

BEE Buzzwords



A light and simple summer salad with the delicate flavor of albacore tuna and a creamy buttermilk dressing.

LITE EATERS SALAD

- 1 can (7 oz.) Bumble Bee Solid White Tuna in Water
- 1 large tomato, thinly sliced
- 1 small cucumber, thinly sliced
- Crisp salad greens
- Buttermilk Dressing

Drain tuna. Arrange tomatoes in a circle on a serving plate. Arrange cucumbers on top of tomatoes. Place tuna in center of platter on top of tomato and cucumber slices. Serve with salad greens, if desired. Serve with Buttermilk Dressing. Makes 2 servings.

Buttermilk Dressing

- 1 small clove garlic, pressed
- 1/2 cup mayonnaise
- 1/3 cup buttermilk
- 1 teaspoon Dijon mustard
- 3 drops hot pepper sauce

Combine all ingredients. For a low calorie dressing use yogurt instead of mayonnaise.

For more delicious tuna recipes, send a stamped, self-addressed business size envelope to Bumble Bee, Dept. MJU 84, P.O. Box 7758, San Francisco, CA 94120.

Courtesy Bumble Bee, Castle & Cooke.

VGCC Cooperating In New Campaign

Earlier this month the N. C. Department of Community Colleges kicked off a statewide campaign designed to identify and provide educational programs to the 835,620 adult North Carolinians identified by the 1980 census as lacking the literacy skills equivalent to an eighth grade education.

The focus of the campaign is twofold. One, it is designed to increase the general public's awareness of the problems facing these adults who cannot read, write, or do mathematics on the eighth grade level and, secondly, to increase the number of enrollees in the community college system's adult education programs.

Vance-Granville Community College is cooperating in the campaign by making a concerted effort to inform area citizens of opportunities provided through the school for persons lacking literacy skills.

The college serves adults who have not completed the eighth grade or who function at less than the eighth grade level through its Adult Basic Education program, offered through the Continuing Education Division.

Classes are held each academic quarter both on campus and at various off-campus sites in the four counties served by the school: Vance, Granville, Franklin and Warren. These classes are held in 11-week session, averaging six hours a week.

ABE and GED Classes will be offered on Tuesdays and Thursdays from 7 p. m. to 10 p. m. September 11-November 29 at the following Warren County sites: Norlina Middle School, South Warren Elementary School and Hawkins Elementary School.

Or if a student chooses, he/she can improve their literacy skills in the individualized instructional unit of the Learning Resources Center on campus. Sixty-three hours each week, from 7:45 a. m. to

9:30 p. m. Mondays through Thursdays and from 7:45 a. m. to 2 p. m. on Fridays, this well equipped facility is available for ABE and other types of instruction, including the General Education Development (GED or high school diploma equivalency) and Adult High School Diploma programs.

Individuals can learn to read by using the audiovisual equipment and program materials available in this area. Then, after completing requirements of the ABE program, they can continue on to earn credit toward their high school diploma or GED. After students have mastered sufficient skills, they are eligible to take the GED test to determine if they can score at the twelfth-grade completion level in English, social studies, science, reading and mathematics. There is no charge for any of the classes, only a \$5.00 testing fee.

From July 1982 through July 1983, 45 individuals earned their high school diploma equivalency through study in the individualized instruction unit, while 98 received the GED through preparation classes held at various community locations.

Further information regarding any of these programs can be obtained by contacting the VGCC Office of Continuing Education.

Students Named

North Carolina Central University this week released the names of students qualifying for the Dean's List and Honor Roll for the spring semester.

Included on the Dean's List from Warren County were Carrie G. Collins of Rt. 2, Norlina, and Clarence O. Harris of Manson.

Named on the Honor Roll were Brenda D. Seward of Rt. 1, Manson; and Theodore L. Walker of Rt. 3, Warrenton.

SARA LEE
POUND CAKE
10.4 OZ. PKG.
\$1.39

FRENCH'S
SQUEEZE MUSTARD
16 OZ. BOTTLE
69¢

USDA CHOICE TABLET BEEF STEW BONELESS
3 LBS. OR MORE-FAMILY PAK
\$1.68

FRESH BAKING HENS
59¢
LB

BANQUET ASSORTED
POT PIES
29¢
8 OZ. PKG.

PRICES EFFECTIVE:
AUGUST 23-24-25, 1984

GWALTNEY'S WHOLE
SMOKED PICNICS
69¢
LB

SOUTHERN GRADE A
FRYER PARTS
"MIXED"
48¢
LB

ARMOUR
POTTED MEAT
3 OZ. CAN
5/\$1

PILLSBURY
CAKE MIX
19 OZ. BOX
ASSORTED FLAVORS
79¢

USDA CHOICE TABLET BEEF
CHUCK ROAST
"BONELESS-CENTER CUT"
1.38
LB

- IGA ICE CREAM 1/2 GAL. CTN. **\$1.39**
- BLUE RIDGE CHEESE SINGLES 12 OZ. PKG. **99¢**
- PLANTERS PEANUTS 12 OZ. **\$1.59**
- LOG CABIN SYRUP 24 OZ. BTL. **\$1.69**
- CHEF-BOY-AR-DEE DOUBLE PEPPERONI PIZZAS 30 OZ. PKG. **\$2.93**
- CHEF-BOY-AR-DEE DOUBLE CHEESE PIZZAS 28 OZ. PKG. **\$2.19**
- ARMOUR TREET LUNCHEAT 12 OZ. CAN **\$1.09**
- ARMOUR VIENNA SAUSAGE 5 OZ. CAN **2/89¢**
- STOKELY CUT OR FRENCH GREEN BEANS NO. 303 CAN **2/79¢**
- WHITE HOUSE APPLE SAUCE 16 OZ. **2/79¢**
- WHITE HOUSE APPLE JUICE 32 OZ. JAR **75¢**
- PILLSBURY READY-TO-SPREAD FROSTINGS 16 OZ. CUP **\$1.22**

QUAKER
QUICK GRITS
1 LB. PKG.
3/\$1

BRAWNY
PAPER TOWELS
LARGE ROLL
2/99¢

- USDA CHOICE TABLET BONELESS CENTER CUT SHOULDER ROAST LB **\$1.58**
- USDA CHOICE TABLET FRESH LEAN GENUINE GROUND CHUCK LB **\$1.68**
- LUNDY'S SMALL, LEAN FRESH PORK SPARE RIBS LB **\$1.59**
- RATH MILD OR HOT PORK SAUSAGE 1 LB. ROLL **79¢**
- LUNDY'S FRESH PORK LINK SAUSAGE 10 LB. BOX 12.39 or LB **\$1.29**
- FLANDER'S BEEF PATTIES 5 LB. BOX **\$4.99**
- BREADED PRE-COOKED FISH STICKS OR FISH PORTIONS "FAMILY PACK" LB. **98¢**
- GWALTNEY'S MEAT OR BEEF FRANKS 12 OZ. PKG. **99¢**
- GWALTNEY'S SLICED BACON 1 LB. PKG. **\$1.49**
- VIVA FAMILY NAPKINS PKG. OF 300 **\$1.39**
- WALDORF BATHROOM TISSUE 4 ROLL PKG. **79¢**
- GENERIC PAPER TOWELS **2/99¢**

MASTER BLEND
COFFEE
\$2.29
13 OZ. VAC BAG

FIELD TRIAL
DOG FOOD CHUNKS
\$3.99
25 LB BAG

AUNT JEMIMA
WAFFLES
\$1.29
15 OZ. ECONOMY PAK

BEST BUY BRANDS

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Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

LIFEBUY DEODORANT SOAP BATH SIZE	3/\$1
ALL LIQUID DETERGENT 32 OZ.	\$1.49
MAJOR DETERGENT GIANT SIZE	\$1.29
LUX DISHWASHING LIQUID 22 OZ.	99¢
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ALL DISHWASHER DETERGENT 50 OZ.	\$1.99
LUX BEAUTY SOAP 3 BAR PKG.	89¢

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STORE **IGA** COUPON

CLIP THIS COUPON AND SAVE

IGA Sandwich Bread **3/\$1.00**
1 1/2 LB. LOAVES WITH THIS COUPON

Good at participating IGA stores through Wednesday, Aug. 29, 1984.

PRODUCE

GOLDEN RIPE
BANANAS
3/\$1
LBS

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APPLES 3 LB. BAG **99¢**

CALIFORNIA RED OR WHITE SEEDLESS GRAPES LB. **79¢**
CALIFORNIA RED, GREEN OR BLACK PLUMS LB. **59¢**
WHITE POTATOES 10 LB. BAG **\$1.99**
LARGE AVOCADOS 2/\$1.99
LARGE MANGOS EA. **99¢**
LARGE PAPAYAS EA. **99¢**