

HOLIDAY TREAT-Shoppers received a special gift last week when the College of The Albemarle Band performed a modern medley of holiday

music in the concourse at Southgate Mall in Elizabeth City. Directed by Andy Humphries, the band is composed

of students, college staff, and area residents. All local musicans are encouraged to participate. (COA Photo)

He is a 1985 graduate of J.A.

Holmes High School, Edenton,

Tasty ideas for beef dishes

two tasty beef dishes. Both are good served over rice. Add a raw spinach salad garnished with fresh mushrooms, raw onion rings, served boiled egg and bacon bits. Pass a basket of steaming hard rolls with lots of butter. Enjoy.



SUPERB STEAK 11/2 lb round steak, tenderized 11/2 tablespoon vegetable oil

1 large onion, cut into 1/2"slices 34 cup mushrooms, canned or

1 can cream of mushroom soup 1/2 cup dry sherry

1/2 cup sherry

11/2 teaspoon garlic salt 3 cups hot cooked rice

Cut steak into thin strips. Brown meat in oil. Add onions and saute until tender. Blend soup, sherry, liquid (from can) and garlic salt. Pour over steak.

Start the new year with these Add mushrooms. Reduce heat, cover and simmer for one hour or until steak is tender. You may need to add water or beef broth if the mixture becomes too thick. Serve over rice. Serves 6.

JAPANESE BEEF WITH BROCCOLI

1 lb beef flank steak one-third cup soy sauce one-third cup white wine 1/2 teaspon minced garlic

1/4 teaspoon ground ginger 2 tablespoons cornstarch 1/2 bunch fresh broccoli

1 green pepper/sliced in strips 1/2 lb fresh mushrooms, sliced 2 green onions, sliced (tops, too!)

Partially freeze steak and slice thinly across the grain. Mix soy, wine garlic and ginger. Add steak and marinate 6-24 hours. Stir cornstarch into steak mixture. Place in a quart rectangular glass dish. Cut broccoli into flowerets. Add broccoli, pepper strips, onions, mushrooms. Mix well and cover with waxed paper. Microwave on high 6 minutes. Stir. Recover and cook 5-6 more minutes. Serve over rice. Serves 4. (You may prepare the dish in a wok or electric frying pan also.) Cook the vegetables first and then stir in the meat.)

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Service news

MARINE LANCE CPL. PHILIP E. WHITE

Marine Lance Cpl. Philip E. White, son of Joyce A. and James A. White Jr. of Tyner, NC, recently completed Amphibious Refresher Training conducted at the Naval Amphibious Base Little Creek, Norfolk, Va.

During the three weeks of training, White participated in amphibious operations that included planning, embarkation, rehearsal, movement to contact and assault.

White is currently stationed with 1st Battalion, 6th Marines, 2nd Marine Division, Camp Lejeune, NC.

NAVY SEAMAN RECRUIT ROBERT F.SHIELDS

Navy Seaman Recruit Robert F. Shields, son of Thirza B. and Robert F. Shields, Sr. of Route 2, Edenton, NC, has completed recruit training at Naval Recruit Command, San Diego.

During Shields's eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

Shields's studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

Health Dept.

clinic schedule

Clinic schedule for the Per-

January 3; general clinic, WIC

all day. Jan. 6; prenatals, a.m.;

family planning, p.m. Jan. 7, prenatal check; Jan. 8, child

health, all day. Jan. 13, 8:00, teen

clinic adult health, a.m.; toddler

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Department.

The following is the January seat, p.m. Jan. 14, prenatal

quimans County Health health, p.m. Jan. 17, general

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Boys' Apparel

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CLEAVE J. JORDAN

Spec. 4 Cleave J. Jordan, son of Jimmie L. Jordan of 1817 White Pine Court, Columbus, Ohio, and Lillian M. Jordan of Hertford, NC, has been decorated with the Army Achievement Medal in West Germany.

The Achievement Medal is awarded to soldiers for meritorious service, acts of courage, or other accomplishments.

Jordan is a cannon crewman with the 6th Field Artillery.

His wife, Sandra, is the daughter of Samuel L. and Lillian Collins of Edenton, NC.

He is a 1976 graduate of Elizabeth City State University,

> MARINE STAFF SGT. STEVEN K. MORGAN

Marine Staff Sgt. Steven K. Morgan, son of Mr. and Mrs. Thomas S. Morgan of Winfall, NC, recently reported for duty with 2nd Marine Aircraft Wing, Marine Corps Air Station, Cherry Point, NC.

ARMY PVT. TIMOTHY P. HARRELL

Army Pvt. Timothy P. Harrell, son of Fleetwood L. and Betty J. Harrell of Rural Route 1, Tyner, NC, has arrived for duty with the 82nd Engineer Battalion, West Germany.

Harrell, a combat, engineer, was previously assigned at Fort Leonard Wood, Mo.

recheck, a.m. Jan. 15, child

clinic, p.m.; WIC, all day. Jan.

20, maternity, a.m.; family planning, p.m. Jan. 22, eye clinic; Jan. 23, adult health, all day.

Jan. 24, general clinic, p.m. Jan. 27, TB skin test read, p.m. Jan.

28, prenatal recheck, a.m.

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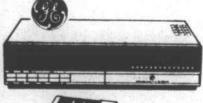
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