



Dawn Candlelight Pledge Service Held June 4th

The Four Chapters of the Southeastern Region of Alpha Chi Pi Omega Sorority held its Dawn Candle Light Pledge Service June 4 at the Downtown Motor Inn in Durham. The theme for the service was "More Love, Peace and Happiness."

The four sorority chapters in attendance were Delta Chi Eta-Raleigh, Nu Theta Sigma-Durham, Nu Phi-Greensboro, and Psi Tau Mu-Durham.

Introduction of the speaker was given by Soror Callie Ashford with Psi Tau Mu. The guest speaker, Mrs. Thelma Cumbo Lennon, a Raleigh native, received her elementary and secondary education in the Raleigh public school system.

She received her Bachelor's degree in Business Education from North Carolina Central University and continued her work to receive her Master's degree in Guidance and Counseling from Boston University. She did further study in Guidance and Counseling at Harvard University, Cambridge, Mass.

In 1961 Mrs. Lennon joined the N. C. State Department



DAWN CANDLELIGHT PLEDGE SERVICE

of Public Instruction as Guidance Consultant. In 1965 she was promoted to Supervisor of Guidance, Counseling and Testing. She rose again in 1970 to the Direction Division of Pupil Personnel Services. This includes school counselors, school psychologists, school nurses, and school social workers.

Mrs. Lennon is presently chairman of the Woman's

Commission of the National Vocational Guidance Association. She is a member of White Rock Baptist Church in Durham and she is married to John D. Lennon, Dean of Men at N. C. Central.

IRON COOKWARE

If rust occurs on iron cookware, remove it with steel wool. Wash, rinse and re-season utensil.

Red Cross Issues Water Safety Tips For 1972 Season

WASHINGTON, D. C., June 17—The big splash comes this month when the vanguard of more than 100 million Americans take to the water for fun and good health, to swim, sail, canoe, or cruise around in motor-powered boats.

The fun can be better, the American Red Cross says, if all followers of aquatic sports observe safety precautions. This applies to people who are near the water as well as those in and on it, according to Charles W. (Red) Russell, acting national director of Red Cross Safety Programs, "because 60 per cent of the people who drown each year fall into the water accidentally."

"They could have saved themselves," he said, "if they had been able to swim, because almost invariably safety—in the form of a dock, a boat or the shore—was nearby."

The Red Cross has been teaching swimming and life saving since 1914. In the nearly 60 years since then, its instruction and that of other organizations has resulted in a reduction of 1,700 in the number of annual drownings—in an era when the total population of the country has more than doubled and participants in water sports have multiplied tenfold. The drowning rate per 100,000 of population has fallen from 10.2 to 3.6.

"Although the 7,300 persons who drown each year are fewer than the number of 60 years ago, it is still too high," Mr. Russell said. "With normal cautions it could be reduced greatly."

"The first water safety precaution is to learn to swim," he continued. "If you can swim, learn to swim better. Your local Red Cross chapter can tell you when its swimming classes are scheduled."

When food burns on, boil a solution of two teaspoons of baking soda and one quart of water in the utensil, remove the softened food, scrub, rinse and dry.



BACK TO SCHOOL WITH CINDERELLA . . . the school bus might be late, but our girls are right on fashion time in jumper looks from Cinderella Sportswear. Mary's brown ground number print jumper (100% bonded Acrylic)

is trimmed in cream. Lisa chooses a brown, cream and red argyle patterned sweater knit jumper (50% Polyester, 50% Acrylic) with brown ribbed midriff. Both girls wear cream turtlenecks of 100% Orion Acrylic.

Mere seconds of inattention can be fatal."

Other swimming safety tips are these, Mrs. Russell said:

Always swim with a companion, never alone. On a long distance swim, arrange for someone in a boat to accompany you.

Swim in a safe place. The presence of lifeguards usually indicates the area is safe for swimming. Stay away from the area immediately in front of a diving board and do not swim near piers or pilings.

Before diving, make sure the water is deep enough and there are no hidden objects such as submerged rocks. In pools, look for depth markings before diving.

If you have not been swimming since last summer, take it easy at first. Know your limitations and stay within them. Wait at least an hour after swimming, and do not swim when overtired or overheated.

Make certain that reaching poles, buoys, and similar rescue equipment are readily available

at your swimming area.

Don't depend on an inflated innertube or toy to hold you up. It may slip from under you.

Whenever a storm approaches, get out of the water—it is a conductor of lightning.

HEAT PATH

In the summertime, about 60 percent of the heat gained in your house comes through the ceiling. The other 40 percent seeps in through the side walls and windows.

Jordan Asks For Domestic Summit Conference

Vernon E. Jordan, Jr., executive director of the National Urban League, today called on President Nixon to meet with black leadership in a "domestic summit conference."

In a commencement address at Howard University in Washington, D.C., Saturday, June 3, Mr. Jordan said:

"Just as the international situation has been eased by this display of communication and negotiation by the leaders of the great powers, so too can our domestic situation be improved by increased communication among black and white leadership and by a black voice in decisions concerning our security and survival. The administration embarked upon its disastrous busing position without conferring with those black leaders and organizations who had asked for the opportunity to meet with the President. The Administration has for too long screened itself from the sights and voices of the ghetto. For too long has it entered upon some policies that have neglected the basic interests of black Americans.

"The time has now come to reverse this. Just as the President has reversed his policies toward Russia and China; just as he has taken dramatic steps to close the gap between our perception of the world and the world as it is, so too must he now adjust his policies toward Black America, whose 25 million citizens anxiously look for signs that their interests, too, shall be a basic concern of the policy makers of their government.

"The President has gone to the Great Wall of China and the walls of the Kremlin. The time has now come for him to go into the poverty-stricken ghettos of America, to talk with the very people whose lives and hopes he can so greatly affect.



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