

SWEETIE PIE



"He's been planting them all around the garden! You suppose he thinks they'll grow?"

Crime Report Is Surveyed

Latest figures on juvenile delinquency and crime from the Children's Bureau of United States Department of Health, Education and Welfare for 1963 reveal that 601,000 juvenile delinquent cases (excluding traffic offenses) were handled in juvenile courts. This represents 1.9% of all children ages 10 through 17. Juvenile delinquency increased 8% in the nation while the child population (10 through 17) increased only 4% during the year.

Similar cases recorded in North Carolina metropolitan areas were as follows: Asheville—362, Fayetteville—384, Durham—483, Winston-Salem—838, Greensboro—519, Gastonia—623, Charlotte—1,946 and Raleigh—1,119.

The rising rate of delinquency indicates that we are failing to provide young people with inner controls of behavior. They are involved with breaking laws that require domestic court procedures. This will continue until every citizen realizes that juvenile delinquency is HIS business. Just as there is no single cause of juvenile delinquency there is

no simple cure. However, there are some things that churches and citizens can do in this area. To better inform our people the Church Development Department of the Baptist State Convention of North Carolina, Ernest C. Upchurch, Secretary, announces a forthcoming statewide conference on juvenile rehabilitation, November 23, 1965, 1:30 - 9:00 p.m., Raleigh, North Carolina. At that time the role of the church in prevention, control and rehabilitation in juvenile delinquency will be explored by churchmen and interested groups.

The one day conference sponsored by the Church Development Department of the Baptist State Convention of North Carolina and the Home Mission Board's Department of Juvenile Rehabilitation, Atlanta, Georgia, will be held at the Tabernacle Baptist Church, The Raleigh Baptist Association, the Rev. Robert L. Costner, Superintendent of Missions, will act as host for the meeting.

The theme of the Conference is "The church challenged by juvenile delinquency." Mr. Upchurch said in announcing the Conference, "We hope to create an awareness of the problems involved in and related to juvenile delinquency." He also said, "There needs to be better communication between churches and profession-

al people working with delinquents."

Mr. Upchurch extended a cordial invitation to judges, social workers, church leaders, denominational workers and others interested in youth to avail themselves of this Conference.

The program will include three addresses—"The Needs and Behavior of Adolescents" by Miss Betty Gibson of the State Board of Public Welfare; "A Judge Looks at the Delinquent" by Judge William R. Pierce of the Domestic Relations Court in Raleigh and "The Church and the Delinquent" by Rev. L. Wm. Crews, Director of the Juvenile Rehabilitation Department of the Home Mission Board—and four group conferences. Topics for the group conferences are: "The Pre-delinquent Needs Help and Understanding" with Mr. Mason Thomas of the Institute of Government serving as resource person, "The Pastor, the Delinquent and the Church" with Dr. W. R. Wagner of the Baptist Children's Home in Thomasville serving as resource person, "The Association of Churches and Juvenile Rehabilitation" with E. L. Spivey of the Baptist State Convention serving as resource person and "The School Drop-out, the Delinquent and the Church" with Mr. Joseph Q. Holiday of Needham Broughton High School in Ra-

leigh serving as resource person. Conveners for these group conferences will be Rev. J. Roy Robinson, pastor of the First Baptist Church of Hickory; Rev. Ralph Cannon, pastor of Southside Baptist Church in Winston-Salem; Rev. Robert Costner, superintendent of missions for the Raleigh Baptist Association and Mr. Robert Hawkins, principal of Leroy Martin Junior High School of Raleigh.

Hutchins Member Of Armored Group
 CRAWLSHEIM, Germany (AP)—Army Pfc Johnny Hutchins, son of Mr. and Mrs. Conners Hutchins, 5239 Midpines, Kings Mountain, N. C., and other members of the 4th Armored Division participated in a five-day field training exercise near Crawlsheim, Germany, which ended Oct. 30.

Hutchins received training in offensive and defensive maneuvers in tactical situations. More than 25,000 troops and 6,000 vehicles were involved in the exercise.

Hutchins, a gunner in Company A, 5th Battalion of the division's 51st Infantry near New Ulm, Germany, entered the Army in February 1964 and arrived overseas the following July. He received basic training at Fort Jackson, S. C.

Food Fads Waste Money, Threaten Health

Food fads waste your money and they can undermine your health too. The best protection against diet fads which can flatten your purse and threaten your health lies in eating a well-balanced diet of ordinary foods each day, the Nutrition Foundation reports. The Foundation was established in 1941 as a non-profit organization to support scientific research and public education in nutrition. The Foundation's supporting members are companies in the food and allied industries.

Every year ten million Americans following fad diets, the Food and Drug Administration estimates. The news about a fad diet spreads rapidly by word of mouth or through magazines and newspaper articles. The urge to try it seems irresistible to people who learn of a new fad.

The so-called "Air Force" or "Drinking Man's diet"—which cuts the carbohydrates you eat to a minimum—seems to be the latest fad. Those who follow it shun high carbohydrate foods: such as bread, potatoes and spaghetti—the energy-giving foods that make up one of the major components of a good diet. They eat high protein foods such as meat and consume fat foods like olives and avocados. Proteins and fats are good foods but they do not, alone, constitute a balanced diet, without carbohydrate. A "low carbohydrate" diet may mean that a person eats less, but it can place a severe load on the body's waste-disposing mechanisms, particularly the liver and the kidneys. The low carbohydrate diet may cause a temporary weight loss, but it is a diet you cannot stock to over a long period of time with satisfaction—or even without hazard to your health, the Foundation warns. So weight loss is temporary at best.

Food fads cost and food fads go. We hear of a new one almost as soon as the last one goes out of favor. Usually the food fad requires special health food which are supposed to be better than the foods sold in your local grocery store or supermarkets. The so-called natural foods cost more, but they do not furnish any better nutrition than ordinary foods, regardless of the claims.

Promises of living longer, of youth, charm and wisdom by eating special foods do not stand up under examination. People often fall for the claims of magic potions, no matter how absurd.

Food faddists claim, further, that ordinary foods from the supermarkets are no good because American farm soil is "depleted". That the food grown on

it is inferior, an old commercial processing further destroys nutritive values. Both notions are wrong, the Foundation emphasizes. Modern agricultural methods and modern food processing together mean a food supply giving good variety and fine nutritional value. We have plenty of food, too, thanks to fertilizers and soil treatments.

The false notions and half-truths spread by the food faddists are usually intended to sell something. Many fad products will not hurt you, but they lack the magical power to do what the salesmen pretend they can do. Faddists have sold bottled sea water for as much as \$3.50 a gallon to those who were taken in by their claims. The FDA stopped that racket, but other rackets keep popping up to rob those who are not cautious.

A well-balanced diet consists of a variety of foods from each of the four main food groups: carbohydrates and other nutrients from bread and cereals; protein from meat, fish or eggs; vitamins and minerals from fruits and vegetables; and the all-around nutrients from milk. By eating food from each of these four groups every day, you consume a balanced diet.

Don't let the food faddists fool you. Do not let them get you off-balance!

AF Needs On Increase

Local U. S. Air Force Recruiting Sergeant Clyde May reported today that the greatly increased Air Force needs for prior service personnel will continue indefinitely.

The Sergeant pointed out that, prior to August of this year, the Air Force accepted only a small number of former service men and women for re-enlistment in critical career fields.

But, in August, it became apparent to the Air Force that the greatly increased in-put of young men and women without military experience which had been occasioned by the world situation needed to be balanced by experienced "old timers".

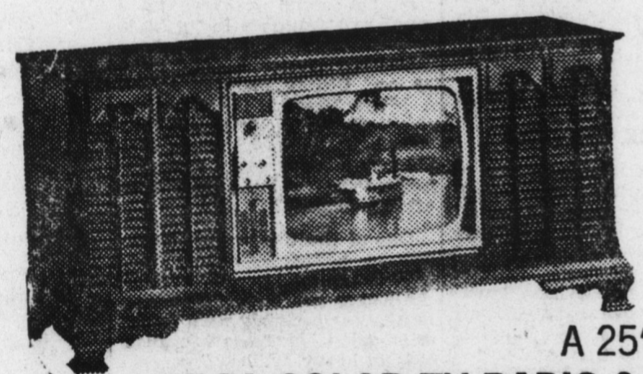
At the present moment, Sgt. May reports, there is no ceiling on the number of prior service enlistments that can be processed through his office. As a result, there is no waiting list for prior service personnel.

"Former service men and women can pick the date they want to enlist," the Sergeant stated. "They can choose the base they want to go to here in the states or the overseas area they desire and get up to thirty-days re-enlistment leave prior to reporting for duty."

Colgate University at one time was known as Madison University.

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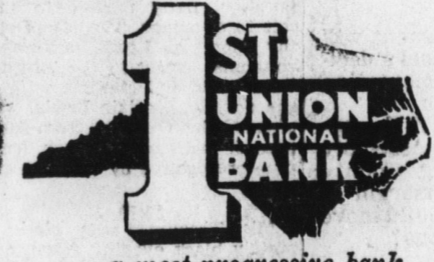
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Telephone Talk

By R. B. MOORE



HELP

WITH THE HUNTING SEASON HERE, WE hunters are just itching to get outdoors and start banging away with our rifles and shotguns. Let's all remember to shoot wildlife and not domestic and farm animals, also be careful to not deprive people of the telephone service by accidentally shooting telephone lines.

IT'S 54 YEARS AGO THIS MONTH SINCE ALEXANDER GRAHAM BELL met in Boston, Massachusetts

with the original 246 members of the Telephone Pioneers of America. The idea behind this group was certainly a popular one because today the organization boasts over 226,000 members! The group is made up of men and women with at least 21 years service in the telephone industry, and while they get a lot of fun and enjoyment out of their meetings, there's a very serious purpose behind them. This purpose is service. After working hours, the Pioneers make Braille books. Repair talking book machines for the blind. They run hobby classes. Make toys for children. Wherever there is a need for dedicated volunteer service, the Pioneers are ready. We salute the Telephone Pioneers of America for their unselfish service to communities across the country.

WE KNOW LOTS OF SMART PEOPLE WHO ARE DOING THEIR CHRISTMAS SHOPPING NOW! And a good many of them are solving the "what to give" problem with telephones! That's right! Giving extension phones is extra fun for everybody concerned. It lets the receiver of the gift help pick out his own present! He can choose the color he wants, and the location of the phone. And remember, extensions come in several styles... the regular desk set, the Princess, and also the wall phone. So, take a look at the Christmas gift list, then think of all the folks on it who would enjoy a gift that is beautiful to look at, useful, and unusual... all in one. Then, give telephones. Just call our Business Office for details.