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It is better to ask some of the questions than to know all the answers. —James Thurber

EASTERN NORTH CAROLINA'S MINORITY VOICE-SINCE 1981

JULY 24 - JULY 31, 1997



FACES OF HAPPINESS—Greenville's Mayor Nancy Jenkins, Brother Bobby Hardy Jr. and others enjoy the festivities Downtown on the Evans Street Mall...

SCLC Returns To Atlanta for 40th Convention, July 27-30

ATLANTA, Ga.—Forty years after forming as a result of the Montgomery bus boycott and a need to address issues of inequality...

Dr. Franklin Uges Developing Better Future with Opportunity For All

The man selected by President Clinton to lead a national dialogue on race told legislators Tuesday that the country needs to focus on developing a better future that gives economic opportunity to all.



DR. JOHN HOPE FRANKLIN

who are unemployed and homeless. "It is not enough for us to move at a snail's pace to wipe out the vestiges of racial and ethnic conflict..."

Drug Courts Catch On Around Country

By the time Tanya was 29, her crack habit had reached \$500 a day. Tanya, who asked that her full name not be used, had lost custody of her children...

port drawn up by drug counselors, probation officers and others. The judge also gets the results of urinalysis tests that are done twice weekly or more.

National Baptists Vote To Keep Rev. Lyons

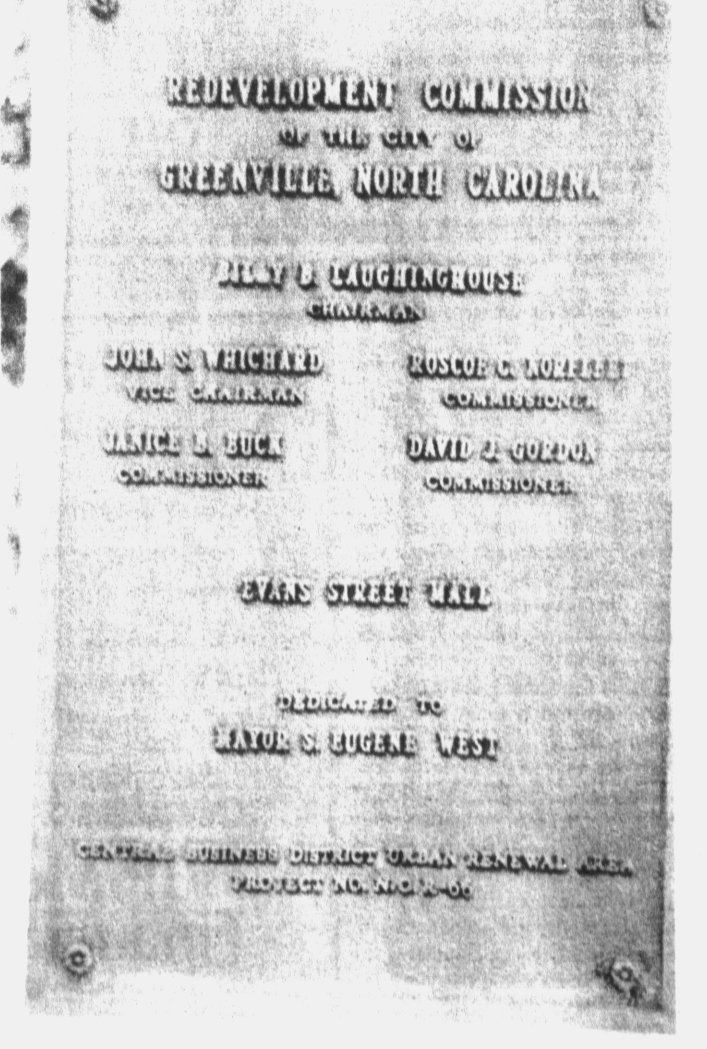
NASHVILLE, Tenn.—The leader of the nation's largest black denomination will hang on to his job despite questions about his marital fidelity and lavish spending.

Lyons, 55, of St. Petersburg, Fla., has come under increasing scrutiny since the July 9 arrest of Deborah Lyons, his wife of 25 years.



CONCERNED CITIZENS—These brothers are concerned about the growth and progress of the Black community. Shown are Rev. George Hawkin, Tabernacle Center of 'Deliverance'...

The St. Petersburg Times reported Thursday that Lyons and Edwards were negotiating to buy a \$925,000 mansion on five acres of prime real estate near Charlotte.



DID YOU KNOW—In 1966 a Black man named Roscoe C. Norfleet was the only Black man to sit on the Redevelopment Board that closed Evans Street to its present mall status.

Faces & Places In & Around Greenville



SCLC TO ATLANTA

Continued from page 1

Do We Go From Here?"

On Tuesday, the day will begin with a Labor Solidarity Breakfast at 8 a.m. A 10 a.m. session featuring national AFL-CIO President George Sweeney of labor, Franklin Raines, director of the Office of Management and Budget, representing the government and attorney Percy Sutton from the business community will lead a forum titled, "Teaching Our Dollars Some Sense."

The SCLC/W.O.M.E.N.'s Youth Oratorical Contest will take place at 2:30 p.m. on the 29th, followed by a youth forum on "Making the Youth Connection."

The cultural showcase, "Generation to Generation," will cap off the day with an 8 p.m. curtain call. The cast will perform a historical interpretation of the 40-year lifespan of the SCLC.

On Wednesday, July 30, the culminating day of the convention, kicks off with an 8 a.m. prayer breakfast. A healthcare forum dealing with issues critical to African-Americans will take place at 10:30 a.m., followed by the closing session.

DR. FRANKLIN

Continued from page 1

state, easily the most liberal state in the South and one of the most liberal in the entire country," he said.

DRUG COURTS

Continued from page 1

Professionals, based in Alexandria, Va. New York has started setting up drug treatment courts with the Family Court system because most child abuse cases involve defendants who are addicted to drugs or alcohol.

Tanya is a successful graduate of the Drug Treatment Court in Rochester, N.Y. She is on the dean's list at the local community college, she has custody of her children once again, and she and her new husband have just had a drug-free baby—saving an estimated \$250,000 in medical and social services required by each drug-addicted baby.

By almost every standard, drug courts are successful, according to the drug court professionals' group. The recidivism rate for the roughly 28,000 people who have graduated is less than 4 percent, or fewer than 1,200. Among an equal number of regular court offenders, the recidivism rate would be more than 13,000.

"The differences are so great that some people are concerned that they're cooking the numbers," said psychiatrist Michael Smith, who for 22 years has run the drug treatment program at Lincoln Hospital in New York City's South Bronx.

Smith has also been a consultant to drug courts since the first one was started in 1989 in Miami.

Success rates around the country have been uniformly high. Of those who participate in drug courts, between 70 and 90 percent complete the program.

In contrast, Smith said, "I haven't heard of a residential treatment program that claimed a graduation rate greater than 30 percent."

Serving time in jail is even less effective in stopping drug abuse. According to the U.S. General Accounting Office, fewer than 20 percent of all prisoners receive drug treatment. In fact, said Smith, "Jail introduces you to a lot of dealers, and there's evidence it encourages you to use the day you get out."

Many court officers say criminal courts are overcrowded, operate slowly and communicate poorly with probation officers and drug treatment centers. "Our legal system has been way outdated," said Nadine Spinell, administrator of the Rochester Drug Treatment Court.

Conventionally drug abusers may violate probation, a frequent sentence for the petty offenses they commit, only to have months elapse before they appear in court again. "After the precipitating event you can be talking a year," Spinell said.

Not in Rochester, though.

VOTE

Continued from page 1

which caused \$30,000 in damage, were accidental and that her husband and Edwards have only a professional relationship.

Good News About America's Young Adults

(NAPS)—Here's good news about the youth of America—your son, daughter, or the boy or girl next door: contrary to popular stereotypes, teenagers and young adults are focused on their futures. The majority are defining their career goals before high school graduation, according to a recent survey.

A recent study by Massachusetts Mutual Life Insurance Co. indicated that young people are extremely focused, motivated and ambitious. These findings have significant implications for both business and society in general when it comes to dealing with young people as workers, competitors, customers, and citizens.

According to the survey, on average, young Americans believe they must select a career path by age 17 to succeed. While most survey respondents are willing to work long hours, over three-fourths place a high premium on being home for dinner.

Since then, it has been learned that Edwards and Lyons bought \$130,000 worth of merchandise, including a large diamond, from a Clearwater, Fla., store. The store still is owed \$89,000 and has sued.

Officials also are investigating whether Lyons and Edwards broke tax laws by registering a \$135,000 Mercedes-Benz as church property, which allowed them to avoid paying sales taxes.

Lyons was the focus of a 1991 bank fraud investigation and paid \$85,000 in restitution. The convention helped pay Edwards' restitution in a 1994 embezzlement case involving \$60,000 in federal money earmarked for a school.

The vast majority of young people also want jobs where they take responsibility for mistakes or problems that occur. Commitment, responsibility, job satisfaction, and ethical conduct are the four key lessons young people say their parents have taught them about work.

Other findings of the survey include:

- Today's young workers see the workplace as unaccommodating to their need to balance work

and family.

- Mothers of Generation X are working more hours than ever before—71 percent are working, and they work an average of 40 hours per week.

- Nearly all of the young people interviewed—93 percent—agree there is a lot of competition for good jobs in the American workplace.

- Two-thirds of the respondents believe the best way to find job satisfaction and increase their income

is to stay at one company.

Established in 1851, Massachusetts Mutual Life Insurance Co. is one of the nation's premier life insurance companies and among the 100 largest U.S. corporations, in terms of assets. With more than \$130 billion in assets under management, MassMutual and its subsidiaries are a leading provider of insurance, asset accumulation and money management products and services for millions of families and businesses.

WOOW, WTOW & THE M. VOICE NEWSPAPER

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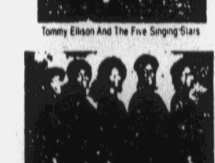
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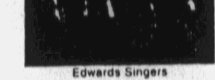
TOMMY ELLISON And The
FIVE SINGING STARS

BROTHER JOHNNY RAY And The
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What To Look For In Replacement Windows

(NAPS)—Homeowners who want to make one improvement that can make their whole house look and live better should consider replacement windows and patio doors.

"Consumers are pleasantly surprised to see just how much new windows enhance the beauty and function of their homes," says Jane Thompson, president of Sears Home Services, which performs more residential window replacements than any other company nationwide.

When should you replace your windows? "Today's quality windows can be installed quickly, at any time of year," Thompson notes. So, when should homeowners replace them? When they're tired of struggling with storm windows and screens, coping with frequent painting, or enduring drafts from leaky, single-pane construction.

"Properly installed, custom windows and patio doors give your house a neat, well-maintained look," Thompson explains. "They should operate smoothly, be easy to clean, offer low maintenance, be energy-efficient, and enhance the home's style."

Today's windows offer many choices. They are available in a variety of frame materials, glazing (glass) and styles to suit any home and budget. "Whatever your preference," cautions Thompson, "ask about the manufacturer's warranty and consider the installer's reputation, to ensure trouble-free performance that lasts."

Today's most popular frame, vinyl, allows very little heat and cold transference, and is maintenance-free and economical, too. **Vinyl-clad wood** is a top-quality variation that combines wood's extra insulating properties with vinyl's easy care.

Solid wood windows are a luxury option for historic and other special houses, while **aluminum** is available for maximum economy. Whatever the frame material, windows designed to open should come with screens that slide into the frame.

To replace drafty old single-panes and eliminate the need for storm windows, homeowners can choose **double-glazed or triple-glazed** construction that insu-

lates with a layer of inert air or argon gas trapped between the layers of glass. Also available is glass with a **solar-shield tint or low-E glass** to repel ultra-violet rays and reduce sun damage to home furnishings. In general, the more complex the construction, the higher the price and the more efficient the window.

When it comes to window styles, homeowners can choose an improved version of their home's existing style, or give the house a different look with a new style. **Double-hung** windows come with traditional six-over-six small glass panes; or without, for a contemporary look. They may lift straight up to open, or swing down for easy cleaning from inside.

Contemporary **casement windows** open outward with a handle, and let in much more light and air than the same sized double-hungs. **Bay** windows are three or more windows set into a semi-circle and usually feature a combination of fixed and operable windows. Consumers can ask to see the contractor's portfolio of completed jobs to visualize how these and other styles look on various homes.

Whatever the type of window, it should be a custom fit, to become part of the home's integral structure: No more caulk, putty or weather-stripping to worry about.

The right contractor is as important as the right window, so homeowners should ask about the installation process, warranties, and other basics before signing

the contract.

How will your contractor replace your windows? Thompson notes that Sears windows are factory-crafted to measurements the contractor takes in the home, for a snug custom fit, and no messy on-site construction or damage to the interior wall finish. Working from inside the house, the installer takes just minutes to remove the old window unit and install the new, custom-made one. "A reputable installer will explain his process in detail to the customer, so she knows just what to expect," Thompson asserts.

Does your contractor have good references and a good record? Thompson advises consumers to ask how long the contractor has been in business (an indication of the company's stability); and ask for customer and business references. "Time invested in calling references is worthwhile," Thompson says. "Ask if they would recommend the contractor to their family and friends."

Is the contractor licensed and insured? "Window replacement is not for amateurs, so don't take chances," Thompson says. "Ask to see the contractor's license and his certificates for property damage, liability and worker's compensation insurance, and call the insurance company to be sure the policies are current."



STAND FOR CHILDREN & STAND AGAINST VIOLENCE DAY—Marian Wright Edelman, founder of Stand For Children and president of the Children's Defense Fund (far right) marches with the young people of Albuquerque, NM, as part of its Stand For Children and Stand Against Violence Day. Over 1400 people participated in local Stand for Children Day activities which included a march against violence, a candle light vigil, information booths and entertainment. On the weekend of June 1st, hundreds of thousands of people across American united in 575 local Stand For Children events in all 50 states and the District of Columbia. (Stacia Spragg Photo)

WONDERFUL WORLD OF TOMORROW

Good News For Small Businesses

(NAPS)—There are two good ways to give a small home business a boost. One, advertise a lot. Two, consider a newsletter. A newsletter can be a valuable public relations tool for any business, but especially beneficial to small and growing businesses. Newsletters are the ideal way to promote your products, services and events, as well as keep your customers "in the loop" about your latest company happenings.

The availability of small-business-oriented software and hardware make it easier than ever for you to produce your company's newsletter in-house. Keep these guidelines in mind when creating your newsletter:

Know your audience. Make sure your newsletter's tone fits your audience. For example, a non-profit organization or local community group might choose to have more informal and friendly language in their newsletter; a small start-up computer firm's newsletter may be more technical. If you have different sub-sets of customers (i.e. financial investors and sales customers), consider customizing your newsletter.

Know your company. A newsletter should be consistent with the culture and philosophies of your company, but also easy

for the reader to understand. Typically, informal newsletters are often more suited for non-profit or service-oriented organizations. If doubtful about the language to use, lean towards the formal tone.

Decide on one design. Consistency is the key. One format is less confusing to readers and it will make your newsletter recognizable. With today's easy-to-use PCs and printers, you don't need to be a graphic artist to create a professional-looking newsletter. These programs make newsletter creation as simple as typing in your text and inserting graphics. For example, with Hewlett-Packard's new DeskJet 1000C color inkjet printer, you can design, print and customize a newsletter on letter, legal or 11" x 17" size paper with a few simple steps. Have no fear, if you're not the creative type, there are even templates and sample ideas to get you started. This printer actually comes with special features and a CD-ROM that allow for easy formatting of newsletters, booklets and other communication materials.

Also, be sure your company information with all contact names and addresses are in the same identifiable place for each

issue.

Another element in the design of your newsletter is how to display your information. Your readers probably won't have time to read endless columns of text. Organize your information in short columns or "boxes" with clear headlines—your customers will be more likely to read the articles that immediately pique their interest, and then pick up the newsletter again when they have more time.

Style is everything. Newsletters must be clean, neat and uncluttered. With all the stylish fonts that are available in word processing programs, it may be tempting to mix-and-match to add some flare to your newsletter. However, it is best to stick with one or two main fonts for text, and a special border or style to highlight key information. Likewise, only use one graphic style that fits with the tone of your newsletter.

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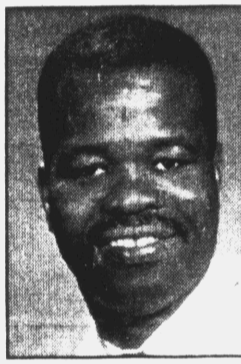
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OPINIONS

COMMENTS

Editorials

Why Not Seniors As A Resource?

Throughout life there have been various senior citizens who have shared words of wisdom, as well as ways and means to accomplish various tasks.

Their insight and influenced have been and continue to be invaluable in opening doors often closed to "young upstarts."

Fact is, senior citizens have "been there, and done that," which makes them an excellent resource. We'd like to suggest a means of taking the wisdom of our elders to yet another level.

In the midst of welfare reform, continuing spiraling juvenile delinquency, and domestic uproar, why not turn to the folks who have lived long lives, and found ways and means to eliminate many of these ills from their personal lives?

One of this newspaper columnists has even written a book titled *Gleanings of the Elders* that advances the value in the vast wealth of knowledge through experience that senior citizens possess.

If we could begin to introduce some of that wisdom to younger generations on some basis, would it not present another way of viewing things?

Today's senior African-American had to make a way in life in the midst of the "throes of segregation." To succeed under that disadvantage alone required "cooperation as well as inspiration."

Sheer "work itch" along with a heaping helping of determination was what it took to keep food on the table and pay overhead for many of the African-American parents of today.

That struggle also instilled a will to "do better" to afford for your children many of the things which your parents materially were not able to give you.

It is that motivational value which is the prize our elders hold, which we

believe is key to continued African-American progress. That key, we believe, can open a whole new world of perception for young minds, if introduced as a complimentary component of classroom instruction.

It is past time that we as a people continue to segregate knowledge. All knowledge that we have at our disposal, whether it be academic, technical, or through experience, needs to be directly accessible to our present generation of young people.

These living encyclopedias of history can bring to life for our young people, through their personal experiences, what it took to "overcome."

What it took to network in an American mainstream that then was not conducive to allowing a black man or woman to even dream the "American Dream," for having to deal with the "American Reality" of severely limited opportunity in the days of yesteryear.

But in those years African-American businessmen found ways and means to survive, African-American farmers found ways to get a crop to harvest, African-American educators found ways to impart knowledge to a generation that was not privy to "equal opportunity."

To not tap this wealth of innovation that is our senior citizens, our elders, is a moral crime that will sentence a generation of young people.

Each of us in academia, in business, or in agriculture knows those seniors who can make a difference through sharing the "wealth of knowledge."

It is our responsibility to supply the "generation bridge" between our seniors and our young people, to allow that "free interchange of thought" that would be the key to open the door to a whole new way of life, a completely different way of thinking, a renewed thirst for knowledge, that would translate into progress for our younger generation.

His Work Cut Out

John Hope Franklin gave a succinct assessment of his predicament as leader of the national dialogue on race on Tuesday.

Speaking to members of the N.C. General Assembly, Franklin described his reaction when he learned that President Clinton had chosen him to head up the initiative.

"Flattered, honored, and alarmed."

He certainly has reason to be. Other commissions on race, like the Kerner Commission, had presented voluminous reports that were received by Congress, discussed briefly in the press, and then filed and forgotten.

Thirty years after the Watts riots that spurred that report, that devastated area hasn't even been rebuilt. It is a telling testimonial of the report's importance to those in charge of American society.

Its ominous warnings about "two Americas, one black, one white," desperately unequal, haunt us today and are regularly conjured up by doomsayers looking for editorial copy.

Meanwhile, its suggestions have been all but ignored.

His commission, by contrast, is to get people talking about race; more to the point, how the races can live together and get past their differences.

It will presumably present a report to Congress, but that isn't its main task, or its most important one.

Dr. Franklin, who has spent the past 40 years steeped in history, is daunted.

He knows what he's up against.

He showed it with his pragmatic

assessment of his first task: to convince the American people that they ought to start talking to each other.

"If people don't want to be engaged, there's not much we can do, except show them it's worth it to them," he said.

Surely it could not have been lost on him that the invitation to come and speak to the N.C. Legislature had come, not from the overall body itself, but from two black representatives.

While there were no outward protests of his coming, there was no show of abundant deference and jubilation either, certainly not the kind one usually sees reserved for presidential appointees, a hometown boy made good.

And the complaints when Clinton announced the new commission coming from conservative corners could not have escaped him, as well.

Their response was simple, predictable, and depressing: We don't need it.

Black and white Americans already talk enough, they said. There isn't a race problem in America, except the one that is conjured up by ultraliberal media and government operatives bent on keeping their jobs.

Yes, Dr. Franklin has his work cut out for him. He has to convince half of America that more "dialogue" will help to deal with the problem of race.

The other half, he has to convince that it is even necessary.

And he has to start with all too many members of his own government.

He has reason to be alarmed.



Letters To The Editor

To The Editor:

Over the past weeks, our offices have been flooded with mail on various provisions that will affect the state budget.

Few issues have drawn more comment, and more criticism, than a provision in the House budget that will authorize a hefty retirement bonus for state workers who retire early.

Let me explain how it works, and then offer my opinion.

The House budget would award any state employee who is under the age of 62 with 30 years of experience who retires between now and the end of this year extra retirement money until the age of 62.

Here's an example: A 50-year-old employee who retires today from his \$50,000 job would be awarded \$37,500 every year for 12 years, up from \$25,000. That's \$153,000 more than he would get if he retired like everyone else.

But what began as a plan to clear the state payrolls of some highly paid senior workers could turn into an unprecedented early retirement plan that won't really save money.

One of the first and primary concerns is that it would rid our schools of qualified, experienced teachers at the very time we're trying to keep those good teachers in the classroom.

Just this year we learned that more than 30 percent of our state's teachers are leaving the profession in their first three years. To address this exodus the General Assembly has signed into law the Excellent Schools Act, which aims to keep our best teachers and recruit even more.

But a retirement incentive that ushers them out the door sends exactly the opposite message. Under this early retirement provision, we have the potential to lose 3,011 teachers and instructors, 363 principals and 37 superintendents.

I couldn't blame the educators for leaving; a sweetheart retirement deal would be hard to pass up.

But a wholesale clean-out of any school district, and especially the small ones, could be devastating. And if teachers seized this opportunity mid-year, replacing them would be next to impossible.

On a broader point, why are we paying young workers to "retire" when all other factors point in the opposite direction?

More than half of the state's 7,838 workers who are eligible for the incentives this year are 55 years old or older.

Americans are living longer and working for more years than ever. A person who is 50 years old should not be given an incentive to quit working, I believe, and rely on state taxpayers to bail them out earlier for a long retirement, or even a second career. That is not the kind of message I believe we should be sending to our state employees or to our citizens in general.

I shudder to think of what all the other state workers who aren't eligible for the retirement bonus must be thinking. If they miss the narrow window of chance this year, they will be eligible only for the state's regular retirement. What do we tell them next year, and the following year, when they ask us why we don't give them the same kind of deal? Or to the ones who already have retired, and missed a chance?

Bill proponents say spending \$566 million over the long haul would save us money in the end. Unfortunately, it doesn't add up.

We'll spend that much only to save \$420 million in salaries, our fiscal analysts say. To save money, we would have to leave every one of those thousands of positions empty for at least 1.3 years or eliminate positions, and no one has proposed to do that as part of this retirement reward system.

History will tell you that leaving a school without a superintendent or a department without a legal advisor is impossible. And common sense will tell you that when these workers choose to leave with their expected state retirement benefits, we will achieve savings anyway.

While we support our state workers, the Senate cannot support this proposal. We should show our appreciation to state workers by awarding them just retirement when they leave and just compensation while still on the job.

I know state employees who are lobbying hard for this provision, and I can hardly blame them. I would, too, if I were them.

But North Carolina has never undertaken an "early-out" reward system that excludes most workers and robs us of experience, and I hope we never will.

Sen. Marc Basnight
President Pro Tempore
North Carolina Senate
Raleigh

This Way for Black Empowerment

By Dr. Lenora Fulani

WHAT IS THE SOLUTION TO POLITICAL CORRUPTION? THE AMERICAN PEOPLE

For the last several weeks, the U.S. Senate has been conducting hearings into the financing of the 1996 presidential campaigns. While these hearings are being used by both parties to try to gain an advantage over one another, they nonetheless grow out of the very intense public concern with political corruption and with the influence of big money in politics.

Many of the political commentators and journalists covering the hearings have already stated that nothing is going to be done; that nothing will be done about political corruption, about the extent to which democracy has been subverted; that nothing can be done about the fact that so many people in the country are alienated from and distrustful of government. They say that nothing will be done. But, I disagree. I think they're wrong. Because something is being done. It's the grassroots movement for political reform. That movement is called the Reform Party. We're what's being done.

There are Americans across the country—rich and poor, business people and civil servants, people from the black community... who want to come together and find a real solution.

We have some very serious problems in America. There are serious issues of poverty and joblessness and an educational system in deep, deep trouble. We have racial antagonisms and profound misunderstandings between different communities. These problems are not new. And they must, of course, be addressed. But the problem that stands out among them—the problem that will have to be addressed before any genuine and lasting solutions can be found—is the problem of why it is that these most basic problems haven't been solved. That is our issue—that's the Reform Party's issue. We have got to turn our attention to the fact that we have a political system, a system of governance and policy making that doesn't sufficiently work to solve problems.

No small part of this problems—the problem of not being able to solve our problems—is due to the excessive loyalty that most politicians have to their parties rather than to the people. It is this kind of partisanship—putting party interests above the interests of the people of this country—that must be addressed.

There are Americans across the country—rich and poor, business people and civil servants, people from the black community, the Latino community, the Asian community, the white community, the gay community—who want to come together and find real solution. These Americans are finding that the two major parties have not served us as well as they should in this regard, because they place such a premium on loyalty to the party rather than loyalty to the people. And so we have created a new political mechanism, a new party that will not play one constituency off against another, but will instead find ways to bring people in to the process through term limits, campaign finance reform, opening up the ballot and promoting inclusion and participation at every level of the political process!

Only in its infancy, the Reform Party is already made up of diverse people. At the same time, though, we are not so diverse as we might think. For we are all Americans. Our loyalty is to our communities and to our country and to one another. And with that, we can solve any problem.

Lenora B. Fulani is currently a leading activist in the Reform Party and chairs the Committee for a Unified Independent Party. She can be reached at 1-800-288-3201 or at <http://www.fulani.org>.

FREE THINGS TO SEND FOR

(NAPS)—For free allergy and assistance to individuals seeking treatment information, call 1-800-252-7484 or visit <http://www.allergyrelief.com> on the Web. Phoenix Duff & Phelps offers a financial advisor. For more information, call them toll free at 1-800-243-4361.

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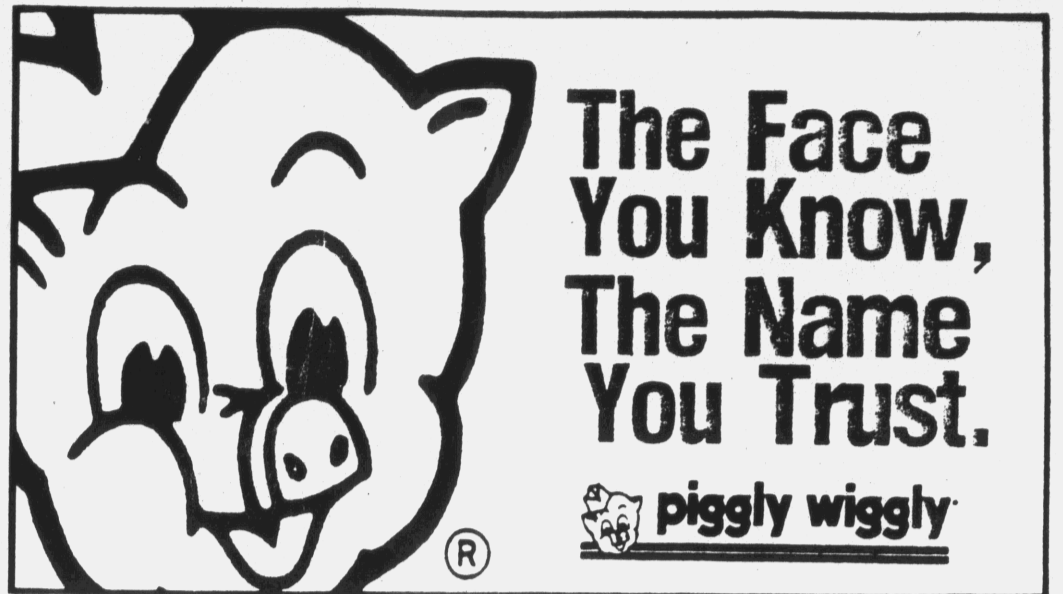
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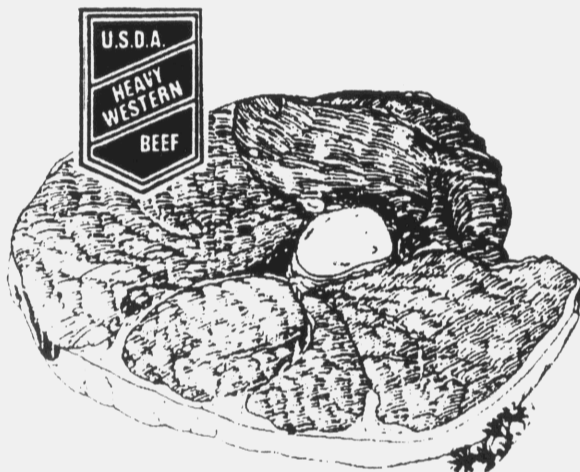


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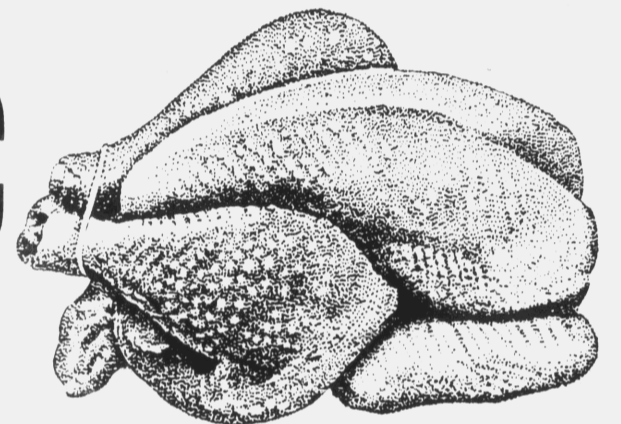
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Lb.



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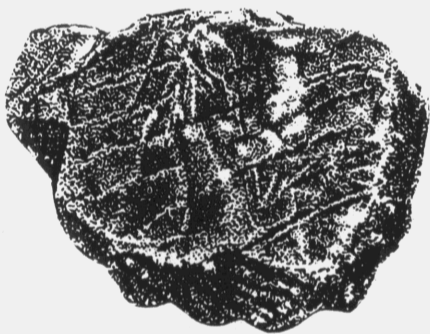
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Lung Cancer News
It Is Never Too Late
To Kick The Habit

(NAPS)—It is never too late to stop smoking. Experts say that when a person stops smoking, the risk of lung cancer begins to decrease from that day forward. After not smoking for 15 years, an ex-smoker is only slightly more likely to die from lung cancer than a lifelong nonsmoker.

In the United States, smoking is responsible for 87 percent of lung cancer, which is the leading cause of cancer death in both men and women. In 1997, an estimated 178,100 Americans—98,300 men and 79,800 women—will learn that they have lung cancer. Additionally, an estimated 160,400 American will die of lung cancer in 1997. In order to stop the number of cancer deaths from growing, individuals must stop smoking cigarettes, pipes and cigars.

While quitting smoking may seem challenging at first, you will find that as your body becomes healthier and stronger, you will feel a great sense of personal accomplishment. Following are a few tips that will help you as you kick the tobacco habit:

- Ask a friend to quit with you. You can lean on each other for support.
- Get rid of all cigarettes, ashtrays and smoking paraphernalia.
- Pay attention to cigarette advertising. Read and study all ads carefully. Remember the happy, healthy models in the ads are not a realistic portrayal of most smokers.
- Change your routine in the morning: do not sit at the same place for breakfast or add a few morning chores.
- Carry things to put in your mouth when you crave a cigarette such as hard candy, toothpicks or gum.
- Reward yourself at the end of the day for not smoking. Read a good book, take a bubble bath or call a friend long-distance.

You can reduce your risk of developing lung cancer today. The rewards will last a lifetime.

For more information on lung cancer and general cancer prevention, contact the Cancer Research Foundation of America at 800-227-CRFA or visit the Web site at www.preventcancer.org.

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HAPPY FACES AT PARKERS BARBECUE—Geraldine, Dana, Shonte, Florence, Bernard, Garry, Victoria, Bernedine, Verconia, pose for our camera as we make our rounds to pick up some of that good old Parkers chicken and a cool ice tea. (Jim Rouse Photo)

Understanding And Preparation Keys To Saving Kids' Lives

(NAPS)—Before your child is seriously ill or injured, there are some things you will want to know about his or her health care coverage. Selecting the best health care plan may save you valuable time and money—and save your child's life!

Many communities and hospitals are doing their part to help in these crises. They are making it a priority to upgrade their EMS response systems to handle child medical emergencies better. Numerous families have been helped by these changes.

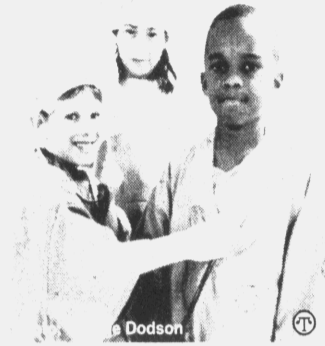
So before something happens, here are some important questions—with answers you should receive—about your child's emergency medical coverage:

Q: When you think your child needs help right away, does your plan tell you to call for permission before dialing 911 or another emergency medical services number?

A: Health plans should let parents call 911 or the local EMS number when they believe their child is suffering from a life-threatening condition or a condition that may become more serious or lead to a permanent impairment.

Q: When your child needs help in a hurry, does the plan give you access to doctors experienced with children and who know how to care for your child?

A: Health plans that are prepared to handle all types of medical emergencies will have a large network of doctors available, including specialists from all fields, who can immediately be called to diagnose and treat your child. Talk with your child's cur-



Understanding your child's emergency medical coverage before an emergency occurs could save your child's life!

rent doctors about which hospital emergency departments near your home and your child's school or daycare are best. Emergency care should not be delayed to notify or get permission from your primary physician.

Q: Will the plan cover the cost of emergency transportation to a hospital should your child have a medical emergency while out of the plan's network?

A: The plan should cover the cost of emergency transportation if your child becomes seriously ill while out of the plan's physician network. Work with your physician to make it easy for you to contact him or her for emergency advice and assistance.

Q: Do you have to pay part or all of the bill for emergency medical care of your child?

A: Most plans provide coverage for emergency medical conditions. Some will require you to pay an extra sum—a co-payment—when your child is seen in an emergency department. This co-payment is usually waived if your child is admitted to the hospital.

The Emergency Medical Services for Children program helps states teach parents and children how to reach Emergency Medical Services and administer CPR and first aid. It works to help states increase the number of ambulances and hospital emergency departments with the proper pediatric equipment and supplies, to help states in their efforts to prepare schools for disasters, and to help communities in their efforts to ensure EMTs, paramedics, doctors, and nurses are properly trained in pediatric emergency care.

To learn more, contact EMSC.

HINTS FOR HOMEOWNERS
Avoiding Roofing Nightmares

(NAPS)—Avoiding roof problems can save you from costly damage, skyrocketing energy costs, and an unattractive home exterior.

Use this simple checklist to help identify early signs of potential trouble:

- Loose or missing roof shingles.
- Stains on interior or attic walls.
- Shingles curled around the edges.
- Cracked, buckled or blistering shingles.
- Gutters full of granules from shingles.
- Roof flashing that shows wear.

If you checked one or more of these signs, your roof may need replacing.

A deteriorated roof not only detracts from a home's appearance, but can damage its interior, and drive up heating and cooling costs. Roof ventilation is part of GAF Materials Corporation's five-part Weather Beater™ roofing system. Each component works together to provide lasting protection for the home and its occupants. Other elements include "Class A" fire-resistant shingles, a leak barrier, a roof deck protector, and a protective and attractive hip and ridge cap.

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ADVERTISEMENT FOR BIDS
Sealed proposals will be received until 3:00 p.m. on Thursday, August 28, 1997, in the Conference Room, Kinston, North Carolina 28502, for the construction of: Lenoir County Board of Education 2017 W. Vernon Ave., Kinston, N.C. 28504.

PINK HILL ELEMENTARY SCHOOL ADDITION
at which time and place bids will be opened and read for Single Prime and Multi-Prime work. Complete Plans and specifications for these Projects will be available from The East Group, PA, 324 So. Evans Street, Greenville, North Carolina, 27834 (919-758-3746) during normal office hours on and after Tuesday, July 29, 1997. They will be open for inspection in Greenville, N.C. office of The East Group, and in the local N.C. offices of the following: AGC - Carolinas Branch in Raleigh and McGee Reprographics in Greenville; F.W. Dodge Corporation in Raleigh; CMD - Carolinas Branch in Raleigh, and, ECC Planning Rooms in Kinston.

Lenoir County has established a minimum goal 10% participation by minority contractors for this construction contract.

Plan Deposit: \$100.00

The Board of Education reserves the unqualified right to reject any and all proposals.

Signed:
Dr. Doug James, Superintendent
Lenoir County Schools
2017 W. Vernon Avenue
Kinston, N.C. 28504

ADVERTISEMENT FOR BIDS

Pursuant to General Statutes of North Carolina, Section 143-129, as amended, sealed proposals will be received by the City of Greenville, North Carolina, in the Public Works Department Conference Room, 1500 Beatty Street, Greenville, North Carolina, until 10:00 AM, on Tuesday, August 5, 1997 and immediately thereafter opened and read for the 1996/97 Street Resurfacing Project.

The Street Resurfacing will consist of placing approximately 7,000 tons of bituminous concrete, Type 1-2, and making necessary adjustments to valves and manholes. Dirt street improvements will consist of placing approximately 1,600 tons of bituminous concrete Type 1-2, and fine grading approximately 15,000 square yards of crushed aggregate base. Also includes the placement of thermoplastic traffic markings on ten (10) streets.

Proposals must be enclosed in a sealed envelope addressed to the Purchasing Agent, City of Greenville, Post Office Box 7207, Greenville, North Carolina, 27835-7207, and the outside of the envelope must be marked "Proposal for 1996/97 Street Resurfacing Project". The name, address, and North Carolina license number of the Bidder, and the date and time of Bid opening shall be clearly indicated on the outside of the envelope. One (1) unbound copy of the Proposal form is furnished in the Specifications which must be executed and submitted.

Each Proposal must be accompanied by cash, cashiers check, or a certified check, drawn on a bank or trust company insured by the Federal Deposit Insurance Company or a Bid Bond as prescribed by North Carolina G.S. 143129, payable to the City of Greenville, in an amount at least equal to five percent (5%) of the total amount of the Bid, as a guarantee that a Contract will be entered into and that a satisfactory Performance Bond will be executed. Contractors are notified that legislative acts relating to licensing of contractors will be observed in receiving Bids and awarding contracts.

Plans and Specifications describing the work may be obtained from the Public Works Department at 1500 Beatty Street or by written request addressed to P.O. Box 7207, Greenville, North Carolina 27835-7207.

The City of Greenville reserves the right to reject any or all Bids, to waive any informalities, and to award contract or contracts which appear to be in its best interest. The right is reserved to hold any or all Proposals for a period of forty-five (45) days from the opening thereof.

Minority and Women Owned Firms are encouraged to submit proposals.

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BANKS ELEMENTARY SCHOOL ADDITION
at which time and place bids will be opened and read for Single Prime, and Multiple Prime work. Complete Plans and Specifications for these Projects will be available from The East Group, PA, 324 So. Evans Street, Greenville, North Carolina, 27834 (919-758-3746) during normal office hours on and after Tuesday, July 29, 1997. They will be open for inspection in the Greenville, N.C. office of The East Group, and in the local N.C. offices of the following: AGC - Carolinas Branch in Raleigh and McGee Reprographics in Greenville; F.W. Dodge Corporation in Raleigh; CMD - Carolinas Branch in Raleigh; and, ECC Planning Rooms in Kinston.

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Plan Deposit: \$100.00

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Signed:
Dr. Doug James, Superintendent
Lenoir County Schools
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Brownstone's Second Album Meets Challenge

With rich, soulful harmonies and powerhouse, emotion-filled vocals as their stock in trade, MJJ Music/Epic recording artists Brownstone emerged in 1995 as one of the decade's premier new female groups.

Today, the trio's debut album, *From the Bottom Up*, is platinum-plus elevated by the No. 2 R&B/Top 10 pop gold single, "If You Love Me," and its No. 6 R&B follow-up, "Grapevine."

Building upon such an auspicious beginning would pose a daunting task to most artists. But Brownstone members Nicci (Nichole Gilbert), Maxee (Charmayne Maxwell) and Kina (Kina Cosper) have more than met the challenge on their stunning second album, *Still Climbing*.

"We had to get over the sophomore jitters," admits Nicci. "It was really important for us to realize

that our job was not to try and outdo the first record, but to make an album of songs from the heart."

A blend of hip R&B grooves and tender ballads, *Still Climbing* showcases the musical artistry which has characterized Brownstone from the beginning.

"We didn't have a particular game plan for this album," says Detroit native Kina, who joined Brownstone in June 1995, replacing original member Monica "Mimi" Doby.

"We had producers and songwriters submit material, then we chose songs that we all felt we could relate to."

Brownstone was formed in Los Angeles by its three original members. After a one-song a cappella

audition, the group became the first act to Epic-distributed MJJ Music.

The group began working on *Still Climbing* in the middle of 1996, following an intense 18-month period which began with the release of *From the Bottom Up* in January 1995.

As "If You Love Me" climbed the pop and R&B charts, Brownstone was invited to join Boyz II Men on a sold-out U.S. tour in the spring of

'95. They also performed on shows with Anita Baker, Patti LaBelle, Maze and Blackstreet, and made television appearances on "The Soul Train Music Awards," "The Lady of Soul Awards," and BET's "Video Soul."

"We weren't expecting the kind of response we got when the first album came out," Maxee recalls. "Naturally, we hoped it would be successful, and we were very happy and thankful when everything started to take off."

Coaches Pick NCCU Gridiron Squad To Finish Second In CIAA

DURHAM—After an 8-3 overall record and a fourth-place finish in the conference last year, the 1997 North Carolina Central University gridiron squad has been predicted to place second in the Central Intercollegiate Athletic Association, according to the CIAA Football Coaches Association poll released Friday by the conference public relations office.

The reigning, back-to-back conference champion, Virginia State, has been picked to repeat as CIAA champion, receiving 76 total points, including five first-place

votes. NCCU earned 63 points to edge out Livingstone with 61 total points and three first-place votes.

NCCU also notched five Eagles on the 1997 Preseason All-CIAA Football Team, including offensive lineman Larry Blanton (senior, 6'1", 298, Charlotte), linebacker Ken Hill (senior, 6'0", 225, Henderson), linebacker Anthony Connally (sophomore, 6'1", 240, Greensboro), defensive back Adrian Jones (senior, 5'10", 180, Durham) and defensive back Buddy Crutchfield (senior, 6'2", 200, Raleigh).



NICCI, MAXEE & KINA MEMBERS OF BROWNSTONE

Get the Most From Your Medicines

By Larry Lucas

Here's a quick quiz. The prize is better health.

True or False?

1. The overwhelming majority of people take their medicines exactly as they're supposed to.
2. If you forget to take your medicine one day, just double the dose the next day.
3. If you're feeling better, it's all right to stop taking your prescription.
4. The best place to store medicines is in the medicine chest in your bathroom.
5. Never throw away medicine. You never know when you or someone in your family may need it again.

If you answered "false" to all of those statements, give yourself a gold star. Here are the right answers:

1. About half of all prescription medicines are not taken properly. That means that half the people aren't getting the full benefits of their medicines. In some cases, they may be causing themselves serious harm.
2. It's important to take all your medicine doses on time. If you miss a dose, ask your physician or pharmacist what to do. In some cases, it may be all right to double up the next day, but in other cases it could cause problems.
3. Never stop taking a prescribed medicine without asking your doctor. If you have an infectious disease, it may take all the medicine in your prescription to kill the infection. And some diseases, such as high blood pressure, have no



symptoms. So, even though you are feeling fine, you could be at risk for a heart attack or stroke.

4. Medicines should be kept in airtight containers in a cool, dry location, usually not in bathrooms or kitchens where warmth and moisture can cause medicines to deteriorate and lose their effectiveness.

5. Go through your medicines periodically and safely dispose of outdated or unneeded medicines by putting them down the garbage disposal or flushing them down the toilet. Don't share your medicines or take medicines prescribed for others, no matter how similar your symptoms.

These and other important tips are included in a new booklet, "Getting the Most From Your Medicines," published by America's Pharmaceutical Research Companies. These companies spend hundreds of millions of dollars to develop just one new medicine, and they want people to get maximum benefit from every medicine they take. The booklet includes special tips for older adults, guidelines for giving medicines to children, and a checklist of questions patients should ask their doctors.

Today's medicines can cure problems, prevent illnesses and manage chronic conditions, but only if they're taken correctly. This

Did You Know?

(NAPS)—Military commissaries are an example of government that works, both for the military and the population at large.

Those looking for a satisfying way to start the day can find a choice of easy-to-prepare, eye-opening recipes in *Breakfasts & Brunches* (Time-Life Books, \$18.95).

Cool wool is considered by many top designers the fabric of choice for year-round wear.

Faster, more advanced fax machines, such as those from Sharp Electronics, are changing the way businesses communicate and operate, saving companies time and money.

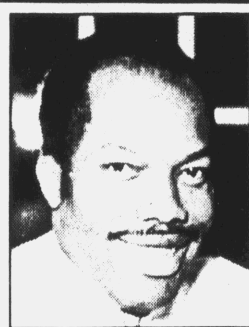
Deliciously gooey cinnamon rolls are now available from Cinnabon in a reduced fat version.

A new system called Compose and available at Walgreens helps remedy urinary incontinence, a "silent secret" condition of 14 million Americans.

booklet can help you take charge and help ensure that your medicine treatment succeeds.

For a free copy of "Getting the Most From Your Medicines," write to America's Pharmaceutical Companies, Box P. 1100 15th Street, N.W., Washington, D.C. 20005.

Larry Lucas is Associate Vice President of the Pharmaceutical Research and Manufacturers of America (PhRMA).



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Cooking Corner Tips To Help You

"Grill-icious" Healthful Grilling Ideas

(NAPS)—Today's cooks are looking for new ways to make dishes that not only taste good, but are also good for them. Now, the PAM Test Kitchens have gathered a collection of great-tasting grill recipes that reflect our increasingly health-conscious tastes. Grilling is a great cooking technique that optimizes the flavor of foods without adding fat.

For an extra twist when grilling, add a few untreated wood chips such as hickory, mesquite, maple, cherry or apple to a covered grill. Wood chips should be soaked in water for at least 30 minutes before being added to the fire. This produces a flavorful smoke that keeps food moist. Be sure to avoid using resinous softwoods such as cedar, pine and spruce, which can give food an unpleasant taste. Buy wood chips that have been specially packaged for grilling to assure that you're getting chips free of chemicals.

For more great grilling ideas, try these summertime cooking tips from PAM. They're designed to reduce the amount of fat added during cooking, cut cleanup time and make cooking easier.

• Keep food from sticking and make cleanup a breeze by spraying your grill rack with PAM before lighting the coals or heating the grill.

• Toast hamburger or hot dog buns by spraying the inside of the bun with Butter Flavor PAM. Place face down and grill for a few minutes or until golden.

• Add quick flavor to steaks or chicken with seasoned rubs. Simply spray the surface of the meat with PAM and sprinkle with your favorite herbs and spices. (Try ground black pepper, crushed garlic, parsley, oregano, or basil.) Rub gently and grill as usual.

• Spray vegetables with Olive Oil PAM, grill, then toss into salads or serve them in sandwiches for a refreshing summer meal.

• Serve grilled fruits as a delicious and nutritious accompaniment to your favorite meats, poultry, or fish. Spray pineapple rings, pitted apricot halves, cored and peeled apple halves, or melon wedges with PAM. Grill until tender, turning frequently. Grilling times will vary depending on fruit variety.

• Pasta salads are a terrific summer side dish. Instead of tossing pasta with oil, spray with Olive Oil PAM; sprinkle with vinegar and spices for a low-fat alternative.

GRILLED VEGGIE AND PASTA SALAD WITH BASIL
1 cup uncooked penne pasta
PAM Olive Oil No Stick Cooking Spray

10 medium cherry tomatoes

1 green bell pepper, halved and cored

1 red bell pepper, halved and cored

1 small red onion, halved

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/4 cup sliced fresh basil, packed

1 tablespoon balsamic vinegar

parmesan cheese to taste

Cook pasta according to package directions, drain; spray with PAM. Place in large bowl; set aside. Spray a cool grill rack with PAM before lighting. Place tomatoes on skewers. Generously spray vegetables with PAM. Sprinkle with salt and pepper. Cook over medium heat about 10 minutes or until slightly soft (tomatoes and onion will cook faster). Remove from grill; cool slightly. Cut into 1-inch pieces, except tomatoes; toss with pasta, basil and vinegar. Sprinkle with cheese. Serve immediately or refrigerate until ready to serve. Makes 4 to 6 servings.

For a free brochure with more delicious recipes and grilling tips, call 1-800-544-5680; or write to PAM Nutrition and Education Department, AHF-3DC, 1133 Littleton Road, Parsippany, NJ 07054.

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Don't Miss This Big Gospel Program

Sponsored In Part By FIRST CITIZENS BANK



THIS WEEK ONLY
TRIPLE
 manufacturers'
COUPONS

Plus Unlimited Double Mfr's Coupons Up To 50¢

up to
 and including
50¢
 See store for details.



Food & Drug



CAFFEINE FREE DIET COKE, SPRITE, DIET COKE OR

Coca Cola
Classic
 2-Liter Bottle

79¢

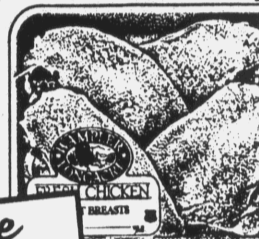
Save at
 least
 60¢

Four 2-Liters Per Customer At This Price Please

Buy One Get One

FREE
SPECIALS

Fresh Wampler
Split Chicken
 Breast
 Pound



Buy one - Get one
 Of Equal Or Lesser Value
FREE

Peak Of The Season
Sugar Sweet
Blueberries
 Pint



Buy one - Get one
FREE

Thorn Apple Valley, Sliced
Cooked Ham
 or **Turkey Breast**
 16-oz. Pkg.



Buy one - Get one
FREE

All Varieties
Ball Park
Hot Dogs
 14-16-oz.



Buy one - Get one
FREE

14-16-oz. Pkg., California Crisp or
Fresh Express Garden
Salad Mix

Buy one - Get one
FREE

10.5-oz. Bag
Frito Lay
Corn Chips

Buy one - Get one
FREE

12-Ct. Pkg., Frozen Banana Pops or
Kroger
Twin Pops

Buy one - Get one
FREE

6-Pack 20-oz. Btls., Assorted Varieties
Big K
Soft Drinks

Buy one - Get one
FREE

4-Ct. Box, 40, 60, 75 & 100 Watt
G.E. Soft White
Lightbulbs

Buy one - Get one
FREE

U.S.D.A. SELECT
Boneless
Ribeye Steaks

Pound

\$3.99

Save
 \$1.90/lb.



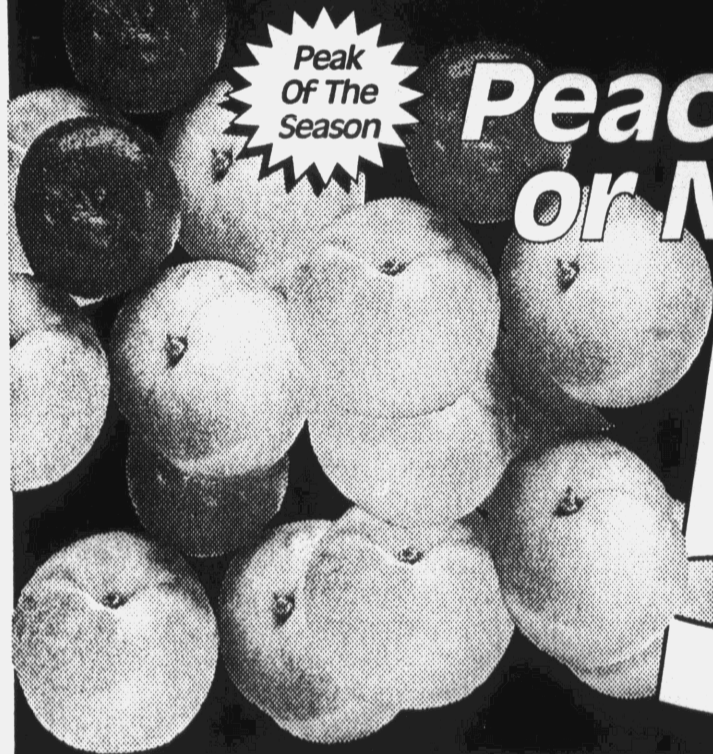
CALIFORNIA

Peaches, Plums
 or **Nectarines**

Pound

59¢

Save
 40¢/lb.



ASSORTED VARIETIES

Polar Pak
Ice Cream

1/2-Gallon

\$1.19

Save at
 least 60¢



Kroger

3.25% Milk

Gallon

\$1.99

Guaranteed
 Low Price!



Items & Prices Good Through July 26, 1997

WED 23 THUR 24 FRI 25 SAT 26



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 If you have questions, comments or suggestions, please
 call Audrey at:

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 Item & Price Good in GREENVILLE
 We reserve the right to limit quantities
 Some void to delivery