

Fayetteville Happenings

By Mrs. T.H. Kinney

Many black participants observed Black heritage through songs, poems and speeches at a gathering at Theatre No. 3. There have been programs at the various libraries and on TV for our listening and viewing pleasure. The traditional "Parade of American Music" is being held through February 26. A Family Fun Run is scheduled for Sunday at 2 p.m. Call 396-1278.

We wish to congratulate Ms. Joyce Evans, a reporter with *The Observer* who has been awarded a first honorable mention in the CASE III Media Awards for 1980.

Astronaut Ronald E. McNair of Houston, a graduate of NCA&T State University, has been appointed to the board of the North Carolina School of Science and Mathematics by Governor Jim Hunt.

Retired Sgt. 1st Class and Mrs. Ezra Alfred announce the engagement of their daughter, Miss Phyllis Annette Alfred to William Timothy Hughes, son of Mr. and Mrs. William Harvey Hughes of Hillsborough. An April 18 wedding is planned at the 82nd Airborne Division Memorial Chapel at Fort Bragg.

The bride-elect is a graduate of Seventy-First High School and North Carolina Central University, and has a master's degree from the University of North Carolina at Chapel Hill. She is personnel management specialist with NIEHS in the Research Triangle Park.

The prospective bridegroom graduated from Orange High School in Hillsborough and was in the U.S. Army. He is a student at Durham Technical Institute, is in the North Carolina National Guard and is employed with NIEHS in Research Triangle Park.

The Bennett College Choir presented a concert at John Wesley United Methodist Church on Sunday evening. The 45-voice women's choir was sponsored by the South Central Chapter, Bennett College Alumnae and the church. Directed by Dr. Charlotte Alston, the choir performed sacred, gospel and secular music of contemporary American composers and classic masters.

Many enjoyed a black history program, "Dreams, Our Rich Heritage," presented by the Cultural Enrichment Guild of Mount Sinai Baptist Church last Sunday evening.

The Christian Education Department of Evans Metropolitan AME Zion Church presented a black history program also on Sunday past. A playlet,

"Soul Force" was included.

Ms. Eugenia Gail Malloy, daughter of Mr. and Mrs. Archie H. Malloy of Fayetteville, and James Larry Hendon, son of Mrs. Mary Hendon and the late Eddie Hendon of Spring Lake, were married Saturday evening at First Baptist Church. Rev. C.R. Edwards officiated. A reception was held at the Pope Air Force Officers Club.

Members of the Zeta Phi Beta Sorority met and held their regular monthly meeting Saturday afternoon at Emily's Restaurant. Soror G.T. Hollingsworth presided. The chairman of the Blue Revue announced the 1981 Blue Revue scheduled for March 7 at 8 p.m. in Lily Gymnasium, Fayetteville State University.

A business meeting was held at the home of Mrs. M. Wilkerson of Gola Drive on Wednesday evening. Special tasty treats were served and fellowship was enjoyed by all who attended.

Fayetteville Times PrizeweeK Puzzle winners totaling \$450 were awarded Friday past to a person who won in September. He is Theodore Marks, 44, who has worked as a corrections officer at the Harnett County Youth Center for the past sixteen years. He gave no specific secret for winning.

Members of the Skyway Toastmistress Club held their Mock Speech Contest last Wednesday.

Happy Birthday Anniversary to Ms. Lillie Hayes, Tricia Smith, James Bridges, and Burnis and Alice from your relatives and friends.

Members of the North Hill Garden Club and their guests enjoyed an anniversary and a banquet at Emily's on Thursday night past.

The birthday club members and their guests enjoyed a "Birthday Celebration" on Friday night at the Lakeview Country Club.

The Dunn Acres Community Club held its regular meeting on Sunday afternoon at the home of Mr. Harold and Tine Thompson.

Fayetteville mourns the death and loss of Mrs. Armita McNair of 1853 Broadell Drive, who was funeralized on Tuesday. Sympathy is extended to the members of her family. [See obituary, Page 4]

Sympathy is extended to the family of Mrs. Sadie McLean Burton.

Almonds Add A Lot To Salads

Lighter fare — that's what everyone's talking about these days. More fruits and vegetables, refreshing entire salads for lunch and dinner, eating in more healthful ways. A salad meal is satisfying, yet not overwhelmingly filling. Colorful and so easy to prepare, a salad can serve as an energy-saving main dish.

A meal-in-one salad requires a protein source to be well balanced. In Hot Bacon and Asparagus Salad, crumbled bacon and hard-cooked eggs are the most easily recognized protein sources. But would you have guessed that the chopped almonds are a good source of protein, too? And that's not all almonds contribute. In addition to vegetable proteins, these nuts are an exceptionally good source of riboflavin, one of the best sources of vitamins E, and provide magnesium, phosphorus, copper, iron, calcium, zinc, niacin, thiamin and

folacin. With so much concentrated nutrition, be sure to add almonds to your favorite salad combinations. You can count on almonds to provide good flavor and crunchy texture, too, for savory salad satisfaction.

Almonds come in more convenient ready-to-use forms than any other nut. Try different forms with different salads. For example, add toasted sliced almonds to an Oriental-style salad with fresh bean sprouts, julienned strips of cooked ham, tomato wedges and shredded lettuce. Sprinkle sliced almonds over chunks of fresh fruit surrounding a mound of cottage cheese. Almonds make every salad a special crunchy and nutritious treat!

With a supply of almonds on hand, you can add these versatile nuts to main dishes, entrees, desserts, as well as to

To: An asparagus: cut on a sharp diagonal into pieces about 1 1/2 inches long. Steam asparagus in 2 to 3 tablespoons bacon drippings until tender-crisp; add vinegar, sugar, mustard, pepper and bacon to pan; heat 1 or 2 minutes longer, stirring. Put greens and almonds in salad bowl; pour asparagus mixture over greens and top with sliced eggs. Toss and serve promptly. Makes 4 mini-meal servings.

To Toast Almonds: Spread in an ungreased baking pan or skillet. Place in a 350-degree oven or over medium-low heat on the stove, top for 5-10 minutes (depending on the form of almonds that you are using) or until almonds are a light golden brown, stir once or twice to assure even toasting. Note that almonds will continue to brown slightly after being removed from the heat.



Salads get a nutritious boost from almonds.

salads of all kinds. And don't forget almonds for out-of-hand snacking. For nutrition and flavor appeal, there's nothing like almonds, the delicious health nut.

HOT BACON AND ASPARAGUS SALAD

- 1 pound asparagus
- 1/4 cup vinegar
- 1 tablespoon sugar
- 1/4 teaspoon dry mustard
- 1/4 teaspoon pepper
- 1/2 pound bacon, cooked and crumbled (reserve drippings)
- 1 quart torn mixed salad greens (iceberg, romaine, spinach)
- 1/2 cup chopped natural (un-blanched) almonds, toasted*
- 2 hard-cooked eggs, sliced



Center Blade Cut Chuck Roast
\$1.39 lb.

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Apples 5-lb. Bag \$1.69

Strawberries \$1.49 Qt.

Navel Oranges Each 10¢

Asparagus \$1.59 lb.

Green Cabbage 19¢ lb.

Any Size Pkg. Ground Beef \$1.49 lb.

Mixed Fryer Parts 59¢ lb.

Wieners 89¢ 1-lb. Pkg.

Valleydale Franks \$1.39 1-lb. Pkg.

Country Club Ice Cream \$1.49 1/2-Gal. Ctn.

Fried Chicken \$4.49 Bucket

Boiled Ham \$2.99 lb.

Swiss Cheese \$3.89 lb.

Cherry Pie \$1.89 8-Inch Pie

White Bread \$0.59 16-oz. Loaf

All Meat Bologna \$1.39 lb. SLICED TO ORDER

Hot Cocoa Mix \$1.09 12-OZ. BOX

Avondale Peaches 59¢ 29-oz. Can

Sweet Peas 33¢ 17-oz. Can

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Clover Valley Margarine 33¢ 1-LB. PKG.

Sun Gold Saltines \$0.49 1-LB. BOX

Avondale Macaroni or Spaghetti 39¢ 1-lb. Pkg.

Kroger Instant Coffee \$3.69 10-oz. Jar

Kroger Flake Coconut \$1.39 14-oz. Pkg.

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Country Oven Pretzels 69¢ 2-lb. Pkg.

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Gold Crest Marshmallows 59¢ 1-lb. Bag

Avondale Pear Halves 49¢ 16-oz. Can

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Kroger Applesauce \$0.27 16-OZ. CAN

Hilcrest Maraschino Cherries 59¢ 8-oz. Jar

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