

COMPLIMENTARY

# PROFILES IN PRIDE

## MARCH OF THE MIGHTY

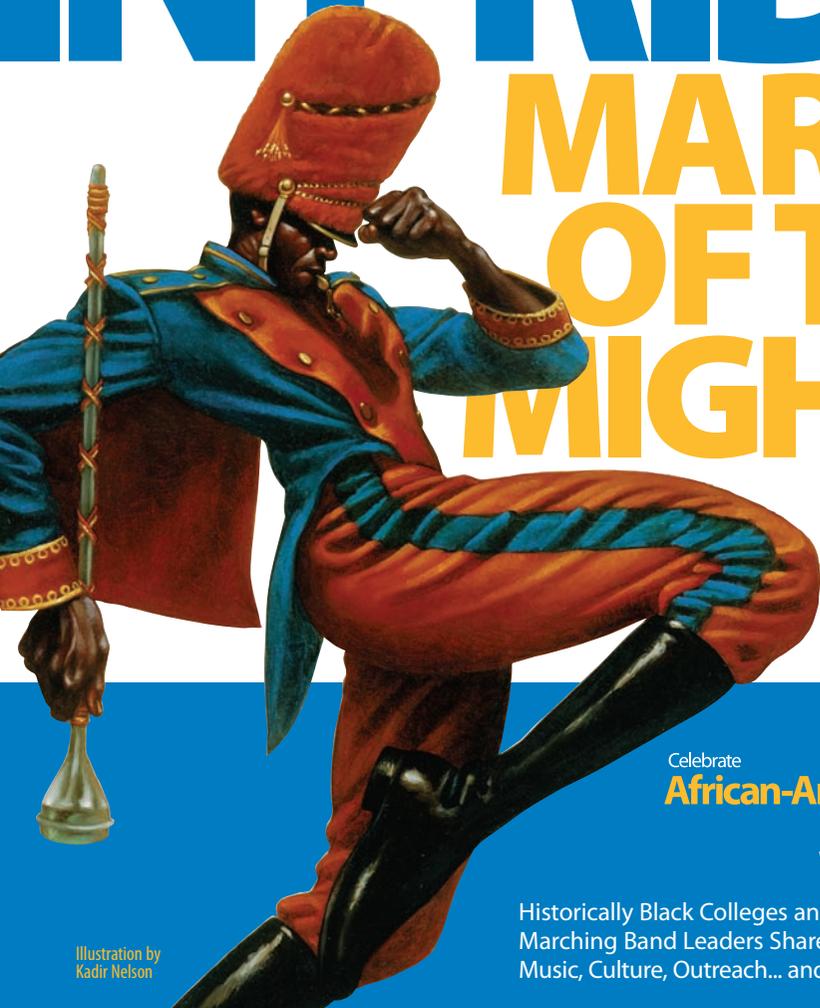


Illustration by  
Kadir Nelson

Celebrate  
**African-American  
History** ✨  
with WAL-MART

Historically Black Colleges and Universities  
Marching Band Leaders Share a Legacy of  
Music, Culture, Outreach... and Family Recipes

**WAL-MART**





Carter G. Woodson

## BLACK HISTORY MONTH 2008

African-American history has been a celebrated part of American history since 1926 when a scholar named **Carter G. Woodson** introduced Black History Week to celebrate the contributions of people of African descent to American society. This was originally observed the second week of February, coinciding with the birthdays of President Abraham Lincoln and activist Frederick Douglass — both major promoters of African-American freedom in this country.

In 1976 — the year of the nation's bicentennial celebration — Black History Week was extended to a month-long observance known as Black History Month. Today, the month of February is filled with celebrations and events nationwide which highlight the significant contributions made to American society by African-Americans.

## HBCUs AND THEIR BANDS

Historically Black Colleges and Universities (HBCUs) have played an important role in African-American history. Since the origin of the first institution in 1837, these more than 100 public and private, two- and four-year institutions have paved the way for many African-Americans to pursue higher education.

Some of the pride and legacy of these institutions can be demonstrated through the spirited performances of their marching bands, which showcase combined artistry with musicianship to fellow students, faculty, alumni, fans and friends. Today, the marching bands' influence has extended far beyond the borders of the football fields to film, television, presidential inaugurations, international events and more.

During Black History Month 2008, Wal-Mart and Kraft Foods proudly salute the HBCU marching bands as highly regarded symbols of school spirit and showmanship — and for their exemplary work as ambassadors of their schools' powerful legacies.



WAL\*MART®



## Wal-Mart SALUTES UNCF

Wal-Mart is proud to support the **United Negro College Fund (UNCF)**, which has been making academic dreams come true since its creation in 1944 to assist private HBCUs in providing quality, affordable education. The organization supports about 65,000 students a year at 900 schools — including its 39 member schools — through numerous initiatives: providing operating funds for its member schools; a scholarship and internship program for students from low- to moderate-income families; and an annual telethon, which focuses national attention on the organization and solicits financial support.

UNCF was founded with 27 member schools led by Frederick Patterson and Mary McLeod Bethune, former presidents of Tuskegee Institute and Bethune-Cookman College, respectively. Today, the presidents of UNCF member schools continue to play an important role in ensuring a positive future for the organization.

As the nation's largest, oldest and most successful minority higher education assistance organization, UNCF has raised more than \$2.5 billion to help more than 350,000 students attend and graduate from college. More than 60 years after its founding, UNCF continues to live up to its motto "A mind is a terrible thing to waste."

For more information, visit [www.uncf.org](http://www.uncf.org).



Thurgood Marshall

## A SALUTE TO THE THURGOOD MARSHALL COLLEGE FUND



True to the legacy of the late **Thurgood Marshall** — the first African-American associate justice of the United States Supreme Court — the Thurgood Marshall College Fund (TMCF) was founded in 1987 to provide support to students attending 47 public Historically Black Colleges and Universities (HBCUs) and six Historically Black Law Schools. Since that time, the organization has provided more than \$68 million in scholarships and support programs and remains the only organization founded solely to provide merit scholarships and programs and capacity-building support for the nation's HBCUs.

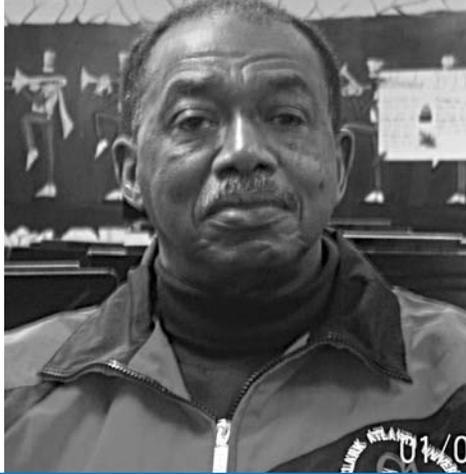
Currently, 80 percent of HBCU students are enrolled in a TMCF member institution. At the same time, TMCF is currently registering a 98 percent graduation rate of its scholars — proof of its success.

From student scholarships to faculty and administrator professional development training, the program is designed to ensure success for both the students and the institution they attend. As a continued tribute to the legacy of Thurgood Marshall, the program continues to make impressive strides in the effort to prepare a new generation of leaders.

For more information, visit [www.thurgoodmarshallfund.org](http://www.thurgoodmarshallfund.org).

**James Camp**  
**BAND DIRECTOR**

Clark Atlanta University  
Atlanta, Georgia



The 110 members who comprise the Mighty Marching Panther Band at Clark Atlanta University prove that small bands can have huge impact.

The band has been in existence since 1865 and currently has landed feature appearances in movies, on national talk shows and in national and local television commercials. One of its most distinguished honors was its role in the hit movie "Drumline." The band also performed on the "Ellen DeGeneres Show" and in a television commercial for McDonald's. Their other television credits include: "Judge Hatchett"; TBS' "Dinner and a Movie" and BET's Hip-Hop Awards Nomination Special.

Aside from their performances, band members are also dedicated to their local community. During each holiday season, they make and distribute food baskets and conduct clothing drives. In addition to a summer band camp for middle and high school students, they also conduct tutoring sessions for elementary, middle and high school students.

**What do you think about the cultural impact HBCU marching bands have had on the African-American community?**

During parades and exhibitions, we can see the impact the band has from the large turnout and the enthusiasm of the crowds. The marching band has become a huge part of our culture and patrons at the games enjoy the band's halftime performance sometimes over the football game itself.

**What do you consider the band's greatest challenge?**

The greatest challenge is fundraising for scholarships and band uniforms.

**What is your favorite song that the band has played?**

"National Emblem March" by E.E. Bagley. This song shows strength, power and dignity. Every good band should play a good march.



**Dump Cake**

- 1 (21-oz.) can apple pie filling
- 1 (20-oz.) can crushed pineapple, drained
- 1 (18.25-oz.) box yellow cake mix
- 1 cup butter or margarine, cut into small pieces
- 1 cup finely chopped pecans

1. Preheat oven to 350°F.
2. Lightly grease 13x9-inch baking pan. Pour pie filling and pineapple into pan; stir to combine then spread evenly. Sprinkle evenly with cake mix. Top with butter. Sprinkle with pecans.
3. Bake 1 hour or until toothpick inserted in center comes out clean.

MAKES 10 TO 12 SERVINGS

"This recipe was passed down from my grandmother, Ms. Georgia Bell."

**Alfred Davis**  
**DIRECTOR OF UNIVERSITY BANDS**

Hampton University  
 Hampton, Virginia



The Hampton University band program was established in 1903. Currently comprised of 185 members, the marching band has traveled around the nation and performed at several NFL games and NCAA basketball tournament games.

The band also holds the honor of having been a featured performer at a Virginia governor's inauguration.

Known also as "The Force," the band plays a significant role in the local community by sponsoring an annual summer high school band camp and showcasing the work of high school bands by hosting High School Band Day each year.

**How does the marching band help keep the legacy of the university alive?**

We are the largest student organization at Hampton University and we are the musical ambassadors (along with the Hampton University Choir) of the university. Most of the traditional things the students do at athletic events and most cultural events come from the band, so we consider ourselves one of the *keepers of the flame* here at Hampton.

**What do you think about the cultural impact HBCU marching bands have had on the African-American community?**

We are showing the world that not all African-Americans are trying to be rappers or sports stars, that we aspire to do great things with our gifts and talents.

**What is your favorite song that the band has played?**

"Let Us Break Bread Together."



**Southern Fried Chicken**

- |                                      |   |
|--------------------------------------|---|
| 1 cup flour                          | 4 bone-in chicken breasts (about 2 lb.), or 8 bone-in chicken thighs (about 2½ lb.) |
| 1½ tsp. poultry seasoning (optional) |   |
| 1 tsp. salt                          | 2 cups oil  |
| 1 tsp. pepper                        |   |
| ¾ cup buttermilk                     |   |

1. In large resealable plastic bag or shallow dish, combine flour, seasoning, if desired, salt and pepper; mix well. Place flour and buttermilk in separate shallow dishes. Add chicken to flour mixture; coat well. Shake excess flour from chicken. Place coated chicken on waxed paper or plate. Dip each piece of coated chicken into buttermilk and coat again with flour; set aside while coating remaining chicken.
2. In large skillet, heat oil over medium-high heat (to about ½ inch depth) until very hot but not smoking (small amount of flour dropped in oil will sizzle and brown when oil is hot). Carefully add chicken to skillet bone-side up. Cover and cook about 6 minutes per side or until well browned. Carefully turn chicken again. Reduce heat to medium low. Cover; cook 15 to 25 minutes or until tender and no longer pink (180°F). Drain on paper towels.

SERVES 4

"Fried chicken is one of my favorite dishes and one of my specialties. My mother used to make it all the time. I learned how to make good fried chicken from her."

## HBCU ALUMNUS

### Marvin Deshommes MERCHANDISE MANAGER

Wal-Mart Stores, US Division

Florida A&M University  
Tallahassee, Florida



### How does a marching band help keep the legacy of a university alive?

A marching band's purpose is multifaceted, complex and ultimately inspirational. With proper direction and poise, the marching band can engage a crowd to initiate excitement, motivate team members, promote the school and generate positive feelings of pride and nostalgia for years to come.

### What lifelong values do you believe are instilled in students as members of the band?

Dedication. I remember hearing them, night after night, preparing for their halftime battles until near perfection was achieved. One could see how strenuously each member worked to maintain the dignity of the marching band as a whole.

### Haitian Squash Soup

- |  |   |
|--|---|
| 1 lb. cubed beef stew meat   | 3 scallions, diced  |
| 1 fresh lime juice   | 3 stalks celery, diced  |
| 1 tsp. dried thyme leaves  | 1 onion, diced  |
| 1 tsp. garlic powder   | 3 cloves garlic, minced   |
| ½ tsp. onion powder  | 1 cup elbow macaroni, uncooked                                      |
| ¼ tsp. seasoned salt   | ¼ (16-oz.) pkg. spaghetti noodles, broken in half and uncooked      |
| ¼ tsp. salt  | 1 small Scotch bonnet pepper, seeded and finely chopped (optional)* |
| ¼ tsp. black pepper  | ¼ small cabbage, shredded (1 cup)                                   |
| 2 cubes beef bouillon  | ½ tsp. sugar  |
| 2 (8-oz.) pkg. frozen yellow squash or 1 medium winter squash, cut into 1-inch cubes |   |
| 3 carrots, diced   |   |

1. Place beef in resealable plastic bag. Add thyme, garlic powder, onion powder, seasoned salt, salt and black pepper. Seal bag; turn to coat. Refrigerate at least 2 hours or overnight.
2. Place beef with marinade in pot on low heat and simmer for 1 hour or until beef is tender. Add 12 cups of water, squash, and bouillon cubes and bring to boil add cook for an additional 10 minutes or until squash is tender.
3. (If using fresh squash) Remove squash. Place in blender; purée until smooth. Add squash back into soup mixture (If using frozen squash it will dissolve by itself); stir in carrots, green onions, celery, onion and garlic. Cook over medium heat 15 to 20 minutes or until vegetables are tender.
4. Increase heat and bring soup to boiling. Add elbow macaroni; cook 10 minutes more. Add spaghetti noodles, Scotch bonnet pepper, cabbage, remaining 1 teaspoon lime juice and sugar. Cook 10 minutes more or until noodles are tender, stirring occasionally. Serve with French bread, if desired.

MAKES 10 TO 12 SERVING

\* Use caution when handling hot peppers. Wear disposable gloves or wash hands thoroughly in hot, soapy water.

Marvin Deshommes, a merchandise manager for Wal-Mart's Lawn and Garden department, has been a part of Wal-Mart's merchandising division for the past 13 years. He is responsible for working with his team of buyers to find the best products at the best prices for Wal-Mart customers. When he was a buyer, Deshommes met with manufacturers around the world to find everything from books and magazines to preschool toys for Wal-Mart stores.

A passionate Wal-Mart associate who considers himself to be a customer advocate, Deshommes has been named Buyer of the Year; is a participant in the company's African American resource group, UNITY; and was selected as a member of the company's Key Leader Group — a group which visits with the CEO and discuss key issues.

Deshommes is a proud graduate of Florida A&M University, an HBCU in Tallahassee, Fla., from which he holds a Bachelor of Science degree in business economics.

## Warren Duncan DIRECTOR OF BANDS

Tuskegee University  
Tuskegee, Alabama



The marching band at Tuskegee University was founded in 1906. Comprised today of 142 members — including flag carriers, dancers and drum majors — the band is noted for its creative musical arrangements, dynamic marching style, original and diverse styles of dance and overall exciting performances.

The band has performed at events nationwide, including The Honda Battle of the Bands Invitational Showcase; the Alabama governor's inaugural parades, and Mardi Gras parades in Mobile, Ala. It has been the featured band in showcases throughout Florida, Georgia, Louisiana, Texas and Alabama. Additionally, the drumline has been featured in performances in Beaumont, Texas; Detroit, Mich.; LaGrange, Ga. and Panama City, Fla.

Each winter and spring, the band sponsors tutorials at the Tuskegee Institute Middle School where students learn to play musical instruments. The band members also participate each year in the Veterans Day Parade held at the Tuskegee Veterans Administration Hospital.

### What cultural impact have HBCU marching bands had on the African-American community?

HBCU bands have had a profound impact because they bring different community groups together for an event where friendly rivalries are born and reborn on an annual basis. When there is no band performing at a football game, it's just a football game. The spirit and enthusiasm at a football game is due in large part to the participation of the marching band and the impact of the music and revelry during crucial moments of the game.

### What is your favorite song that the band has played?

"Just Got Paid" — because we play it whenever the football team scores. I always look forward to playing it a lot during the games!

### What is the song you have always wanted your band to play?

"Reasons" — because it's my favorite Earth, Wind & Fire song.



## Mamma's Smothered Mushroom Chicken

- |     |  |     |  |
|-----|--|-----|--|
| 2   | tbsp. butter or margarine                    | 1/2 | tsp. salt  |
| 1   | small onion, diced                           | 1/2 | tsp. black pepper  |
| 1   | stalk celery, chopped                        | 1   | (10 <sup>3</sup> / <sub>4</sub> -oz.) can condensed cream of mushroom soup |
| 1/2 | medium green bell pepper, seeded and chopped | 1   | (10 <sup>3</sup> / <sub>4</sub> -oz.) can condensed cream of chicken soup  |
| 1   | (2-lb.) pkg. whole cut-up chicken            |     | Hot cooked rice (optional)   |
| 1/2 | tsp. garlic powder                           |     |  |

1. Preheat oven to 350°F. Heat butter in large skillet over medium heat. Cook onion, celery and bell pepper 5 minutes or until tender.
2. Place chicken in lightly greased 13x9-inch baking dish. Season with garlic powder, salt and black pepper.
3. Combine both soups and 1 (10<sup>3</sup>/<sub>4</sub>-oz.) can water in large bowl, mixing well. Pour over chicken. Cover; bake 1 hour and 15 minutes or until chicken is tender, basting occasionally. Serve over rice, if desired.

MAKES 4 SERVINGS

"My parents served this dish on Sundays after church because we — all 10 of us — loved it! Moreover, it's special to me because my mom took the time to teach me to make it before I headed off to college. The recipe came in handy, and I became the cook among my housemates."

**John Graham Jr.**  
**BAND DIRECTOR**  
 University of Arkansas at Pine Bluff  
 Pine Bluff, Arkansas



The 260-member marching band at the University of Arkansas at Pine Bluff has been in existence since 1902. Known as M4 — The Marching Musical Machine of the Mid-South — the band’s high-stepping, precision-drill dance style is not only entertaining but is considered one of the best in the South West Atlantic Conference.

Among M4’s many honors are having performed at inaugurations for Arkansas governors and at President Bill Clinton’s 1992 election celebration. The band has also performed at NFL games; Mardi Gras; The Gateway Classic Parade; and Martin Luther King Jr. Day parades in Florida and Illinois.

M4 was featured on the nationally syndicated television sports program “It’s in the Game” and performed during a national televised broadcast of Operation PUSH.

M4 members are also involved in the community, performing for elementary, middle and high school students; conducting a tutorial program and volunteering for area music departments.

### What cultural impact have HBCU marching bands had on the African-American community?

The cultural impact is endless. Music has always been the cornerstone of African-American society and its form of expression. The M4 band has been instrumental in allowing others to see and consider this type of expression.

### What is your favorite song that the band has played?

“Ain’t No Stoppin’ Us Now” performed and written by McFadden & Whitehead. This song is indicative of not only the band, but every University of Arkansas at Pine Bluff student.



### Cream Cheese-Filled Peach Crepes

- |                               |  |
|-------------------------------|--|
| 1 (29-oz.) can sliced peaches | 1 tbsp. sugar                          |
| 2 tbsp. cornstarch            | 1/8 tsp. salt                          |
| 1/2 cup orange juice          | 2 eggs, lightly beaten                 |
| 2 tbsp. lemon juice           | 1 1/2 cups milk                        |
| 2 tbsp. butter or margarine   | 1/4 cup finely chopped pecans, toasted |
| 1 cup sifted flour            |  |

#### Cream Cheese Filling

- |                                       |                            |
|---------------------------------------|----------------------------|
| 2 (3-oz.) pkg. cream cheese, softened | 1/2 tsp grated orange peel |
| 3 tbsp. sugar                         | 1/4 tsp. vanilla extract   |
| 2 tbsp. milk                          |                            |

- For sauce, drain peaches, reserving juice. In large skillet over medium heat gradually blend cornstarch into reserved peach juice. Add orange juice, lemon juice and butter, stirring constantly 10 minutes until thickened and bubbly. Reduce heat to low to keep warm.
- For crepes, combine flour, 1 tablespoon of the sugar, salt, eggs and milk in large bowl until mixture is smooth. Pour 1/4 cup batter into lightly greased 6-inch skillet or crepe pan over medium heat; rotating pan so batter covers bottom evenly. Cook 3 minutes. Remove by inverting pan, loosening edges with spatula if necessary; place crepes on paper towels. Repeat with remaining batter, lightly greasing skillet occasionally.
- For filling, beat together cream cheese, remaining 3 tablespoons sugar, remaining 2 tablespoons milk, orange peel and vanilla. Spread unbrowned side of crepes with 2 tablespoons filling each; fold in quarters. Place crepes on serving plates; top evenly with sauce and sprinkle with pecans.

MAKES 8 TO 10 SERVINGS

“This is one of my favorite recipes because my entire family loves it. It brings everyone to the table, where we enjoy some much appreciated time together.”



**Edward L. Graves**  
**DIRECTOR OF BANDS**

Tennessee State University  
Nashville, Tennessee

In 1946, Tennessee State University's Aristocrat of Bands was founded by its director, Jordan "Chick" Chavis. Today, with 200 instrumentalists and 13 majorettes, the Aristocrats' fine musical arrangements demonstrate a high-stepping marching style characterized by energetic tempos.

The band has enjoyed numerous firsts. In 1955 at the Chicago Bears vs. Los Angeles Rams game, it became the first HBCU band to appear on national television. In 1961, it was the first HBCU band to perform in a presidential inaugural parade — President John F. Kennedy's.

The band's influence became international when it performed during the Mirage Bowl in Tokyo, Japan. The band also participated in both of President Bill Clinton's inaugural parades; and performed in a music video for Magic Town by Marty Stuart, the 2005 CMT Music Awards with artists Big and Rich, and in a Nashville Symphony Orchestra performance of "Porgy and Bess."

Each year, the marching band makes an appearance at Le Bonheur Children's Medical Center in Memphis, Tenn., as part of the Southern Heritage Classic weekend.

### In what ways does the marching band help fulfill the overall mission of the university?

The Tennessee State University motto is "Think, work, serve." We have the word "Think" on the wall of our band room to encourage students to use their minds in a positive way on a daily basis. Being a part of the Tennessee State University Band helps develop a work ethic that our students can take into the future and become productive citizens. Service to the community brightens many lives, and band members serve as role models for young people who someday want to march in their footsteps.

### What is your favorite song that the band has played?

"Boogie Wonderland" by Earth, Wind & Fire.



### Root Beer Barbecue Sauce

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 large onion, finely chopped | 1/2 cup tomato paste          |
| 8 cloves garlic, minced       | 1/4 to 1/2 cup liquid smoke   |
| 1 1/2 cups root beer          | 1 cup packed dark brown sugar |
| 4 cups ketchup                | 1 tsp. salt                   |
| 1 1/2 cups molasses           | 1 tsp. pepper                 |
| 2/3 cup white vinegar         | 1 to 3 tsp. hot sauce         |
| 1/2 cup Worcestershire sauce  |                               |

1. Combine onion, garlic and root beer in large Dutch oven; cook over medium-high heat 5 minutes or until onion is tender. Add ketchup, molasses, vinegar, Worcestershire sauce, tomato paste, liquid smoke, brown sugar, salt, pepper and hot sauce, stirring well. Bring to boiling.
2. Reduce heat to medium-low. Cook 20 minutes, stirring occasionally.

MAKES 7 CUPS

"I love to grill — and I know that next to starting with good meat, the secret is in the sauce. This recipe has been a big hit with my family and friends over the years."

**Rhonda Harper**  
**BAND DIRECTOR**

Lincoln University of Missouri  
Jefferson City, Missouri



With 106 members and a lot of spirit, the Lincoln University Marching Band dates back to the early 1930s. The band is proud to be a small body of students who not only demonstrate musical skill but also personal character. The band is focused on creating opportunity and demonstrates its school spirit through music and outreach to the community.

The band has been featured in the popular Circle City Classic and holds the distinction as one of the bands considered to participate in The Honda Battle of the Bands Invitational Showcase.

Under the leadership of the only female HBCU band director, the band is most proud of its support for the local Boys and Girls Club. The band — which works with the club’s drumline and allows the kids to march with the band during its parade — sees this as a way to give exposure to the organization and to inspire young people to pursue musical careers.

**What do you consider to be your greatest success and challenge?**

My greatest success is making Lincoln University proud. As an alumnus, I’m proud of giving this band a wonderful direction toward excellence. My greatest challenge is making sure students stay in line with the direction I am taking the band, and to make sure my students graduate!

**In what ways have you seen students’ horizons expand as a result of being band members?**

They develop self-discipline and become more involved. I have seen them join the Student Government Association and other organizations. They become great ambassadors for the university.

**What is the song you have always wanted your band to play?**

“Somewhere Over the Rainbow,” because it’s a beautiful song and I’ve always wanted to arrange it for my band. It reminds me of my job, which I wanted for 20 years, so this song has become my personal theme song.



**Chicken and Noodles**

- |   |  |
|---|--|
| 1½ lb. boneless skinless chicken breasts, cut into chunks | Seasoning packet from 1 (3-oz.) pkg. Ramen noodles |
| 1 small onion, chopped                                    | ¼ tsp. black pepper                                |
| ½ (12-oz.) pkg. egg noodles                               |  |

1. Bring 10 cups water to boiling in large Dutch oven over high heat.
2. Add chicken; reduce heat and simmer 15 minutes or until chicken is tender. Add onion, noodles, seasoning packet and pepper; cook 10 to 15 minutes more or until noodles are tender.

**MAKES 8 SERVINGS**

“This recipe brings back fond memories of a similar dish my grandmother used to make.”

**Thurman Hollins**  
**DIRECTOR OF BANDS**

Johnson C. Smith University  
 Charlotte, North Carolina



Known as The International Institution of Sound, the Marching Golden Bulls at Johnson C. Smith University has been a symbol of university pride since it was founded in 1907. The 75 members of the organization work tirelessly to demonstrate leadership in their musical studies.

In 1991, the band had the honor of traveling to Ireland to perform.

In order to give back to the community, the band is in the process of implementing an adopt-a-student program, hosting band clinics for students interested in pursuing musical studies and sharing their passion for music.

**In what ways does the marching band help fulfill the overall mission of the university?**

The band is one of the most visible organization on campus, so we're ambassadors for the university. The University's motto is "Surround Yourself With Success." I believe we reflect this very well.

**What is your favorite song that the band has played?**

"The Purple Carnival."

**What is the song that you have always wanted your band to play?**

"Adagio for Strings" by Samuel Barber.



**Chicken Bog**

- |   |                                   |     |                               |
|---|-----------------------------------|-----|-------------------------------|
| 2 | cubes chicken bouillon, divided   | 1   | cup long grain white rice     |
| 1 | medium onion, chopped             | 1/2 | lb. smoked sausage, sliced    |
| 1 | tbsp. salt                        | 1   | tbsp. Italian-style seasoning |
| 1 | (3-lb.) pkg. whole cut-up chicken |     |                               |

- Place 12 cups water, 1 bouillon cube, onion, salt and chicken in Dutch oven. Bring to boiling. Reduce heat; cook 1 hour or until chicken is tender.
- Remove chicken; let cool, reserving broth. Remove skin and bones from chicken; chop chicken into bite-size pieces.
- Skim fat from reserved broth; add 3 1/2 cups broth to Dutch oven. Add rice, chicken, sausage, Italian seasoning and remaining bouillon cube, stirring well. Bring to boiling; reduce heat and simmer, covered, stirring occasionally 30 minutes or until rice is cooked and liquid has evaporated.

MAKES 4 TO 6 SERVINGS

"This dish is a coastal South Carolina delicacy, and was inspired by a recipe from the Loris, South Carolina Chamber of Commerce."

**Kevin L. Jones**  
**DIRECTOR OF BANDS**

Fort Valley State University  
Fort Valley, Georgia



The Fort Valley State University marching band was established in 1946 and currently has 100 members. Known for its unique marching style and famed horn flashes, the Blue Machine Marching Band has distinguished itself in the state of Georgia by winning the Battle of the Bands competitions in Macon, Savannah and Augusta.

When it's not performing, the band's affiliate organizations, Kappa Kappa Psi and Tau Beta Sigma, provide outreach programs to assist the local Boys and Girls Club and serve as mentors to area high school students.

**In what ways does the marching band help fulfill the overall mission of the university?**

The Fort Valley State University band provides a learning and living environment that enables its graduates and all who come under the band's influence to become innovative and critical thinkers, problem solvers and responsible citizens.

**How does the marching band help keep the legacy of the university alive?**

The band has a commitment to public service, continuing education and technical assistance — plus economic development activities that address needs, improve the quality of life and raise the educational level within the university's scope of influence.

**What is the song you have always wanted your band to play?**

"Last Night" by Sean Combs and Keyshia Cole.



**Macaroni and Cheese**

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 1 (8-oz.) pkg. elbow macaroni        | 1 cup shredded mild Cheddar cheese |
| 3 eggs                               | 1 tsp. salt                        |
| 1¼ cups lowfat milk                  | ½ tsp. pepper                      |
| 2 cups shredded sharp Cheddar cheese |                                    |

1. Cook macaroni according to package directions; drain.
2. Preheat oven to 350°F.
3. Whisk together eggs, milk, both cheeses, salt and pepper in large bowl. Stir in macaroni, mixing well. Place mixture in lightly greased 11x7-inch baking dish.
3. Bake 25 to 30 minutes or until bubbly. Let stand 5 minutes before serving.

MAKES 6 TO 8 SERVINGS

"This delicious dish has a spot on the table at all of my family's gatherings."

## Melvin Jones

### BAND DIRECTOR

Morehouse College  
Atlanta, Georgia



Comprised of students from the all-male Morehouse College and the all-female Spelman College, the 86-member marching band at Morehouse College has been in existence since the early 1920s. The band's emphasis on performing Funk music has earned it the nickname the "House of Funk."

The band has appeared in film and on television, including MTV, MTVU, The Cartoon Network, ABC and NBC. It has performed at the Super Bowl; NFL and NBA games; and The Honda Battle of the Bands Invitational Showcase.

The band made recent history by participating in two landmark events: the Silver Dollar Classic in Los Angeles, the first HBCU-related event held in the city in more than 20 years; and The Krewe of Zulu Mardi Gras Parade, the only African-American-operated and -sponsored parade on Mardi Gras day in New Orleans.

For community outreach, band members are required to participate in community service events or band-sponsored programs or they can choose their own programs and events to support.

### What do you consider the band's greatest success?

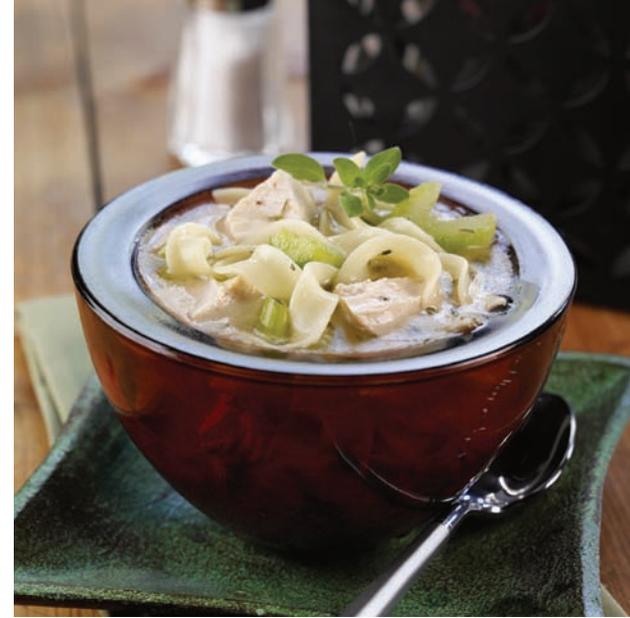
One of the group's most recent successes came through our participation in the Mardi Gras Zulu Parade in New Orleans last year. The students had the opportunity to see post-Katrina New Orleans for themselves, and it was an experience to remember. The parade route began in one of the more urban areas of the city, which hadn't been rebuilt, and the parade onlookers expressed their gratitude to the band for sharing their time and talents during their time of struggle. The overwhelming expressions of appreciation meant a lot to band members.

### What cultural impact has the band made on the African-American community?

The band makes every effort to exclusively play music of a respectful nature, as we prefer not to endorse any music or lyrics which may promote negative behaviors or stereotypes to our audience of young African-American spectators. Through these efforts, and those of the individual students who serve as role models on all levels, I believe the band continues to make a positive impact.

### What is your favorite song that the band has played?

"Use Me" by Bill Withers.



## Chicken Noodle Soup

- |  |                                     |
|--|-------------------------------------|
| 1 (1½-lb.) pkg. boneless, skinless chicken breasts, cut into 1-inch pieces | ¼ cup butter or margarine           |
| 3 stalks celery, diced   | 2 tsp. salt                         |
| 1 medium green bell pepper, seeded and diced                               | 1½ tsp. Italian seasoning           |
| 1 medium onion, diced  | ½ tsp. pepper                       |
|  | ½ (12-oz.) pkg. no-yolk egg noodles |

1. Bring 10 cups water to boiling in large Dutch oven. Add chicken, celery, bell pepper, onion, butter, salt, Italian seasoning and pepper. Cover, reduce heat and simmer 25 to 30 minutes or until chicken is tender.
2. Increase heat; bring soup to boiling. Add noodles; cook 10 to 15 minutes or until noodles are tender.

MAKES 8 TO 10 SERVINGS

"I love this recipe because it's so easy to make and satisfying!"

**Ramon Key**  
**DIRECTOR OF BANDS**

Central State University  
Wilberforce, Ohio



Since 1952, the Marching Marauders has been making its mark on the music program at Central State University. The music of the 100-member band is best described by its director as “a big band sound with a small band size.”

This powerful musical force has entertained audiences from Ohio to Spain and made its movie debut in comedian Dave Chappelle’s comedy “Block Party.”

The band supports the community by helping build band programs at inner city schools throughout the Midwest. One of its greatest successes was when students from one of the Chicago schools qualified for the national high school Battle of the Bands event.

One of the band’s mottos is, “We perform with PRIDE.” Whether it’s during a performance or while helping high school band students, the Marching Marauders are making a huge impact.

**In your role, what do you consider to be your greatest success and challenge?**

My greatest success has been creating band scholarships for inner city schools. An even greater success will be seeing these students complete their degrees and become contributing members of society. My greatest challenge is generating awareness of the importance of bands within the public school system, where these programs are currently being cut.

**How does the marching band help keep the legacy of the university alive?**

The marching band is what establishes tradition, the sense of pride. It is what keeps people coming back 30 to 40 years later. People will come back and see the band and remember what it felt like when they were in college. It’s like a rebirth.

**What is your favorite song that the band has played?**

“Knights by Night” performed by Cameo.



**Jambalaya**

- |     |     |      |
|-----|-----|------|
| 2   | 2   | 3    |
| 1   | 1   | 1    |
| 1   | 1   | 1/2  |
| 1/2 | 1/2 | 1/2  |
| 1/2 | 1/4 | Dash |
|     | 4   |      |

- Heat oil in large Dutch oven over medium heat. Add chicken and shrimp; cook 5 minutes. Stir in onion, bell pepper and garlic; cook 5 minutes more. Add tomatoes, chili sauce, 1/4 cup water, thyme, black pepper and cayenne pepper, stirring well. Cover; simmer 25 to 30 minutes, stirring occasionally.
- Serve over rice, if desired.

MAKES 4 TO 6 SERVINGS

“This is my mother’s recipe. She makes this for me all the time!”

**Richard F. Lee**  
**DIRECTOR OF BANDS**

Texas Southern University  
Houston, Texas



In 1969, Maestro Benjamin Butler created Texas Southern University's Ocean of Soul Band. Comprised of 200 members, the band is characterized by what the director describes as its "kaleidoscopic precision drills, stellar stereophonic sound and dazzling and dynamic dance routines."

The band has performed at prestigious events, including professional football, basketball and baseball games; Super Bowl XXXVIII; and the 2005 Stellar Awards with gospel artist Kirk Franklin. The band has appeared on local and national television, made a commercial and was featured on the cover of School Band and Orchestra magazine.

In the community, the band is just as impressive as on the field — sponsoring concert, jazz and marching band festivals; hosting an annual community concert series; and for the past 13 years, hosting a band leadership camp for local and national elementary, middle and high school musicians.

**In what ways have you seen students' horizons expand as a result of being band members?**

Our students benefit by being part of a unit whose purpose is musical performance. Each of us has a particular function to perform to achieve a successful and exciting product. Being an integral part of a successful organization is an important way in which our students' horizons are broadened. Learning the dynamics required to be a member or leader in a successful organization is of equal importance to our students.

**What lifelong values are instilled in students by being a part of the band?**

There are three types of people in the world: those who make things happen; those who watch things happen; and those who say, "Uh, what happened?" We assist our students in deciding which type of person he or she will become.

**What is the song you have always wanted your band to play?**

"Total Praise" by Richard Smallwood.



**Lemon Ice Box Pie**

- |   |   |
|---|---|
| 1 (14-oz.) can sweetened condensed milk | 1 (9-inch) ready-made graham cracker piecrust |
| 1/2 cup fresh lemon juice               | 1/4 tsp. cream of tartar                      |
| 3 eggs, separated                       | 3 tbsp. sugar                                 |

1. Preheat oven to 350°F.
2. Whisk together condensed milk, lemon juice and egg yolks in medium bowl; pour mixture into piecrust.
3. Beat egg whites and cream of tartar at high speed with electric mixer until foamy. Add sugar 1 tablespoon at a time, beating until soft peaks form. Spread over lemon mixture.
4. Bake 12 to 15 minutes or until peaks are lightly browned. Cool on wire rack 30 minutes. Cover loosely; refrigerate 4 hours or overnight.

MAKES 8 SERVINGS

"This recipe is simple but tasty!"

**John Newson**  
**SR. DIRECTOR OF UNIVERSITY BANDS**

Howard University  
 Washington, D.C.



With a legacy of more than 60 years, the 160-member Marching Bison Band is Howard University's largest student organization. Affectionately regarded as the Spirit of the University, the band is noted for its sound, precision drills, vocalists and dance routines.

The Marching Bison has delivered stirring performances at numerous NFL games for the Philadelphia Eagles, New York Jets, Buffalo Bills, Washington Redskins, Pittsburgh Steelers and Baltimore Ravens. Also, the band has been invited to appear at national and international events, including the Shrewsbury Music Festival in London; the Kennedy Center's Annual Music Festival and the Macy's Thanksgiving Day Parade.

The band sponsors workshops and clinics for area high school and middle school bands, as well as a spring band camp to introduce area students to the college band experience. The band can also be found performing in parades and special events throughout the D.C. metropolitan area.

**In your role, what do you consider to be your greatest success and challenge?**

Our greatest success was when USA Today ranked us as one of the nation's top 10 HBCU marching bands. The greatest challenge is presenting an energetic and entertaining halftime show consecutively for 12 weeks during football season.

**In what ways have you seen students' horizons expand as a result of being band members?**

Before going away to college, many students haven't traveled. For the majority of our band students, the heritage festival in Bermuda in 2005 was their first trip out of the country. Overall, the band teaches lifelong lessons because the work ethic you learn can be transferred to any job.

**What is your favorite song that the band has played?**

"Going in Circles," originally performed by Friends of Distinction.



**Turkey Drumsticks**

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 2 cups plain breadcrumbs             | 1/2 tsp. pepper, divided              |
| 1 small yellow onion, finely chopped | 1 egg, lightly beaten                 |
| 1/2 tsp. ground sage                 | 3 tbsp. butter, melted                |
| 1/4 tsp. minced garlic               | 3 turkey drumsticks (about 1 1/2 lb.) |
| 1/2 tsp. salt, divided               | Hot cooked noodles (optional)         |

1. Preheat oven to 375°F.
2. Combine breadcrumbs, onion, sage, garlic, 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper in large bowl. Add egg, melted butter and 1/4 cup hot water, mixing well.
3. Arrange each turkey leg on individual sheet of lightly greased aluminum foil; season with remaining salt and pepper. Press breadcrumb mixture onto turkey legs to coat. Tightly seal each foil sheet; place on baking sheet. Bake 1 hour or until meat thermometer registers 180°F. Serve over noodles, if desired.

MAKES 3 TO 6 SERVINGS

"This was one of my mother's favorite dishes. Every time I have it, it reminds me of growing up in Louisiana."

**Dr. Larry Pannell**  
**DIRECTOR OF BANDS**

Grambling State University  
Grambling, Louisiana



Regarded by colleagues and fans as the World Famed Tiger Marching Band and The Best Band in the Land, the Grambling State University Marching Band has been a university icon since its founding in 1926 by faculty member Ralph W. Jones. Comprised today of more than 250 members, the band has an established reputation for captivating its fans, beginning with their first major event — the American Football League championship game in San Diego, Calif., in 1964.

Since that time, the band has made great strides, performing for U.S. presidents and at Super Bowl games, including Super Bowl I. The band has also been featured in the 2002 movie “Drumline” and in commercials for ESPN, The Cartoon Network, Coca-Cola and more. They have crossed international borders, performing in Africa for the inauguration of Liberian President William Tolbert and in bowl games and jazz festivals in Japan. When they are not entertaining a host of fans, they spend time sponsoring a high school band camp created to introduce young students to music education.

**In what ways does the marching band help fulfill the overall mission of the university/college?**

We fulfill our mission by exposing students to opportunities that enhance their potential for appreciation of diverse cultures, and that serve as a repository for preserving the heritage of people of African-American descent.

**What cultural impact have HBCU marching bands had on the African-American community?**

HBCU marching bands have had a cultural impact by exposing students to opportunities that enhance their African-American heritage through developing intellectually, socially, economically and through public service.

**What is your favorite song that the band has played?**

The classic — “The Impossible Dream” from the Broadway play “Man of La Mancha.”



**Slow Cooker Stuffed Chicken**

- |   |   |
|---|---|
| 1 tsp. seasoned salt, divided             | 1 medium green bell pepper, seeded and chopped, divided |
| 1/2 tsp. garlic salt, divided             | 1 clove garlic, chopped, divided                        |
| 1/2 tsp. black pepper, divided            | 3 cups chicken broth                                    |
| 1 (2-lb.) broiler-fryer chicken           | Hot cooked mashed sweet potatoes (optional)             |
| 2 green onions, chopped, divided          |   |
| 1/2 medium yellow onion, chopped, divided |   |

1. Rub chicken with 1/2 teaspoon of the seasoned salt, 1/4 teaspoon of the garlic salt and 1/4 teaspoon of the black pepper. Sprinkle remaining 1/2 teaspoon seasoned salt, 1/4 teaspoon garlic salt and 1/4 teaspoon black pepper inside chicken. Stuff chicken with half of green onions, yellow onion, bell pepper and garlic.
2. Place chicken into slow cooker. Add broth, 1 cup water and remaining green onion, yellow onion, bell pepper and garlic.
3. Cover; cook on low heat 8 hours or until meat thermometer inserted in thigh registers 180°F. Serve with sweet potatoes, if desired.

MAKES 4 TO 6 SERVINGS

“Slow Cooker Stuffed Chicken is a tasty favorite and an ideal comfort meal after a long stretch of band practice and events.”

## Donovan Wells DIRECTOR OF BANDS

Bethune-Cookman University  
Daytona Beach, Florida



Regarded as one of the nation's top-performing university bands, the Bethune-Cookman University Marching Wildcats is comprised of about 300 members. The band has received national coverage on NBC, ABC, BET, ESPN, UPN and MTV; and has made appearances at major sporting events, including opening ceremonies for the Daytona 500, NCAA events, and NFL and NBA halftime shows. The band has been featured on "The Ellen Degeneres Show," in the movie "Drumline" and most recently in a commercial for Cadillac.

The band gives back to the community through its summer band camp where young musicians have an opportunity to live on campus for a week and work with college-level band directors and students.

### What lifelong values are instilled in students by being a band member, and why?

The skills necessary for a successful band member are some of the same skills necessary to be a productive citizen, employee, parent and spouse. Students in our program first learn to be good at their craft and to be able to compete on all levels. Students learn to be accountable, team players and punctual; they also learn leadership skills, preparation and planning, discipline and compassion.

### How does the marching band help keep the legacy of the university alive?

By carrying out the challenge, principles and vision of our founder Dr. Mary McLeod Bethune. Dr. Bethune was a woman of high morals, values and a strong commitment to educating our youth. The college motto is, "Enter to Learn and Depart to Serve." The training and foundation that students receive from participating in the band program will be called upon when they depart to serve all of humanity.

### What is your favorite song that the band has played?

I can't pick just one because I can find a unique characteristic in every song, but a few would be: "If Only You Knew" performed by Patti Labelle; "Stairway to Heaven" by The O'Jays; "I Can't Stop Loving You" by KEM; "Show Me What You Got" by Jay Z; "Congratulations" by Vesta Williams; and "Amazing Grace."



## Crispy Fried Fish

2 cups seasoned fish fry mix	Vegetable oil
1 tsp. Creole seasoning	Hot sauce (optional)
6 (6-oz.) white fish fillets, such as flounder or tilapia	Tartar sauce (optional)

1. Combine fish fry and Creole seasoning in resealable plastic bag. Add fish; seal and shake lightly to coat both sides.
2. Pour oil to depth of 2 inches into an electric skillet or Dutch oven; heat to 350°F or medium. Fry fish, in batches, 7 to 8 minutes or until golden; drain on paper towels. Serve immediately with hot sauce and/or tartar sauce, if desired.

MAKES 6 SERVINGS

"I grew up fishing on the James River in Virginia with my dad. We would catch fish — usually croaker — in the morning and cook them that same afternoon. Fishing is still a special pastime I share with my 73-year-old father."



## RICH TRADITIONS FROM KRAFT FOODS

African-American food is rich in tradition, with cherished family recipes lovingly passed down from generation to generation. Often referred to as soul food, traditional southern dishes such as fried chicken, macaroni and cheese, jambalaya and grits invoke feelings of warmth, home and family.

In honor of Black History Month, Kraft Foods is proud to share some of these special recipes — which offer the ease and convenience of Kraft prepared foods — that are cooked with love in the kitchens of African-American homes all across the country.



## RITZ® Southern Fried Chicken

**PREP:** 20 min. plus marinating **COOK:** 30 min.

- |    |   |   |                        |
|----|---|---|------------------------|
| 3  | cups buttermilk                             | 1 | tsp. salt              |
| 1  | broiler-fryer chicken (2-½ lb.), cut up     | ½ | tsp. ground red pepper |
| 25 | RITZ Crackers, finely crushed (about 1 cup) | 2 | cups oil               |
| ⅔  | cup flour                                   |   |                        |

**POUR** buttermilk over chicken in shallow dish or resealable plastic bag; cover and refrigerate 1 hour to marinate. Remove chicken from marinade; discard marinade.

**ADD** chicken to combined cracker crumbs, flour, salt and red pepper in shallow dish, turning to evenly coat all sides.

**HEAT** oil in large saucepan to 350°F. Add half of the chicken; cook 15 minutes or until chicken is golden brown and cooked through. Remove from oil; drain on paper towels. Repeat with remaining chicken.

**MAKES 5 SERVINGS.**

**Size-Wise:** You'll know it is a special occasion when this Southern Fried Chicken is on the menu!

**Use Your Oven:** Omit oil. Marinate and coat chicken as directed. Place in foil-lined 15x10x1-inch baking pan sprayed with cooking spray. Drizzle evenly with ¼ cup (½ stick) melted butter or margarine. Bake at 375°F for 40 to 50 minutes or until chicken is golden brown and cooked through.

**Nutrition Information Per Serving:** 430 calories, 28g total fat, 6g saturated fat, 95mg cholesterol, 420mg sodium, 13g carbohydrate, 0g dietary fiber, 2g sugars, 31g protein, 4%DV vitamin A, 0%DV vitamin C, 6%DV calcium, 10%DV iron.





## Easy Homestyle Macaroni & Cheese

**PREP:** 10 min. **BAKE:** 40 min. plus standing

- |   |  |
|---|--|
| 2- <sup>3</sup> / <sub>4</sub> cups hot water         | <sup>1</sup> / <sub>2</sub> cup BREAKSTONE'S or KNUDSEN Sour Cream |
| <sup>1</sup> / <sub>2</sub> tsp. dry mustard          |  |
| 1 pkg. (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner |  |

**PREHEAT** oven to 375°F. Mix water and mustard in 1-<sup>1</sup>/<sub>2</sub>-quart casserole. Whisk in Cheese Sauce from Pouch. Stir in dry Macaroni; cover with tight-fitting lid.

**BAKE** 30 minutes. Uncover; stir in sour cream. Bake, uncovered, an additional 10 minutes. Let stand 5 minutes before serving.

**MAKES 4 SERVINGS.**

**Serving Suggestion:** Serve this family favorite with a crisp, mixed green salad and your favorite steamed vegetables.

**Jazz It Up:** Sprinkle some KRAFT Shredded Cheddar Cheese and paprika lightly over the macaroni and cheese after stirring in the sour cream. Continue baking as directed.

**Topping Idea:** Combine <sup>1</sup>/<sub>2</sub> cup crushed crackers and 1 Tbsp. melted butter or margarine. Place mixture on top of casserole after stirring in sour cream. Continue baking as directed.

**Stir-in Ideas:** Reduce water to 2 cups. Add 1 cup each chopped cooked broccoli and chopped ham OR 1 cup each cooked peas and chopped cooked chicken when stirring in sour cream. Continue baking as directed.

**Nutrition Information Per Serving:** 380 calories, 15g total fat, 9g saturated fat, 55mg cholesterol, 890mg sodium, 46g carbohydrate, 2g dietary fiber, 6g sugars, 14g protein, 10%DV vitamin A, 0%DV vitamin C, 20%DV calcium, 15%DV iron.



## Crispy Barbecued Pork Chops Dinner

**PREP:** 15 min. **TOTAL:** 45 min.

- |   |  |
|---|--|
| <sup>1</sup> / <sub>4</sub> cup BULL'S-EYE Original Barbecue Sauce              | <sup>1</sup> / <sub>2</sub> cup SHAKE 'N BAKE Original Pork Seasoned Coating Mix |
| 2 Tbsp. chopped green onion   | 2 cans (8 oz. each) pineapple slices, drained                                    |
| 2 Tbsp. light soy sauce   | 3 cups hot cooked rice   |
| 4 bone-in pork chops, <sup>1</sup> / <sub>4</sub> inch thick (about 5 oz. each) | 2 cups hot cooked peas   |

**PREHEAT** oven to 375°F. Mix barbecue sauce, green onion and soy sauce; spread evenly onto chops. Measure <sup>1</sup>/<sub>2</sub> cup coating mix; place in shallow dish. Coat both sides of chops with coating mix.

**PLACE** pineapple in 13x9-inch baking dish; top with chops.

**BAKE** 30 minutes or until chops are cooked through (165°F). Serve with rice and peas.

**MAKES 4 SERVINGS**

**Creative Leftovers:** For a quick burst of flavor, sprinkle unused SHAKE 'N BAKE Coating Mix over hot cooked vegetables or tossed green salads.

**Substitute:** Prepare as directed, using KRAFT Original Barbecue Sauce.

**Nutrition Bonus:** Help your family eat right by serving them this low-fat meal tonight.

**Nutrition Information Per Serving (pork chops with rice and peas):**  510 calories, 9g total fat, 2.5g saturated fat, 60mg cholesterol, 900mg sodium, 77g carbohydrate, 7g dietary fiber, 20g sugars, 32g protein, 15%DV vitamin A, 20%DV vitamin C, 8%DV calcium, 25%DV iron.

**Exchange:** 3-<sup>1</sup>/<sub>2</sub> Starch, 1 Fruit, 3 Meat (L)

Dietary Exchanges (or Exchange Calculations) based on Exchange Lists for Meal Planning  
© 2003 by the American Diabetes Association and the American Dietetic Association.





## Cracklin' Cornbread

**PREP:** 10 min. **TOTAL:** 40 min.

- |               |                           |   |  |
|---------------|---------------------------|---|--|
| 2             | eggs                      | 2 | pkg. (8- $\frac{1}{2}$ oz. each) corn muffin mix |
| $\frac{1}{2}$ | cup MIRACLE WHIP Dressing | 3 | cups fried pork rinds, coarsely crushed          |
| $\frac{1}{3}$ | cup milk                  |   |  |

**PREHEAT** oven to 400°F. Beat eggs, dressing and milk in large bowl. Stir in corn muffin mix just until moistened. Add pork rinds; mix lightly.

**SPOON** evenly into greased 13x9-inch baking pan; smooth top.

**BAKE** 25 to 30 min. or until golden brown.

MAKES 16 SERVINGS.

**Spicy Cracklin' Cornbread:** Prepare as directed, adding  $\frac{1}{2}$  tsp. ground red pepper (cayenne) to the batter before spooning into prepared baking pan.

**Cracklin' Cornbread Muffins:** Prepare as directed, spooning batter evenly into 16 paper-lined medium muffin cups. Bake at 400°F for 15 to 20 min. or until golden brown. Makes 16 servings, 1 muffin each.

**Nutrition Information Per Serving:** 170 calories, 6g total fat, 2g saturated fat, 30mg cholesterol, 370mg sodium, 24g carbohydrate, less than 1g dietary fiber, 7g sugars, 4g protein, 0%DV vitamin A, 0%DV vitamin C, 6%DV calcium, 6%DV iron.



## Quick Chicken Jambalaya

**PREP:** 10 min. **TOTAL:** 30 min.

- |   |  |               |   |
|---|--|---------------|---|
| 4 | slices OSCAR MAYER Bacon, chopped                                      | 2             | cups instant white rice, uncooked                     |
| 1 | medium green pepper, chopped   | $\frac{1}{2}$ | cup KRAFT Original Barbecue Sauce                     |
| 1 | large onion, chopped   | 1             | tsp. salt   |
| 1 | stalk celery, finely chopped   | $\frac{1}{4}$ | tsp. ground red pepper (optional)                     |
| 1 | pkg. (14 oz.) OSCAR MAYER Smokies, cut into $\frac{1}{2}$ -inch pieces | 1             | can (14- $\frac{1}{2}$ oz.) diced tomatoes, undrained |
|   | 1- $\frac{1}{2}$ cups chopped cooked chicken                           |               |   |

**COOK** bacon and vegetables in 3-qt. saucepan or large skillet until vegetables are tender and bacon is crisp.

**ADD** Smokies, chicken, 1- $\frac{1}{2}$  cups water, rice, barbecue sauce, salt and red pepper. Bring to boil; cover. Reduce heat to low; simmer 15 min., stirring occasionally.

**STIR** in tomatoes. Cook until heated through.

MAKES 8 SERVINGS, ABOUT 1 CUP EACH.

**Serving Suggestion:** Serve with corn bread and a side of green beans.

**Substitute:** Substitute 1 pkg. (6 oz.) OSCAR MAYER Grilled Chicken Breast Strips, chopped, for chopped cooked fresh chicken.

**Nutrition Information Per Serving (about 1 cup):** 340 calories, 17g total fat, 6g saturated fat, 60mg cholesterol, 1170mg sodium, 29g carbohydrate, 2g dietary fiber, 7g sugars, 18g protein, 8%DV vitamin A, 15%DV vitamin C, 6%DV calcium, 10%DV iron.





## Saucy Baked Chops

**PREP:** 5 min. **TOTAL:** 50 min.

- |   |                                       |   |                    |
|---|---------------------------------------|---|--------------------|
| 4 | bone-in center-cut pork chops (1 lb.) | 1 | tsp. ground ginger |
| ½ | cup KRAFT Original Barbecue Sauce     | 1 | tsp. garlic powder |
| 2 | Tbsp. orange marmalade                |   |                    |

**PREHEAT** oven to 400°F. Place chops in 8-inch square baking dish.

**COMBINE** sauce, marmalade, ginger and garlic powder; spoon evenly over chops.

**BAKE** 45 min. or until chops are cooked through (160°F).

**MAKES 4 SERVINGS, ONE CHOP EACH.**

**Serving Suggestions:** Serve with a hot baked potato and steamed broccoli.

**Nutrition Information Per Serving:** 230 calories, 7g total fat, 2.5g saturated fat, 60mg cholesterol, 480mg sodium, 18g carbohydrate, 0g dietary fiber, 12g sugars, 21g protein, 0%DV vitamin A, 4%DV vitamin C, 2%DV calcium, 6%DV iron.



## Baked Cheese Grits

**PREP:** 10 min. **TOTAL:** 1 hour

- |   |  |   |                                  |
|---|--|---|----------------------------------|
| 1 | qt. (4 cups) water   | 2 | Tbsp. butter or margarine        |
| ½ | tsp. salt  | ½ | tsp. garlic powder               |
| 1 | cup quick-cooking grits  | ¼ | tsp. ground red pepper (cayenne) |
| 1 | cup KRAFT Shredded Sharp Cheddar Cheese, divided                 | 2 | eggs                             |
| ¼ | lb. (4 oz.) VELVEETA Pasteurized Prepared Cheese Product, cut up |   |                                  |

**PREHEAT** oven to 350°F. Bring water and salt to boil in medium saucepan on medium-high heat. Gradually add grits, stirring constantly until well blended. Reduce heat to low. Cook 5 min., stirring occasionally. Remove from heat.

**ADD** ½ cup of the Cheddar cheese, the VELVEETA, butter, garlic powder and red pepper; stir until cheese and VELVEETA are completely melted. Set aside. Beat eggs lightly in small bowl. Add small amount of hot grits mixture to eggs; mix well. Gradually add egg mixture to remaining hot grits mixture, stirring constantly until well blended. Pour into greased 8-inch square baking dish.

**BAKE** 30 min; sprinkle with remaining ½ cup Cheddar cheese. Bake an additional 10 min. Let stand 10 min. before serving.

**MAKES 8 SERVINGS.**

**Serving Suggestion:** Wake up with Baked Cheese Grits for a special Saturday morning treat! Serve with fresh fruit or serve as part of a breakfast or brunch buffet.

**To Double:** Prepare as directed, doubling all ingredients and substituting a 13x9-inch baking dish for the 8-inch square baking dish. Makes 16 servings.

**Nutrition Information Per Serving:** 210 calories, 12g total fat, 7g saturated fat, 85mg cholesterol, 500mg sodium, 18g carbohydrate, 0g dietary fiber, 1g sugars, 9g protein, 10%DV vitamin A, 0%DV vitamin C, 20%DV calcium, 2%DV iron.





## Whipped Sweet Potato Bake

**PREP:** 10 min. **TOTAL:** 30 min.

- |  |  |
|--|--|
| 3 cans (15 oz. each) sweet potatoes, drained | 1 tsp. ground ginger                     |
| ¼ cup (½ stick) butter or margarine, melted  | ¼ tsp. ground nutmeg                     |
| 1 tsp. ground cinnamon                       | 3 cups JET-PUFFED Miniature Marshmallows |

**PREHEAT** oven to 350°F. Beat sweet potatoes, butter, cinnamon, ginger and nutmeg in medium bowl with electric mixer on medium speed until well blended.

**SPOON** into lightly greased 1-½-qt. casserole dish; top with marshmallows.

**BAKE** 15 to 20 min. or until sweet potato mixture is heated through and marshmallows are lightly browned.

MAKES 10 SERVINGS, ½ CUP EACH

**Size-Wise:** Enjoy this classic side dish on special occasions, but keep portion size in mind.

**Substitute:** Substitute 24 JET-PUFFED Marshmallows (about 3 cups) for the JET-PUFFED Miniature Marshmallows.

**Use Your Microwave:** Mix all ingredients except marshmallows as directed. Spoon into lightly greased microwaveable 1-½-qt. baking dish or bowl. Microwave on HIGH 8 to 10 min. or until heated through, stirring after 5 min. Top with the marshmallows; let stand 2 to 3 min. or until marshmallows begin to melt.

**Nutrition Information Per Serving:** 190 calories, 5g total fat, 3g saturated fat, 10mg cholesterol, 80mg sodium, 36g carbohydrate, 3g dietary fiber, 20g sugars, 2g protein, 130%DV vitamin A, 15%DV vitamin C, 0%DV calcium, 6%DV iron.



## Down Home, Southern-Style Chicken & Rice Dinner

**PREP:** 5 min. **TOTAL:** 25 min.

- |   |   |
|---|---|
| 1 slice OSCAR MAYER Lower Sodium Bacon                        | 1 soup can (1-½ cups) water                                 |
| 4 small boneless skinless chicken breast halves (about 1 lb.) | 1 pkg. (10 oz.) frozen collard greens, thawed, squeezed dry |
| Black pepper  | 2 cups instant brown rice, uncooked                         |
| 1 can (10-¾ oz.) reduced sodium chicken broth                 |   |

**COOK** bacon in large nonstick skillet until crisp. Drain bacon, reserving drippings in skillet. Crumble bacon; set aside.

**ADD** chicken to skillet. Season well with pepper; cover. Cook 4 min. on each side or until cooked through. Remove chicken from skillet.

**ADD** broth, water and greens to skillet; stir. Bring to boil.

**STIR** in rice. Top with chicken; cover. Cook on medium-low heat 5 min. Remove from heat. Let stand 5 to 7 min. or until liquid is absorbed. Stir. Sprinkle with reserved crumbled bacon.

MAKES 4 SERVINGS

**Substitute:** Substitute OSCAR MAYER Turkey Bacon for OSCAR MAYER Lower Sodium Bacon.

**Great Substitute:** Substitute fat-free milk for 1-½ cups water.

**Nutrition Bonus:** Enjoy Southern fare! The collard greens are an excellent source of vitamins A & C. This recipe has 45% less sodium than the same recipe made with regular bacon and chicken broth.

**Nutrition Information Per Serving:**  350 calories, 6g total fat, 1.5g saturated fat, 70mg cholesterol, 350mg sodium, 39g carbohydrate, 4g dietary fiber, 0g sugars, 34g protein, 80%DV vitamin A, 50%DV vitamin C, 15%DV calcium, 10%DV iron.





## KADIR NELSON

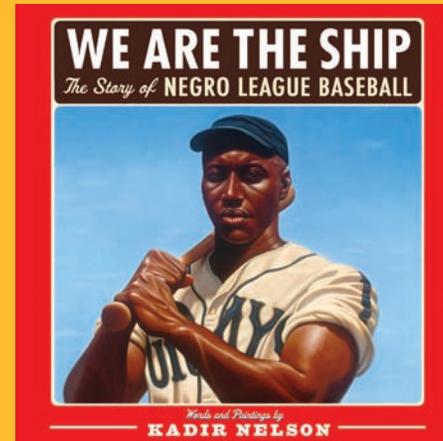
Kadir Nelson is an award-winning artist and illustrator whose work has appeared in *Sports Illustrated*, *Time*, and *The International Review of African American Art*. Among Nelson's vast list of clients are Major League Baseball, the United States Postal Service, Coca-Cola, Nike, State Farm, and the United States House of Representatives. Nelson has also exhibited his artwork in galleries and museums throughout the country and abroad, including the Studio Museum in Harlem, the Smithsonian Anacostia Museum, and the Bristol Museum in England.

Nelson began creating artwork at the age of three and under the tutelage and encouragement of both his uncle, an artist and art instructor, and his high school art teacher, he eventually won a scholarship to study at Pratt Institute in Brooklyn, New York. There he received a B.F.A. in Communications Design with highest honors in 1996. After graduating from Pratt he began publishing his work and later created conceptual artwork for Dreamworks feature films *Amistad* and *Spirit: Stallion of the Cimarron*.

In 1999, Nelson began illustrating children's books and has since collaborated with several notable authors including Ntozake Shange, Debbie Allen, Jerdine Nolen, Doreen Rappaport, Will Smith, and

Spike and Tonya Lee. For his work in children's literature Nelson has received two Coretta Scott King Illustrator Awards, two NAACP Image Awards, Gold and Silver medals from the Society of Illustrators in New York, and a Caldecott Honor from the American Library Association.

In Nelson's most recent work, he pays tribute to the hardy baseball players of the Negro Baseball Leagues who played during the first half of the twentieth century in the illustrated book entitled, "WE ARE THE SHIP: The Story of Negro League Baseball," published by Hyperion/Jump at the Sun, an imprint of Disney Book Group. "WE ARE THE SHIP" is the first book Nelson has both written and illustrated, and is the result of over seven years of hard work and research.



Nelson's personal work is also quite sought after and can be found in the collections of distinguished individuals and institutions such as the Negro Leagues Baseball Museum, the National Baseball Hall of Fame, Steven Spielberg, Berry Gordy, Sharon Stone, Denzel Washington, Will Smith, and Queen Latifah, among others.

Although Nelson works in a variety of styles, he always retains a sense of identity and focus in his work. Nelson's works are instantly recognizable by the emotion and strength of his varied subject matter. Nelson proclaims, "My focus is to give people a sense of hope and nobility; to provide a beautiful reflection of their personal strength and integrity."

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