



Melanie Reehelle Jessup



Danielle Javoni Wood



LaTonya Monique Goins



Carmelita Makisha Coleman



Melita Nicole Brayboy



Chenetta Yvonne West



Patrice Yvette Toney



Patricia Faye Herrell



Tara LaTrell Travis



Kyra Elysia Marshall



Amelia Diann Smalls



Shanika Ya'Va Gray



Tanika Brandon



La'Trisa Zellena Howard



LaKena Charae Dillard

## Jabberwock Coming to WSSU

Fifteen young ladies have accepted the challenge to pursue their dream by way of the 1993 Jabberwock event presented by the Winston-Salem Alumnae Chapter of Delta Sigma Theta Sorority. This year's program will be held Saturday, March 27, at 7 p.m. in the K.R. Williams Auditorium at Winston-Salem State University.

A Delta tradition, Jabberwock allows participants the opportunity to compete for college scholarship and other prizes and awards. Each contestant receives a scholarship based on the amount of funds she generates.

The Miss Jabberwock festivities feature high school girls from the community in a delightful display of talent.

The theme for this year's performance is "There's A Dream Out There With Your Name On It" and the evening will feature an array of community talent, some from aspiring performers and some from experienced, prominent individual and groups.

Jabberwock '93 will include "Open Mike at Club Jabberwock," an amateur talent presentation during which local talent will compete

for cash prizes. Also, established musical groups, soloists and choirs from the community will share their special talents throughout the evening.

The girls in the contest have been active over the past few months in preparation for their big night at "Club Jabberwock."

Jabberwock contestants are exposed to a series of workshops, seminars and public service activities during the months preceding the evening of the event. This year's contestants began in April with an introductory reception and a parent/contestant breakfast.

The 1993 Jabberwock contestants are: Tanika Brandon, a Carver junior and the daughter of Mr. and Mrs. William Brandon; Melita Nicole Brayboy, an East Forsyth senior and the daughter of Oscar and Betty Brayboy; Carmelita Makisha Coleman, a North Forsyth senior and the daughter of Mr. and Mrs. James Coleman; LaKena Charae Dillard, a senior at Mount Tabor and the daughter of Oaerne Feggins; LaTonya Goins, a Mount Tabor senior and the daughter of Dorothy L. Doe; Shanika Ya'Va Gray, a Parkland senior and the

daughter of Richard and Larrie Gray; Patricia Faye Herrell, a Parkland senior and the daughter of Dr. and Mrs. Astor Y. Herrell; La'Trisa Howard, a junior at North Forsyth and the daughter of Mr. and Mrs. James Atkins; Melanie Jessup, a junior at Mount Tabor and the daughter of Aleise Jessup and John Jessup; Kyra Elysia Marshall, a junior at Salem Academy Prep; Amelia Diann Smalls, a junior at Mount Tabor and the daughter of Sampson and Sharon Smalls; Patrice Toney, a junior at North Forsyth and the daughter of William L. and Bernice C. Toney; Tara LaTrell Travis, a junior at Salem Academy and the daughter of Mrs. and Mrs. Robert L. Brown, Jr.; Chenetta Yvonne West, a junior at Parkland and the daughter of Mr. and Mrs. Clarence T. West, Jr.; and Danielle Javoni Wood, a junior at Carver and the daughter of Dannie and Lorraine Wood.

Delta Sigma Theta Sorority is an organization of college-educated women dedicated to a program of public service. It was founded by 22 students in 1913 at Howard University. Louise Smith is president of the local chapter.

## NOTICE

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NABISCO FOODS GROUP

### RECIPES FROM NABISCO FOODS GROUP

#### BLACK BEAN 'N SALSA DIP

Makes 1 3/4 cups

- 1 (16-ounce) can black beans, drained
- 1/2 cup ORTEGA Mild Thick and Chunky Salsa
- 1 tablespoon lemon juice
- 1 large clove garlic, crushed
- 1/4 cup sliced scallions
- Scallions, for garnish
- Fat Free MR. PHIPPS Pretzel Chips

Reserve 1/2 cup beans. In electric blender or food processor, blend remaining beans, salsa, lemon juice and garlic until smooth. Stir in scallions and reserved beans. Chill for 1 hour to blend flavors. Garnish with scallions if desired. Serve as a dip with pretzel chips.

**Nutrition Information per serving** (1 tablespoon dip, 4 pretzel chips): 36 calories, 207 mg sodium, 0 mg cholesterol, 0 gm total fat (0% calories from fat), 0 gm saturated fat

#### TURKEY MEATLOAF FLORENTINE

Makes 6 servings

- 1 pound ground turkey
- 3/4 Fat Free PREMIUM Saltine Crackers, crushed
- 1 (10-ounce) package frozen chopped spinach, thawed and well drained
- 1 cup chili sauce
- 1/3 cup finely chopped onions
- 1/4 cup EGG BEATERS 99% Real Egg Product
- 1 teaspoon garlic powder
- 1/4 cup REGINA Red Wine Vinegar
- 1/4 cup firmly packed light brown sugar

In large bowl, combine turkey, cracker crumbs, spinach, 3/4 cup chili sauce, onions, egg product and garlic powder. Firmly press into 8 1/2 x 4 1/2-inch loaf pan. Bake at 350 F for 1 hour or until reaches internal temperature of 180 F. Remove meatloaf to serving plate, keep warm.

In small saucepan, over medium heat, heat remaining chili sauce, vinegar and brown sugar for 2 to 3 minutes, or until hot. Serve over meatloaf.

**Nutrition Information per serving:** 272 calories, 873 mg sodium, 55 mg cholesterol, 6 gm total fat (20% calories from fat), 2 gm saturated fat, 1 gm dietary fiber

#### TRI-COLOR PEPPER FETTUCCINI

Makes 8 servings

- 1 medium green pepper, cut into thin strips
- 1 medium red pepper, cut into thin strips
- 1 medium yellow pepper, cut into thin strips
- 1/4 cup sliced scallions
- 1 tablespoon chopped fresh basil or 1 teaspoon dried basil leaves
- 2 tablespoons FLEISCHMANN'S Margarine
- 1 pound fettuccini, cooked in unsalted water and drained
- 1 (8-ounce) carton EGG BEATERS 99% Real Egg Product
- 1/4 cup grated Parmesan cheese

In skillet over medium-high heat, cook peppers, scallions and basil in margarine until peppers are tender-crisp. In large serving bowl, toss peppers with hot fettuccini, egg product and cheese. Serve immediately.

**Nutrition Information per serving:** 274 calories, 125 mg sodium, 56 mg cholesterol, 6 gm total fat (20% calories from fat), 1 gm saturated fat, 2 gm dietary fiber

#### CHOCOLATE CHIP COOKIE SNACK MIX

Makes 4 cups

- 1/4 cup firmly packed light brown sugar
- 1 teaspoon ground cinnamon
- 1 egg white
- 2 cups SNACKWELL'S Reduced Fat Bite-size Chocolate Chip Cookies
- 1 cup small pretzel twists
- 1/2 cup PLANTERS Dry Roasted Mixed Nuts

Combine brown sugar and cinnamon, set aside. In large bowl, with electric mixer at high speed, beat egg white until foamy. Beat in sugar mixture, 1 tablespoon at a time, until thick and glossy.

Fold in cookies, pretzel twists and nuts until well coated; spread on greased foil-lined baking sheet. Bake at 325 F for 15 minutes or until set and lightly browned. Cool completely. Break into pieces; store in airtight container.

**Nutrition Information per serving** (1/4 cup): 76 calories, 124 mg sodium, 0 mg cholesterol, 2 gm total fat (28% calories from fat), 0 gm saturated fat, 0 gm dietary fiber

#### TURKEY IN MUSHROOM SAUCE

Makes 6 servings

- 2 cups sliced mushrooms
- 1/4 cup margarine
- 1 1/2 pounds boneless turkey cutlets
- 1 cup COLLEGE INN Chicken Broth
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon poultry seasoning
- 1 tablespoon all-purpose flour
- 1/4 cup dairy sour cream
- 3 cups hot cooked rice
- Sliced scallions, for garnish

In large skillet, over medium heat, cook mushrooms in 2 tablespoons margarine just until tender; remove from pan. In same skillet, in remaining margarine, brown turkey cutlets on both sides. Return mushrooms to pan with 3/4 cup broth, pepper and poultry seasoning. Heat to a boil; reduce heat to low. Cover; simmer for 15 to 20 minutes or until turkey is done. Remove turkey from skillet; keep warm.

Blend flour into remaining broth; slowly stir into mushroom mixture in pan. Cook over medium-high heat, stirring constantly until mixture thickens and begins to boil. Remove from heat; stir in sour cream. Arrange turkey on rice; spoon sauce over turkey. Top with scallions if desired; serve immediately.

**Nutrition Information per serving:** 354 calories, 369 mg sodium, 70 mg cholesterol, 11 gm total fat (28% calories from fat), 3 gm saturated fat

