

# Perquimans People

## Anthropology professor visits Perquimans

By JANE WILLIAMS

Eighth grade history students at Union School got a break from the normal classroom activities Tuesday. Dr. David Phelps, Professor of Anthropology at East Carolina University, spent the morning showing slides and discussing the cultures of the Indian Natives in North Carolina.

Dr. Phelps specializes in archaeology and has spent the last 13 years conducting research in Eastern North Carolina.

Originally from Gatesville, Dr. Phelps began his studies at North Carolina State University majoring in architecture.

He later went on to the University of North Carolina where he did his undergraduate work in archaeology. He earned his doctorate in anthropology at Tulane University.

Dr. Phelps started his career as a professor at Florida State University.

His strong desire to "come back

home" brought him to his current position at E.C.U.

Dr. Phelps is currently researching the Carolina Algonkians (the general society of native Americans). This includes the Eastern North Carolina tribes of the Yeopim, Chowanoc and Roanoke Indians.

His groups has set two main goals in their research: To understand the culture of the 16th century and to find villages founded by early Americans.

The group began work this summer on the Chowanoc tribe near Harrellsville. They hope to work in Perquimans County and Chowan County as well as around the Outer Banks.

Outside of his duties as a college professor, Dr. Phelps also accepts invitations for public speaking engagements and writes professionally.

The Department of Cultural

Resources has recently published a book entitled "THE PRE-HISTORY OF NORTH CAROLINA" in which Dr. Phelps wrote a chapter on the Coastal Plains. This is the first time that a summary has been written on Eastern North Carolina archaeology.

Dr. Phelps expressed that he felt very strongly about his work. "When we came to America and took over the land from the Indians, we became custodians of their land and their cultures."

"Society ought to pay its debts to the past by recognizing the contributions that were made to the present and the future. For us to presume that nothing happened in Northeastern North Carolina before 1650 is absurd. Some very complex cultures existed here for at least 14,000 years," Phelps said.

Editors note: Dr. Phelps will be one of the featured speakers on Heritage Day, Thursday, September 15, 1983.)



Dr. David Phelps, Professor of Anthropology at ECU, speaks to 8th grade History students at Union School. Photo by George Wilmore

## Kids creations make interesting cookbook

My daughter introduced me to these tasty "homemade donuts." I was intrigued with the easy preparation and excellent taste. These are definitely best when consumed immediately after preparation.

But with children around, that should be no problem. We feel that the donuts are best tossed in a mixture of cinnamon and granulated sugar. Experiment with shapes also.

can refrigerator biscuits (10 per

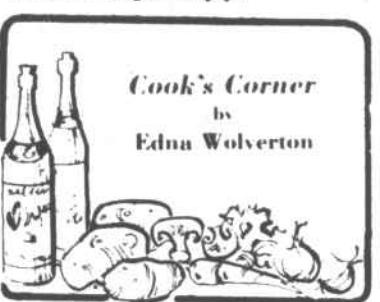
can) — the butter flavored flaky variety produce the best results.

Crisco for frying  
1 1/4 cups sugar  
1 tsp. cinnamon

Slightly pat biscuits with the palm of you hand to flatten. Using a tiny cookie cutter, cut "holes" in the middle of each biscuit. (Biscuits minus center can be twisted into a figure eight "8" shape.)

Heat Crisco on a medium high burner. Drop "holes" into grease. Continue with donuts. Turn when

lightly browned on one side. Allow to cool slightly. Shake in a mixture of cinnamon-sugar. Enjoy!



The following "recipes" are my favorites taken from a cookbook creation of Mrs. Carol Whitaker's K-1 Class at Stokes Elementary School, Stokes, North Carolina.

**Mashed Potatoes — Betrina Roach**  
You need 4 potatoes, peel them and cook them until 9:30. After they are done, mash them with a masher and put 1 drop of butter on them. Put them in a plate and eat them.

**String Beans — Reginald Howard**  
Get a whole bunch of beans from the seeds. Put them in a pot, put in a little bit of water and 10 salts. Put it in the oven on 20 degrees. Let it cook for 15 minutes, pull the pot out and eat.

**Collards — Boris Ebron**  
Get collards out of the garden, put 1 cup of grease on them; put them in a big pot with a little taste of flour and a little sugar and cook them for 12 days. Take them out of the pot and eat them.

**Domino's Pizza — LaShonda Joyner**  
Get a whole lot of pancake mix and mash it together, put it on the table, get a stick and rub it out.  
Put some carrots, 5 onions, and 3 pounds of cheese plus some dominos on top of the pancake mix and put it in the oven at 4 degrees for 15 minutes. When it is done, take it out and put it in a box and close it.

**Ham — Luciana Spencer**  
You need 2 drops of flour and 3 hams. Put the flour on the hams and put them in a pan and put the pan in an oven. Cook the hams for 5 hours at 6 degrees. After the hams are done, take them out, put bread on them and eat them.

**Boiled Eggs — Shelton Paige**  
Take 2 eggs out of the shells and

put one lard on them. Put 3 hot peppers and 2 salts on them. Put this in a 50 degree oven. Let it cook for 10 minutes, take it out and put it on 2 pieces of bread.

**Chicken Salad — Leon Porter**  
Take 2 medium size chickens, wash them and put them in the oven. Let them cook for 10 minutes in a not too hot oven. Take them out of the oven, put them on the table and take the salad chopper and chop them up.

Put 10 pickles up into squares, add just a sprinkle of flour, add this to the chicken. Put in 2 sprinkles of salad dressing and 2 sprinkles of sugar...tear up some chicken and put it on top, then eat it.  
And my favorite...

**Chocolate Cake — T. J. Smith**  
Put some chocolate in a pan and pat it up. Put in 2 pineapples, 2 cups of flour, 3 glasses of sugar and 1 egg. Stir it with a spoon and put it in the stove. Let the stove be real hot. Cook it for 9 minutes. Take it out of the stove and put it on the table; sit it in the middle so nobody will get it.



During the Middle Ages, peppercorns were sometimes used as money in Western Europe.

### NOTICE TOWN OF WINFALL

The Perquimans County Board of Elections will conduct a Non-Partisan Election for the Town of Winfall, November 8, 1983. Winfall will elect a Mayor and two (2) Council persons at that time. The filing opens at 12 noon, September 16 and closes at 12 noon, October 7. The voter registration deadline for voting in this election is October 10.

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