

# Aldermen approve two bonds

By KAREN YOUNGBLOOD  
Staff Writer

The Carrboro Board of Aldermen approved a capital improvements bond calling for less than \$1.5 million to be spent financing improvements for Carrboro streets.

The board held a special public hearing Wednesday night to discuss two proposed bonds for such improvements worth \$2.2 million.

The \$1.5 million will be used to pave streets and create bikeways and sidewalks. The second capital improvements bond, also approved, calls for less than \$700,000 to be spent financing the addition of or improved connection of Franklin Street with the downtown part of Carrboro, including the relocation

of water and sewer facilities.

In other action, Teen Center Inc. requested a grant of \$2,500 to help renovate the center and pay the salary of its director. The center is organized to promote recreational services for youth in the Chapel Hill-Carrboro area, and it operates as a youth employment program in connection with the Chapel Hill-Carrboro Chamber of Commerce.

The board also authorized the transfer of \$350 from the general contingency fund to the Transportation Advisory Board. The money will be used to purchase equipment for joggers who have to comply with a recently adopted town safety ordinance.

The ordinance prohibits people from jogging at night without wearing reflective material. The board will

purchase reflective bands for joggers and cyclists. The bands will be distributed free of charge.

The board reviewed, but took no action on bids received for the construction of a lighted basketball court complex at Community Park and the picnic shelter at Henry Baldwin Park. The board has previously said that no more than \$33,000 will be authorized for the project. The Recreation and Parks Department has had difficulty in receiving bids from contractors. The project is considered too small and too complicated because of local, state, and federal rules surrounding the project. The department has asked the board to consider allocating \$12,000 more from town funds and federal loans to go to the project. The board will decide

the request Tuesday.

The Board of Aldermen also took no action on two other items on the work session agenda. The members of the board received information concerning the enforcement of purchasing town motor vehicle licenses. Motorists are required to have a town license if their vehicle is kept in Carrboro for more than 14 days. This ordinance has been difficult to enforce, so city officials and the board have tried to figure out how to enforce the policy.

The board also took no action on the decision to expand the franchise of Alert Cable TV. The board has received recommendations from town staff and a citizens' advisory committee. A decision about Alert Cable TV will be made by the board Sept. 25.

# Mainstreaming salad

By JENNIFER KELLER  
Staff Writer

For those nutrition conscious, calorie-minded people, America invented the salad bar. What was considered "rabbit food" not long ago, now is considered a healthy, fresh alternative to meat and potatoes.

This does not mean that everything on a salad bar is "diet food", in fact there are many exotic additions to the staples of lettuce, cucumbers and tomatoes.

Salad bars have appeal at UNC since students are fitness, body and budget conscious. One can order a salad in almost every restaurant in Chapel Hill, but, excluding the fast food joints, there are four actual salad bars.

Sonny's Real Pit Bar-B-Que's salad bar is perhaps the most famous; it is shoulder level with over 50 items. Containers of fruits, vegetables, breads and cheese are set into mounds of dark green lettuce.

There are two kinds of bread, a wheel of cheddar and a bountiful array of vegetables included in the \$3.95 price (\$1.59 if ordered with a meal). Sonny's manager Ann Brock admits this is not light fare. "Everybody gets the salad bar, not just girls, but guys, big men, everybody," Brock said.

"We listen to public opinion, sometimes the kitchen comes up with a new idea and we add it on," Brock said.

The salad bar at Pizza Hut costs \$2.19 by itself or \$1.79 with a dinner. Pizza Hut's salad bar has 25 items, including sunflower seeds and zesty dressings.

Western Sizzlin's salad bar offers a 54-item salad bar. There are seven kinds of fruit, plus cole slaw, potato and pasta salads and the popular crispy potato skins.

Manager Kim Evans said the salad bar has been around five years and has been expanded four times. "It's usually the women that come and get only the salad bar, the guys get it with their steak dinner," Evans said. It costs \$3.39 (including soup) or \$1.49 with dinner. "Things don't arrive frozen, everything's fresh," Evans said.

Jordan's Le Charolais, though mainly a steak house also has an all-you-can-eat salad bar with dinner. At lunch it costs \$2.95 for two trips. Manager Craig Reed said the salad bar has been there since the place opened, 17 years ago.

"It has to be appealing to catch your eye," Reed said. Apart from the meat, the salad bar is the most important part of the restaurant said Reed. Jordan's salad bar has 32 items, plus crackers.

Salad lovers should look carefully at the state of the vegetables and lettuce before ordering. Look also at the arrangement, color and variety of items.

Salad bars are usually lit up brightly and placed near the entrance to entice the customer. In the four restaurants mentioned above, freshness and hygiene are stressed. Vegetables from local distributors are cut daily. Canned or bottled items (such as chick peas, pickles and olives) are used only when they do not come fresh. In a town full of food options at varying prices, it looks like rabbit food is here to stay.

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