

YOUTH CORPS — In Houston, Texas, visits to cultural and educational institutions and leading business and industrial firms have been a regular part of the Neighborhood Youth Corps program. From left, Manuel Valesquez, Thurmond Dillingham, Pedro Reyes and Raynon Quinones learn something about an oil-refining process from Norman D'Olive, right, of Humble Oil and Refining Company. The Youth Corps members visited Humble's Baytown Refinery near Houston about 35 at a time until 170 had received a first-hand view of oil industry refining operations. Above, D'Olive uses a model of a refinery pipe still to show how crude oil is "fractionated" into valuable products and raw materials. The Youth Corps is one part of the country's overall Economic Opportunity Program. The Houston enrollees are between the ages of 16 and 21. They work 32 hours each week. The educational visits to businesses and cultural institutions and schools keep them busy the fifth day.

With Our Area Servicemen

TACHIKAWA, Japan — Staff Sergeant Wade H. LeGrand, son of Mr. and Mrs. Nathan LeGrand of Mount Gilead, has been awarded the U.S. Air Force Good Conduct Medal at Tachikawa AB, Japan.

The medal was presented to Sergeant LeGrand for exemplary behavior, efficiency and fidelity during the past three years. He is an automotive body repairman assigned to Tachikawa as a member of the Pacific Air Forces which provides air offensive and defensive units in Southeast Asia, the Far East, and Pacific.

The sergeant, a graduate of Mineral Spring High School in Ellerbe, attended Fayetteville State College.

David L. Wallace, son of Mr. and Mrs. Alex Wallace of 909 Pavie Ave., New Bern, has been promoted to technical sergeant in the U.S. Air Force.

Sergeant Wallace is a fuel supervisor at Tachikawa AB, Japan. He is a member of the Pacific Air Forces, the nation's combat-ready air arm guarding the 10,000-mile Bamboo Curtain.

The sergeant is a graduate of West Street High School.

His wife, Joyce, is the daughter of Mr. and Mrs. Jesse Best of Rt. 2, New Bern.

BIG SPRING, Tex. — Second Lieutenant Clifton P. Dunne-gan, Jr., son of Mr. and Mrs. C. P. Dunne-gan, Sr., of 15 Mon-

mouth St., Winston-Salem, has been awarded U. S. Air Force silver pilot wings upon graduation at Webb AFB, Tex.

Lieutenant Dunne-gan is being assigned to George AFB, Calif. He will be a F-4C Phantom pilot in the Tactical Air Command which provides combat reconnaissance, aerial fire-power and assault airlift for U.S. Army forces.

The lieutenant attended Jas. A. Gray High School, and Staunton (Va.) Military Academy, the University of Michigan and the University of N. C. He has a B.S. degree in marketing, and was commissioned through the Air Force Reserve Officer Training Corps program.

ANNAPOLIS, Md. — Midshipman Second Class Gary B. Bastian, son of Mr. and Mrs. Leonard C. Bastian of Golf Manor Drive, Route 6, Connersville, Ind., attended Duke University, Durham, will participate in an annual presentation at the Naval Academy Chapel, where he is a member of the Midshipman Choir.

USCGC INGRAM — Seaman Apprentice Oliver D. Ellis, USCG, son of Mr. and Mrs. L. O. Ellis of Route 1, Bahama, has completed a three-week weather patrol aboard the Coast Guard Cutter Ingham, an ocean station vessel, operating out of Norfolk, Va.



INSTALLATION CEREMONY — Dr. Alinzo Kenion (2nd from right) installs AAUP chapter officers at Winston-Salem State College; L. to r.: Hamlet E. Goore, vice president; Mrs. Sylvia S. Saunders, recording secretary; Dr. Edith J. Hadley, treasurer; Mrs. Meada Poindexter, corresponding secretary; James S. Galloway, president and Dr. Alphonso R. Vick, parliamentarian. Dr. Kenion is president of the Wake Forest College chapter of the (AAUP) American Association of University Professors.

While patrolling Ocean Bravo, the vessel acted as an aids-to-navigation for trans-oceanic aircraft, relaying communications between the aircraft and coastal radio stations, while U. S. Weather Bureau personnel made weather observations for relay to the Weather Bureau. On the basis of their obser-

vations, weather forecasts were predicted for worldwide aeronautical and general use.

USS AMERICA — Radarman Seaman William T. East, USN,

ward of Miss Lizzie G. Chandler of 2811 Fairlawn Rd., Durham, is serving aboard the attack aircraft carrier USS America, operating in the Mediterranean with the 6th Fleet.

The Heart You Save May Be Your Husband's

by DANIEL T. YOUNG, M.D., President, North Carolina Heart Association

This article by Dr. Daniel T. Young, of Chapel Hill, University of North Carolina heart specialist and North Carolina Heart Association president, is the first of a four-part series on "The Heart You Save," distributed by the North Carolina Heart News Bureau. This article, on guarding your husband's heart, will be followed by articles on guarding your child's heart, your own heart, and hearts everywhere.

CHAPEL HILL — The heart you save may be your husband's.

Now, even more than in your courting days, you hold the key to his heart, and to the health of his heart.

This is not meant to put Tarheel wives on the spot, nor to saddle them with guilt complexes about their responsibility for their husband's well-being. But our new and ever-growing knowledge of the correlation between certain en-

vironmental factors and the likelihood of getting a heart attack presents us with the opportunity to control these factors to some extent, and thereby reduce the risk.

For example, you can't do very much about the tensions and pressures your husband encounters in his work environment. But you can make it a point not to add to them when he comes home.

And home is where his heart is — about 70 percent of the time.

Then there's the question of what he eats — for which you are primarily responsible. The pundit who said the surest way to a man's heart is via his stomach did not have heart attacks in mind, but you should.

For evidence is growing that the diet of the American people is a major factor contributing to the high coronary

heart disease death rate in our country — chiefly our consumption of foods high in saturated (animal) fats and cholesterol. And statistics show that American men at age 50 have a heart attack death rate five times as high as that for women of the same age. You can help lower these odds for your husband.

While you're substituting vegetable oils and other polyunsaturated fats for animal fats in cooking and at the table, you and your children will reap long-range benefits: lower blood levels of cholesterol and other fats and a lower risk of developing coronary arteriosclerosis — the disease that clogs the arteries feeding the heart muscle and sets the stage for heart attacks.

Your husband may be risking a heart attack on other fronts as well. Does he hold down a swivel chair at a desk all day, and an arm chair in front of the TV set all evening? Does he drive to the corner store for a pack of cigarettes? And how many packs a day does he smoke?

There are at least two high-risk elements in that picture, and a third if he is smoking heavily because of tension.

And there may be another hidden risk or two, not visible to the naked eye: for example, high blood pressure or diabetes. Only a medical examination can disclose these and other significant conditions; regular checkups can catch them early enough to treat before they do serious damage.

So, if your husband hasn't been feeling up to par lately, or even if he has, wifely suggestion might be in order. You might hint gently that the time has come for him to get a complete medical checkup; or better yet, take matters into your own hands and make an appointment for him. It's good insurance. (NEXT: Guarding Your Child's Heart)

Wm. Dawson to Conduct Kan. City Orchestra

RICHMOND, Va. — William L. Dawson, Tuskegee Institute, Ala., internationally known composer-conductor, will conduct the Kansas City Philharmonic Orchestra, Saturday evening, January 29, in the third of this season's Connoisseur Concerts in Kansas City, Mo. Dawson's performance will be the first hearing of his "Negro Folk Symphony" in the area. On that date the program will include the American premiere of Ligeti's "Apparitions for Orchestra," and the area premiere of Ballet Mechanique by Georges Antheil.

Dawson's "Negro Folk Symphony" was recorded in 1963 on Decca Gold Label Records by Leopold Stokowski and the American Symphony Orchestra. In 1956 Dawson was sent to Spain by the U. S. Department of State to conduct various choral groups in that country. Words came back that everywhere he went, "he won the hearts, admiration and gratitude of all."

Since the passage of the Voting Rights Act last Aug. 9, more than 177,000 Negroes have been registered to vote in the South.

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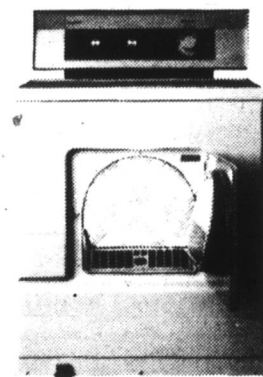
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