

CLIFF BLUE ...

People & Issues

COMMUNITY COLLEGES ...
Following the General Assembly session of 1961 Governor Terry Sanford appointed a Commission on Education beyond the high school, consisting of 25 members. They were:

Irving E. Carlyle, chairman; W. Lunsford Crew, vice chairman, and John L. Sanders, Secretary. Members of the Committee, listed alphabetically were: H. Clifton Blue, Irving E. Carlyle, F. Stuart Chapin, Miss Bonnie E. Cone, W. Lunsford Crew, Lewis C. Dowdy, Alfonso Elder, William C. Friday, Mrs. Samuel C. Hair, Deryl Hart, W. Dallas Herring, Addison Hewlett, Leo W. Jenkins, John R. Jordan, Jr., Colvin T. Leonard, H.A. Mattox, L.P. McLendon, John Alexander McMahon, Thomas J. Pearsall, Mrs. L. Richardson Preyer, Mrs. Harry B. Stein, James G. Stikeleather, Jr., Thomas J. White, J. Shelton Wicker and Thomas J. Woodard.

Ten of the above were members of the N.C. General Assembly.

The Commission was divided into two groups. One on Education beyond the High School, and the other was concerned with the present system of Colleges and Universities.

Meetings were held about every month on Education Beyond the High School. I am not aware of the number of meetings held by the higher education group.

My interest was primarily with the education beyond high school group.

It recommended a system of Education beyond the high school and was opposed by only one vote in the house of representatives. This person was a former school teacher, Rep. Roger C. Kiser of Scotland County.

His reason had some merit. He said we needed to support the public schools more before adding another system to education.

I feel that the legislation establishing the community college system is one of the most progressive steps in behalf of public education that has been taken since Governor Aycock and his public school program from 1901-1905.

Today, there are 58 institutions -- community colleges and technical institutes in North Carolina.

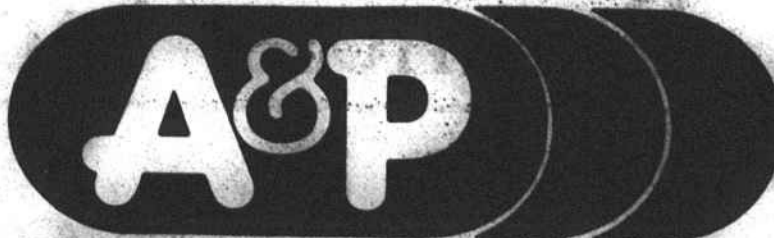
Governor Sanford appointed numerous committees and commissions during his four-years in office and I feel that none will add greater to the state and its people than the recommendation of the Carlyle Commission for a system of Education Beyond the High School through Community Colleges and Technical Institutes.

Being a member of the State community college board, I want to learn first hand what is going on in education beyond the high school in other parts of the nation.

FAYETTEVILLE... Howard E. Boudreau, president of Fayetteville Institute says: "Fayetteville Technical has played a very important role in Fayetteville and Cumberland County in the promotion and development of vocational and technical education beyond the high school. We have provided an opportunity for thousands of people to obtain a saleable skill and to earn a better living for themselves and their families. Education through the Community College System has presented to the citizens of North Carolina an opportunity for this education at a reasonable cost and at a convenient location to their homes."

President Boudreau well states the opportunity of people across North Carolina young and old to prepare themselves for a better living. The opportunity was not available back in their younger years.

GUILFORD TECH... Frank W. York, chairman of the Guilford Technical Institute says: "The purpose of GTI is to provide higher educational opportunities for our students with an emphasis on vocational and technical education and to meet the changing needs of businesses, industries, and the people of our community. The board of trustees of GTI pledge to business, industry and the people of our community and the administration, faculty, and staff of GTI that we will continually strive to guide in those directions that will fulfill this purpose."



LOW CHOLESTEROL RECIPES FROM THE A&P KITCHEN

We are continuing our series of recipes for dishes that are low in cholesterol. Many people are concerned with limiting cholesterol in their diets for health reasons. Watch this column for the next several weeks and combine these recipes to make a well balanced low cholesterol meal.

- LOW CHOLESTEROL BROCCOLI VINAGRETTE**
1 large bunch broccoli
4 tablespoons pimento
Remove leaves and cut off large stem pieces from broccoli. Cut up remaining flowers and stems into 2-3 inch pieces. Boil in small amount of water until crisp-tender, not limp. Place in baking dish with flowers all going one way for eye appeal. Combine pimento, onion and chives and sprinkle over broccoli.
POUR *VINAGRETTE DRESSING WITH DILL WEED OVER ALL AND ALLOW TO MARINATE FOR SEVERAL HOURS. This looks especially attractive in a red serving dish.
- LOW CHOLESTEROL DRESSING**
1 1/2 teaspoon Worcestershire sauce
1/2 teaspoon brown mustard
1/2 teaspoon garlic (minced)
1/2 cup water
2 cups corn oil
Combine all ingredients in a jar with cap. Shake until blended. This can be used as a salad dressing or marinade for many items, either as is or with added spices.
FOR *VINAGRETTE DRESSING REMOVE 1/2 CUP LOW CHOLESTEROL DRESSING AND ADD 1/2 TEASPOON DILL WEED.

Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted.

PRICES EFFECTIVE THRU SAT., OCT. 16, AT A&P IN RAEFORD, N.C.

CAPTURE
THE WONDERWORLD OF WILDLIFE.
The New Funk & Wagnalls Illustrated Wildlife Encyclopedia.
Volume 1 only **99¢**
Volumes 2-24 only \$299



Meat Specials
A&P QUALITY FRESHLY
Ground Chuck
3 lbs. or more **168**
lb.

The Butcher Shop
with supermarket prices
Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
WHOLE BONELESS
Rib Eyes 9-12 lb. avg. **297**
lb.

Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Chuck Roast
Bone In **117**
lb.

U.S.D.A. INSPECTED
Box-O-Chicken lb. **44¢**
FROZEN
Baking Hens 4-7 lb. avg. lb. **48¢**

JAMESTOWN
Sliced Bacon 12 oz. pkg. **129**
U.S.D.A. INSPECTED
Whole Fryer Legs lb. **78¢**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—BONELESS
Rib Eye Steaks lb. **398**
COTTAGE BRAND
Smoked Sausage lb. **129**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Shoulder Roast Bone In lb. **159**
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS
Beef Stew lb. **197**

Dairy Specials
IN QUARTERS
Blue Bonnet Margarine
1-lb. pkgs. **2100**

THE FARM
A&P
Fresh With Quality
GOLDEN YELLOW RIPE
Dole Bananas 5 lbs. only **100**

Frozen Specials
ALL FLAVORS
Sealtest Ice Cream gal. ctn. **179**

BUTTERMILK
Pillsbury Biscuits 4 7 oz. cans **89¢**
KRAFT SOFT PHILADELPHIA
Cream Cheese 8 oz. pkg. **89¢**
BLUEBERRY • PEACH • STRAWBERRY • BANANA/STRAWBERRY
Light N' Lively Yogurt 2 8 oz. ctns. **89¢**
PILLSBURY BUTTERMILK
Hungry Jack Biscuits 2 10 oz. cans **99¢**

FLORIDA CITRUS PINK OR WHITE
Grapefruit 3 Jumbo 23 Size **99¢**
FRESH SNOW WHITE
Cauliflower Jumbo 12 Size **88¢**
EASTERN GROWN CRISP RED
Delicious Apples 5 lb. bag **149**
TART TANGELOS • TANGERINES (176 SIZE) OR JUICY DELICIOUS
Oranges 8 125 size **100**
WASHINGTON STATE EXTRA FANCY
Bartlett Pears lb. **49¢**
GREAT RAW OR IN SOUP
Fresh Celery Jumbo 24 Size **59¢**

SALIS. STEAK • SLICED TURKEY • SLICED BEEF PATTIE W/GRAVY • CHIPPED BEEF
Morton Boil N' Bag 2 5 oz. pkgs. **79¢**
KING SIZE SALIS. STEAK • TURKEY • CHICKEN
Morton Dinners 17 oz. pkg. **149**
A&P FROZEN
Orange Juice 2 6 oz. cans **88¢**
SEALTEST
Polar B'ars 6 ct. pkg. **169**

Grocery Specials
P&Q BRAND
Soft Drinks 2 liter bottle **79¢**
• Cola • Orange • Ginger Ale

Grocery Specials
ANN PAGE
Potato Chips 8 oz. twin pack **89¢**
• Plain • Rippled

Grocery Specials
P&Q BRAND
Sandwich Bread 24 oz. loaves **99¢**

Grocery Specials
KRAFT
1000 Island Dressing 16 oz. btl. **119**
• French • Zesty Italian • Catalina

SUPER SAVER COUPONS
SAVE 40¢
ON THE PURCHASE OF 1 LB. BAG
EIGHT O'CLOCK
Bean Coffee

SUPER SAVER COUPONS
SAVE 20¢
ON THE PURCHASE OF 5 LB. BAG
RED BAND
Flour

SUPER SAVER COUPONS
SAVE 20¢
ON THE PURCHASE OF 18 OZ. PKG.
BETTY CROCKER
Cake Mixes

SUPER SAVER COUPONS
SAVE 20¢
ON THE PURCHASE OF 12 OZ. PKG.
ANN PAGE
Pizza

SUPER SAVER COUPONS
SAVE 20¢
ON THE PURCHASE OF 16 OZ. JAR
KRAFT
Grape Jelly

SUPER SAVER COUPONS
SAVE 30¢
ON THE PURCHASE OF 32 OZ. JAR
KRAFT
Mayonnaise

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.