

FLORA
FROM PAGE I

Native Americans quickly learned about the utility of this plant immigrant. Medicinal and utilitarian descriptions are endless. The Lumbee stuffed the flannel-like leaves in their moccasins for warmth in cold months. Tall dried flower stems (Jacob's staff) served as torches. The hardness of the dried stems made it a preferred stem for fire-making hand drills.

Fresh and dried mullein leaves and the yellow flowers have been used effectively as inhalants, teas, infusions, poultices and salves for countless injuries and ailments.

Engaging descriptions of traditional uses of Mullein are offered by Tom Brown Jr., the guru of outdoor survival training, in *Tom Brown's Field Guide: Wild Edible and Medicinal Plants*. I love his description of yellow-flowering stems standing tall in green summer fields "that looked like people standing erect, worshipping the Creator."

In moderation, mullein is an engaging garden plant. I vividly remember a visit to that grand garden at Chatsworth, home of the Duchess of Devonshire in central England. To my inquiry about the mulleins growing haphazardly along



Mullein stems, like people, standing in a field
PHOTO BY KEN MOORE

pathways, the gardener responded: "Oh, that's mullein, a favorite of the Duchess and we're instructed not to weed a one of them!"

In my yard I take care to nurture a few woolly mullein rosettes to enjoy throughout cold months,

anticipating their tall yellow-flowered stems in mid-summer.

Email Ken Moore at flora@carrborocitizen.com. Find previous Ken Moore Citizen columns at *The Annotated Flora* (carrborocitizen.com/flora).



Helpers on the Met

One of the very best photographers in Chapel Hill back in the '60s was a quiet, intense young fellow named Tom Rogers who shot for the UNC yearbook, the *Yackety Yack*. Just the other day I was admiring his work in an old "Yack" when this lovely photo arrived in my email inbox, along with Tom's description: "I hustled over to an isolated, out-of-the-way station on the old Baltimore and Ohio Metropolitan Subdivision to shoot some snow scenes for a 'Rail-Fan Video' I was producing. The helper set approaching are a couple of CSX SD40-2 engines that have just completed their assignment by shoving a 160-car coal 'drag' up Barnesville Hill in Maryland. The engines are approaching Tuscarora Station near Point of Rocks, Md. They are heading back to Brunswick Yards where they will no doubt get behind another coal train to shove up Barnesville Hill again." With a little prodding, Tom described his career trajectory: "On leaving Carolina, I went to work for WBTV in Charlotte in the News Department. Stayed there four years, then found my way to an educational film company in Northern Virginia. Worked there for a couple of years, then ... moved to The Xerox Training Center in Leesburg, Va., where I produced instructional TV for 25 years. I've been producing rail-fan videos for the last 10 years or so since retiring from Xerox in '96. Just wanted to keep my hand in the video business since then and didn't want to work for anyone else." For all you photo-works, Tom says he shot this winter scene with a Nikon D200, using ISO 800 and a shutter speed of 1/320th of a second and an aperture of f/5.6. Rail buffs can check out his work at youtube.com/watch?v=_0X-nl0LAhU and youtube.com/watch?v=R2gf0A-Qg8c



A THOUSAND WORDS

BY JOCK LAUTERER

Do you have an important old photo that you value? Email your photo to jock@email.unc.edu and include the story behind the picture. Because every picture tells a story. And its worth? A thousand words.

Weaver Street
is OPEN
to vehicle, bike & pedestrian traffic!



The Town of Carrboro Board of Aldermen and Staff would like to thank the Downtown business community for your patience and understanding during the Weaver Street Reconstruction project. We invite everyone to come out and see our beautiful new street and support local businesses!

— Carrboro Mayor Mark Chilton, Director of Public Works George Seitz, Director of Economic Development Annette Stone

This message brought to you by The Town of Carrboro and *The Carrboro Citizen*



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