THE CAROLINA TIMES -11

NNPA News Service The Federal Republic of Nigeria is in great need of technology to realize its goals of rapid industrialization and providing increasing quantities of consumer goods to satisfy a population of over one million citizens. One of Nigeria's greatest needs is compe-

tent teachers, especially science and math instructors.

In the state of Kaduna, 32 new schools will be ready to open in Septmeber. The governor of that state, Alhaji Abdulkadir Balarabe Musa, has made a personal appeal to the crusade to eradicate illiteracy. Nigeria can be viewed as

a new frontier to the young as well as the young at heart. It is a country terrain dry, with populated with cactus and sagebrush in the north, and in the south, lush, rich forest so thick and green that it is difficult to penetrate.

Nigeria is a country of great wealth. . . . in human spirit as well as over \$30 billion in annual revenue from oil alone. Leadership with greater commitment, dedication and determination will not be found in any area of the world.

All the elements of a new frontier are present: An adventurous spirit, undeveloped potentials, raw material resources in abundance, a shortage of technology and a beckoning challenge sufficient to bend the will of the most aggressive who dare the elements of uncertainty.

The rapidly increasing thirst for knowledge has placed a strain on the capacity of Nigeria's academe to match. A nationwide recruitment program for black teachers in America is currently getting underway.

addition to a In substantial salary, free transportation to Nigeria and throughout the teacher's tour of duty will be provided by the state. Other benefits include free health care, free lodging, pleasant and undeveloped natural surroundings, and students eager to learn with little or no disciplinary problems. For additional information, send resumes to: Art Townsend, 1677 W. Baseline St., San Bernardino, CA 92411 or call (714) 889-0598.



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All over America, people are pitching in to get things done and improve the quality of life. With regard to good nutrition, for example, consumers receive a myriad of confusing messages. Many nutrition experts have worked together to clarify current nutritional concerns. In 1977, the U.S. Senate Select Committee on Nutrition and Human Needs Nutrition and Human Needs proposed the U.S. Dietary Goals. More recently, the combined efforts of the U.S. Department of Agricul-ture and the U.S. Department of Health, Education and Welfare produced "Nu-trition and Your Health," Dietary Guidelines for Americans. Both sets of guidelines advise Americans to modify their diets by increasing consumption of certain nutrients such as complex carbohydrates, while limiting their intake of others such as salt.

In keeping with these dietary recommendations, active Americans have learned to munch nutritious snacks when they need extra energy or when they do not have time for a meal. Planters has pitched in to make nutritious unsalted snacking a reality. In response to the needs of consumers who wish to limit their intake of sodium, Planters has intro-duced Dry Roasted Un-salted Peanuts, Cashews and Mixed Nuts. Each contains less than 10 milligrams of sodium per 1-ounce serving and is therefore suitable for low-sodium diets. An excellent source of vegetable protein, B vitamins and complex carbohydrates, cholesterol-free unsalted nuts are just what the smart snacker ordered!

Crunchy Peanut Granola is an easy-to-prepare mix-ture of Planters Unsalted Peanuts, cereal and raisins.

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