

## COOL IDEA BEATS SUMMERTIME HEAT



By its very nature, summertime calls for lighter-than-average main meals. Likewise, lighter-than-average main meals call for lighter desserts. Can you recall the last such light dessert idea that grabbed your attention? If not, at least remember this new one: "Quick Kiwi Ice."

This coooool dessert suggestion from the folks at Calavo Growers of California involves one of their very favorite foods: the kiwifruit. This particular after-dinner "experience" incorporates the ambrosia-like taste of the kiwifruit into a frozen state—the perfect complement for light summer meals.

Kiwifruit might very likely become one of your favorite foods once you taste it. Kiwifruit proponents describe its taste as very delicate, with a hint of watermelon, strawberries and bananas. But do not live vicariously; try it for yourself and see how hard it is to hang a description on the kiwi's rainbow of flavor.

Where does this little fuzzy character hail from? Kiwifruit originated in China, but it was New Zealand that turned it into a commercial fruit. It was introduced to New Zealand in 1906 as the Chinese Gooseberry and was only recently renamed kiwifruit because of its resemblance to the tiny New Zealand kiwibird. Kiwifruit is now cultivated on a commercial basis in California and New Zealand.

Aside from having a very intriguing heritage, the kiwifruit is good for you. It contains amounts of several vitamins and minerals and is an excellent source of vitamin C. An average-sized kiwifruit contains more than the RDA for vitamin C, comparable to a small to medium-sized orange. And, for those who are weight-conscious, the kiwifruit checks in at only 50-60 calories per medium-sized fruit.

Do yourself a favor twice over by fighting the summer swelter and the summer desert listlessness with Quick Kiwi Ice. It's likely to perk up you, your family and guests faster than you can say "Chinese Gooseberries."

**QUICK KIWI ICE**  
9 ripe Calavo kiwifruit (reserve one for garnish)  
1/4 cup sugar  
1 tablespoon lemon juice  
2 tablespoons orange flavored liqueur  
Mandarin orange segments

Cut 8 kiwifruits in half; scoop out green pulp with seeds and place in blender; add next three ingredients. Whip at low speed until smooth—about 30 seconds. Place mixture in 1-quart mold and freeze until solid. Before serving, dip mold quickly into warm water and invert onto serving plate. Garnish with mandarin orange segments and slices from remaining kiwifruit.

To serve, cut or scoop ice into goblets.  
Makes 6 servings.

## Mellon Foundation Grants \$450,000 for Premedical Studies

"The Mellon Foundation has made an extraordinary gesture of support by renewing its grant for this vital premedical program," said Christopher F. Edley, Executive Director of the United Negro College Fund. "The nationwide demand for minority doctors and medical technicians has not slackened since the Summer Premedical Institute began in 1971. This program provides future doctors with the educational tools and pre-professional experience they need to compete for a seat in medical school."

The premedical program offers courses in scientific areas such as cell biology, chemistry and physical biochemistry; in scientific reading, and in research. This is in addition to fieldwork in the Nashville area at Meharry Medical School, Vanderbilt University School of Medicine, Matthew Walker Health Clinic and the Veteran's Administration Hospital.

Fisk University is a member of the United Negro College Fund, which raises funds for 41 private, predominantly black colleges and universities. In 1978, \$16.5 million was raised for the schools through the UNCF annual campaign.

A \$450,000 grant to the United Negro College Fund from the Andrew Mellon Foundation over the next three years will help fund a summer premedical program that is designated to increase the supply of qualified minority applicants to medical schools.

The project, the Summer Premedical Institute at Fisk University in Nashville, Tenn., provides undergraduates with uni-

que academic and clinical experiences that will help them qualify for medical school admission. For some students, the Institute's clinic and hospital visits are their first exposure to the demands and challenges that a career in health care will offer.

The Mellon Foundation has supported this program since 1976, when a similar three-year grant was awarded to the UNCF in support of the Summer Premedical Institute.

Marine Sergeant Anthony L. Green, grandson of Mrs. Nettie B. Green of 3010-A Weaver St., Durham has been promoted to his present rank while serving at New River Marine Cors Helicopter Air Station, Jacksonville, N.C. He joined the Marine Corps in March 1976.

## SAFETY SENSE

Simple Lawn Maintenance

Keeping a beautiful lawn involves frequent mowings, but this is one chore that can be as enjoyable as the results if you know how to use a power mower. Before you get going, be aware of these safety tips from the Outdoor Power Equipment Institute:



1. Read the owner's manual thoroughly and follow the safety practices it describes. Make sure everyone in your family who will operate the equipment reads and understands the owner's manual.
2. Always avoid contact with moving parts. Shut off the motor before attempting any maintenance. On power mowers don't remove the grass catcher bag before the mower has completely stopped.
3. Be careful on slopes. On riding mowers and lawn tractors always drive up and down, never across hillside.

## Student To Participate In Program

Miss Michelle Anise Arrington, a senior biology major at North Carolina Central University, was named to participate in a Leadership Fellows Program sponsored by Alpha Kappa Alpha Sorority.

Miss Arrington, the daughter of Mr. and Mrs. Edwin I. Arrington of 1607 Nedro Avenue, will participate in a week-long seminar (June 24-29) in Spencer, Indiana. The seminar included training in problem-solving, decision-making, planning, conflict management, human relations, parliamentary procedure, discussion, debate, and oratory.

Philadelphia, is one of thirty undergraduate members of the sorority selected from the group's nine geographic regions to participate in the program. Miss Arrington belongs to Alpha Chi chapter of Alpha Kappa Alpha at NCCU.

She participated in a week-long seminar (June 24-29) in Spencer, Indiana. The seminar included training in problem-solving, decision-making, planning, conflict management, human relations, parliamentary procedure, discussion, debate, and oratory.

The Fellows will work as interns during the summer of 1980 with various political and governmental leaders, according to Ms. Janet Ballard of Richmond, Va., coordinator of the program.

Alpha Kappa Alpha is the oldest black sorority of college-trained women.

# There are lots of reasons why You'll do better at A&P

U.S.D.A. INSPECTED FRESH

## WHOLE FRYERS

2 TO A BAG  
LIMIT 2 BAGS PLEASE

# 48¢

LB.

621 Broad Street  
1109 E. Main Street  
3205 University Drive  
3438 Hillsborough Road

<p>A&amp;P QUALITY HEAVY WESTERN GRAIN-FED WHOLE BEEF</p> <p><b>BONELESS BOTTOM &amp; EYE ROUND</b></p> <p>25 TO 35 LB. AVG. WT.</p> <p><b>\$1.98</b></p> <p>YOU'LL DO BETTER WITH A&amp;P'S BUTCHER SHOP</p>	<p>A&amp;P QUALITY HEAVY WESTERN GRAIN-FED BEEF</p> <p><b>GROUND CHUCK</b></p> <p>1 LB. PKG. OR MORE</p> <p><b>\$1.58</b></p> <p>YOU'LL DO BETTER WITH A&amp;P'S COUNTRY FARM PORK SHOP</p>	<p>A&amp;P FRESH</p> <p><b>PORK SAUSAGE</b></p> <p>MILD OR HOT</p> <p>1 LB. PKG.</p> <p><b>98¢</b></p> <p>YOU'LL DO BETTER WITH A&amp;P'S SAUSAGE SHOP</p>	<p>A&amp;P QUALITY CORN-FED</p> <p><b>PORK STEAK</b></p> <p>CUT FROM BOSTON BUTT</p> <p>1 LB.</p> <p><b>\$1.38</b></p> <p>YOU'LL DO BETTER WITH A&amp;P'S SEAFOOD SHOP</p>	<p>JAMES TOWN BRAND</p> <p><b>SLICED BACON</b></p> <p>1 LB. PKG.</p> <p><b>\$1.18</b></p> <p>YOU'LL DO BETTER WITH A&amp;P'S POULTRY SHOP</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------

## CORE Beliefs Not Penetrated Says Dr. Raymond Gavins

"The problems of desegregation in the 1970's are a result of the actions of the 60's which exclude a basic transformation of social or cultural values. Past action did not penetrate to the core beliefs of society," stated Raymond Gavins, Associate Professor of History at Duke University. Dr. Gavins is a keynote speaker at the national conference on "The Impact of Desegregation on Higher Education," July 18-20 in Raleigh.

Gavins and Charles V. Willie, Sociologist and Professor Education and Urban Studies at Harvard University, will discuss the impact of desegregation on society and social values at the three-day conference. The session on society is sponsored, in part, by the North Carolina Humanities Committee.

Today, desegregation problems are "felt in the classrooms as well as in the neighborhoods," Gavins continued. "The problems are multi-racial, multi-cultural, multi-ethnic."

According to Gavins, society needs to be more concerned with "getting back to the basic assumption about what it takes to

make a good and productive citizen. Whatever it takes for whites," Gavins asserts, "it takes for blacks and other minorities."

Gavins will discuss the impact of desegregation on society from a historical perspective. Gavins teaches American and Afro-American history at Duke University. He earned degrees from Virginia Union University and the University of Virginia before coming to Duke in 1970.

The national conference will further examine the impact of desegregation on students, faculty, and administrators; on individual two and four year public and private institutions; and on statewide systems of higher education.

The Institute on Desegregation at North Carolina Central University, the Graduate program in Higher and Adult Education at the School of Education, UNC-Chapel Hill, ERIC Clearinghouse on Higher Education in Washington, D.C., the North Carolina Humanities Committee, and the Educational Testing Service are co-sponsors of the conference.

## Dr.M.W. Lewis Named Nursing Head at WSSU

Dr. Margaret Williams Lewis, associate professor, division of nursing Albany State College, has been named the new director of the Division of Nursing at Winston-Salem State University. Dr. Lewis is a native of Oviedo, Florida and has been associate professor of nursing at Albany State College in Albany, Georgia for two years. She is a graduate of Florida State University, where she received her Doctor of Philosophy degree in post-secondary education. Her Master of Science degree

from Ohio State University was in Medical-Surgical Nursing. Her appointment at WSSU began July 1.



<p>YOU'LL DO BETTER WITH A&amp;P'S GROCERY PRODUCTS</p> <p>ASSORTED</p> <p><b>HI-DRI TOWELS</b></p> <p>2 BIG ROLLS</p> <p><b>88¢</b></p> <p>ANN PAGE PORK &amp; BEANS 4 16 OZ. CANS \$1.00</p>	<p>THICK RICH</p> <p><b>HUNT'S KETCHUP</b></p> <p>32 OZ. BTL.</p> <p><b>68¢</b></p> <p>LIBBY VIENNA SAUSAGE 2 5 OZ. CANS 89¢</p>	<p>YOU'LL DO BETTER WITH A&amp;P'S BAKERY</p> <p>JANE PARKER 100%</p> <p><b>WHOLE WHEAT BREAD</b></p> <p>2 16 OZ. LOAVES</p> <p><b>88¢</b></p> <p>JANE PARKER BAKE 'N SERVE FLAKY ROLLS 3 12 CT. PKGS. \$1.09</p>	<p>YOU'LL DO BETTER WITH A&amp;P'S FROZEN FOODS</p> <p>ANN PAGE</p> <p><b>ICE CREAM</b></p> <p>GALLON CARTON</p> <p><b>99¢</b></p> <p>SAUSAGE, HAMBURGER, PEPPERONI CHEF BOY-AR-DEE'S PIZZA 13 1/2 OZ. PKG. \$1.09</p>	<p>A&amp;P COUPON</p> <p>PLAIN - SELF RISING - UNBLEACHED</p> <p><b>PILLSBURY FLOUR</b></p> <p>5 LB. BAG</p> <p><b>68¢</b></p> <p>SAVE 21¢</p>
<p>EXCLUSIVE AT A&amp;P!!! START YOUR SET TODAY!!!</p> <p><b>Hearthside Garden Festival</b></p> <p>Choice of 3 Patterns Prairie Flowers Sunshine Flowers Highland Flowers</p> <p>ON SALE THIS WEEK</p> <p>DINNER PLATE</p> <p><b>59¢</b></p>	<p>YOU'LL DO BETTER WITH A&amp;P'S ECONOMY CORNER</p> <p><b>BATHROOM TISSUE</b></p> <p>4 ROLL PKG. 69¢</p>	<p>YOU'LL DO BETTER WITH A&amp;P'S ECONOMY CORNER</p> <p><b>STRAWBERRY PRESERVES</b></p> <p>2 LB. JAR 85¢</p>	<p>A&amp;P COUPON</p> <p>CONTAINS RICH BRAZILIAN COFFEES</p> <p><b>EIGHT O'CLOCK INSTANT COFFEE</b></p> <p>10-OZ. JAR</p> <p><b>\$2.99</b></p> <p>SAVE 40¢</p>	<p>A&amp;P COUPON</p> <p>OUR OWN HEARTY &amp; VIGOROUS</p> <p><b>TEA BAGS</b></p> <p>16-CT. PKG. 99¢</p> <p>SAVE 20¢</p>
<p>YOU'LL DO BETTER WITH A&amp;P'S ACTION PRICES</p> <p><b>WELCH'S GRAPE JELLY</b></p> <p>2 LB. JAR</p> <p><b>99¢</b></p> <p>FRENCH'S <b>MUSTARD</b> 24 OZ. JAR 59¢</p>	<p>YOU'LL DO BETTER WITH A&amp;P'S DAIRY PRODUCTS</p> <p>ANN PAGE CHED O-BIT</p> <p><b>CHEESE FOOD SLICES</b></p> <p>16 OZ. PKG.</p> <p><b>\$1.59</b></p> <p>INDIVIDUALLY WRAPPED</p> <p>ANN PAGE REFRIGERATED <b>FRUIT DRINKS</b></p> <p>LEMON - ORANGE - GRAPE - PUNCH</p> <p>GALLON JUG <b>79¢</b></p>	<p>A&amp;P COUPON</p> <p>CONTAINS RICH BRAZILIAN COFFEES</p> <p><b>A&amp;P 97% CAFFEIN FREE COFFEE</b></p> <p>3-LB. CAN - AUTO DRIP</p> <p><b>\$5.39</b></p> <p>SAVE 50¢</p>	<p>A&amp;P COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JULY 14 AT A&amp;P IN DURHAM</p>	<p>A&amp;P COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JULY 14 AT A&amp;P IN DURHAM</p>