

EDITORIALS & COMMENT

"If you will protest courageously and yet with dignity and Christian Love, when the history books are written in future generations, the historians will have to pause and say, 'There lived a great people—a black people who injected new meaning and dignity into the veins of civilization.' This is our challenge and our overwhelming responsibility." — Rev. Martin Luther King, Jr.

Black Students and Expulsions

Recently, an NEA director of teacher rights pointed up the large number of black students that have been expelled from public schools. Calling these problems the "school pushouts," it is estimated that as many as 50,000 students, in the South alone, may have been involved.

The continuing and alarming reports of the systematic displacement of black students in desegregated schools must be stopped. It is possible that legislative, judicial and administrative remedies must be used to alleviate and find solutions to the many problems involved.

Such loss of promising black students must be recouped if black people are to survive. These potential leaders must be discovered and must have restored upon them the right to continue in meaningful and productive career options.

It is hoped that the high priorities given by the federal government to NEA officials to help students who have been expelled or otherwise just "pushed out" of public schools will seek to locate these many students. Young people who have been permanently excluded from public schools should write, (not phone) Student Displacement Project-NEA, 1201 16th St. N. W., Washington, D. C. 20036.

The increasing importance of education in the technological and scientific world for greater economic potential shows up in all education forecasts for youths of today.

Reclaiming these thousands of expelled or "pushed out" students will not only cut down their limited earning capacity, but may well develop greatly their potential for becoming contributing and more adequate forces in our highly skilled society.

Forecast on Youth

The U.S. Census Bureau in its special report forecasts a dramatic drop in the number of high school age Americans by 1985. It is expected that the number of high school age youths, 14 to 17 will drop to 14.3 in 1985 down from the 1972 figure of 16.4 million. Likewise there is expected to be a drop also in the college age group.

The special census report deals primarily with young Americans, 14 to 24, who were born following World War II. This was a period of high birth rates.

The era of high birthrate, however, appears to be over. American couples are marrying later and producing fewer children.

Other trends in the report show that:

- (1) Black and white youths are bet-

ter educated than before with an "especially dramatic" improvement for blacks.

(2) Young adults like to move around. They are highly mobile. More than 40 per cent of those in the 22-24 age bracket moved at least once between March, 1970, and March 1971.

(3) In 1971 about one half of all family heads in the 22-24 age bracket were employed full time and earned a median income of \$3,822.

(4) The proportion of young adults, 25-29, who were high school graduates increased from 38 per cent in 1940 to 80 per cent in 1972. The number of college graduates in the same period increased from 5.8 per cent to 19 per cent.

Americans are getting better educated all the time.

Nutrition Awareness Important To All

The observance of Nutrition Awareness Week during May 6-12 should make all citizens and especially families look forward toward their food habits and see how they measure up in meeting the body's needs for improved health through wise food choice selections at all stages of one's life span.

Concern about what individuals and families are eating revolves around important recent surveys which point out that North Carolina nutrition surveys reveal that 27 per cent or one out of every 4 households in N. C. had seriously inadequate diets and eating habits at the time of the survey. Pre-schoolers are especially fed inadequately according to the results gathered from the survey.

If we are to improve our dietary patterns and habits, certain concepts are important to know about nutrition education. These concepts are those important facts that must be kept in mind by all individuals and families.

Nutrition is the way the body uses food. We eat food to live, to grow, to keep healthy and well and to get needed energy for work and play. Food is made up of different nutrients needed for growth and health. Nutrients include proteins, carbohydrates, fats, minerals and vitamins. Proteins include meats, fish, fowl and or its substitutes such as dried beans, peas, peanut butter, etc.; carbohydrates include breads, cereals and some vegetables; fats include butter, margarine, oils, animal fats (lard); minerals and vitamins include green, leafy, yellow or red vegetables, fruits and especially citrus fruits and juices and the many enriched food-stuffs.

Milk in some form is important for all persons, no matter what their ages. It may be purchased as whole fresh milk, dry, non-fat, canned or evaporated and in many low-calorie liquid form. Condensed milks may be used best in making desserts.

All nutrients needed by the body are available through food. Many kinds and combinations of food can lead to a well-balanced diet. No single food has all the nutrients needed for growth and health. Each nutrient has specific uses in the body. Most nutrients do their best work in the body when teamed with other nutrients.

All persons, throughout life have need for the same nutrients, but in varying amounts. The amounts of nutrients needed are influenced by age, sex, body size, activity, state of health and heredity.

The way food is handled influences the amount of nutrients in foods, its safety, quality, appearance, taste, acceptability and cost. Handling means anything that happens to food while it is being grown, processed, stored and prepared for eating.

Surveys of North Carolinians show that neither nutrition knowledge, race, income status, whether rural or urban dwellers have great bearing on the diet choosing of young children. Families and individual need to become better acquainted with the wise choice of foodstuff selections needed to improve both physical and sometimes mental health.

The Nutrition Council of Durham County is rendering a great service to all citizens as they seek to improve the nutritional status of its citizenry through nutrition education programs, not only during the special observance but on a year round basis. We encourage all citizens and families to seek ways to improve their food choices for greater and better physical and mental health.

A last word . . . REMEMBER . . . fad diets are not the answer . . . informed food choice selections for the diet will benefit everyone, both now and in years to come. The choice or decision is yours. What will it be?

Mrs. Eiva P. DeJarnon
Nutrition Consultant—
Registered Dietitian



ERWIN
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convocation, as well as the Kenan Stadium exercises and other general events during the Commencement weekend. Families of graduates, including wives and children and fathers and mothers of the professional school graduates will attend.

ALEXANDER
(Continued from front page)
to get the right to function as a high fraternal order, it set off a series of chain reaction, that told the white man that God created all men equal to dwell upon the face of the earth. He minced no words in telling that the Elks, the largest black fraternal organization in America, was the result of black men wanted a medium where they could discuss their matters in secret.

There was a soul-searching admonition which dealt with blacks going off in splinter groups and following untried leaders. "The truth of the matter is that we have too many leaders who are self-appointed and do not know where they are going themselves," he said. He charged that blacks are too prone to run to the daily newspapers. Such action, he alleges, militates against the progress of blacks. He said that as soon as the newspaper representative got the information, he would call those he had set up as leaders. The latter group would proceed to vilify the persons who called the meeting and the writer would then write a story to his liking.

The convention opened Sunday and closed Wednesday, with a parade. The program of the Order was implemented, with much emphasis on health, education and welfare. It was the consensus that the first priority was the creating of some political muscle.

MITCHELL
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enter the competition for the for the "1973 N. C. Mother." Congressman Mitchell, son of Clarence Mitchell, chief lobbyist for the NAACP, is expected to give an up-to-the-minute report on what congress is doing and expected to do about the plight of the minorities.

BRIEFS
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would create a special claims court which would cut red tape, waive time limitations on such claims and make a quick decision for compensation. Subcommittee chairman, Senator Edward Kennedy, Democrat of Massachusetts, agreeing said: "I am ashamed of what we the people and government of the United States have done to our fellow citizens at Tuskegee, Ala. We can never really make it up to them."

WORK OBLIGATIONS FOR WELFARE RECIPIENTS
LEGAL COURT SAYS
NEW YORK — It is not unconstitutional for a welfare

recipient to be impelled to do work ordinarily done by a Civil Servant and it cannot be called peonage, a state Supreme Court judge has ruled. Rejecting complaints of the 37th council of the American Federation of State, County and Municipal Employees, Justice Samuel J. Silverman ruled in a case filed by three welfare recipients who contended that their employment amount to peonage. The judge, however, said it "is quite fallacious."

BURDEN
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bracket, \$3,000 to \$4,800. Comparable proportions for white children in husband-wife families were two and five percent. Of the 2.9 million Negro children in fatherless families, 39 percent were supported on less than \$3,000-a-year and 33 percent were in the next broad income group. Comparable proportions for Negro children in husband-wife families were six and 13 percent.

The report observes historically a much higher proportion of Negro than white children are in families in which the mother goes out to work. As of March 1973, 51 percent of the black children under 18, compared to 37 percent of white children had a mother in the labor force. The difference reflects in part the greater economic pressure on many Negro wives to supplement the often low earnings of their husbands, the report says.

DIGGS
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band, and the announcement of student honors by Dr. Jesse Marshall, and the commissioning as second lieutenants of graduating Air Force and Army ROTC cadets. Immedia tely following the exercises, Chancellor and Mrs. Dowdy will entertain the graduates and their families at a reception in the Exhibition Building. Diggs, a Democrat, was born in Detroit, where his family had distinguished itself in business in that city for many years. He attended the University of Michigan, Fisk University, the Wayne School of Mortuary Science and the Detroit College of Law. Diggs served in the Michigan State Senate from 1951 to 1954. He was elected the 84th Congress.

In connection with the graduation, a full Alumni Weekend is expected to attract several thousand A&T graduates and former students back to Greensboro. The weekend has been designated as reunion time for the classes of the eights and threes.

The old grads will assemble mostly at the Rama da Inn of I-85. A key feature of the celebration will be the association's annual meeting on Saturday, May 12 at 10 a.m. and the election of national officers in Merrick Hall auditorium. An alumni breakfast and a luncheon, both in the Red carpet Room, will also be held on Saturday. Another highlight of the alumni weekend will be the annual awards dinner at 8:30 p.m. Saturday in the Ramada Inn. Speaker for the occasion will be Dr. Wilbert Greenfield, newly elected president of Johnson C. Smith University. The association's annual alumni awards

will be presented at this time. Other alumni activities include a 5 p.m. reception and a 9 p.m. Cabaret, sponsored by the Gate City Alumni chapter, a 5 p.m. reception and a 9 p.m. All-Alumni Mixer on Saturday night. Music for both dances will be provided by Foots Harrison.

A highlight of the reunion classes is expected to be the report of the Class of 1953. The project entitled 5373 is committed to raising at least \$20,000. President of the class is Col. David McElveen, the commander of Andrews Air Force Base.

YEAGER
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Relations Center. As a Secret Service Agent, he worked in St. Louis for a year and a half, and then spent a year and a half traveling with the late President Kennedy. Yeager said he was in Austin, Texas, preparing for Kennedy's arrival there when the president was assassinated in Dallas. Other experiences include work with the U.S. Office of Education and he has done extensive work as a school consultant among some 50 or 75 districts helping school officials with desegregation plans and develop curriculum. The newly appointed superintendent and his wife, who is a reading teacher, plan to build or buy a home in Durham. They have no children. Yeager will receive a salary of \$30,000 per year.

JACKSON
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Chicago Teachers Strike. In politics, ten of the 59 members of the successful "challenge" delegation from Chicago at the Democratic National Convention were members of PUSH, including Jackson. Jackson was a national convener and planner of the March Black National Convention.

Consumer protection campaigns by PUSH included a picketing campaign against a number of stores in Chicago. An injunction halted the picketing and leafleting, but PUSH claims that the merchants have not yet recaptured the community market.

PUSH also sponsored an Economic Bill of Rights as an alternative to welfare. This plan, which calls for a guaranteed income administered through the same processes as income taxes, would eliminate local welfare agencies as sources of financial assistance and would equalize benefits throughout the nation.

Jackson is a native of Greenville, S.C. He turned down a Chicago White Sox baseball contract to attend college, and attended the University of Illinois on a football scholarship for one year before transferring to North Carolina A&T where he received the bachelor of science degree in sociology in 1964.

He has studied at the Chicago Theological Seminary. Jackson is associate Missionary Baptist Church in Chicago.

GAMES
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mont Community Center, Lincoln Health Clinic, John Avery Boys' Club and the Black Youth Council. Out of town guests will be the Tarboro Youth Group from Tarboro, E. A. House Boys' Club from

TO BE EQUAL

By VERNON JORDAN

Executive Director, National Urban League

NEW YORK.—Writing in the April issue of "Commentary," Ben J. Wattenberg and Richard M. Scammon, two respected statisticians, make the startling and unsupported charge that civil rights leaders "have elected as a matter of policy" to avoid any public mention of black achievements in "order to maintain moral and political pressure on the Administration and on public opinion."

The charge, which I emphatically label as false, carries the ugly implication of a cynical conspiracy among black leaders to deliberately ignore reality as part of a dishonest strategy to make the problems of black Americans seem worse than they really are.

The truth is that a great deal of attention has been paid by black leaders to the very real gains made by blacks over the past several decades. To ignore these gains would be foolish. At the same time, however, the rejoicing has to be tempered with the bitter fact that most blacks still lag far behind white America in what is available to them in terms of employment, housing, education, health care and all the other

white. Individual blacks have succeeded and this is to be praised. But a walk through any ghetto, with its rat-infested housing and its out-of-work men and women clearly demonstrates why so many of us cannot take the easy way out and dwell on how far we have come, instead of dealing with the more pressing problem of how far we still have to go before we catch up.

Wattenberg and Scammon also contend that at some unspecified moment during the recent past, enough blacks moved up to middle class status to become a majority of black Americans (52 per cent). If this is true, the obvious conclusion is that blacks pretty much have it made and efforts to erase inequalities within the society can be toned down.

The Wattenberg-Scammon thesis, however, simply does not hang together. Not unless one is prepared to accept an elastic definition of middle class that has been stretched to the extent that includes all workers except laborers, service workers and domestics.

Using money as the determinant of what constitutes middle class, they set \$8,000

Goldboro, Wake Opportunity Group from Raleigh, Charlotte Youth Group from Charlotte, Cha pel Hill's Recreation Department and a group from the N.C. Department of Social Rehabilitation Control in Raleigh.

Ben Ruffin, who is serving as chairman of the human relations committee for the Martin Luther King Game s along with Rev. Philip Cousin, had nothing but praise for the local businesses who thought enough of the children to sacrifice donations to make it possible for them to see the meet.

"As a result of the deep concern by the local businesses, children from throughout North Carolina will be able to see the meet Saturday. This is one of the best things that could have happen for these youngsters," Ruffin stated Saturday.

Dr. L. T. Walker, meet coordinator for the meet, joined Ruffin in praising the local businesses for their concern. "I know as a result of the donations made by these businesses, some children will be made happy because they will be able to come to the meet," the veteran track coach stated.

Coca-Cola will sponsor the 880-yard run, Mutual Savings and Loan the 100-yard hurdles, Mechanics and Farmers Bank the mile relay, IBM the 440-yard hurdles, Burroughs-Wellcome the 440-yard dash and NCNB the one mile run. The stage is set for the 5th annual Martin Luther King International Freedom Games. Some 35 olympians are scheduled to participate in the one-day meet. A new track has been installed at the Wallace Wade Stadium and the new electronic timing device will be used to time the events. But some of the biggest winners at Wallace Wade Stadium Saturday will be the 8,000 children who will have their dreams fulfilled as a result of some of the local businesses in the area who have stepped forward and said, "someone really cares."