Columbia Capers

Columbia Alphas host impressive MLK Breakfast

By Pinnie L. Ross

More than 400 people came out last Sunday morning to share in the 9th Annual Martin Luther King Jr. Memorial Breakfast.

This affair was sponsored by Columbia Chapter of Alpha Phi Alpha Fraternity, Inc. Kappa Phi Cambda Chapter. It was held at the Kittamoqundi Room, Rouse Building.

The program started at 8:30 Master of Ceremonies for the Breakfast was Edward Young, the very able President of the Chapter. The Rev. James Holland, Pastor of Full Gospel Tabernacle Church, Cookville, gave the invocation, after which the audience stood and sang James Weldon Johnson's 'Lift Every Voice and Sing.'

An enjoyable breakfast was served, prepared by Amanuel Pinnick, Red Carpet Inn Lounge Restaurant, Odenton, Maryland, followed by a selection by St. John the Baptist Church Adult Gospel Choir, under the direction of Dr. Leroy Giles and Dr. Jesse Clay.

Other participants were James Fitzpatrick, treasurer of the Fraternity, who introduced the speaker, Dr. Noel Myricks, Director Education Activities, Dr. C. Vernon Gray who did an excellent job as program chairman, Kenneth Jennings who asked the guests to write to Congresswoman Byron, Mathias and Sarbanes expressing their vote for making the Birthday of Dr. King a legal holiday, and Rev. John Wright who gave the invocation.

Guest speaker for the breakfast was Malvin R. Goode, a consultant to the National Black Network News. He is known as "Dean" of Black professional broadcast journalism, a 11-year veteran for Network News Correspondent for ABC News.

Mr. Goode has served as President of UN Correspondent's Association and Association of Radio-TV News Analysts. He has been newsman for several radio stations.

Among many of his numerous community participations, he has been a board member of the National NAACP, and co-chairperson of United Negro College Fund Campaign.

Currently he serves as board member of Bergen County, New Jersey NAACP. He is a strong member of Alpha, Phi Alpha Fraternity.

He has received many honors and awards including an honorary Doctor of Humanities from Show Upversity, the Capital Press Club Award for pioneering on TV News, the Michelle Clark award for race relations reporting from Columbia School of Journalism. He is the recipient of keys to 35 states.

A native of Pittsburgh, Pennsylvania, he is a graduate of the University of Pittsburgh.

The Dean of Black Professional Broadcasters received loud chuckles from his warm audience when he told them about a minister out in the midwest, speaking to his congregation, he stated that the minister said, "Everybody in this congregation is going to die." He kept repeating over and over again, that everybody in this congregation is going to die.

There was a little fellow who just could not stop laughing. Finally someone said "why are you laughing so much?" The little fellow said "Because I'm not a member of this church."

"I want you to know that I am a member of this congregation (Alpha Phi Alpha Fraternity) and have been for fifty years. It is a pleasure to come and speak for my Fraternity, because I was a personal friend of the slain civil rights leader, Dr. Martin Luther King, Jr.

He said "I knew him better than any reporter in the world. In the world, he repeated. He then mentioned all of the National Newscasters.

In an interview with the Nobel Prize winner just about eight days before his death, he said to Dr. King, "why don't you carry someone with you who is armed, because of the threats on Dr. King's life," Dr. King replied "I don't have time to look around corners to see who might want to take my life, anyhow it's not how long you love, but how well you live." I am not what I ought to be until you are what you ought to be.

Speaking of his fraternity, "I came in this morning to challenge my brothers in Columbia in reference to the Fraternity in the 80s with strong emphasis on the family.

He continued, "we have suffered considerably because of lack of strong family ties." Some stemmed from many factors from depression generated from a vicious system — in some cases welfare - which has helped to tear us under.

The veteran journalist hoped that in the 80s one of the prime tasks of the fraternity would be to rebuild the family structure.

In a strong voice, he told the audience of some of the accomplishments of the accomplishments of the great fraternity.

In 1906 seven men met in a boardinghouse of Cornell Campus in New York, determined to stand together against discrimination on the

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POSING HAPPILY at their recent Hilly Branch High School reunion in Lumberton N.C. are (L to R): Lorenza Faulk of Jamaica, N.Y., Edith McArthur Sawyer of Lumberton, N.C. and B. Tyrous (Terry) Addison of Baltimore, Md.

REUNION PARTICIPANTS — Enjoying the scene at the recent Hilly Branch High School reunion held in Lumberton, N.C. which drew alumni from 16 states are (L to R): Carrie Addison Canady, of Fayetteville, N.C., Janet Thompson of Baltimore, Md., and Lucille Alford Lipscomb of Plainfield, N.J.

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Microwave helps with quick snacks

Snacking may well have become part of the American way of life especially with busy families dashing off in all directions to work, school and play.

But with the help of a microwave oven, a snack can be both nutritious and quick. And something warm to munch on will always win out over a cold snack, especially on blustery days.

A microwave oven makes snacktime easy and clean-up even easier. Food can be heated in microwave save cookware and dinnerware or on paper plates, towels or napkins. Packaged snacks can be heated right in their paper or plastic wrappings, if vented to allow steam to escape.

Watch out for containers made of metal or foil which should not be microwaved and remove twist-ties before placing the packages in the oven.

Snack ideas irclude warming up hotdogs or hoagie sandwiches made of cheese and lunchmeat on crusty bread. Hot chocolate or soup can be heated by the cupful in the microwave oven to go with the sandwiches.

Leftover pizza or fried chicken also tastes fresher when reheated in a microwave oven.

Small snacks, such as cheese or ham spread on crackers, frozen egg rolls or nachos made of canned refried beans and grated cheese on tortilla chips, can be heated on paper plates.

Homemade chili frozen in paper hot drink cups can go straight from the freezer to the microwave.

For a nutritious sweet, offer the family baked apples. Topped with butter, brown sugar and cinnamon, the apple can even be prepared in advance and left in the refrigerator until snack time.

Homemade ice cream sundaes are more fun when made with sauces and syrups warmed in a microwave-proof measuring cup. Warmed canned pie fillings, such as cherry or blueberry, also make good sundae toppings. And hard ice cream can be softened quickly in the microwave oven as well.

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