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Wilson Appointed By Health Center

The Blue Ridge Community Mental Health Center announces the new appointment of Mrs. Donna Mae Wilson as a home-parent trainer. Employed by the Infants' Program and Parent Training Institute at Western Carolina Center in Morganton, she has been assigned to the mental health centers in both Mitchell and Yancey Counties.

This program is designed to keep young children with their families and assist parents in teaching their children at home. The program has served more than 518 developmentally delayed children and their parents throughout western North Carolina.

Families who have children from birth and three years old are being served through weekly home visits. Regular evaluations are done and programs are carried out by the parents. Families with children who are four to six years of age are served through home visits and regular small group meetings. These parents have a chance to share ideas and solutions to their problems with other parents having similar problems. All parents learn new ways to teach and discipline their children.

Mrs. Wilson has spent over three years working with parents helping them to help their children. As a parent-trainer in Catawba County she taught parents how to teach and discipline their children through small group meetings. Mrs. Wilson has also worked at Western Carolina Center in researching language development, academic prescriptive teaching, teacher-training, and application of behavioral techniques. She received her training at the University of Kansas in psychology and in human development. Having previously been certified as a K-3 teacher, she is currently pursuing her Masters' degree in early childhood education at Appalachian State University. Donna Mae and her husband have made their home in Spruce Pine.

Parenting is a very difficult task. Deciding on a course of action to help a child be his best is a very heavy responsibility placed on parents and caretakers. Seeking help and learning new ways to teach and discipline could be a new beginning for some parents and their children. These services are available to any resident of Mitchell and Yancey Counties. For more information, please call 688-3332 in Bakersville or 682-6117 in Burnsville.

Letter To The Editor

Dear Editor:

This severe winter weather has kept many indoors who cannot stand, or do not like, near or below zero temperatures. Icy conditions under foot is another reason for confinement.

However, there are many who, while they would prefer being indoors, must by reason of their employment in serving the public be out working in these bitter temperatures. We truly are indebted to those men on the road crews who work night and day keeping our roads clear. We truly are thankful to those who strive to keep water lines from freezing or who strive to thaw out already frozen lines.

We remember, too, those who have to deliver the fuel to heat our homes, those who have to repair broken down furnaces, those whose paychecks depend on working outside, and those many delivery services which keep our stores and us supplied with food and other necessary items.

I, for one, am grateful for the strength and ability God has given these people to withstand bitter temperatures while doing their jobs, and I believe we should all get down on our knees and thank Almighty God for them.

Sincerely
 Mrs. Robert S. Troup
 Green Mountain, N.C.

Armed Forces Report

Army Captain Jon D. Mackey, 29, son of Mr. and Mrs. Jon C. Mackey of Route 6, Burnsville recently was assigned to the 101st Airborne Division at Ft. Campbell, Ky.

An air operations officer in Headquarters Company, 1st Battalion of the division's 327th Infantry, Capt. Mackey received his commission thru the Reserve Officers Training Corps program. He is a 1966 graduate of Culver (Ind.) Military Academy and received a B.A. degree in 1970 from Presbyterian College at Clinton, S.C.

Dana R. Blalock, son of Mr. and Mrs. David L. Fisher of Smithfield, Va. has enlisted in the U.S. Air Force. He will receive basic training and nine weeks of school at Lackland AFB in Texas. He formerly lived on Route 5, Burnsville.

Airman Blalock joined



Folk-Ways and Folk-Speech

Appalachian school kids-- at least in my area-- have known the torments of imprisonment during the recent snowy days. Of course, there have been skiing and sledding, daytime TV and an occasional movie, but these have not been sufficient. The kids are so bored that they even long for the reopening of school.

What has helped to a degree, however, is the rediscovery of certain old-time pleasures: making snow cream, for instance; pulling off a tag of ice from a low-hanging limb and licking it "as is" or flavoring it with a bit of syrup; popping popcorn over an open fire or roasting chestnuts in the ashes.

This was a great snow for snowcream--deep, soft and with no heavy overcrust. Even made the old fashioned way with only milk, sugar and flavoring added, the cream was smooth and delicious. Mixed with a simple custard it was as luscious as fresh peach icecream in mid-July.

For those who have not tried it this way, the formula is simple: Beat up a couple of eggs till they are fluffy, add sugar, and scalded milk, beating the mixture constantly as it cooks over low heat. When it has reached custard consistency, add flavoring (we used both vanilla and black walnut) and then cool. Add snow and beat by hand or electric mixer and you're soon in business.

My twelve-year-old also discovered snowballs. Not merely the hard ones for neighborhood warfare, but the loosely packed, with pancake syrup poured lightly on the top. Wouldn't quite touch the maple sugar ones of my youth but still delicious.

Neither were the ice pegs quite so great as the ones I knew, flavored with a bit of honey or sorghum. And certainly not even close to the icicles formed occasionally in late winter when a sugar maple limb would snap under heavy ice or snow and the sap would trickle into pure maple sugar pegs.

The popcorn popping was a problem. Plenty of Namath-style electric poppers to be had but few of the long handled mesh and metal variety to be extended over the fireplace coals.

I had to scour the Watauga countryside before discovering a couple of short-handled mesh ones in a hardware



store. Actually they normally are not all that scarce. But this year tourists and other lowlanders bought them as Christmas gifts for "second homers" in the Appalachians. Seems they make nice rustic fireplace adornments.

In any event they still perform their intended role and they still provide the double pleasure of popping and eating.

Chestnuts? Well, not quite like those of days past. Somehow the Oriental store-bought variety won't exactly fit the bill when you have memories of the native ones gathered by hand after a heavy wind.

But if you're young and the nostalgia bit isn't a factor, the roasting can provide a lot of pleasure and excitement, particularly if you forget to punch an air hole in the hull and cause a minor explosion in the fireplace.

Now if I can convince my wife that we need a long metal spear and a few slashers of fresh pork to broil over the coals, it may not matter whether school ever starts again!

COFFEE ANYONE?

A recent Folk-Ways column on coffee substitutes brought a considerable amount of response from readers and other folk here and yon.

A gentleman by the name of Mike Morgan, conductor of a talk show for a Rochester, New York radio station, was, for instance, quite interested in the prospects for chicory, he having had some experience with a coffee-chicory brew in the New Orleans area.

Actually the chicory substitute still makes a lot of sense.

In the first place we already know that it has been tried with a certain degree of success. Many mountain folk in earlier days would buy a sack of chicory each time they purchased their coffee beans or else, if money was extremely hard to manage, they might do their own chicory digging.

Often the chicory taproot was roasted in the oven along with the green coffee beans. Both were then ground together, sometimes on a 50-50 basis if the coffee supply needed to be stretched. Dale Tester, a Beech Mountain native, remembers vividly as a child watching his mother in her roasting operations:

careful to turn them from time to time to avoid burning. "Then when she was ready to make coffee she would grind the two together on an old hand-grinder fastened to the wall. It was kind of bitter, but it sure made the coffee go a long way."

If the wild chicory plant can so be used, why shouldn't we consider domesticating chicory as we have done with ginseng?

Whereas ginseng loses its per pound value through cultivation (change of root shape being the major consideration), the chicory plant would stand to gain. Its taproot would become more fleshy, less woody, less bitter to the taste.

In the European countries where chicory has been grown as a commercial crop for years, it has been determined that its roasted root yields up to 65% soluble matter as compared to the 21 to 25% soluble matter of coffee.

It is also interesting to note that the upper leaves serve very well as a fodder for cattle and that the early tender leaves make a very tasty salad for human consumption.

Another plus for certain potential users of the chicory brew is the fact that it has no caffeine and none of the volatile oil associated with coffee.

One problem remains. No coffee aroma unless you add coffee for that purpose. But somewhere in America I'm sure an enterprising chemist could also concoct an artificial aromatic coffee flavor that would do the trick for a purely chicory beverage.

Readers are invited to send folk material to Folk-Ways and Folk-Speech, Box 376, Appalachian-State University, Boone, North Carolina 28608.

Low Bid On Bridge Project

Blue Ridge Structure Company of Skyland, North Carolina, is the apparent low bidder on a highway construction project to replace a bridge over Cane River on Murphytown Road (Secondary Road 1343) near Hunt-dale in Yancey County.

Blue Ridge Structure Company's bid of \$417,278.27 was one of seven bids for the project opened at a bid letting held in Raleigh on January 25.

The bid will now be examined by Department of Transportation engineers and purchasing and contract officials before it is presented to the Board of Transportation for contract award.

"We anticipate that a new State transportation bond will be named very shortly and that it will meet within the next few weeks to consider these bids," commented Thomas W. Bradshaw, Jr., Secretary of Transportation.

In all, bids for 25 different highway construction projects were opened this week, representing an expenditure of more than \$10.7 million for future highway construction projects across North Carolina.

Wildlife Hearing Scheduled

[Cont'd from page 1]

The Wildlife Commission. "Of course, Commission biologists and others will be meeting in the meantime to consider any changes which might be proposed, and prior to the hearing, these proposed-regulatory changes will be publicized."

The schedule of public hearings--all beginning at 7:30 p.m.--follows:

April 4 - Courthouse, Edenton
 April 5 - Crthse, Jacksonville
 April 6 - Courthouse, Nashville
 April 7 - Crthse, Elizabethton
 April 8 - Courthouse, Graham
 April 12 - Jackson Co. Community Service Center in Sylva
 April 13 - Western Piedmont Community Courthouse in Morganton
 April 14 - Crthse, Yadkinville
 April 15 - Central Elem. School Albemarle

Health News & Views

What your R.Ph. does besides count pills

Most drugs come from their makers already prepared. It's not too difficult to pull down the correct drug and count out the dosage your doctor has prescribed. However, safety demands that professional care and knowledge be utilized -- even in this effort.

Also, when the doctor writes an order requiring a compounded medication (i.e., a drug made from "scratch") a new dimension in pharmacy appears. Exact measurements, scientific understanding of chemicals and their properties, plus pharmacological logic are all drawn upon for precision compounding.

Only your pharmacist is qualified, capable, and experienced enough to fill and compound your prescriptions with accuracy and full understanding.

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