yancey United Fund who carried the chief load of work in the 1968 annual fund raising campaign of that organization. These were Robert Rhinehart who served as campaign chairman, and Everett Dillingham, who is president of the Fund.

The speaker of the evening was Denver Robinson whose subject was "Resource Development, Our Heritage; Our Responsibility". An accomplished photographer, Robinson illustrated his talks with slides showing the superb heritage of natural beauty we have here in Western North Carolina. His message was the vital importance of taking proper care of this heritage.

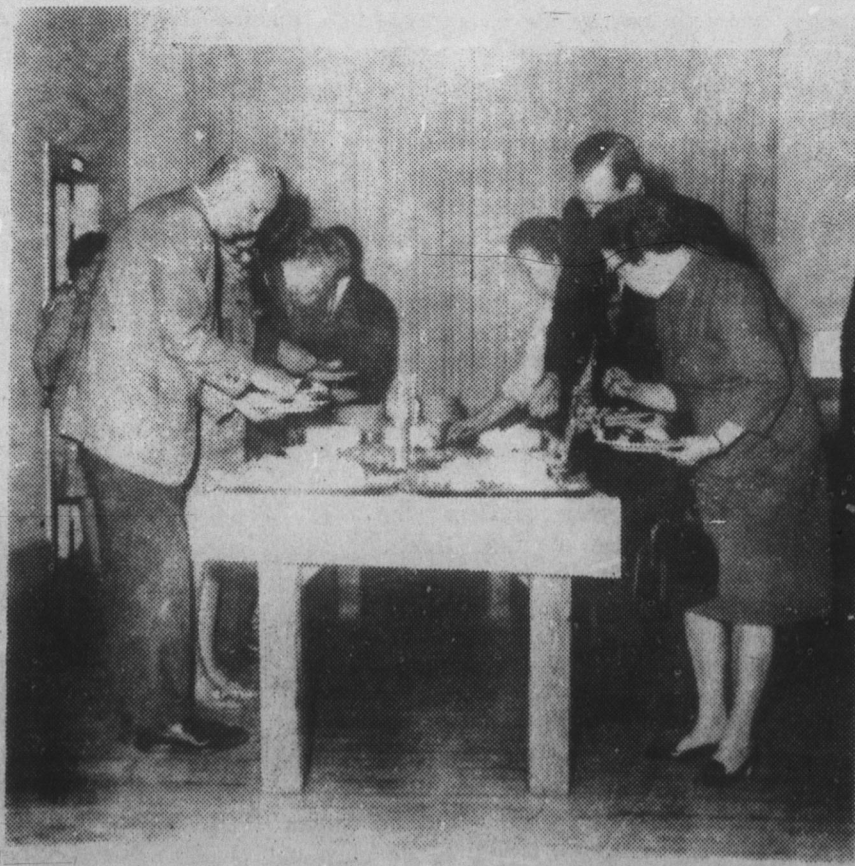


Olen Shepard, Dr Paul Fall, James Gardner And Dover Fouts

Robinson, a resident of Yancey County some fifteen years ago, is now working out of Asheville as Supervisor of Test

Demonstration Projects in Western North Carolina, a program jointly conducted by TVA and N. C. State.

A fine dinner was served by ladies of the Home Demonstration Organization of Yancey County.



Buffet Dinner By Ladies Of Home Demonstration Organization

Staff Photoby Archie Ballew