



Don't store leftover vegetables more than a day or two. After cooking, they lose their Vitamin C rapidly... as much as one-third in only two days.

The U.S. Silver depository is at West Point, New York.

Belinda Locklear, a senior from South Robeson High School, will represent Hilly Branch Health Occupations Students of America in a Parade of Prestige at the NC-HOSA Convention to be held in Winston-Salem, N.C. April 30, 1982.

Belinda was selected by secret ballot by HOSA members. This is the highest honor to be bestowed upon a member by a local chapter. Leadership ability, which includes a positive attitude, the influencing of high morale among chapter members, acceptance of responsibility and initiative shown—was a criteria

for selection as well as involvement in school and community health programs.

Belinda is the daughter of Mr. & Mrs. Samuel Locklear. She will attend East Carolina University, Greenville, N.C. this fall to major in Nursing.

Mrs. Betty Lamb and Mrs. Miriam Edwards are the HOSA Advisors.



The saxophone was invented by Adolphe Sax in the year 1846.



The chameleon's tongue is as long as its body. It is well known that certain chameleons can quickly change color, but they also can develop camouflaging streaks and spots.



To remove corn silks, dampen a paper or terry towel and brush downward on ears of corn.

### Pre School Screening planned

In the near future the Robeson County Schools will be offering a preschool screening for three and four year olds who will be eligible to attend Robeson County Schools. The purpose of this screening will be to let you and us know if your child is showing readiness and to also reveal any special problems a child may have. This early screening will help your child off to a good start when he/she begins school.

The screening person will want to spend about 20 minutes with one of the parents, or another relative and your child. We invite you to bring your child to any of the locations listed below on the day shown. If you have any questions you may call and speak with Mary Chavis at 738-4845 or Darlene Locklear at 738-8566.

**PRESCHOOL SCREENING EACH DAY 9:00 a.m. to 4:00 p.m.**

(1) Long Branch Area, Long Branch Baptist Church, April 22, 1982.

(2) Saddletree Area, Saddletree Church of God, April 23, 1982.

(3) Rowland Area, Cedar Grove United Methodist, South Walnut St., April 29, 1982.

(4) Maxton Area, Shiloh Baptist Church, Highway 74, April 30, 1982.

(5) Pembroke Area, Berea Baptist Church, May 6, 1982.

(6) Parkton Area, Hatcher's Chapel, A.M.E. Zion, May 7, 1982.

### visiting artist with Indian Education

In observance of National Library Week, the Title IV Part A Indian Education Project of the Robeson County Board of Education is sponsoring a week-long series of workshops on Childrens Books with students in grades K-3.

Gene Locklear, Lumbee artist and professional athlete, together with Donna Roland of Open My World Publishing Company, have been conducting workshops for young children in schools across Robeson County during the week of April 19-23. The workshops are designed to stimulate students in creative writing and self-expression, and to provide them with an experience of meeting a real author and a real illustrator. In addition to supporting the language arts program for young children and introducing them to increased appreciation of reading and books, the workshops provide successful role models and career awareness learning experiences for the youngsters.

The workshops have been sponsored by the Title IV Part A Indian Education Project in cooperation with school principals and school media specialists in the following schools: Deep Branch; Pembroke Elementary; Green Grove; Southside/ Ashpole; Long Branch; Proctorville; Oxendine; Rex Rennett; and Parkton.

In addition to participating in the workshops, students have been afforded an opportunity to purchase copies of childrens books written and illustrated by the consultants. *Grandfather's Tales* is a story about a young Indian boy who remembers and listens to stories about Indians from his grandfather. *Henry the Horse* is a story about a boy who introduces young children to the fascinating world of the horse. Personally autographed copies were made available to the students when the books were purchased.

# EASY ON THE BUDGET Food Buys!

<p><b>FMA</b> FOOD MERCHANDISERS OF AMERICA INC.</p>	<p>PRICES EFFECTIVE APRIL 18 THROUGH 24</p> <p><b>PARKS RANDY'S</b> FMA SUPER MARKET 211 W. MAIN STREET ST. PAULS ROWLAND</p> <p><b>FOOD COUNTRY</b> 1/2 Mile West of Converse Highway 72 Lumberton, N.C.</p> <p>WE ACCEPT USDA FOOD STAMPS WE RESERVE ALL QUANTITY RIGHTS</p>		
<p><b>MANCO CORNED BEEF</b> \$1.39 12-OZ. SIZE</p>	<p><b>MIX OR MATCH LUCKS BEANS</b> • PINTO BEANS WITH PORK • GIANT LIMAS WITH PORK • GREAT NORTHERN BEANS • PINTO BEANS WITH ONIONS</p> <p>Your Choice 2 15-OZ. CANS <b>89¢</b></p>	<p><b>FULL CUT ROUND STEAK</b> (BONE IN) \$1.69 LB.</p>	<p><b>FRESH LEAN GROUND BEEF</b> 5-LBS. OR MORE \$1.09 LB.</p>
<p><b>MERITA DESSERT SHELLS</b> 6-CT. <b>59¢</b></p>	<p><b>TROPICANA ORANGE JUICE</b> 64-OZ. <b>\$1.39</b></p> <p><b>TROPICANA GRAPEFRUIT JUICE</b> 32-OZ. <b>69¢</b></p> <p><b>COBLE BUTTERMILK</b> 1/2-GAL. <b>99¢</b></p> <p><b>COBLE SOUR CREAM</b> 8-OZ. <b>55¢</b></p> <p><b>COBLE ONION DIP</b> 8-OZ. <b>55¢</b></p>	<p><b>WILSON TENDER MAID CANNED HAM</b> 4-LBS. <b>\$7.99</b></p> <p><b>THICK WHITE FAT BACK</b> <b>39¢</b></p>	<p><b>FRESH TENDER CUBE STEAK</b> <b>\$2.29</b> LB.</p> <p><b>CARL BUDDIG - ALL VARIETIES CHIPPED MEATS</b> 4-OZ. PKGS. <b>49¢</b></p>
<p><b>PETER PAN PEANUT BUTTER</b> 18-OZ. <b>\$1.59</b></p> <p><b>PRIDE SALTINE CRACKERS</b> 1-LB. BOX <b>59¢</b></p> <p><b>DEL MONTE PEACHES</b> 16-OZ. SIZE <b>59¢</b></p>	<p><b>FMA ICE CREAM</b> 1/2-GAL. <b>\$1.29</b></p>	<p><b>TEXIZE PINE POWER</b> 28-OZ. SIZE <b>\$1.89</b></p> <p><b>TEXIZE GLASS PLUS</b> 22-OZ. <b>\$1.19</b></p>	<p><b>MINUTE MAID ORANGE JUICE</b> 12-OZ. <b>\$1.09</b></p> <p>FROZEN CONCENTRATED</p> <p><b>CAPRI-SUN</b> Your Choice</p> <ul style="list-style-type: none"> <li>ORANGE DRINK</li> <li>APPLE DRINK</li> <li>FRUIT PUNCH</li> <li>LEMONADE</li> </ul> <p><b>\$2.19</b> 10-PK.</p> <p><b>PERFECTION LONG GRAIN RICE</b> 3-LB. SIZE <b>79¢</b></p>
<p><b>CLIP THIS COUPON SAVE 60¢</b></p> <p><b>CAROLINA PRIDE MEAT FRANKS</b> 12-OZ. PKG. <b>39¢</b></p> <p>With This Coupon And 7.50 Purchase (Limit one of each coupon) Redeem: 1 coupon with 7.50 purchase 2 coupons with 15.00 purchase 3 coupons with 22.50 purchase 4 coupons with 30.00 purchase GOOD AT FMA STORES THROUGH APRIL 24, 1982</p>	<p><b>CLIP THIS COUPON SAVE 1.29</b></p> <p><b>GIANT TIDE DETERGENT</b> 49-OZ. SIZE <b>99¢</b></p> <p>With This Coupon And 7.50 Purchase (Limit one of each coupon) Redeem: 1 coupon with 7.50 purchase 2 coupons with 15.00 purchase 3 coupons with 22.50 purchase 4 coupons with 30.00 purchase GOOD AT FMA STORES THROUGH APRIL 24, 1982</p>	<p><b>FRESH PRODUCE</b></p> <p><b>RED DELICIOUS OR GOLDEN DELICIOUS APPLES</b> 3-LB. BAG <b>99¢</b></p>	
<p><b>CLIP THIS COUPON SAVE 60¢</b></p> <p><b>SUMMERDALE FROZEN CRINKLE CUT POTATOES</b> 2-LB. SIZE <b>19¢</b></p> <p>With This Coupon And 7.50 Purchase (Limit one of each coupon) Redeem: 1 coupon with 7.50 purchase 2 coupons with 15.00 purchase 3 coupons with 22.50 purchase 4 coupons with 30.00 purchase GOOD AT FMA STORES THROUGH APRIL 24, 1982</p>	<p><b>CLIP THIS COUPON SAVE 30¢</b></p> <p><b>ROYAL SCOT MARGARINE</b> 1-LB. SIZE <b>9¢</b></p> <p>With This Coupon And 7.50 Purchase (Limit one of each coupon) Redeem: 1 coupon with 7.50 purchase 2 coupons with 15.00 purchase 3 coupons with 22.50 purchase 4 coupons with 30.00 purchase GOOD AT FMA STORES THROUGH APRIL 24, 1982</p>	<p><b>FRESH SPRING GREEN ONIONS</b> 3 BUNCHES <b>\$1.00</b></p> <p><b>FRESH YELLOW SQUASH</b> LB. <b>49¢</b></p> <p><b>DELICIOUS JUICY STRAWBERRIES</b> PINT <b>89¢</b></p>	
<p><b>CLIP UP TO \$2.96</b></p>		<p><b>X-STRENGTH TYLENOL TABLETS</b> 60'S SIZE <b>\$3.19</b></p>	<p><b>VASELINE INTENSIVE CARE LOTION</b> 10-OZ. SIZE <b>\$1.87</b></p>
		<p><b>REG. &amp; EXTRA HOLD RAVE SOFT HAIR SPRAY</b> 7-OZ. SIZE <b>\$1.67</b></p>	