



GETS FIRST ROTC SCHOLARSHIP — Air Force ROTC cadet Eddie Carnegie, (right) a junior at Fayetteville State University, recently received a two year Air Force ROTC scholarship. Congratulating him is FSU Air Force ROTC head Lt. Col. James M. Dillard. Carnegie was awarded the scholarship on the basis of his academic performance at FSU and his performance at a six week camp conducted at MacDill Air Force Base, Florida. He is the first student at FSU to receive this award.



CO-ED BACKFIELD — Salisbury: (L-R) Cynthia Henderson, from Wilmington, Del.; Diane Royal, from Clinton; and Arline Stewart, from Winston-Salem; all freshmen at Livingstone College at Salisbury, are a backfield in motion that is pretty hard to beat in '73.

Look for Ways to Cut Energy Needs in Home

If you are like many Americans and have never been fuel or energy conservation-minded, it may be possible to cut the amount of energy used in your home by 5 to 10 percent.

With a shortage of home heating fuel a stark reality going into the winter season, it's a good time to begin using some of the energy-conserving practices.

North Carolina State University extension housing engineers have these suggestions:

Savings can begin with the simple steps of turning out lights when the room isn't being used and using smaller bulbs in locations where there is not a critical "seeing" task to be performed. Some of these places are hallways and in overhead lights used for general lighting.

Another place energy use can be reduced is in heating and cooling the home. The NCSU engineers point out that substantial savings can be realized by simply keeping the house slightly cooler in winter than usual. Or, next summer, keep it just slightly warmer than usual.

Turning the thermostat only a degree or two back in winter and up in summer can make a big difference in the amount of energy used.

Along with this, good heating and cooling system maintenance is recommended. Keep filters cleaned and keep oil and gas burners adjusted for most efficient fuel use.

Some of the biggest energy-saving items around the home are weatherstripping, insulation and storm windows and doors.

Engineers point out that in homes without good weatherstripping and storm windows, there can be as much as two complete air changes an hour when there is a 15-mile-an-hour wind blowing outside.

With weather stripping around windows and doors, and cracks caulked, the air exchange can be cut down to about one-half an exchange per hour.

Another tip: keep the fireplace damper closed when not in use. A lot of heated air can be lost up the chimney.

Good insulation is a "must" in any home you might build in the future. If your present home doesn't have insulation, it can be added. There are ways of insulating older homes between the ceiling joists in the attic. Some types of insulation can be blown into walls.

FALL FASHIONS

The fall fashion scene is wrapped in shades of green, burgundy, navy, brown and deep ruby reds. The solid appearance of the English Club and Art Deco motifs set the trend, observes Harriet Tutterow, extension clothing specialist, North Carolina State University.

R for your child's safety

Home accidents kill and cripple more children under the age of five than any disease, according to Albert H. Domm, M.D., child safety specialist and medical director of the Prudential Insurance Company.

Dr. Domm defined a home accident as one which occurs in the house, yard or neighborhood.



"The child who swallows kerosene, pulls a pot of boiling water over himself, falls from a second story balcony, drowns in a swimming pool, or Dr. Albert H. Domm breaks his leg in a vacant lot is a victim of a home accident," Dr. Domm explained.

"These tragedies are almost entirely preventable by careful planning, forethought, supervision and education," he said.

Dr. Domm appealed to parents to check each and every room of the house as well as neighborhood play areas for safety hazards.

"Poisonous household substances and medicines should be kept in locked cabinets," he said. "Sharp instruments which can seriously maim or kill must be kept out of the reach of the curious toddler."

For yard safety, Dr. Domm urged parents to fence off a protected play area for children.

Garden Clubs for Men Popular Across Nation

By M. E. Gardner
N. C. State University

In 1946 we organized a Men's Horticultural Club in Raleigh and I am a charter member. I have also served as president, secretary and editor of the "Clodhopper," a monthly newsletter to the membership.

About five years ago, we changed the name of the club to Men's Garden Club of Wake County and I still serve as editor of the "Clodhopper." The membership has increased from about 30 in 1950 to over 100 in 1972. We are affiliated with the Men's Garden Clubs of America with headquarters in Des Moines, Iowa. There are over 200 clubs nationally with a good number in North Carolina — Raleigh, Chapel Hill, Oxford, Asheville, Jacksonville and Reidsville to name a few.

We meet once a month for timely and interesting programs and for the transaction of business. Wives of members are always welcome and a goodly number attend each meeting.

We plan ahead of meeting dates and here are some of the subjects to be discussed. November — weed control in home gardens and lawns. December — Christmas party. January — the home

vegetable garden. There is tremendous interest in home vegetable gardens due to spiraling food costs. February — small fruits and grapes for the home garden. Other subjects will deal with landscaping and maintenance of the home grounds and propagation of plants. Seasonal attention is given to the control

of insect and disease pests.

We sponsor the flower and garden show at the N. C. State Fair which is our largest and most important project. It was especially good this year. The management of the fair provides an exhibit building with patio, a greenhouse and spacious grounds for outdoor gardens. The out flowers, arrangements, gourds, etc. are placed in the exhibit building, hanging baskets and pot plants in the greenhouse and the gardens outside. Members compete for ribbons with hanging baskets in the patio area.

I am giving some details of organization and sponsored projects, hoping that we can create

an interest in men's garden clubs in all sections of North Carolina. There are many projects of a civic nature which will respond to active organized effort.

Why don't you give it a try? We will be glad to help.

PRINT POWER

Along with being colorful and textured, fabrics are patterned for '73. Patterned fabrics, used in conjunction with solids and other patterns, round out the totally coordinated look of separates; adding interest and movement to the whole costume, says Dorothy Barrier, extension clothing specialist, North Carolina State University.

USE UP

The supply of flue-cured tobacco continues to decline and is now

estimated at 2.87 billion pounds, down 2 percent from last year. Carry-over stocks into the present season were down 8.5 percent. Exports during the past

marketing year rose 8 percent and domestic use rose slightly which resulted in a 3 percent gain in overall use. Little change is expected this season.

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By the way...

by Joe Black

I've had a few comments to make about this subject before. But it seems to me it's time to discuss it again. Because, as always, it's time to do something about it.

I'm talking about the Haves and the Have-nots. The Blacks who have it made. And the Blacks who haven't. *Yet.* And that's an important word. *Yet.* Simply because, someday, we'll see more of us who have, than have-not.

We've all been patient for a long time, waiting for that better day. But let's all stop for a moment and think.

For many of us, that better day has dawned. It's here. Now. And I'm not just talking about all of our Superstars.

I'm talking, this time, about Mr. and Mrs. Average Black Citizen.

But I wonder, just how many of us are really handling the added responsibilities of being there? Not the least of which, of course, is holding out our hands to help our less fortunate brothers and sisters.

For many Blacks today, it's time to put some money where our mouths are.

After all, to have gotten to where we are, today's Haves haven't had a lot of time to waste. Now that we're there, there's no time to waste on indifference to the rest of our brothers and sisters.

Joe Black
Vice President
The Grayhound Corporation

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