

WHAT'S IN IT FOR US?

A mini-message from the National Alliance of Postal and Federal Employees, 1644 11th St. N.W., Washington, D.C. 20001.

You are as important as anyone else in America when it comes to helping to get more jobs, more affirmative action, more government programs that benefit us. This is particularly true when you vote.

Blacks represent approximately ten percent of the electorate. The U.S. Census Bureau has projected that roughly 16 million Blacks will be of voting age by November 1980.

Says Robert L. White, national president of the National Alliance of Postal and Federal Employees, on the importance of Black participation in the 1980 elections: "Whether your primary concern is minority business assistance, unemployment, housing, food costs or the nation's foreign policy, the vote is the only effective and available tool we have to solve the problems facing us. In times like this, there is no room for cynicism and apathy. They are luxuries we can ill afford."



It's important for all of us to register and vote.

Fortunately, some 60 national organizations have gotten together to set up the National Coalition on Black Voter Participation and Operation Big Vote, October '80. This nationwide non-partisan movement is intended to increase black registration at least 20 percent and black voter turnout to 75 percent in certain key areas, as well as increasing black voter participation generally throughout the country.

Operation Big Vote, it is hoped, will supplement existing and local voter participation programs as well as encouraging the development of new ones.

If you're not registered to vote, the Board of Elections can help you do so. If you are registered, exercise your right to vote. Show how important you are.

Extension Notes

Handling Makes The Difference In Fruit

By JULIE BENDER
N.C. State University

Most fresh fruits remain at their best for only a few days, but some, if stored properly, may last longer.

How you handle fresh fruit makes the difference. Before storing fruits, sort them and discard any or discard damaged fruits immediately, say specialists with the North Carolina Agricultural Extension Service.

Most fruits, except berries and cherries, should be washed and dried before storing.

Some fruits should be left to ripen in open air at room temperature and out of direct sunlight.

The length of time that a fresh fruit will retain high quality under home storage conditions varies with the condition of the fruit when purchased.

MEAL-IN-ONE

ides for campers from NCSU agricultural extension specialists:

Wrap ground beef patties topped with raw potato strips, sliced onions and carrot strips in heavy foil. Season to taste and place 1/4 strip bacon on top. Seal using a double fold. Cook on grate or in hot coals about 30 minutes, turning frequently. Fold foil back to serve.

CRISP CEREAL

High humidity can take the crispness right out of your morning ready-to-eat cereals if they're not stored in a tightly closed package.

To restore crispness, heat the cereal in a shallow baking pan in a pre-heated oven at 350 degrees.



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IN 1, 2, 3, 5 & 10-LB. HAND-PAKS
\$1.38
LB.

DELI-BAKED
SAVE \$1.60 PER LB.
LEAN BONELESS COOKED HAM
LB. \$1.99
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