

A Series: THE BLACK FAMILY AND THE CHALLENGES OF THE 80's

PART VII - CHILDREN AND THE 1983-84 SCHOOL YEAR: THE QUEST FOR EXCELLENCE

by Maudra Jones

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8

In retrospect, the vast body of knowledge in the educational field provides a more than adequate foundation for exploring workable directions that impact on the achievement levels of elementary and secondary school children. Successful experiments in educational alternatives have been conducted in schools and communities across the country for the last two decades or more. Among exemplary interventions since 1975 are

those educational programs which were funded by the National Diffusion Network (NDN) under the federal government's Joint Dissemination Review Panel program.

Concurrently, state and local initiatives produced effective educational interventions including "pilot schools," "schools without walls," and "after-school" schools, to name a few.

From educational conferences, workshops, seminars, clinics,



Maudra Jones

conventions, etc. flow creative and innovative materials providing new directions for the education process year after year. Having worked so hard for so long — having had all the benefits of public education in a free society — having, among other things, been blessed with the great minds who contributed so much to the field of education, we must wonder why we are

faced with an educational crisis of such magnitude as "A Nation At Risk" as we approach the 21st century.

MAUDRA JONES, who has served educational institutions and community organizations in the field of Human Resources Development for over 30 years is Regional Director of the National Association of Family and the Religious Community.

We need only to look at the corollary found in a failing education system and a deteriorating moral foundation.

The important task before us, as leaders, educators, parents and community, is that of being able to look at all of the foregoing through new eyes — with a new spirit — a new sense of truth — a new sense of humanity.

The record failure, attributed to the educational system in America, might suggest that the task before us is all but simple. If so, this is

because we have failed to see the simple truth of it. Often overwhelmed by the complexities of modern society, we fail, even,

ation. We do this, often without thinking, in our homes, our schools, our churches, our communities, our businesses and our government offices.

If we are to reverse the trend of human waste, deteriorating morals and eroding systems, then we must begin the journey back to the source of our being. For it is within this awakening of our spiritual conscience that we will find the fresh new educational perspective and a new vision of humanity . . . think on these things.

to see how we, individually, contribute to those same complexities of life. The simple fact is: we are drifting farther and farther away from the very source of our being. We are moralizing without exercising moral

Legislation Targets Improvement Of Learning Areas

Critics of high education have complained about the deterioration of quality in such areas as mathematics, the sciences, foreign languages, communication skills and technology. That is why Congressman Harry Reid has co-sponsored legislation to authorize a national program of incentives to assist all local educational agencies to improve instruction in these key areas, as well as in guidance counseling.

The American Defense Education Act would target funds on the improvement of instruction in these fields, while giving considerable discretion to local school personnel in determining how the funds would be expended. For example, in-service training of teachers

would be the only specific area to be included in planning the program.

The bill provides for public participation in the development of the program for the use of funds and requires each local education agency to maintain a level of per-pupil expenditure at least equal to that of the preceding fiscal year.

Grants to institutions of higher education would be developed in collaboration with one or more local education agencies or other appropriate agencies.

"I firmly believe that if we can create a stronger foundation in these learning areas, we can prepare our students for professional advancement, while assuring our country a healthier long-term development," Congressman Reid said.

HOLIDAY FOOD SAFETY

By Margaret Bunker
Cooperative Extension
Foods Program Asst.

Don't let your holiday meal make a turkey out of you.

Safe preparation and handling can protect you, your family and your dinner guests from the unpleasant symptoms of food poisoning, says Margaret Bunker, Clark County Cooperative Extension Service.

First, all turkey is perishable. Keep the turkey frozen hard until time to thaw. Thaw the bird in the refrigerator or in the sink under cold water. Do not allow the turkey to thaw at room temperature. The surface will thaw quickly and will provide a favorable place for bacteria to grow while the rest of the bird thaws.

Avoid contamination by making sure your hands, counter tops, cutting boards and utensils are clean. Wash them well both before and after you use them to prepare raw poultry.

Cook the turkey completely. Do not partially cook the bird and then try to finish cooking it at a

later date.

Leftover cooked turkey, stuffing and gravy should be separated, covered and refrigerated or frozen. Do not leave the stuffing in the turkey when you store it. This is an open invitation to illness, Bunker warned.

Turkey or dishes containing turkey may be stored one or two days in the refrigerator. Fresh turkey may be frozen for as long as a year with no serious changes in quality. Cooked turkey covered with broth and cooked turkey dishes such as casseroles may be frozen for up to 6 months. Cooked turkey may be frozen for about one month.

Turkey is a good source of protein, iron, niacin, and thiamin and is low in fat, cholesterol, and calories. Turkey is often a lower cost alternative to more expensive red meats, Bunker added.

Turkey is also more versatile than many people realize, she noted. Here are some favorite recipes.

TURKEY-PINEAPPLE SALAD

Yield: 6 servings - 2/3 cup each
Calories: 245 per serving

2 cups cubed turkey
1 cup diced celery
1/4 teaspoon salt
Dash of pepper
1 Tblsp. finely chopped onion
1 cup canned pineapple chunks, drained
1/3 cup salad dressing

Combine all ingredients. Chill and serve.

TURKEY-BROCCOLI CASSEROLE

Yield: 6 servings
Calories: 206 per serving

2 10-oz. pkgs. frozen broccoli spears
2 cups coarsely diced cooked turkey
1 10 1/2-oz. can cream of mushroom soup
1/2 cup skim milk
1/2 cup grated cheddar cheese (about 2 ozs.)

Preheat oven to 375° F. Cook broccoli according to package directions. Layer in 12 x 8-inch baking dish. Spread turkey evenly on top. Combine soup with milk; mix until smooth and pour over turkey. Sprinkle grated cheese on top. Bake for 30 minutes. Let stand 5 minutes before cutting into 6 portions.

THE GOURMET SANDWICH

(From Weightwatchers)

Yield: Makes 1 serving.
Calories: 279 per serving

Mix 1 tsp. Dijon-style mustard with 1/2 tsp. honey. Spread mixture on one 1-oz. slice crusty whole wheat peasant bread and top with 2 ozs. thinly sliced cooked turkey, 1 oz. sliced smoked mozzarella cheese, 1/2 thinly sliced tomato (medium), and 6-8 fresh basil leaves or 1 teaspoon dried sweet basil.

647-4217

**Automatic
Washer and Refrigeration Service Co.**

OLIVER BAKER, Owner
Authorized Service on All Types
of Home Appliances

820 M. W. BONANZA RD. LAS VEGAS, NEV. 89106

Service on all major appliances

Washers
Dryers
Refrigerators
Garbage Disposals
Hot Water Heaters
Ranges
Freezers
Window Air Conditioners
Garbage Disposals