

# News From Soul City

By Mrs. Rosetta Tozzo



State Jaycee President Joe Hollowell [center] presents Lewis Myers, president of the newly formed Soul City Jaycee Chapter, with the club charter. Mid-east Regional Director Roger Allen [left] witnesses the presentation.

## Jaycees Hold Charter Night Ceremonies At Lions Den

By ROSETTA C. TOZZO  
Soul City Jaycees held their Charter Night ceremonies this past Wednesday, April 27, at the Lions Den in Warrenton. Charter Night began with cocktails from 6:30 p. m. to 7:30 p. m. George Silver, internal vice president, welcomed the 80 people in attendance and introduced the Rev. Michael Williams, chaplain, who provided a prayer. A buffet dinner which consisted of home cooked barbecue and baked chicken, potato salad, green beans, hot rolls, tea and coffee and ice cream was served.

After dinner the visiting state officials were introduced. Roger Allen, Mid-East regional director and the first person to come to Soul City, and speak about the possibility of forming a chapter here, mentioned that Jaycees believe in making the community a better place to live and that they help people to improve themselves.

He then introduced Joe Hollowell, president of the North Carolina Jaycees. President Hollowell reviewed his involvement and affiliation with the North Carolina Jaycees. He praised the charter members for establishing the Soul City Jaycee chapter and presented the charter to Lewis Myers, president of the Soul City Jaycees.

Allen then officially swore in the officers and directors. President Hollowell gave the officers oath of office to Lewis Myers. Jaycee charter membership pins were given out to all 28 new members by Mr. Myers.

Guest speaker, Harold H. Webb, state personnel director, also congratulated the Soul City Jaycees for establishing the new chapter. Mr. Webb gave a brief description of his job and mentioned that he thinks "we should improve our whole system of communications in the government by having open communications and establishing policies that are inclusive, not exclusive." Mr. Webb ended his speech by saying that the

Jaycee chapter established at Soul City has a "unique opportunity and ability to set standards and challenges in the community."

A highlight of the evening was the presentation of honorary memberships to McCarroll Alson, General Claude T. Bowers, Mrs. Eva M. Clayton, Dr. J. P. Green, Floyd B. McKissick, Sr., Ernest A. Turner and Mr. Webb.

Dignitaries and guests were then recognized. Among them were Soul City Jaycee associate members,

representatives from the Warren County Jaycees and Ms. Mattie Arrington, who is a candidate for "Mother Of The Year," sponsored by the Warren County NAACP.

The event ended at approximately 9:30 p. m. with the benediction by the Rev. Michael Williams. Afterwards, pictures were taken of all honorary members, officers and directors, and charter members. The affair was well attended and everyone "stuffed" themselves and had a good time.



Soul City Jaycee President Lewis Myers is given his oath of office by Joe Hollowell, state Jaycee president.



Harold Webb, North Carolina personnel director, was guest speaker at Charter night ceremonies.



Floyd B. McKissick, Jr., presents General Claude Bowers with an honorary membership in the Soul City Jaycees. General Bowers was unable to attend Charter Night ceremonies at the Lions Den Wednesday night and received the award in his office Friday morning. [Staff Photo]

## Certain Breads May Be Used For Reducing

By ELLEN WELLES  
CHAPEL HILL — We've heard of the high protein meat diet. What about the bread diet?

Bread, especially low calorie-high cellulose bread, is an effective, nutritional aid in weight reduction, says Dr. Olaf Mickelsen, professor of human nutrition at Michigan State University. Mickelsen discussed his bread diet recently with a group of students and faculty members at a public lecture sponsored by the department of nutrition of the University of North Carolina at Chapel Hill School of Public Health.

At the end of an eight-week test period, his student subjects lost an average of 19.3 pounds when on a controlled diet with low-cal-cellulose bread and 13.7 pounds with regular white bread. The students were fed meals with normal portions of meat, vegetables and salads, but were required to eat 12 slices of bread a day and to cut down on high fat foods. They kept a record of everything they ate between meals and brought in daily urine samples.

"After losing 25 pounds on our low-cal-cellulose bread diet, in eight weeks, one student wanted to know if he could continue. Since that bread was not on the market yet we told him to continue but to use regular white bread. When he came back to us later, he had lost 25 additional pounds," said Mickelsen, who conducted the experiments within the last three years.

The bread is now on the market, labeled as low-cal, high fiber bread.

Mickelsen said the subjects never complained of hunger during the diet. He said this is because bread fills a person up before he has consumed the calories needed to maintain to same weight. Also, cellulose fiber and other bulk food stay in the stomach longer than other foods. Mickelsen used only men as subjects, but said the diet should work for women also.

In low-cal-cellulose bread, some starches have been replaced with the carbohydrate cellulose which people cannot digest, according to Dr. John Anderson, UNC-CH professor of nutrition who introduced Mickelsen.

"Roughage tends to remain in the stomach longer, but passes through the intestines at a faster rate," Anderson said.

Mickelsen said his bread study was prompted by an Iranian student who wanted to find ways to improve bread quality in her native country. In Iran, 75 to 80 percent of the calories people consume are in bread.

Wheat by itself is a poor quality protein food because it is low in lysine, an essential amino acid, explained Anderson. Most American breads are supplemented with some other protein, mainly milk. But Iran does not add protein supplements to its bread, and most Iranians are not financially capable of supplementing their diets with protein foods such as vegetables, beans, milk, meat and other animal sources.

In addition to weight reducers, low-cal-cellulose bread diets are beneficial for diabetics, Mickelsen said. High fiber intake

reduces the peak level of blood glucose which enable the adult-onset type of diabetics to take less or no insulin at all, he said. All juvenile or brittle diabetics must take insulin, but some adult-onset diabetics can use their diets to regulate sugar in their blood.

Low-cal-cellulose bread also may help reduce colon cancer, the leading cause of cancer death in men. Anderson explained that there is a lot of controversy over this.

"Because of the cellulose," Anderson said, "the transit time of undigested materials is much shorter. There is less time for material to remain in the colon. Colon cancer is higher in countries that consume a lot of processed foods. But there is a lot of controversy over this because they really don't know; it is all epidemiological evidence rather than biochemical."

Mickelsen also pointed out the difference between the cost of diets. "The protein in steak is twice as expensive as the protein in bread; in calories, steak is six times as expensive. That seems to speak for itself."

## Padula Is Winner In TV Set Drawing

Arthur H. Padula of Soul City was the lucky ticket holder Friday as he won a 12-inch black and white television set raffled off by the Young Democrats of Warren County.

Gen. Claude Bowers drew the winning ticket Friday in his office at Bowers and Burrows Oil Co. in Warrenton.

Floyd B. McKissick, Jr., sold the highest amount of tickets (60) but consolation prizes of five dollars were given to John Kearney and Denise Coleman for selling tickets. McKissick said that the purpose of the raffle was to raise money for future activities of the club. The club journeyed to Washington in January to see the inauguration of President Jimmy Carter; funds raised will go towards educational projects of that type, McKissick said.

Some of the money raised will be set aside for membership of people who are interested in the functions of the club but can not afford the annual dues.

## Tea For One



When you're sitting down to tea alone, why not steep yourself in elegance?

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It's something different brewing on the tea scene.

John F. Kennedy International airport covers 4,900 acres.



Honorary memberships were given to seven citizens Wednesday night by the Soul City Jaycee Chapter. Receiving the honorary memberships were [left to right] McCarroll Alston, Ernest Turner, Mrs. Eva Clayton, Harold Webb, Floyd B. McKissick, Jr., accepting on behalf of his father; and Dr. J. P. Green. Not present was Gen. Claude Bowers.



Officers and directors of the Soul City Jaycees join state officers after the official presentation of the charter. Left to right, front row, are Eddie Harrell, treasurer; Roger Allen, Mid-east Regional Director; George Silver, external vice president; Floyd B. McKissick, Jr., internal vice president; and Alvin Turner, director. Standing are James Shearin, director; Henry Moore, secretary; Joe Hollowell, state Jaycee president; Lewis Myers, president; and Maurice Crump, director.



General Claude Bowers draws the lucky ticket for a television set raffled off by the Young Democrats of Warren County. Club president Floyd B. McKissick and members John Kearney [right] and Denise Coleman look on. [Staff Photo]

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