Food Program Funds

Supplemental Food Program has been in operation since May 15, 1975. After being funded in October for an additional three years the caseload will be increasing and then maintained at 4,050 participants for entire Region D. Region D Council of Governments serves as the grantee for the WIC program. Even though Region D is the grantee and home office, the program actually operates in the seven county Health Departments.

WIC is a medically based food program that provides foods high in protein, iron, calcium, and Vitamin C. There are three Nutritionists working in the various health departments with the WIC program. Nutrition Education is an integral and necessary part of the program.

The WIC program is bringing federal money into the seven county region through approximately 300 participating grocers.

WIC has proved to be a very needed and beneficial food program that will hopefully make Christmas this year nicer and healthier for the 4,050 WIC participants.

Highway Department Has Toll-Free Phone Available

Washington, D.C. — Automobile owners in the 10-state area surrounding Washington, D.C. can now dial directly into the federal highway safety agency for a quick read-out on auto defect problems or to report auto safety problems "Uncle" should know about. The federal toll-free Hotline number is 800-424-0123 for residents of the areas listed below, and 426-0123 for residents of metropolitan Washington, D.C.

"If you have a vehicle problem which threatens your safety or the safety of others," said a recent federal announcement to auto owners in this area, "or if you know of such a problem which the National Highway Traffic Safety Administration (NHTSA) should look into, the Auto Safety Hotline Office wants that information and your call."

According to Gilbert L. Watson, Chief of the Consumer Services Office which operates the Hotline facility for NHTSA, the new consumer telephone service began on October 15 as an aid for auto owners who need help in solving safety-related vehicle problems or who have defect-related information to report. NHTSA is the U.S. Department of Transportation's enforcement "arm" which sets auto performance standards for the industry and enforces the recall and repair of defective autos when necessary.

Watson says the Hotline keeps four trained operators busy from 8:30 am to 5:00 pm every workday. Automatic telephones are utilized in "off" hours to record caller's names and telephone numbers so that owners will receive a prompt operator call-back when business hours resume. "Calls which identify possible defects," Watson explains, "are relayed directly to NHTSA's investigative office by the Hotline staff. But defect-related or not, we will apply whatever powers the agency can lawfully apply, to help owners solve the problems reported to us.

The Hotline's toll-free service is available to callers from Maryland, Delaware, Virginia, West Virginia, North Carolina, Pennsylvania, New Jersey and Connecticut. In New York the service is available to residents of New York City, Long Island, Buffalo and Rochester. The free-call area also extends into southern Ohio for residents in the telephone area-code 513 and 614.

Nina McKinney Displays Plate Showing Beam's Restaurant

An Artist Creates:

'House Under Glass'

BY WILLIAM F. JUD

Nina McKinney can paint your home in one day, and her work will last for centuries.

Two years ago, Nina vowed she would channel her bubbling, creative talent into work that is both useful and fun to do as well as profitable.

She had studied oil painting in Asheville for a year after graduation from Crossnore High School, and combined that training with her experience as a commercial artist with Southern Bell telephone company in Charlotte, N.C., to go into business making specialty pottery and other decorative ceramics.

But overcrowding in the ceramics field left few markets open to beginners. Nina saw that her opportunity lay in creating personal, one-of-a-kind art works rather than in volume production. She decided to try sketching peoples' homes on ceramic dinner plates, then glazing and firing those sketches under a brilliant, permanent layer of hard ceramic glass.

Nina's first effort, a sketch of The Gem Shop north of Spruce Pine, was displayed in The Gem Shop for several weeks and attracted considerable attention from people pleased with the personal touch the work represented. Shortly thereafter, customers began sending in orders to have their own homes sketched on plates, and now Nina is so busy in her Inglenook Arts and Crafts Shop at Ingalls, seven miles north of Spruce Pine, that she must put new customers on a temporary waiting list.

"It takes six days to make the average plate," Nina says. The first step is to get a color photo of the customer's home.

Nina makes a full-color drawing on paper from the photo. In certain difficult cases involving rotation of perspective or other technical problems, Larry McKinney, Nina's husband and the second commercial artist in this talented family, lends a hand.

Nina casts the rough diner plate using molds and liquid casting clays made by her father, Lee White, a clay chemist now retired from Harris Mining Company. The raw plate is trimmed, smoothed, and fired at 2,000 degrees F. for one day in the shop's electric kiln to become tough, white "bisque" ceramic ready for painting.

Very carefully, Nina copies her own or Larry's sketch of the home in color onto the bisque plate, using special, mineral-based ceramic paints. This art work generally takes a full day to do and may run two days or longer for complicated scenes.

Walls, roofs, and other broad areas are solidly painted in at first in their basic colors and tonal variations. Then Nina scratches in the fretwork and delicate cross-hatching of mortar lines between bricks and shingle patterns on the roof, using a finely pointed paint-removal tool.

The finished plate is fired in the electric kiln one more day to harden the painting. Then it is dipped in commercial glaze or in Lee White's special glazing compound made of local feldspar and other minerals, and goes back into the furnace for the third and final time. "It is very important to keep the piece dust-free during this final heating," Nina cautions, "to prevent damage to glaze."

Nina's unique plates with their sketches of peoples' homes are proudly displayed in those homes in an ever-widening area of North Carolina, Tennessee, and even in states as far away as Florida.

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener

As fall gives way to winter, as the daylight shortens, and the strong winds begin to gust out of the west, mountain folks know that the season for ghost stories and assorted other night narratives has arrived.

True, such stories no longer constitute the major body of entertainment as they once did for mountain youngsters when after supper Grandpa or Grandma took center stage at the fireplace and brought assorted spooks down the chimney and into the dark corners of the room.

They do, however, retain their appeal for old and young alike. This fact came home to me several years ago when I invited students and friends in on a late fall evening (an occasion which has grown into a tradition) for an old fashioned mountain supper of homemade beef and vegetable soup, followed by a slab of stack cake washed down with sassafras tea.

Afterwards there was a cheerful fire and conversation. Then, as the fire diminished to glowing coals and occasional flickers of light, ghost stories began to make the rounds, mostly time worn ones told with a bit of refurbishment according to the dramatic talents of the teller.

Readers will probably recognize the following story or a close-kin version from memories of their own story-telling days. I heard it first from Martha Keever, an Appalachian State student from Lincolnton, North Carolina, who gives "passing down" credit to her parents.

THE HEAD

Once in the olden days there were two young men who were very close friends. One day, however, the two fell out and got into a fight. One became so angry that he opened the blade of his butchering knife and cut off the head of her former friend.

Knowing he would be hanged if he were caught, the murderer hurriedly left town. He stayed one, two, three, five, eight, thirteen years. Finally he decided that by now everyone would have forgotten who he was and what he had done. So he moved back to the town where he had murdered his friend.

He had been back only a day or so when he decided to go to the butcher shop to get some meat for his evening meal. On the counter lay a fresh, beautiful calf's head. The man thought to himself, "My, my! How good that calf's head would taste for supper. There's nothing I like better than a mess of fresh calf's head!" So he bought the head and the butcher wrapped it up in brown paper and tied it with a string.

The man put the package under his arm and started walking home. Little did he know that the package was dripping blood as he walked. When he reached the main street, the sheriff spied him and the bloody package. He questioned the man: "What have you got in that package?"

The man replied, "Why, I've got a nice, fresh, beautiful calf's head for my supper." And he was so pleased with his purchase that he began to unwrap it to show it to the sheriff.

He slowly rolled back the bloody paper layer by layer. When he finally reached the center, instead of the calf's head he revealed the head of his murdered friend. There it lay, as fresh as if it had just been cut off. Blood dripped from the neck, wide open eyes stared at the man, and the mouth smiled a wicked and satisfied grin.

The sheriff recognized the face and the murderer was tried and hanged for his crime. The ghost of the murdered man had won his revenge!

Readers are invited to share their folk material with others. Send to Rogers Whitener, **Folk-Ways and Folk-Speech**, Box 376, Boone, N.C. 28608.

South Toe Sr. Citizens Meeting

The South Toe Valley Senior Citizens group will meet on Sunday, January 4, at 3:00 p.m. in the fellowship hall of the Celo United Methodist Church. There will be a program of music and singing.

THE YANCEY JOURNAL
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Carolyn Yuziuk-Editor
Pat Randolph-Manager
Brenda Webb-Staff

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BOOK CORNER

By Gladys Coletta

THE PROPERTY OF A GENTLEMAN
By Catherine Gaskin. 1974. Pp.343. Doubleday & Co., Inc.

"When I am dead, of your charity, offer nine masses for my soul". Such was the prayer of the Spanish Woman, a real person of long ago, whose ghost quietly takes over in **The Property Of A Gentleman** by Catherine Gaskin, refreshing young author from Ireland.

Replete with a haunted castle, secret passages, hidden treasures, a pack of phantom dogs, and the ghost of a long-dead Spanish girl, the narrative yet exudes an air of mystery and love--a mystery to be solved by Joanna Roswell, the intruder, who falls in love with the house, with its heritage, and with a man.

This is not the usual run-of-the-mill ghost story. In fact, the ghost story is almost incidental. Joanna becomes so involved, both through the revealing spent (or misspent) lives of her ancestors and the present-day owners of the manor, that she gets caught up in the web of tragedy and treachery that surrounds the isolated estate. The startling ending will leave the reader breathless, and wondering if all is for real, or just a figment of the author's imagination.

Painting Classes To Display Art Work

The Mayland Tech Adult Education Painting Classes will have a show at the Spruce Pine Public Library from January 3 through January 16. The works on display will be by students of three classes taught by Robert Johnson in the Spruce Pine-Burnsville area. These classes will be continuing and will be accepting beginning as well as advanced students the end of February.

If you are interested in joining these classes, please call the Mayland Tech Adult Education Program. Come by and support your local artists and art in this area by seeing this show. There are many interesting works to be seen.

Benighted

A bookmaker was at one time called a knight of the pencil!

Charles Gillespie & Ferril McCurry's

HEALTH NEWS

from Pollard Drug

Asthmatic's best friend: the pharmacist

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Jack's Creek Church Services

The January schedule for church services at Jacks Creek Presbyterian Church is as follows: January 4 at 11 a.m., Rev. Bert Styles; January 11 at 11 a.m., Rev. John David Stewart; January 18 at 11 a.m., Rev. Bradley; January 25 at 11 a.m., Rev. Walser Penland.

Mr. And Mrs. Steven Crain

McLauglin, Crain Wed

Miss Lorine McLaughlin, daughter of Mr. Tony and Mrs. Magaline McLaughlin of Burnsville, and Steven Crain, son of Mr. and Mrs. James F. Crain of Shronce Creek, Burnsville, were united in marriage on December 19, 1975 at the home of the bride. Rev. Frank Phillips conducted the ceremony.

The bride wore a gown of white velvet with sheer acetate sleeves. Her waist-length veil was of net. She carried a bouquet of white carnations. Karen McLaughlin, the bride's sister, was her bridesmaid. The groom chose Chester Crain, his brother, as his best man.

Mr. And Mrs. Billy Joe McLaughlin

Riddle, McLaughlin Wed

Miss Lois Kate Riddle, daughter of Mr. and Mrs. Robert Lee Riddle of Burnsville, was wed to Billy Joe McLaughlin, son of Mr. Tony and Mrs. Magaline McLaughlin of Burnsville, on November 27, 1975, at Jacks Creek Baptist Church. Rev. Phillip Garland conducted the ceremony.

The bride, in a white gown, carried a bouquet of white carnations. Her bridesmaid was her sister, Karen Riddle. Mr. McLaughlin chose Steven Crain of Burnsville as his best man.

Jamie Proffitt

Celebrates Fifth Birthday

Miss Jamie Marie Proffitt celebrated her fifth birthday on December 26 at a party given in the home of her parents, Mr. and Mrs. Ronnie Proffitt of Bald Creek.

The theme of the party was "Cinderella" with the decorations done in pink and white. The cake was done by her aunt, Mrs. Audrey Davenport of Spruce Pine.

Attending the party were Mr. and Mrs. Otis Proffitt, paternal grandparents of Bald Creek; Mr. and Mrs. Robert Proffitt, Mike, Randy and Charlie Proffitt of Phipps Creek; Mr. and Mrs. James R. Fox of Burnsville; Mrs. Audrey Davenport of Spruce Pine and Helen Elizabeth, sister of Jamie Marie.

Jamie also had a birthday party at the home of her maternal grandparents, Mr. and Mrs. Luther Wells of Rutherford. Attending were Mr. and Mrs. Dail Gibbs of South Toe; Mr. and Mrs. Robert Wells of Baltimore, Md.; Miss Peggy Wells of San Antonio, Texas and Mr. and Mrs. Earl Wells of Rutherford.

MOUNTAIN HERITAGE BASKETBALL SCHEDULE

* = Home Games
x = Conference Games

Jan. 6 x	East Henderson
Jan. 9 x*	Owen
Jan. 13 x*	West Henderson
Jan. 16 x	Sylva Webster
Jan. 20 *	Enka
Jan. 23	North Buncombe
Jan. 27	Rosman
Jan. 30 x	Madison
Feb. 3 x*	Hendersonville
Feb. 6 x	Mitchell
Feb. 10 x*	East Henderson
Feb. 13 x	Owen
Feb. 17 x	West Henderson
Feb. 20 x*	Sylva Webster