

The Minority Voice Inc.
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The 'M' Voice



Office of the Mayor
City of Greenville

Proclamation

WHEREAS, for many years, February has been observed by an increasing number of Americans of all ethnic and sociological backgrounds as African-American History Month; and

WHEREAS, Black Americans have contributed immeasurably to the success of our nation from the days of early colonization to the present, despite hardships which included bigotry, disenfranchisement; laws which prevented them from owning land, and slavery itself; and

WHEREAS, Black Americans have excelled in every facet of life, including education, science, medicine, the arts, politics, and every profession; and

WHEREAS, the great state of North Carolina and the City of Greenville appropriately boast a rich and progressive history which includes numerous significant contributions made by Black citizens who clearly had in mind and demonstrated the laudable purpose of making our city a better place in which each person can live and develop; and

WHEREAS, it is recognized that there is a need for each of us to know and understand our past in order to better prepare for the challenge of our future.

NOW, THEREFORE, I, Nancy M. Jenkins, Mayor of the City of Greenville, North Carolina, do hereby proclaim the month of February, 1996, as

AFRICAN-AMERICAN HISTORY MONTH

in Greenville and commend this observance to our citizens.

This the 29th day of January, 1996.

Nancy M. Jenkins
Nancy M. Jenkins, Mayor

from the desk of Mrs. Beatrice Maye



BEATRICE MAYE

To The Editor

February ushers in an important event, the 70th celebration of African-American (Black) History Month. The 1996 theme is "African-American Women: Yesterday, Today and Tomorrow".

Dr. Carter G. Woodson, a Harvard Ph. D., initiated Negro History Week in 1926. It was Dr. Woodson's hope that through this special observance, all Americans would accept, appreciate and understand their ethnic roots, and that a togetherness of all racial groups would develop out of a mutual respect for backgrounds.

Dr. Woodson, the "Father of Black History", wisely chose the month of February to observe the contributions of African-Americans, which contains the birth-days of Frederick Douglass, George Washington and Abraham Lincoln. However, any time of the year is appropriate to reflect with pride on the accomplishments of our forebearers and heighten a sense of profound hope for a future of continued progress and distinction.

Beatrice Maye

SCHEDULE
African - American History Month Activities

FEBRUARY
1 Mrs Ella Harris, WOOW Radio - 7 P.M., Beatrice Maye, host

Interesting facts

Historians believe the Maltese was the world's first lap dog, developed more than 2,000 years ago.

The game of mahjongg was first played in China around 2,500 years ago.

3 Public Forum, DuBois Center, Dr. Andrew A. Best, 7 P.M.

4 Minority Voices, Channel 7, 11 A.M., Mrs. Brenda Teel

11 Minority Voices, Channel 7, 11 A.M. Mrs. Ella Harris and Mrs. Rebecca Oats

18 Ms. Laura Morris, WOOW Radio, Gospel Music, 1:30 P.M.

18 Public Recognition Program, Mt. Calvary F.W.B. Church, Afternoon

23 "Carolina Today", Channel 9, - Panel Discussion: Brenda Teel, Bernita Demery, Pat Alexander, and Beatrice Maye

29 "Carolina Today", Beatrice Maye, Host, John Moore

25 Public Service Program - Wells Chapel, 4 P.M. - Sponsoring Group, Greenville Alumnae Chapter, Delta Sigma Theta Sorority

Note: Throughout the month of February, personalities will be seen on Channel 9. Keep your dial tuned on Channel 9.

(These are activities or programs that I'm aware of.)

Sheppard and Carver Libraries have the 1996 African American Kit available.

1996 Theme: "African - American Women: Yesterday, Today, and Tomorrow".

Also, the Ecumenical Choir will minister in music at Sycamore Hill Baptist Church, Sunday, February 11 at 4 P.M.

LOCAL AFRICAN - AMERICAN WOMEN

February is African - American History Month. The 70th Anniversary's theme is "African - American Women: Yesterday, Today, and Tomorrow". Listed below are some women locally. Not by any means are these any more important than others.

1. Barbara Fenner, Executive Director, West Greenville Development Cooperation
2. Patricia Alexander, Supervisor, Department of Health Information Management and Services, Pitt Memorial Hospital
3. Margie Gatlin, Owner/Operator, Flowers by Margie
4. Gail Dickerson, Administrative Assistant, East Carolina University
5. Ella Harris, Assistant Principal, J. H. Rose High School
6. Carolyn Ferebee, Principal, C. M. Eppes Middle School
7. Rebecca Oats, Principal, Ayden Middle School
8. Carolyn Gorham, Principal, Falkland Elementary School
9. Mavis G. Williams, Community Based-Alternative Consultant
10. Cynthia Doctor, Social Worker at the Malene Irons Clinic
11. Patricia Clark, Assistant Principal, Ayden Primary School
12. Gloria Dixon, Newly elected member of Ayden Town Council
13. Brenda Jones, Associate Superintendent, Pitt County Schools
14. Addie R. Gore, Retired Home Extension Agent, Pitt County
15. Cheryl Summers, Pitt County Home Extension Agent
16. Lucille Gorham, First Minority, Greenville City Board of Education
17. Annette Goldring, Personnel Director, TRW
18. Karen Ellis, Integrated Operation Manager, Experimental Textile
19. Margie Payton Smith, Outreach Director, Pitt County Council on Aging
20. Amina J. Shahid-El, Executive Assistant, Lawrence Behr Associates, Member, Pitt County School Board
21. Valerie Thomas, Executive Director, New Directions
22. Angeline People, Revenue Supervisor, City of Greenville
23. Bernita Demery, Director of Finance, City of Greenville
24. Evelyn Cohens, Community Relations Officer
25. Shirley Carraway, Principal, J. H. Rose High School

FIVE RESOLUTIONS EVERY BLACK MAN SHOULD MAKE

BY: Hugh B. Price, President, National Urban League

1. Do your Best To Develop Yourself and your Family.
2. Be a resource to the community in which you live. This means

to mentor youth, support local programs, attend church and vote.

3. Respect your fellow human beings and their rights to pursue happiness as you would have them to respect your right to do the same.
4. Work in partnership with your mate to produce healthy, well-educated, computer literate, and morally responsible children who are able to be self-sufficient in a multicultural society.
5. Remember, our children equal our destiny. Accordingly, Black Men should do all within their powers to turn a better world over to our children when it is their turn to lead.

Sent to me by my son, John Maye, Jr.

QUOTES:

1. Be grateful for the weather, no matter how bad it is. Half the population could not start a conversation without it.
2. I am only one, but still I am one. I cannot do everything; and because I cannot do everything, I will not refuse to do the something that I can do. Edward Everett Hale
3. Little deeds of kindness, little words of love, help to make the earth happy, like the heaven above. John A. Fletcher Carney
4. The only medicine for suffering, crime and all the other woes of mankind, is wisdom.
5. One of the greatest pains to human nature is the pain of a new idea.
6. Success depends on three things: Who says it, what he says, how he says it; and of these three things, what he says is the least important.
7. Never say more than is necessary.
8. A useless life is an early death. Von Goethe
9. Punctuality is the politeness of kings. Louis VIII
10. Death is an eternal sleep. Joseph Fouche
11. Strongest minds are often those of whom the noisy world hears least. William Wordsworth

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WOOW Radio Presents The 3rd Annual Minority Business Expo

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Community News

CP&L offers trees to community and civic groups

Community and civic groups interested in adding a little greenery to their surroundings may get help with their green

thumb, thanks to a Carolina Power & Light program called TreeSmart. The utility is seeking 40 groups

to provided TreeSmart Powerline Packs—packages of tree seedlings—suitable for planting in any open area or

near utility lines. The program is aimed at civic groups, school groups and garden clubs interested in beautification.

"We're pleased to make available some of the many beautiful trees that are native to the Carolinas," said Phil Fleming, director of projects for CP&L's Community Relations Department. "These seedlings should prove quite popular among school or community groups that want to beautify their surroundings."

Developed in cooperation with the N.C. Department of Forest Services, each pack includes five varieties of low-growing flowering trees. Each box contains 50

seedlings (10 trees of each variety), which stand 12 to 18 inches tall. Species include dogwood, redbud, wax myrtle, spicebush and button bush.

The trees, selected by CP&L's regional foresters, support the company's TreeSmart mission of planting "the right tree in the right place" and can even be planted near power lines without disrupting service.

The seedlings are packed in plastic bags with material that holds water during shipping. Each package includes information on each tree and planting instructions. The package also includes "Trees for the Caroli-

nas," a CP&L-sponsored guide to trees that are best suited to the Carolinas and work well near utility lines.

The packs will be provided free to the first 40 groups and will be shipped through April 1. For more information on the TreeSmart Powerline Packs, customers should call their local CP&L office.

Please Drive
Carefully

Political Independence
It's Your Choice

While Black people have always been in the minority in America, we have had political influence beyond our numbers. From the time of the Civil War, when the bitter battle to end slavery gave rise to the Republican Party, to the voting rights movement of the 1960's, which gave new life to the Democratic Party, African Americans have been a force in determining the power of political parties, and thus, the direction of the nation.

Still, our relationship to both major parties has been conflicted. That's why the great African

American scholar W.E.B. DuBois once said, "May God write us down as asses if ever again we are found putting our trust in either the Republican or Democratic parties." After the Black community had become a Democratic Party voting bloc, Malcolm X told us, "You put the

Democrats first, and the Democrats put you last." And that is why a theme of the Million Man March was the mobilization of an independent "third force."

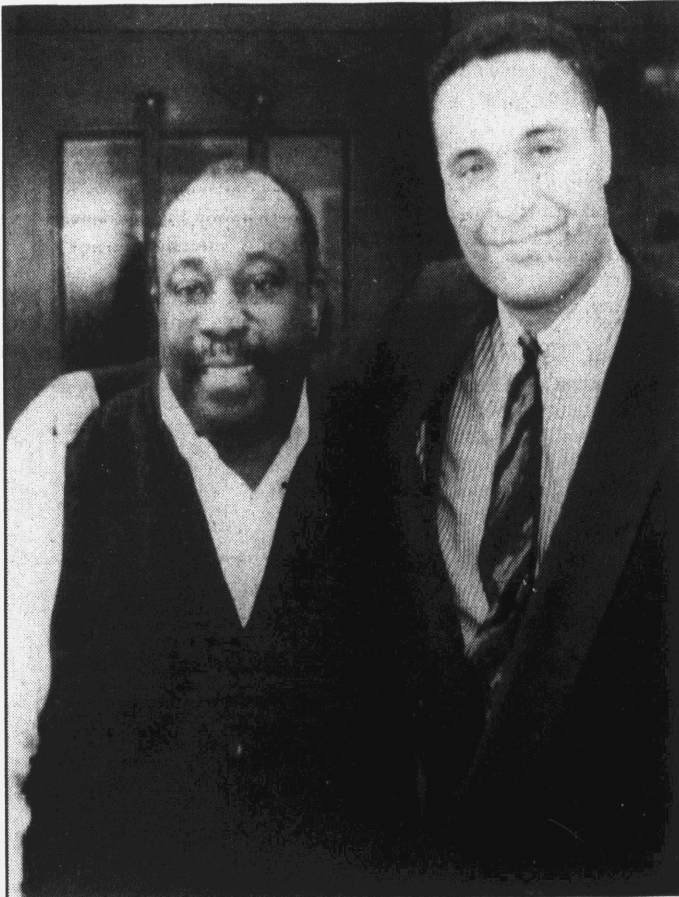
In the 1990's, a new political opportunity is opening up for us. An independent political move-

ment is growing and with it, the opportunity to further the goals of democracy and justice for Black people and for all

Americans. When I ran for President as an independent in 1988 and 1992, becoming the first African American and first woman in U.S. history to be on the presidential ballot in every state, I hoped to inspire a young generation of independent Black voters to create a new alternative for us.

Sixty-two percent of all Americans say they want a new political party — an alternative to the Republicans and Democrats. Fifty-seven percent of all African Americans say they would support a third party. And the numbers are even higher for Black youth. In the last two years more Americans have registered as independents than as Democrats or Republicans. Now 37% are independents with only 31% Republicans and 31% Democrats.

In response to the deep dissatisfaction with job opportunities, education and government corruption, independent political parties are springing into existence across the country. While they have not yet been joined into a national party, they are part of an independent party movement representing diverse communities. These new parties share an interest in more democracy and more political power for ordinary Americans. They oppose the current self-serving system which keeps voters from having real choices. If you think that the time has come to open up the political process and make our government more accountable to the people, then you are an independent. You can register and join independent parties wherever you live. For information on how to register independent, call me at the Committee for a Unified Independent Party, 1-800-288-3201. This year we can make Black history, instead of just reading about it.



BROTHER WILLIAM GRAY (L) and brother William Taylor (r) paused on the mall just long enough for our camera to capture these bright smiles. Staff photo by Jim Rouse

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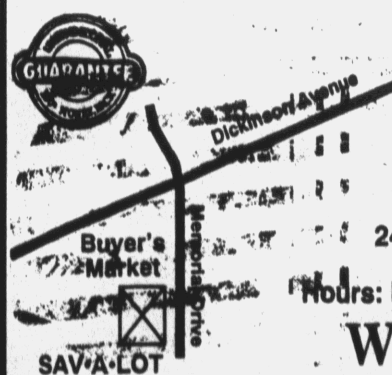
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Tomato is the fourth most popular vegetable

Since colonial days, the tomato has been a common plant in the United States. Today it's the fourth most popular vegetable in the United States, topped only by potatoes, lettuce and onions. Its luscious flavor has become an essential ingredient in so many national and international dishes.

During this time of the year I enjoy tomatoes everyday. Fresh garden tomatoes probably tie as my favorite summer vegetable along with sweet corn and fresh table cucumbers. I love them sliced with a little salt over them, on a sandwich, in a salad, and prepared in my mothers tomato pudding.

Regardless whether you are getting your tomatoes from your own garden or the local market, there are some dos and don'ts on how to handle the tomatoes once you get them in the house. First, don't put underripe tomatoes in the refrigerator. The cold stops the ripening process and changes (for the worst) that wonderful tomato flavor.

Second, do not set the tomato on its stem end. The stem end of a tomato is where it is separated from the vine. The bumps around the stem end are the shoulders of the tomato and they're the tenderest part. When ever you place tomatoes on the counter to ripen, make sure they're stem end

up. If you leave them on their shoulders for a few days even their own weight is enough to bruise them. Once bruised, spoilage will shortly follow.

One medium-sized tomato contributes 40% of the recommended daily allowance of vitamin C. It supplies 20% of the requirement for vitamin A, some of which is in the form of beta-carotene which is associated with a reduced risk of certain cancers. Tomatoes are a good source of potassium, and also contain some B vitamins, iron and phosphorous. A single tomato is a moderately rich source of fiber with about the same amount as one slice of whole wheat bread. At the same time, tomatoes are low in calories: only 35 in a medium tomato. They're low in sodium, and like all produce, contain no cholesterol.

BAKED TOMATOES
4 large tomatoes
1/4 cup cheese
salt and pepper
bread crumbs
1 tsp. basil

Cut tomato in half. Sprinkle salt and pepper over them and put basil over this. Add cheese and put bread crumbs on top. Bake at 350 degrees for 30 minutes.

SCALLOPED TOMATOES

1 quart tomatoes
1 tsp. Basil
1/4 cup brown sugar
herb stuffing mix
1 tsp. cumin

Empty tomatoes into 2-quart casserole; stir in brown sugar, cumin and basil. Add enough herb stuffing to thicken (amount will vary according to liquid in tomatoes). Sprinkle additional herb stuffing over top, cover and bake 1 hour at 350 degrees. 6 servings.

TOMATOES WITH BASIL

1 tablespoon oil
1/8 teaspoon pepper
1 teaspoon cider vinegar
Pinch of sugar
1 teaspoon basil leaves, crushed
2 medium tomatoes, sliced
1/4 teaspoon garlic, minced
1 tablespoon green onions, sliced
1/4 teaspoon salt

In small bowl, mix oil, vinegar, basil, garlic, salt, pepper, and sugar. Let stand for 30 minutes to blend flavors. In glass baking dish, arrange a single layer of tomatoes. Brush with half of the dress-

ing; sprinkle with half of the green onions. Repeat. Cover and chill for 15 minutes. Garnish with parsley, if desired. Serve slightly chilled.

NOTE: If using fresh basil, use three times the amount of dried. Chop or mince fresh herbs.

HERBED TOMATOES

6 large ripe tomatoes
1/4 cup fresh or frozen chives
1 tsp. salt
2/3 cup salad oil
1/4 tsp. black pepper
1/4 cup vinegar
1/4 cup finely snipped parsley

Peel tomatoes, cut crosswise in half. Place in deep bowl, sprinkling each layer with seasonings and herbs. Combine oil and vinegar and pour over tomatoes. Cover, chill an hour or more, basting often. Drain off dressing and arrange tomatoes on platter. Yield 12 servings.

When the frost is on the pumpkin

This is that time of year "When the Frost is On The Pumpkin", and the last of the fall fruits and vegetables are gathered. With the cooler temperatures some of us get into the kitchen and try a new recipe. Some of us work very hard in our yards to gather the mountain of leaves that have fallen. Many of us enjoy decorating our yards and porches with pumpkins and dried corn to celebrate the harvest season.

Pumpkins seem to have been around as early as 1800 B.C. Whether they were used for decoration or not I do not know; but I do know that they were used for food. The Indians boiled and baked pumpkin, made it into soup, and dried and ground it into meal. The meal was used similar to cornmeal today and was used to make puddings and breads. The Indians cut pumpkins into rings and hung them to dry so as to have them throughout the winter.

It is said that the first pumpkin pies were prepared in New England by cutting off a slice from the top of the pumpkin, taking out the seeds and filling the cavity with milk and spices. Maple syrup or some other natural sweetener was added and the whole pumpkin was baked.

As you shop for your fall pumpkins remember that there are a wide variety of sizes and kinds of pumpkins. One of the most important things to know is whether you are going to use the pumpkin for cooking or decoration. Pumpkins for cooking are generally smaller in size, meatier, squattier, paler in color, heavier in weight for their size, and sweeter than decorative pumpkins. They are less watery and stringy (allowing for rich, thick pumpkin consistency in a recipe).

Decorating Pumpkins are usually larger than cooking pumpkins, brighter in color, have thin-

ner walls (for easier carving), and are sometimes referred to as cow pumpkins (because they are fed to the cows).

One way to prepare a fresh pumpkin is to wash it well, and cut it in half crosswise. Place the cut pumpkin halves, cut-side down, on a 15 x 10 x 1 inch jellyroll pan. Bake at 325 degrees for 45 minutes or until fork tender; cool 10 minutes. Peel the pumpkin shell and discard the seeds and stringy part. Puree the pulp in a food processor, or mash thoroughly. You're now ready to add your cooked pumpkin to a recipe. For some tasty recipes try one of these Southern Favorites.

PUMPKIN CAKE

3 cups all-purpose flour
1 cup vegetable oil
2 1/2 Cups sugar
4 eggs
2 tsp. soda
2/3 Cup water
1 1/2 tsp. salt
2 cups fresh cooked pumpkin
1 tsp. allspice
1 cup pecans
1 tsp. cinnamon

Combine flour, sugar, soda, salt, and spices. Add remaining ingredients, mixing well. Spoon batter into a well-greased 10-inch tube pan. Bake at 350 degrees for 1 1/2 hours or until cake tests done. Yield: one 10-inch cake.

ICING

1 (30z.) Package of cream cheese, softened
1 tsp. Butter
1 tsp. Grated lemon rind
2 1/2 Cups sifted confectioners sugar
pinch of salt
1 tbsp. Milk

Stir all ingredients with a spoon.

Spread on top of cake. May sprinkle with chopped pecans, if desired.

COCO-NUTTY PUMPKIN BREAD

4 beaten eggs
2 (3 1/2 oz.) coconut cream instant pudding
2 cups sugar
1 tsp. allspice
1 1/2 cups oil
1 tsp. ginger
3 cups flour
1 tsp. cinnamon
2 tsp. Baking powder
2 cups pumpkin
2 tsp. Soda
1 cup chopped walnuts
1 tsp. Salt

In bowl blend eggs, sugar, oil. Combine the remaining ingredients (except pumpkin and nuts) and add to bowl alternating with pumpkin. Stir in the nuts. Grease and flour 3 (5x7) loaf pans. Bake in a 350 degree oven for 1 hour.

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FRANKLIN, ARETHA
1942 -
birthplace — Detroit, MI

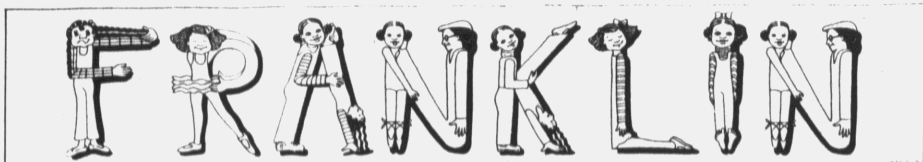
“Queen of Soul”

R-E-S-P-E-C-T. Respect. That word became very important to black people in the 1960s. Aretha Franklin, the singer who sang about it, earned the respect of everyone who heard her.

Beautiful black voices were always part of Aretha's life. Her father was a well-known preacher. Famous black singers like Dinah Washington, Mahalia Jackson, and B.B. King often visited her home. Music was important to Aretha's family, and it would be a very important part of Aretha's life, too.

When Aretha was 12, she made her first record. By the time she graduated from high school, she knew that she wanted to be a professional singer. At first, she sang only gospel songs. But later she began to sing popular music. Soon, everyone was singing her songs and everyone knew who she was. In 1967, she recorded a number of chart-topping songs. Aretha Franklin became known as the “Queen of Soul.” Ever since then, she has been one of the best known singers in the United States.

“Chain of Fools” and “Never Loved a Man” are just two of Aretha's popular songs.



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Major statewide issues

For the North Carolina Cooperative Extension Service, the coming of a new year brings with it a resolution reaffirming the organization's commitment to helping the state's youths, families, communities and businesses solve some of their most pressing problems.

That resolution takes the form a new four-year program plan, Foundations for the Future, inaugurated on January 1. The plan will guide the Extension Service's work through the end of 1999.

The Extension Service is an educational agency supported by county, state and federal funding. It is composed of specialists from North Carolina State University and North Carolina A&T State University and county faculty members in Extension centers in every North Carolina county and on the Cherokee Reservation.

Dr. Jon Ort, director of the statewide organization and associate dean of the College of Agriculture and Life Sciences at NCSU, announced the plan at a November meeting of Extension Service faculty members in Raleigh.

"It is Extension's responsibility—our challenge—to become familiar enough with our clientele to help them anticipate their needs," he said. "Our new long-range plan is built upon that challenge."

Planning for Foundations for the Future began more than a year ago, when each county Extension staff surveyed its citizenry about their needs. More than 25,000 people statewide took part.

Based on survey results, a long-range task force grouped the needs into 20 programs initiatives, called State Major Programs. The initiatives revolve around five focus areas in which Extension has expertise: sustaining agriculture and forestry; protecting the environment; maintaining viable communities, developing responsible youth; and developing strong, healthy and safe families.

Each program was developed by a team co-chaired by a state and county faculty member. The programs are: Aging with Gusto; Agriculture and Natural Resources Policy; Agriculture and the Environment; Animal Production and Marketing Systems; Child Care; Community and Economic Development; and Crop Production and Marketing Systems.

Also, Family and Consumer Economics; Family and Parent Education; Food and Forest Products Manufacturing; Food Safety and Quality; Health and Human Safety; Leadership and Volunteer Development; Marketing and Production of Alternative Agricultural Opportunities and Enterprises; Natural Resource Conservation and Management; Nutrition and Wellness; Residential and Community Horticulture, Forestry and Pest Management; Residential and Community Water and Waste Management; Youth Development and Resilient Youth, Families and Communities.

As the statewide plan was developed, county Extension staffs also localized the plan by focusing on those programs that most di-

rectly address the needs of the people in their counties.

In Greene County, the Extension Service will focus on Rural Revitalization in a Global Economy, Sustainable Agriculture, Nutrition and Health and Families in Crisis according to Stan Dixon, the county's Extension director.

County Extension agents are already at work developing programs that address these areas. In their efforts, they are being supported by university faculty members, as well as dedicated volunteers and citizen advisors.

As Ort said, "This allows us to put people in control instead of creating program structures that control people and will bring our mission, vision and strengths to a new level of service—to respond as never before to North Carolinians and their needs."

READ
THE
'M'
VOICE

In Recognition Of BLACK HISTORY MONTH



GIBSON, ALTHEA
1927 -
birthplace — Silver, NC

"She Kept Her Eye
on the Ball"

Tennis is a very exciting game. But very few black people were recognized as great tennis players before Althea Gibson came along.

Many people believed that tennis wasn't a game black people could play well. But Althea thought differently. She knew anything was possible if she worked very hard.

Althea grew up in New York City. There were very few tennis courts in her neighborhood, but Althea was determined to learn the game and become successful.

She became the first black person to win major titles in tennis. In 1957 and 1958, she won championships at Wimbledon, England and at the U.S. Open in Forest Hills, New York. She also was ranked number one in the world among women players in 1957 and 1958.

Althea Gibson became an international tennis star and an inspiration to others.

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In Recognition Of BLACK HISTORY MONTH



PARKS, ROSA
1913 -
birthplace — Tuskegee, AL

"Mother of the Movement"

Rosa's feet ached as she walked to the Cleveland Avenue bus stop. It was 1955 in Montgomery, Alabama. People were rushing home after a hard day of work.

When the bus arrived, all seats were quickly taken. Some people had to stand. Black people could only sit in the back of the bus. The front section was reserved for whites. Although Rosa sat in the section reserved for black people, the bus driver ordered her and three other black people to give their seats to white people. Rosa refused and she was arrested.

Rosa's refusal to give up her seat helped to start a movement against segregation. The leader of that movement was a young minister named Dr. Martin Luther King, Jr. Her actions that afternoon in Montgomery guaranteed her place in history.

Rosa Parks often worked two jobs to help support her family. She always found time, however, to help make Montgomery a better city for her people. She was an active member of the local NAACP.

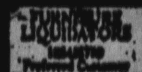
Rosa Parks still fights to make America a better land. She is an administrative assistant to U. S. Representative John Conyers in Detroit, Michigan.

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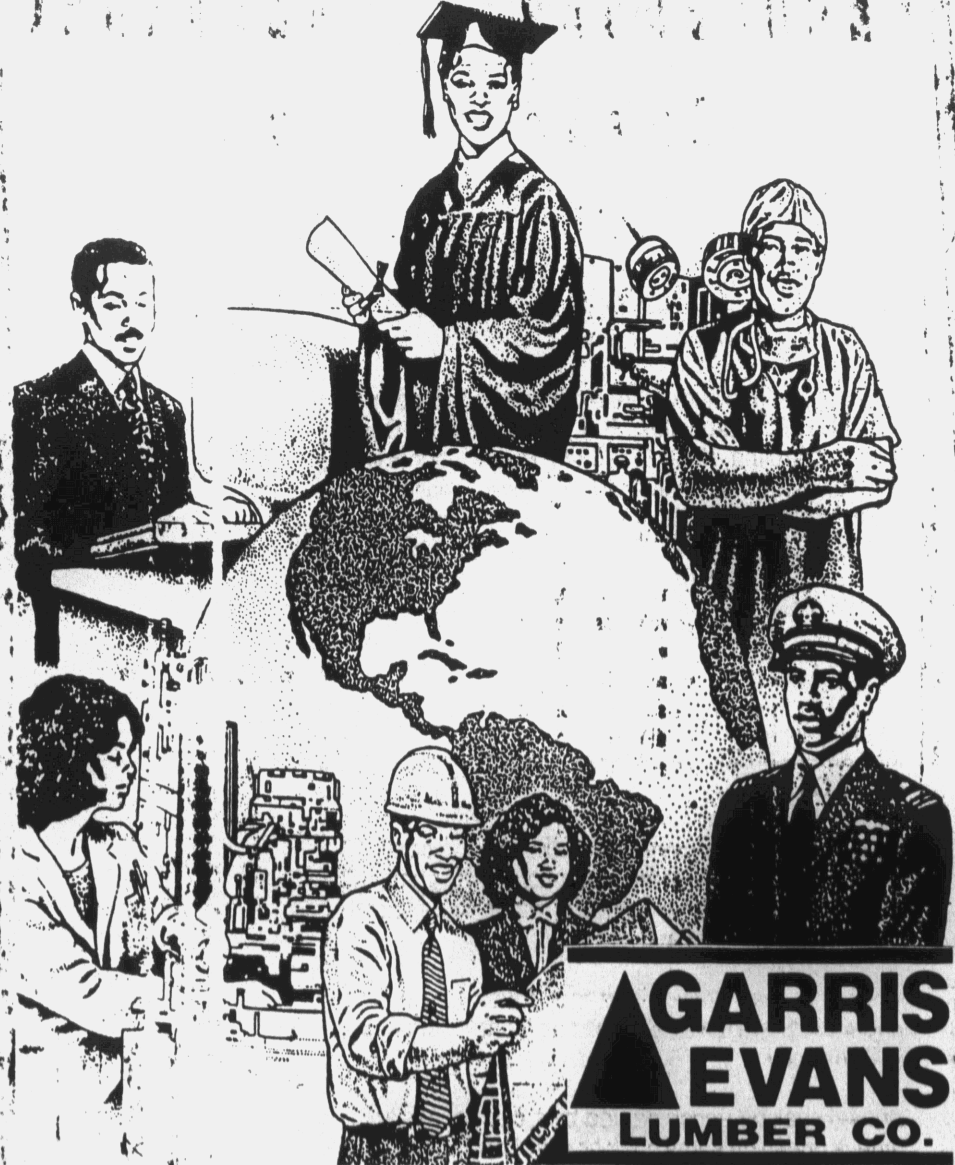
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BLACK HISTORY MONTH FEB. 1 - FEB. 28



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Sweet potatoes are basis for favorite dishes

Sweet Potatoes-those golden sweet roots that thrive in Southern soil-are the basis for many of the South's favorite dishes: sweet potato pie, candied sweet potatoes, sweet potato pudding, fried sweet potatoes, baked sweet potatoes, sweet potato cakes and breads.

Long before Columbus came to America, the Indians of Central America were cultivating the roots of the morning glory plant. They called the roots "batas," and roasted them for food. When Columbus returned to Spain with some of the delicately flavored batatas, they met with great success and were considered a delicacy by the affluent. From Spain they were imported to England, where King Henry VIII favored them, particularly in pies. Eventually this orange potato made its way back to North America and became the favorite food it is in the south.

Basically, there are two main types of sweet potatoes: dry and moist. The dry has a yellowish skin and flesh and is dry and mealy when cooked. The moist type, sometimes call a "yam" has a whitish or reddish skin, a deep-orange flesh, and is even sweeter and more moist when cooked.

When shopping for sweet potatoes choose firm, fairly well-shaped potatoes with skins that are somewhat even in color. Avoid those with any sign of decay. Select thick,

medium-sized potatoes tapering at both ends. Sweet potatoes have delicate skins and bruise easily, they spoil very quickly after damage so avoid those with any sign of decay, or harvest damage.

To keep fresh sweet potatoes in good condition as long as possible, store them in a cool, dry, well ventilated area. Do not store them in the refrigerator for chilling injury will result when the potatoes are exposed to temperatures below 55 degrees.

If you're looking for some recipes that are sure to light up your families eyes (and send wonderful messages to their tummies), here are some ribbon winning recipes from several contest held this past year.

Sweet Potato Muffins

3/4 cup brown sugar (firmly packed)

1/2 cup margarine (softened)

1/4 cup molasses

1/2 cup egg substitute + 1 whole egg

1 tsp. cinnamon

1 cup cooked, mashed sweet potatoes

1-3/4 cup bread flour

1 tsp soda

1/2 cup pecans

1/2 cup raisins

Combine all ingredients-beat until moist. Bake in muffin tin 350 degrees for 20 to 25 minutes.

Sweet Potato Sheet Cake

2 cups cooked mashed sweet potatoes

2 cups sugar

1 cup vegetable oil

4 eggs, lightly beaten

2 cups all-purpose flour

2 teaspoons baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

Frosting:

1 package (8 ounces) cream cheese, softened

5 tablespoons butter or margarine, softened

1 teaspoon vanilla extract

1-3/4 cups confectioners' sugar

3 to 4 teaspoons milk

Chopped nuts

In mixing bowl, beat sweet potatoes, sugar and oil. Add eggs; mix well. Combine flour, baking soda, cinnamon and salt; add to sweet potato mixture and beat until well blended. Pour into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees for 25-30 minutes or until cake tests done. Cool. For frosting, beat the cream cheese, butter and vanilla in a mixing bowl until smooth. Gradually add sugar; mix well. Add milk until frosting reaches desired spreading consistency. Frost cake. Sprinkle with nuts. Yield: 20-24 servings.

Sweetened Sweet Potatoes

8 medium sweet potatoes

3/4 cup apple juice

1/2 cup raisins

1-1/4 cups packed brown sugar

1/4 cup water

1/4 cup butter or margarine

Cook and peel potatoes; allow to cool. Slice and place in a greased 2-1/2 quart baking dish. In a small saucepan, combine remaining ingredients; bring to a boil, stirring frequently. Pour over the potatoes. Bake, uncovered, at 350 degrees for 45 minutes, basting occasionally. Yield: 8 servings.

THE "M"-VOICE- WEEK OF FEBRUARY 9-16, 1996-7

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In Recognition Of

BLACK HISTORY MONTH



MARSHALL,
THURGOOD
1908 -

birthplace — New Haven, CT

"Supreme Court Justice"

Thurgood Marshall always cared about his fellow man. When he practiced law in Baltimore, Maryland, he represented many clients without getting paid.

Thurgood graduated with honors from Howard University Law School. In 1940, he was named chief counsel for the National Association for the Advancement of Colored People. During his years with the NAACP, Thurgood and his staff won 29 out of 32 Supreme Court cases. His most famous victory came in the 1954 *Brown vs. Board of Education of Topeka, Kansas* case. This historic decision overturned the "separate but equal" doctrine that had justified segregation since 1896.

In 1965, Thurgood was appointed solicitor general of the United States. When a vacancy occurred on the Supreme Court, President Lyndon Johnson nominated him for the seat. In 1967, this great jurist became the first black justice of the United States Supreme Court. Thurgood Marshall has dedicated his life to protecting the rights of all Americans.



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Interested persona should contact the personnel Office, Greenville Utilities Commission, P.O. Box 1847, Greenville NC 27835. Employment is contingent upon passing a physical examination including a drug screening urinalysis.

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ADVERTISEMENT TO BIDDERS

Sealed proposal will be received by the Housing Authority of the City of Greenville in the office of Authority, 1103 Broad Street, Greenville, North Carolina 27835, up to 2:00 PM, local time on Wednesday, 21 February 1996, and immediately thereafter opened and read in the presence of attending bidders for the furnishing of all labor, materials and equipment for Water Heater Replacement project upon the Owner's property in Greenville, North Carolina.

Complete specifications and contract documents will be open in the office of H.R. Associates, P.A., 1200 Navaho Drive, Raleigh, North Carolina, (919) 872-6345. Prime bidders who are qualified and who will make a bid will, upon deposit of the sum of Fifty Dollars (\$50.00) with the Architect, receive documents in duplicate. The full deposit will be refunded to those qualified prime bidders who submit a bona fide prime proposal, providing bidding documents are returned in good condition to the Architect within five (5) days after receipt of bids.

The Work consists of the replacement of approximately 400 gas water heaters on four sites. Water heaters will be furnished by the Owner.

Pre-bid Conference will convene at 10:00 AM, Tuesday, 13 February 1996 in the Office of the Authority. Participants will be given the opportunity to view existing water heater installations at this time and only at this time.

All Bidders are hereby notified that they must have proper license under the State laws as a Building Contractor or as a plumbing Contractor .

Each proposal shall be accompanied by a cash deposit or a certified check drawn on some bank or trust Company insured by the FDIC in an amount equal to not less than 5% of the proposal; or in lieu thereof, a bidder may offer a bid bond of 5% of the proposal. No bid may be withdrawn after the scheduled closing time for the receipt of bids for a period of sixty (60) days.

A Performance bond shall be required for one hundred percent (100%) of the contract amount.

The Owner reserves the right to reject any or all bids, to waive informalities, and to award contracts in the best interest of the Owner.

Dixon received certificate of commendation

Marine Sgt. Duane D. Dixon, whose wife, Kasannya, is the daughter of Mary J. Harris of 1807 Conley St., Greenville, recently received a Certificate of Commendation while assigned at Marine Corps Recruiting Station, Iselin, N.J.

Dixon was recognized for his superior performance of duty. Dixon consistently performed his demanding duties in an exemplary and highly professional manner.

Dixon is an essential part of today's naval forces as they shift focus away from long-distance war at sea to handling the challenges of regional conflicts affecting U.S. interests.

Whether helping provide humanitarian assistance and disaster-relief or projecting power ashore and providing forward presenced, Marines like Dixon are making a difference as they work assigned to ships, squadrons or shore commands around the world. Dixon is not only improving his knowledge and skill, but is serving as part of the most highly technical naval force in history.

The 1985 graduate of Ayden Grifton High School of Ayden, joined the Marine Corps in September 1985.

Famous quote

The life which is unexamined is not worth living.

Plato

Maggie Walker opened more than the St. Luke's Bank.



She opened doors.

Maggie Walker founded the St. Luke Penny Savings Bank in 1907 both to serve the financial needs of her Richmond, Virginia community and to create jobs for other black women. She saw a need, found a

solution, and then made banking history — as well as black history — by becoming the first woman president of an American bank. Wachovia salutes Mrs. Walker, and the enterprising spirit that inspired her.

WACHOVIA

From Page 1

Black Physicians

hospital in the 1940s after being denied privileges at the Edgecombe County hospital. Dr. Weaver became the first black chief of staff at Roanoke-Chowan Hospital in Ahoskie.

When: The forums will be held weekly through the month of February in honor of Black History Month

• Dr. Andrew Best, Feb. 3, 7 p.m., the DuBois Center, Greenville.

• Dr. John Hannibal, Feb. 10, 5 p.m., St. Augustine AME Zion Church, Kinston.

• Dr. Joe Weaver, Feb. 16, 7 p.m., Roanoke-Chowan Commu-

nity College, Ahoskie.

• Dr. Milton Quigless Feb. 24, 7 p.m. The M.A. Ray Community Center, Tarboro.

Background On The Grant Project:

This project provides an examination of the black physician experience in eastern North Carolina. It includes four public programs on black physicians who have given a lifetime of care to their communities. The four physicians are Dr. Andrew Best of Greenville, Dr. John Hannibal of Kinston, Dr. Milton Quigless of Tarboro, and

Dr. Joseph Weaver of Ahoskie. Each physician will be the subject of a public forum in his respective town during Black History Month. The programs will draw upon the personal experiences of these physicians as they established practices and built a life in rural towns across eastern North Carolina. Through the experiences of these physicians, this program will look at key events, such as the early periods of racial strife and travail in the 1940s and 1950s, the Civil Rights Movement of the 1960s, and the establishment of a school of medicine at East Carolina University in the 1970s. The examina-

tion of these events provides a context in which to understand the lives and times of these physicians.

Dr. David Dennard, a professor of African-American history at East Carolina University, will then direct the panelists through a 45-minute chronological discussion of the physician experiences, examining the challenges faced, their successes, and, in some cases, their failures. The intent is to give audience members an insight into the lives and times of these men. The program will detail why they chose medicine and how they came to choose their place of practice. This will lead into a discussion of how they established practices and became a key part of the social fabric of these small towns and crossroad communities. The program will close with a 15-minute period for questions from the audience.

Historical Background:

Like black physicians every-

where, these health care providers entered an environment marked by discrimination, doubts about their abilities from blacks and whites alike, and scorn from many of their white counterparts. By choosing to practice in eastern North Carolina, these physicians were also coming to rural areas plagued by generations of poor health care and lack of access to even the most elementary medical facilities. They faced the added burden of being looked to as the community leader.

These physicians faced professional isolation when they were barred from local medical societies and hospitals. They had no one to consult with, other than each other and that was often precluded by being far too spread out across the region. The program will highlight the contributions of each physician. For instance, Dr. Best was a driving force behind the integration of East Carolina University and helped swing many of the key votes in the General Assembly that

helped establish the ECU School of Medicine. Dr. Quigless built his own hospital when he was denied access to the white hospital in town. Dr. Hannibal, a native of Grenada, found a home in Kinston where he not only established a practice but also worked for the Dobbs School and the Lenoir County Health Department. Dr. Weaver was the first black chief of staff at Roanoke-Chowan hospital and has also been the medical examiner for Hertford County for 15 years.

This program comes at a crucial time. Many of these physicians who have acted as agents of social and medical change in the region are now at or past retirement age. By recording this history and sharing it with the general public, this program will educate the community about the experiences of these men. It will also preserve a valuable piece of African-American history that is largely unrecorded.

In Recognition Of
BLACK HISTORY MONTH



ALI, MUHAMMAD
1942 -
birthplace - Louisville, KY

"The Greatest"

"Float like a butterfly, sting like a bee!" Muhammad Ali's trainer yelled to him. Muhammad hit his opponent with three punches and moved quickly away.

"You got him, champ! You got him!" the trainer yelled again. Muhammad landed another punch that knocked out his rival.

"I'm the greatest!" he declared. "I'm the greatest!" Many people agreed with him.

He was born Cassius Clay, but the bold young fighter changed his name when he joined the Nation of Islam. Muhammad showed his winning style inside and outside the ring. Often he predicted the round in which he would win — and he was right most of the time. He first became heavyweight champion of the world in 1964 when he defeated Sonny Liston.

Muhammad refused to go into the army in 1957 during the Vietnam War. He believed war was wrong. Because of this, his boxing title was taken away from him. He was not allowed to box again for nearly four years. But Muhammad gained the respect of many people for standing up for his beliefs. In 1970, he returned to the ring. He defeated George Foreman in 1974 to regain the heavyweight title. He lost and then won the title again, becoming the first fighter to hold the crown three times. Muhammad retired in 1980.

Muhammad Ali is respected around the world as a champion and humanitarian.

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Golden Books and Essence join forces to
create mass-market African-American
Children's Publishing program

Golden Books, America's largest and most highly recognized publisher of children's books, has joined forces with ESSENCE, the #1 lifestyle magazine for Black women, to create a mass-market African-American publishing program for preschoolers and young readers. Scheduled to release during the February 1996 celebration of Black History Month, this new venture in children's publishing is the first to present value-priced books featuring all African American children. Eight new books and four new color/activity titles are presented in familiar Golden Books formats and all are written and illustrated by talented African-American authors and artists.

The demand for children's books that accurately reflect the diverse image of the American public is strong — some estimate that the market for ethnic books and toys stands at approximately \$1.5 billion annually. According to the 1990 U.S. Census, about 30 percent of all American children aged ten and under are minorities. Research by Ken Smikle, publisher of *Target Market News*, a Chicago-based Black consumer newsletter, shows that African-American consumers spent over \$297

million on books in 1994. Though the market does have a wide range of high-end multicultural storybooks, with national bookstore chains and retail mass-market giants maintaining ethnic/multicultural centers and promotional programs, the introduction of a reasonably priced mass-market line of African-American children's books is natural.

The power behind this program is the Golden Books tradition of creating quality books for children at affordable prices. In addition, the marketing campaign that will drive the launch of

the Golden Books and Essence publishing program will be powerful — a national advertising campaign in ESSENCE magazine will target over 5 million readers; and a direct mail announcement will reach over 1 million consumers.

The program will launch with two hardcover storybooks, six softcover picture books, and four color and activity titles. Golden Naptime Tales *No Diapers of Baby!*, *Peekaboo, Baby!*, and *Baby's Bedtime* address everyday events in a young child's life, while the hardcover storybooks *I Like Me!* and *What I Want to Be* emphasize self-esteem and positive self-image. *Essence Sticker Fun African*

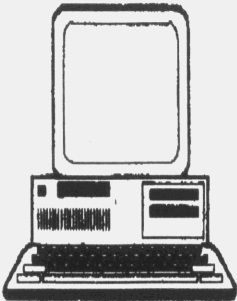
American Heroes details the accomplishments of sixteen African-Americans who have made major contributions in the arts, law, civil rights, and science. In *Essence Point 'N' Marker*, young readers will learn about the African continent, from the big cities to the nomadic herding camps of the desert. All of the titles feature the recognizable Golden Books and Essence logos and a rich African textile-patterned band on the front cover.

Susan Taylor, Editor-in-Chief of ESSENCE magazine, said of this joint venture, "Our children are our treasure. And we embrace and nurture them in this new line of children's books that reflect rich and colorful images of African-American families and cultures. These books will nourish our children with a powerful and joyous celebration of the beauty of their own image." Robin Warner, Senior Vice President, Publisher, Western Publishing Company, Inc., is equally thrilled. "We are proud to join Essence in an exciting publishing program, featuring stories written and illustrated by African-American family life and will touch the lives of children everywhere."

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