

Program Planned

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role in making the program a reality.

The One Week University program is funded through a \$24,520 grant from the North Carolina Department of Human Resources. It is administered by the Department's Division of Youth Services.

Program participants begin their day with a career workshop presented by a team of counselors from Elizabeth City State's departments of Academic Affairs, Student Affairs, and Admissions. During these sessions, career opportunities, study skills, enrollment standards, financial assistance for higher education, and other information helpful in the preparation for college and a career are discussed.

Following the morning workshop, the participants attend three structured classes. Seven courses are offered from which students select a science or math, a language or literature, an artistic medium, and basic medical emergency training.

Afternoons will find the young people involved in a variety of cultural and recreational activities. Elizabeth City State students will be matched with each group of participants to assist the counselors, serve as activity leaders, and serve as role models.

Evening programs during the "One Week University" will consist of educational and entertainment activities.



LOCAL SINGERS TO APPEAR—The Harmony Belles, a group of talented women who sing harmony in the barbershop quartet-style, will be among the entertainers at this year's May Play Day at the Rocky Hock Community Center. The event will take place on Saturday, May 2.

Rocky Hock To Host May Play Day Arts Festival

By CINDY FIELDS

The Chowan Arts Council is assembling an impressive array of performers to appear during May Play Day, an arts festival planned for Saturday, May 2, at the Rocky Hock Community Center. Over 30 amateur and professional artists are scheduled to perform on both an indoor and an outdoor stage, providing almost seven hours of continuous entertainment, beginning at 10 a.m.

Other May Play Day attractions will include arts and crafts displays by gifted local artists. Among them will be Angel Macias who makes lollipops and demonstrates the art of candy-making. Wesley deCamp will be showing yarn and knitted items. Alice Sawyer will demonstrate liquid embroidery.

The Buck Swamp Kickin' Cloggers, who have been filmed by major networks and have twice performed at the White House, will show off their unique form of clogging, including all the old-time high kicking steps. In addition to performing, they will offer a workshop for anyone interested in learning more about the dance style.

Members of the Chowan-Edenton Optimist Club will provide rides for children on their ever-popular train, as well as a variety of games and contests.

Also for the youngsters, there will be a hands-on corner where they can express their creative talents.

There will be plenty of good things to eat, courtesy of some very talented cooks from Rocky Hock. Chicken salad plates priced at \$3.50 each, will be available from 11:30 a.m. until 2 p.m. You are welcome to either eat in, or take the plates out, according to Food Committee Chairman Lynn Ober. She adds, "Our black pot will be cooking up some good lima beans again this year. We'll also have some delicious ham biscuits, baked goods of all kinds, hamburgers and hot dogs."

Everyone is invited to come out and enjoy a day filled with delicious food, outstanding entertainment and fun for the entire family. We hope to see you all there on Saturday!

May Play Day is being funded in part by a grassroots grant from the North Carolina Arts Council and sponsored by the Chowan Arts Council.

Cook-Off Deadline Nears

CHICAGO—Time is running out for residents of North Carolina to enter the 1987 North Carolina Beef Cook-Off. All recipes must be postmarked by May 1.

Entering the contest is easy. Simply select the category you're interested in — regular indoor cookery or the new outdoor barbecue category — and send your best beef recipe to National Beef Cook-Off, 444 N. Michigan Ave., Chicago, Ill. 60611. Be sure to specify which category you're entering.

Entries from North Carolina will compete only against other North Carolina entries. The winner of the North Carolina Beef Cook-Off will earn an expense-paid trip to compete at the National Beef Cook-Off, Sept. 20-22 in Sun Valley, Idaho. Winner of the National Beef Cook-Off indoor contest will receive \$5,000; winner of the barbecue category will receive \$2,500.

All cuts of beef (excluding organ meats) are eligible in both categories. Contestants entering the indoor contest may elect to use a microwave oven instead of a conventional oven to prepare their recipe.

All recipes must contain a mini-

mum of one pound of beef and not more than five, with one serving containing at least three ounces of beef. Cooking time cannot exceed four hours (not including preparation time). The recipe must be specific, with no use of brand names, and must state the number of servings and approximate preparation time.

Contestants must be 18 years or older, with non-professional food status. Any person who has owned one or more head of beef or dairy cattle (or who has lived in a household where any person has owned cattle) in the twelve months preceding Oct. 1, 1987 is ineligible.

The National Beef Cook-Off is sponsored by the American National CattleWomen in cooperation with the Beef Industry Council of the Meat Board.

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