

Harrison Clan Holds Reunion In Greensboro

By Elson Armstrong, Jr.
The ninth annual national meeting of the Hairston Clan, Incorporated, one of the largest and most organized family reunions ever held in this region took place at the Hilton Inn in Greensboro Sept. 3, 4, 5.
Some 389 members of the Hairston Clan whose family roots originated in Davie and Davidson counties in North Carolina; central Virginia, and Lownes County, Mississippi, began descending on metropolitan Greensboro on Sept. 3.

Opening festivities for the extravaganza included registration and acquaintance hour, a gospel sing and later a disco.

On Saturday, a meeting of the Hairston Board of Directors was held to discuss family projects and to decide on a site for next year's meeting. Columbus, Ohio was the chosen site.

In the evening, a film was shown at the hotel and later family youths spent some fun time at a roller skating rink.

Other members of the Clan went shopping while still others visited the Natural Science Park.

Dr. Edward B. Fort, chancellor of N.C. A&T State University, was guest speaker to the Clan at the hotel on Saturday afternoon.

Five awards were made. The Clan presented community service awards to Alfonso Bethea of Camden, N.J.; James Hairston of Philadelphia, Pa.; Thomas Hayes, Sr., of Columbus, Ohio; Mrs. Ellen Auston of Columbus, Ohio; Mrs. Rebecca Hairston of Winston-Salem; and Braxton Hairston of Winston-Salem.

Winners of athletic awards were Michael Hairston and George Hairston, both of Martinsville, Va.

Recipients of achievement awards were Joseph H. Hairston, Esq. and Warren Hairston, both of Washington, D.C.

Outstanding religious service citations went to Dr. Walter Mack, pastor, Buncombe Baptist Church, and Verdeen Hairston, both of Lexington.

Winners of the humanitarian award were Squire Hairston and James Hairston, both of Lexington.

Durham family members of the Hairston Clan include Mr. and Mrs. D. Edward Watson of Ridgeway Avenue. The Watsons' two daughters, Geneva and Alma, now reside with their families in Willingborough, New Jersey.

The Hairston Clan festivities were featured on the newscasts of two Triad area television stations.

Family members hailed from such distant points as Los Angeles, California and West Africa.

Fitness facts

by Dr. Richard Ryan, Consultant to the Nutrition Industry

Youth Diet Needs Supplements Too

It's a common human failing to ignore our state of health until we are ill. Likewise, we are more concerned about supplementing our diets when we are more aware of our mortality, say in our 30's or 40's, rather than in the more "immortal" period of our preteens.

But I feel it's important, especially with today's nutritionally threadbare foods, to supplement our children's diets. Unfortunately there are not too many formulations I can recommend, as most contain too much sugar, unsuitable vitamin dosages, high toxicity levels or a total absence of the latest scientific discovery, trace elements.

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PRICE BREAKER SPECIAL
\$1.79
WITH \$7.50 OR MORE ORDER (LIMIT 1)

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PLAIN *SELF-RISING
IDEA RECIPES INSIDE!!!
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9 - 12-LB. AVG. SLICED FREE
U.S.D.A. CHOICE BEEF
W-D BRAND U.S. CHOICE BEEF CUBED STEAK **1.29**

12-PAK SUPERBRAND FROZEN TREATS
ICE CREAM SANDWICHES *ICE CREAM BARS *CREAM POPS *CREAM BARS *COFFEE BARS *FUDGE BARS *TWIN POPS
PRICE BREAKER SPECIAL
\$1.29

16-OZ. BTL. PEPSI COLA
CT. OF 8 PLUS DEPOSIT
\$1.39

12-OZ. CANS REGULAR OR LIGHT OLD MILWAUKEE BEER
CTN. OF 12
\$3.59

42-OZ. CAN THRIFTY MAID SHORTENING
\$1.09

PINKY PIG WHOLE OR RIB HALF PORK LOINS
SLICED FREE!
\$1.38
PINKY PIG ECONOMY CUT PORK CHOPS **1.38**

PRODUCE PATCH HARVEST FRESH SWEET POTATOES
\$1.51

HARVEST FRESH BARTLETT PEARS 5 FOR 99¢
1/2-GAL. JUG SUPERBRAND APPLE JUICE 99¢
1-LB. BAG SUPERPOP POPCORN 2 FOR \$1
3-LB. BAG HARVEST FRESH YELLOW ONIONS 89¢

3-LITER BTL. GALLO WINES
CHABLIS BLANC *RHINE *HEARTY BURUNDY EA.
\$5.49

DELI-BAKERY
LEAN AND ROUND VIRGINIA BAKED HAM
\$1.78
SLICED TO ORDER 1/4-LB.

HONEY GLAZED JUMBO DONUTS . . . DOZ **\$4.69**
U.S. CHOICE MEDIUM OR RARE ROAST BEEF 1/4-LB **\$2.88**
RING ANGEL CAKE EA. **\$1.69**
ROTISSERIE COOKED WHOLE BBQ CHICKEN EA. **\$2.89**
AVAILABLE IN DELI BAKERY STORES ONLY

16-OZ. CANS THRIFTY MAID MIXED VEGETABLES *APPLE SAUCE *BEETS *WHITE POTATOES
\$3.11 FOR

10 1/2-OZ. CANS THRIFTY MAID VEGETABLE OR CHICKEN NOODLE SOUP
\$4.11 FOR

HARVEST FRESH JUMBO CANTALOUPE
EA. **75¢**

U.S.D.A. CHOICE BEEF U.S. CHOICE WHOLE BEEF N.Y. STRIPS, TENDERLOINS OR RIB EYES
SLICED FREE!
\$3.88
W-D BRAND U.S. CHOICE BNL. N.Y. STRIP STEAK OR RIB EYE STEAKS **4.88**

FROZEN FOODS
8-OZ. SIZE MORTON POT PIES **3.99** FOR ALL VARIETIES FOR

8-OZ. CUP SUPERBRAND WHIPPED TOPPING 2 FOR \$1
2-LB. MORTON FAMILY MEALS \$1.69 ALL VARIETIES EXCEPT: SL. BEEF, BEEF STEW & VEAL PARM.
11-OZ. SIZE MORTON T.V. DINNERS 79¢ ALL VARIETIES EXCEPT: HAM & BEEF
14-OZ. SIZE MORTON CREAM PIES 89¢

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15-OZ. BTL. FABERGE ORGANIC SHAMPOO \$1.39
170-CT. BOX Q-TIP SWABS \$1.43
7.5-OZ. JAR VASELINE PETROLEUM JELLY \$2.09
40-CT. SIZE BABY WET ONES 99¢

THRIFTY MAID CUT GREEN BEANS *PEAS *CORN
\$3.11 CASE OF 24

W-D BRAND U.S. CHOICE SIRLOIN TIP ROAST
\$2.49

1-LB. PKG. IN QUARTERS SUPERBRAND MARGARINE
\$3.99 FOR

10-CT. CAN SUPERBRAND BUTTER ME NOT BISCUITS 2 FOR \$1
12-OZ. PKG. SUPERBRAND COUNTRY CHEESE SLICES 99¢
8-OZ. CUP SUPERBRAND SWISS STYLE OR ALL NATURAL YOGURT 2 FOR 99¢
32-OZ. CUP SUPERBRAND REG. OR STA-RT COTTAGE CHEESE \$1.99

14 KARAT SOLID GOLD HEART PENDANT
With A 16 Inch 14 Karat Gold Electroplated Chain...
\$398
Choose from six chain styles

GROCERY VALUES

16-OZ. BOX KEEBLER ZESTA SALTINES 79¢
28-OZ. JAR DEEP SOUTH PEANUT BUTTER \$1.79
50-LB. BAG FIELD TRIAL CHUNK DOG FOOD \$7.99
15-OZ. CANS LUCK'S ALL VARIETIES BEANS 2 FOR \$1

3-OZ. CANS ARMOUR POTTED MEAT 4 FOR \$1
5-OZ. CAN ARMOUR VIENNA SAUSAGE 37¢
46-OZ. CAN THRIFTY MAID GRAPEFRUIT JUICE 2 FOR \$1.19
12-OZ. CAN ARMOUR TREET 99¢

MEAT VALUES

PINKY PIG SLICED QUARTER PORK CHOPS \$1.79
COUNTRY STYLE BACKBONE OR SPARERIBS \$1.79
8-OZ. PKG. OSCAR MAYER BOLOGNA \$1.19 - \$1.29
24-OZ. PKG. JESSE JONES MEAT N' MORE WIENERS \$1.69

20-OZ. PKG. SUNNYLAND BREAKFAST LINK SAUSAGE \$2.69
14-OZ. PKG. STEAK-UMMS \$2.99 23-OZ. \$6.99
1-LB. PKG. W-D REGULAR OR THICK BOLOGNA \$1.69 - \$1.79
1-LB. GRILLMASTER CHICKEN FRANKS OR BOLOGNA 99¢