

# Hayes, Marshall, Phillips honored by NAFEO

Judge Roland H. Hayes, Walter Marshall and Dr. Barbara K. Phillips are among the more than 100 outstanding graduates of historically black colleges and universities being honored as Distinguished Alumni at NAFEO's 15th National Conference on Blacks in Higher Education being held through April 1 in Washington, D.C.

All honorees are nominated by their alumni institutions for making significant contributions to the American society.

Winston-Salem State University nominated Judge Hayes for the honor. He currently is a district court judge with the 21st judicial district in Winston-Salem.

A native of the city, he received his bachelor's degree from WSSU in 1952. He also attended North Carolina Central University School of Law from 1968 to 1971.

Judge Hayes has been a practicing attorney in private practice and has received honors including the Achievement Award from the Winston-Salem Urban League.

Mr. Marshall also was nominated by WSSU. He currently teaches exceptional children in the High Point City Schools system.

A native of Wadesboro, he received his undergraduate degree from WSSU in 1965. He also



Walter Marshall

attended N.C. A&T State University and received his master's degree.

Mr. Marshall was a teacher/coach at W.B. Wicker High School in Sanford and has received several honors and recognitions including the Omega Citizen of the Year Award.

Mrs. Phillips, who is assistant superintendent for student services with the Winston-Salem/Forsyth County Schools, was nominated by WSSU.

A native of Winston-Salem, she received her bachelor's degree from WSSU in 1957. She also attended Indiana University, where she received her master's degree.

Dr. Phillips earned her doctor-



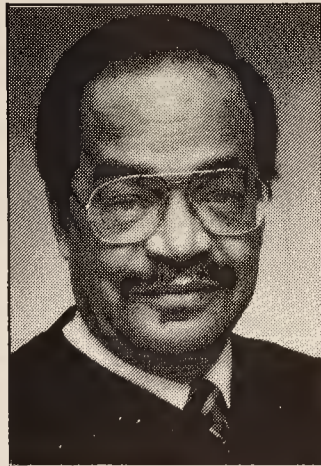
Dr. Barbara Phillips

ate at the University of North Carolina in 1979.

She previously was a teacher with the Cleveland Public Schools in Ohio.

She has received several honors including the Humanitarian Service Award from the Urban League and has been listed among Ebony magazine's "100 Most Influential Blacks in America."

"Traditional black colleges have fostered the integration of our students into our society, where unfortunately blacks account for only 1 to 2 percent of most professionals in the nation, by graduating approximately half of the black lawyers, doctors, ministers and others," said Dr. Samuel L. Myers, president of NAFEO.



Judge Roland H. Hayes

"The historically black colleges enroll less than 20 percent of black undergraduates, but confer almost 40 percent of all baccalaureate degrees earned by blacks. Based on recent statistics, two black colleges account for 40 percent of all blacks earning degrees in dentistry, two account for 82 percent in veterinary medicine. The historically black colleges continue even now to press for expanded access at a time when many states are restricting admissions to all colleges."

NAFEO is an association of most of the nation's historically and predominantly black institutions of higher learning, including public and private, two-year and four-year, undergraduate and graduate schools.

## Delta Alpha Chapter of Phi Beta Sigma takes stand in fight against world hunger

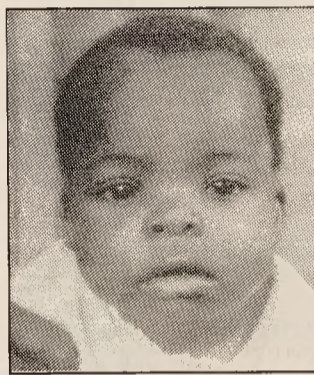
The Delta Alpha Chapter of Phi Beta Sigma Fraternity Inc., located on the campus of Winston-Salem State University, has taken a stand in the fight against world hunger.

poverty throughout the world, the members of Phi Beta Sigma are sponsoring 3-year-old Nipaneema Frederick and her community in Tanzania, Africa.

Their monthly pledges will ensure her education, health care, food, clothing, shelter and the development of her community.

Founded in 1914, Phi Beta Sigma Fraternity is an international organization dedicated to the principles of brotherhood, scholarship and service.

The fraternity has more than 80,000 members in the United States, Africa, Switzerland and the Caribbean.



Nipaneema Frederick

## Calendar

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### WEDNESDAY, APRIL 4

The Twin City Chapter of the N.C. A&T State University Alumni Association Inc., will hold an annual recruitment night program from 7 to 9 p.m. at the Winston Lake Family YMCA, 901 Waterworks Road. University staff will present information and entertain questions concerning enrollment, academics, scholarships, financial aid and other issues. Refreshments will be served. For more information call L.B. Speas at 748-8315 or Sandra Toney at 722-3365.

### THURSDAY, APRIL 5

Winston-Salem State University will present the Charlotte Symphony Orchestra, featuring pianist Roosevelt Newson at 8:15 p.m. at the Stevens Center. Tickets are \$6 in advance and \$8 at the door. All seats are reserved.

### SATURDAY, APRIL 7

"Recycling Day," sponsored by Keep Winston-Salem Beautiful Inc., will be held at the recycling station and at Thruway Shopping Center from 9 a.m. to 4 p.m. Glass, aluminum and bi-metal cans will be accepted. Compacted milk and soft drink bottles, newspaper, magazines, computer paper and used car batteries also will be accepted. Proceeds will be used by Keep Winston-Salem Beautiful Inc. for recycling education.

The League of Women Voters will register voters from 10 a.m. to 8 p.m. at Hanes Mall, second level; outside Belk's.

### SUNDAY, APRIL 8

The finance committee of the Atkins Class of 1970 will meet at 3 p.m. at Polo Park Recreation Center. Business on the agenda will include a discussion of reunion activities, reunion dues, additional guests and hotel accommodations. Committee members are Emerson Duren, Charisetta Grafton, Ronald Hamilton, Debra W. Fair and Gwendolyn A. Brown.

### PUBLIC SERVICE ANNOUNCEMENTS

Exchange/SCAN Child Abuse Prevention Center is offering an opportunity to volunteer to help mistreated children have a brighter future. Beginning April 8 at 2 p.m. a workshop will be held to train volunteers as lay therapists. Topics covered will include the law, characteristics of abusing families, sexual abuse and intervention skills. Anyone age 21 through grandparents are needed. For more information call 748-9028.

Piedmont Plus Senior Games registration packets are now available. The event is open to residents of Davie, Forsyth, Stokes, Surry, Yadkin counties, who are 55 or older. The registration deadline is April 16. For more information call 727-2505.

There will be a fur fashion extravaganza and dinner, sponsored by Center Grove AME Zion Church and Anastasia Furs, benefitting the church's scholarship fund, Saturday, April 7, from 6 to 10 p.m. at the Central YMCA. Tickets are \$10. The door prize is a fur jacket. For more information call Shirley Holness at 922-1353 or Syteria Puryear at 983-6883. Dr. Donald C. Holness Sr. is pastor.

## Good Sense Eating from Nabisco

Treat yourself to low sodium and low cholesterol foods that make good health sense.

### VEGETABLE MEDLEY QUICHE

- Makes 8 servings
- 1 tablespoon FLEISCHMANN'S Sweet Unsalted Margarine
  - 1 small zucchini, sliced
  - 1 small green pepper, cut in strips
  - 1 small red pepper, cut in strips
  - Flaky Crust\*
  - 1 (8-ounce) container EGG BEATERS, Cholesterol-Free 99% Real Egg Product
  - 1 cup skim milk
  - 1/4 teaspoon basil leaves
  - 1/4 teaspoon ground black pepper



In medium skillet, over medium heat, melt FLEISCHMANN'S Sweet Unsalted Margarine. Add zucchini and peppers; cook, stirring occasionally, until tender-crisp. Spoon mixture evenly in unbaked pie crust. Mix EGG BEATERS, skim milk, basil and pepper; pour over filling in crust.

Bake at 375°F for 50 to 55 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving.

\*Flaky Crust: Cut 1/3 cup FLEISCHMANN'S Margarine into 1 1/4 cups all-purpose flour until mixture resembles coarse meal. Add 3 to 4 tablespoons ice water, a tablespoon at a time, tossing until moistened. Shape into a ball. Roll out and place in 9-inch pie plate; trim edge and flute.

Nutrition information per serving - Calories 188; Sodium (mg) 81; Cholesterol (mg) 0; Fat (gm) 9

### REFRESHING FRUIT SALAD

Makes 8 servings

- 1 medium pineapple
- 2 cups cantaloupe balls
- 2 medium oranges, sectioned
- 1 cup sliced strawberries
- 1 cup seedless green grapes, halved
- 1/3 cup vanilla yogurt
- 2 tablespoons honey
- 2 teaspoons grated orange peel
- 40 Low Salt PREMIUM, Saltine Crackers



Slice pineapple in half lengthwise. Scoop out fruit, leaving a 1/4-inch thick shell; reserve shells. Cut fruit into 1-inch pieces. In large bowl, combine pineapple, cantaloupe, oranges, strawberries and grapes. Spoon into reserved shells.

In small bowl, stir together yogurt, honey and orange peel. Serve as a dressing over fruit with Low Salt PREMIUM Saltine Crackers.

Nutrition information per serving - Calories 165; Sodium (mg) 126; Cholesterol (mg) 0; Fat (gm) 1

### PESTO TOPPER

Makes 32 appetizers

- 1/2 cup chopped parsley
- 2 tablespoons PLANTERS, Walnuts, chopped
- 1 teaspoon dried basil leaves
- 1 clove garlic, crushed
- 2 tablespoons FLEISCHMANN'S Sweet Unsalted Margarine, melted
- 8 cherry tomatoes, sliced
- 32 Low Salt RITZ, Crackers



In electric blender or food processor container, blend parsley, walnuts, basil and garlic until coarsely chopped. Continue blending, adding FLEISCHMANN'S Sweet Unsalted Margarine in a steady stream until creamy and well blended.

Arrange cherry tomato slices on each Low Salt RITZ Cracker. Top with 1/2 teaspoon basil mixture. Bake at 400°F for 5 minutes or until hot. Serve immediately.

Nutrition information per serving - Calories 30; Sodium (mg) 16; Cholesterol (mg) 0; Fat (gm) 2

### CURRIED CHICKEN TOPPER

Makes 30 appetizers

- 1 cup minced cooked chicken
- 1/4 cup halved seedless green grapes
- 3 tablespoons low sodium mayonnaise
- 2 tablespoons PLANTERS, Slivered Almonds, toasted and chopped
- 1 tablespoon chopped scallions
- 1 tablespoon chopped chutney
- 1 teaspoon curry powder
- 30 Low Salt TRISCUIT, Wafers
- Scallions, for garnish



In medium bowl, stir together chicken, grapes, mayonnaise, almonds, scallions, chutney and curry. Cover and chill at least one hour.

To serve, spoon about 2 teaspoons mixture on each Low Salt TRISCUIT Wafer; garnish with scallions.

Nutrition information per serving - Calories 43; Sodium (mg) 18; Cholesterol (mg) 5; Fat (gm) 2

### SPOON SIZE GRANOLA

Makes 5 cups

- 3 cups SPOON SIZE, Shredded Wheat
- 1/2 cup wheat germ
- 1/2 cup chopped PLANTERS, Slivered Almonds
- 1/4 cup FLEISCHMANN'S, Margarine, melted
- 3 tablespoons honey



In large bowl, combine SPOON SIZE Shredded Wheat, wheat germ and almonds. Combine FLEISCHMANN'S Margarine and honey; pour over cereal mixture, tossing to coat well. Spread on ungreased 15 1/2 x 10 1/2 x 1-inch baking pan.

Bake at 200°F for 20 minutes, stirring once. Cool. Store in tightly covered container. Serve with skim milk if desired.

Nutrition information per serving (1/2 cup) - Calories 162; Sodium (mg) 39; Cholesterol (mg) 0; Fat (gm) 8

### ZIPPY VEGETABLE DIP

Makes 1 1/4 cups

- 1 tablespoon FLEISCHMANN'S, Sweet Unsalted Margarine
- 1/2 cup chopped tomato
- 1/4 cup chopped scallions
- 3/4 cup chopped cucumber
- 1/4 cup low-sodium mayonnaise
- 3 tablespoons chopped parsley
- 1 tablespoon prepared horseradish
- Parsley sprig, for garnish
- Low Salt WHEAT THINS, Snack Crackers



In skillet, over medium heat, melt FLEISCHMANN'S Sweet Unsalted Margarine. Add tomato and scallions; cook, stirring constantly, for 5 minutes. Cool slightly. Stir in cucumber, mayonnaise, parsley and horseradish. Cover; chill 1 hour.

To serve, spoon vegetable mixture into serving dish; garnish with parsley sprig. Serve as a dip with Low Salt WHEAT THINS Snack Crackers.

Nutrition information per serving (1 tbsp. dip, 4 crackers) - Calories 58; Sodium (mg) 21; Cholesterol (mg) 1; Fat (gm) 4

### HONEY BRAN MUFFINS

Makes 12 muffins

- 2/3 cup skim milk
- 1/2 cup honey
- 1/4 cup EGG BEATERS, Cholesterol-Free 99% Real Egg Product
- 1/4 cup FLEISCHMANN'S, Margarine, melted
- 1 cup NABISCO, SHREDDED WHEAT 'N BRAN, coarsely crushed
- 1 1/2 cups all-purpose flour
- 2 1/2 teaspoons DAVIS, Baking Powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger



In small bowl, combine milk, honey, EGG BEATERS and FLEISCHMANN'S Margarine. Stir in NABISCO SHREDDED WHEAT 'N BRAN; let stand 10 minutes.

In medium bowl, combine flour, DAVIS Baking Powder, cinnamon and ginger; stir in cereal mixture just until blended; do not overmix.

Spoon into 12 greased (2 1/2-inch) muffin-pan cups. Bake at 375°F for 20 minutes or until toothpick inserted in center comes out clean. Remove from pan; cool on wire rack. Serve warm or cold.

Nutrition information per serving (1 muffin) - Calories 156; Sodium (mg) 141; Cholesterol (mg) 0; Fat (gm) 4



NABISCO BRANDS