

WASHINGTON REPORT

House Votes Unanimously For "Cold War" G. I. Bill

BY CONGRESSMAN JAMES T. BROTHILL
It is rare, indeed, when 381 people, representing widely differing viewpoints, see eye-to-eye on any major legislative proposal.

based upon the belief that those young men who defend their country in time of peril are entitled to consideration by a grateful nation.

PTA Opposes Lunch Cutback

Raleigh—North Carolina PTA added its "no" today to other educational groups in the state to a proposed cut in Federal appropriations for the school lunch program.

Traditionally one of PTA's major concerns has been the school lunch. PTA pioneered in bringing hot lunches to children in school.

N. C. PTA feels that appropriations under other Federal programs would not reach thousands of children covered under the existing special milk and school lunch programs.

The special committee on School Lunch, meeting today, reviewed PTA's interest and labors in behalf of children's nutritional needs.

Traffic Toll

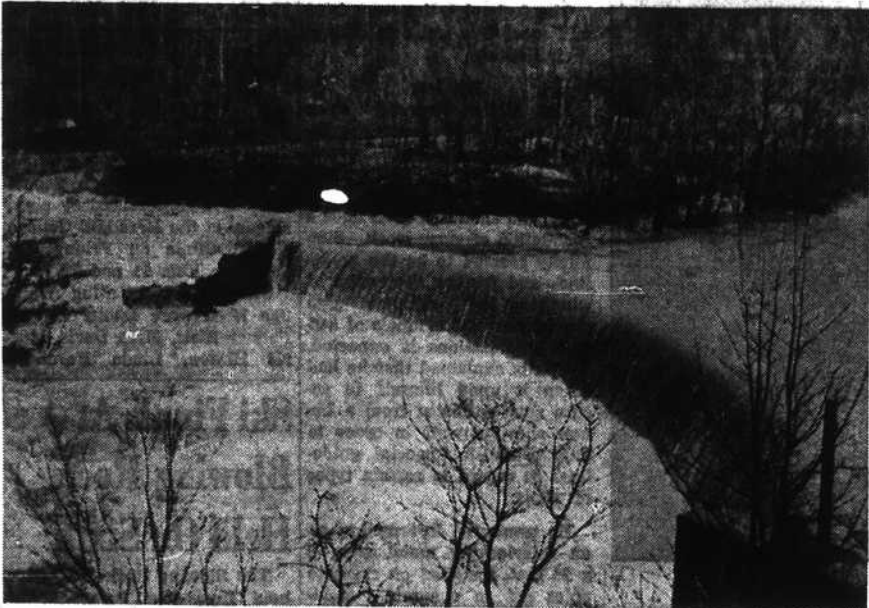
Daleigh—The Motor Vehicles Department's summary of traffic deaths through 10 a. m. Monday, February 14: Killed to date 165 Killed to date last year 167

Other Scenes Of Freshet



THE BRIDGE TO SHULLS MILLS BAPTIST CHURCH was washed downstream in the weekend flooding. However, the church, Hebron Colony and Hound Ears Lodge & Club were accessible by the Yonahlossee

Road from Blowing Rock. Highway engineers say they may tote the bridge back into position, but plan no new construction since a new bridge has been planned for the area. (Staff photo)



FOR PERHAPS THE FIRST TIME since the flood of 1940, Watauga River poured over the top of the Shulls Mill Dam off Highway 105

on Sunday. Water level on the downstream side of the dam is usually 15 to 20 feet lower than shown. (Staff photo)

ASTC Professor Says Our Youth More Physically Fit

American youth in the age 10-17 group are more physically fit today than they were in 1958.

That conclusion is based on a survey recently released by the University of Michigan which includes research conducted by Appalachian State Teachers College.

The study is entitled "A Survey and Comparison of Youth Fitness, 1956-1965."

Tests were conducted throughout the United States in a scattergram of 1,900 schools among youth of ages 10-16. Centers were picked which sociologists said met the criterion of the social and cultural norm of the nation.

The survey included pullups, to measure arm strength; sit-ups, to indicate abdominal strength; the shuttle run, for speed and agility; the standing broad jump, for leg strength; the 50-yard dash for speed; the softball throw to measure coordination; and the 600-yard run to indicate endurance.

American girls and boys rated higher at every age level in 1965 than in 1958.

"The over-simplified general conclusion that we may draw," said Marshall Walters, chairman of the department of health, physical education and recreation at Appalachian, "is that our kids, age 10-17, today have more neuro-muscular fitness today than in 1958."

The Appalachian tests were based on school children from high schools in Watauga County. According to Walters, American interest in physical fitness reached national prominence in 1953 as a result of the Kraus-Weber Test.

As a result of the report, President Eisenhower appointed a Youth Fitness Council. The Kraus-Weber Test was based on skeletal strengths—

pushups, pullups and situps, and did not include other important items that go to make up a physically fit body, said Walters. "Fitness," he said, "involves total dynamic health, fit to live and fit to live with. It is that degree of fitness that lets you live and have fun."

Great Britain conducted similar tests in 1965. British youngsters characteristically rated better at ages 10-11, and U. S. youths were better at ages 14-17. British girls showed improvement at each age level. There was practically no improvement for American girls from ages 10-17.

Out of various recent studies on physical fitness and the President's Council on Physical Fitness, Walters believes, has come a campaign to emphasize physical fitness as a part of the educational process.

"It could be," said Walters,

"that the American public responds to campaigning. Due to an awareness of educators and administrators, the American public is beginning to see the importance of providing elementary school training to improve the childhood skills of our youth and enable them to be normal children and play. We are beginning to understand more what we can do to improve living."

The increased awareness in physical fitness has made possible the improvement of the Appalachian curriculum in physical fitness education and training.

These objectives are being emphasized particularly for future elementary school teachers in order to furnish America's younger children with a better foundation for healthful living, increased body skills and the enjoyment of leisure time.



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