

# Emerywoods Youth Ass'n Moves Forward

Finding themselves with the summer ahead of them and plenty of time to have a wild and fancy-free

vacation, the youth of the Emerywoods subdivision, found themselves with nothing to do. Realizing

with a group their efforts would be fruitful, the young teenagers (ranging from 13 to 18 years old)

decided to form an organization, and put their time to productive use.

With Darlene Whitted and Kelvin Higgins at the reigns, the group organized and, sought some adult guidance. They were able to convince Mrs. Evelyn Lovett and Mr. and Mrs. Elliott (Lanita) Walker to serve as advisors. Under the guidance of their advisors, the youth struck out to make their summer an enjoyable one.

Activities held this summer by the youth were: a family picnic at the IBM picnic site at the Research Triangle Park; a trip to Kings' Dominion Amusement Park; and a raffle of fifty (50) gallons of gasoline. The winner of the gasoline raffle was Mrs. Julia Harrelson.

Officers for the Emerywoods Youth Association are: Kelvin Higgins, president; Sherrie Shuler, vice president; and Rodney Lovett, treasurer.



THE EMERYWOODS YOUTH ASSOCIATION—Organized this summer out of a desire to do something with their time. The group expects to do many exciting things this fall.



NO GAS SHORTAGE — for Mrs. Julia Harrelson (Center) as Towana Garrett hands the winning stub to her. Standing left, Mrs. Lanita Walker, advisor of the Emerywood Youth Association, (far right) Mr. Barnhill owner of Barnhill Golf.



A European reformer willed her estate to a niece on the condition that the niece keep the family goldfish outfitted in pants.

## UNC Ass't V. Chancellor For Students

CHAPEL HILL — Harold G. Wallace has been named assistant vice chancellor for student affairs at the University of North Carolina at Chapel Hill.

Formerly director of special programs for student affairs, Wallace will assist Vice Chancellor Donald A. Boulton in general program development for the division of student affairs and will assume particular responsibility for support services and programming for minority and handicapped students.

Wallace will continue his involvement with the International Student Center and the Campus Y.

"I am very pleased that Harold Wallace has agreed to accept these additional responsibilities," Boulton said. "Hal has been a valuable colleague in student affairs for the past six years, and I look forward to a productive and close relationship with him in his new role."

Wallace, a native of South Carolina, earned his B.S. degree in 1967 from Claflin College in South Carolina and his M. Div. in 1971 from Duke University.

# COST CUTTERS ROCK BOTTOM PRICES

**Big K Beverages**  
12-OZ. CAN

**16¢**

EVERYDAY PRICE

**Tomato Soup**  
10 1/2-OZ. CAN

**15¢**

EVERYDAY PRICE

**Sun Gold Saltines**  
1-LB. BOX

**43¢**

**Potato Chips**  
8-OZ. BAG

**59¢**

**Fleece Towels**  
SINGLE ROLL

**44¢**

**Kroger Tuna Fish**  
6 1/2-OZ. CAN

**59¢**

**Clover Valley Margarine**  
1-LB. PKG

**33¢**

**Avondale Peaches**  
29-OZ. CAN

**59¢**

**Kroger 0.5% Lowfat Milk**  
Gal. Plastic Ctn.

**\$1.49**

**Diet Pepsi or Pepsi Cola**  
8 Pak PLUS DEPOSIT

**\$1.19**

**Listerine Mouthwash**  
24-OZ. Btl.

**\$1.33**

**Pillsbury Plus Cake Mix**  
18 1/2-OZ. Box

**69¢**

**Concentrated All**  
20-Lb. Box

**\$7.59**

**Morton Pot Pies**  
8-OZ. Pkg.

**4 for \$1**

**Aqua-fresh Toothpaste**  
6.4-OZ. Tube

**88¢**

**Kodak Film PR-10**  
Each

**\$5.49**

**50¢ OFF WITH COUPON**  
Kroger Flavored Coffee

**BUY ONE GET ONE FREE**  
Chili Mix

**80¢ OFF WITH COUPON**  
Kroger Fresh Orange Juice

**20¢ OFF WITH COUPON**  
Old English Furniture Polish

**Flame Red Tokay Grapes**  
lb.

**59¢**

EVERYDAY

**California Celery**  
39¢

**California Strawberries**  
\$1.19

**California Cauliflower**  
Head

**79¢**

**Stroh's Beer**  
12-oz. Cans

**\$1.65**

**Pabst Beer**  
12-oz. Cans

**\$1.65**

**Schlitz Beer**  
12-oz. Cans

**\$3.29**

**Family Pak Fried Chicken**  
Each

**\$3.99**

**Smoked Sausage or Kielbassa**  
lb.

**\$2.49**

**Deluxe Pizza**  
Each

**\$2.99**

**Swiss Cheese**  
lb.

**\$2.99**

### WHAT TO EXPECT

**A NEW KIND OF SUEDE**  
Antelopes now have a good reason to jump for joy. A new fabric has been developed that looks, feels and drapes like antelope suede but isn't. It is dry-cleanable and machine-washable and, unlike real antelope, comes in 16 chic colors.

### PROTECTING YOUR HEART

Casserole Cooking—Make Two, Freeze One

Today's smart shopper knows how important a freezer can be in getting the most for your food dollar. It allows you to buy meat and other items on special, helps you preserve produce from your own garden and aids in avoiding leftovers by packaging foods to fit your family's needs.

The freezer can also be a big timesaver. Instead of cooking one meal at a time, cook two and put one in your freezer. Most casseroles freeze very well if they are wrapped properly. Also, preparing less expensive casseroles (as opposed to quick, but more expensive entrees) at your leisure lets you save money in the long run.

When freezing casseroles, line the pan with aluminum foil, fill with food and wrap well. Freeze until solid, then remove from the pan. Freeze prepared food as soon as possible and store at a temperature of 0°F. or lower. Be sure to label and date all packages in your freezer to facilitate later

use. Casseroles can be stored in the freezer for up to 3 months.

Our Tuna Lasagne is a unique variation of an old favorite that's perfect for freezing. Packed with nutritious foods (tuna, cheese, milk, spinach) this wholesome and delicious dish will soon be a household favorite. As an added bonus Tuna Lasagne is low in cholesterol and saturated fat since it is prepared with Fleischmann's Corn Oil Margarine, skim milk and low fat cheeses. And isn't it nice knowing you have another delicious casserole waiting for you in the freezer?

#### TUNA LASAGNE

- 6 tablespoons Fleischmann's Corn Oil Margarine
- 1 cup chopped onion
- 8 ounces shredded partially skimmed Mozzarella cheese
- 1 container (12-ounce) pot cheese
- 2 packages (9-ounce each) frozen chop-



ped spinach, cooked and drained  
2 cans (7-ounces each) tuna, drained and flaked  
1/4 cup unsoftened flour  
1-1/2 teaspoons salt  
1/8 teaspoon white pepper  
3 cups skim milk  
2 jars (15-1/2 ounces each) Marinara Sauce  
1 pound lasagne noodles, cooked and drained

tom of each of two 13 x 9 x 3-inch baking pans. Place a layer of lasagne noodles over sauce. Top with 1/6 of the tuna mixture, 1/6 of the white sauce and about 1/8 of the remaining Marinara Sauce. Beginning with lasagne noodles repeat layers two more times. Top with remaining lasagne noodles and Marinara Sauce. Sprinkle reserved Mozzarella cheese over casseroles. Bake at 375°F. 25 to 30 minutes, until hot and bubbling. Make 2 casseroles, 6 servings each.

Melt 2 tablespoons corn oil margarine in saucepan. Add onion and saute until lightly browned. Measure out 1 cup shredded Mozzarella cheese and set aside. Combine remaining Mozzarella with pot cheese, spinach, tuna, and sauteed onion.

Melt remaining 4 tablespoons margarine in same saucepan. Blend in flour, salt and pepper. Gradually stir in skim milk. Cook over medium heat, stirring, until mixture comes to a boil. Remove from heat. Spread a small amount of Marinara Sauce in the bot-

**Freezing Instructions:** To freeze one casserole, line pan with foil leaving ends extended over sides. Fill pan and wrap well. Freeze until solid. Remove lasagne from pan. Return to freezer for up to 3 months.

To serve, peel off foil and place lasagne in baking pan. Thaw in refrigerator overnight. Bake covered at 375°F. 30 minutes, remove cover and bake 15 minutes longer, or until hot and bubbling.