



**NO RIOTS, JUST SELF-HELP**—(Los Angeles, Calif.)—This year near the scene of the 1965 Watts riots there wasn't any damaging rampages, but instead a "Paint-In, Plant-In" demonstration. It was the kick off of a major community improvement program or self-help project of

Home - Opportunities-Progress - Etcetera" (H.O.P.E.). Here, a mother watches as her son plants one of the 100 trees delivered to residents of the area to help them improve their property. The plan has a special incentive for the residents, which is a

\$1,000 merchandise award to the one whose home shows the greatest improvement. HOPE isn't a federal program, but is supported by private business and industry to help build a better neighborhood.

(UPI Photo)

## North Carolina Garden Times

By M. E. GARDNER  
North Carolina State U.

If you want to be sure about the warmth and glow of your fireplace this winter, here are some suggestions about the heating value of the different species of wood. You may have some trees that need to be pruned and others that should be removed.

Species rated as best are: white oak, apple, black birch, dogwood, hickory and black locust.

Good: white ash, beech, red oak, yellow poplar, sugar maple and black walnut.

Fair: white birch, black cherry, elm, sycamore, green and red pine.

Species rated as poor: Aspen, basswood, willow, white pine and spruce.

One does not usually think of Christmas trees in August when temperatures and humidity may be high and vacationers are seeking relief in

the mountains or at the beaches. However, the growers of Christmas trees in the mountain counties consider this enterprise as a good source of cash income. Furthermore, they are doing a good job of maintenance.

I have seen some beauties in my travels through the different areas and they will be ready for you come Santa time. The industry is well organized and the numbers of quality trees offered for sale are increasing each year.

Be sure to buy a North Carolina grown Christmas tree for your Yule enjoyment and remember, too, that when you do, you will be promoting North Carolina by using North Carolina products.

"What can I do to prevent my bunch grapes from rotting? For the past two years brown spots appear on the grapes before they mature. These spots enlarge, turn dark and finally dry up."

The disease is black rot, a common fungus trouble on bunch grapes, which can only be controlled by following a regular spray program. Other diseases are anthracnose and mildew.

Then you have the insects—Japanese beetles, berry not hand aphids. Ask your county agent for a spray calendar, or write me and I will send you one.

## Local Births

The following births were reported to the Durham County Health Department during the week of August 21 through 26:

Calvin and Linda Self, boy  
Felton and Garnetta Harris, girl

George and Lucy Glover, girl  
James and Annie Allen, boy  
Walter and Ernestine Wiley, girl

Harold and Mabel Jones, boy.

## Anxiety Of GI Wives Relieved By Therapy

NEW YORK — Military wives become victims of emotional disorders when living with the ever-present fear that their husbands will encounter injury or death, it is reported in the journal, Diseases of the Nervous System. "Psychosomatic disorders constitute the largest single group of complaints encountered in the general medicine outpatient clinic of a military hospital," writes Douglas B. Smith, M.D., former U.S. Air Force captain, in the current issue of the journal.

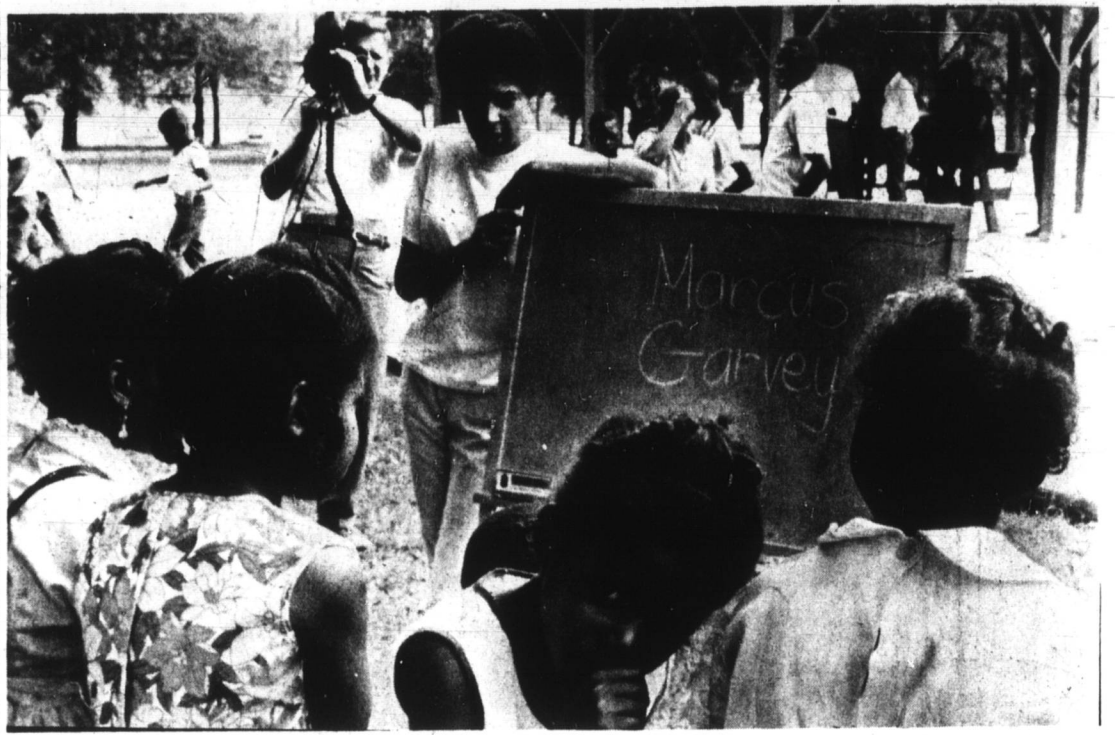
Among stresses listed by Dr. Smith are frequent moves from one base to another and hasty family separations, with resultant strains accentuated by increased irritability of children confused by sudden transitions.

Since treatment is largely confined to sedatives and tranquilizers, writes the doctor, a search was made for drugs that would bring relief but not lead to dependence. This led to the investigation of the phenothiazines, which have been established as nonaddicting.

"Experience with one of these, thioridazine (Mellaril, Sandoz) proved to be especially promising and led to clinical evaluation," the article continues. "Forty-five female patients exhibiting a variety of emotional complaints were the subjects of the study. . . . Two of the women were legally widowed and others were 'widowed' in the sense that their husbands were gone much of the time, many of them overseas and in actual combat. Emotional distress, notably anxiety, was the common denominator in all."

"Complete to moderate relief of anxiety-induced symptoms was obtained in 40 of the 45 patients." A breakdown of the 45 cases shows a complete resolution of all symptoms in 13, marked improvement in 21, moderate relief in 6, and little or no improvement in 5. "No serious side effects were encountered," Dr. Smith reports. "Transient drowsiness was noted in three patients . . . (and) drowsiness requiring a small reduction in dosage was seen in three others."

Dr. Smith explained that tranquilizers and sedatives were used because psychotherapy was not always feasible at a military hospital, due to the dearth of psychiatrists and the shifting of population.



## RICHIE ALLEN CLAIMS JUAN MARICHAL BETTER THAN KOUFAX

NEW YORK—"Even when Koufax was around, I thought Marichal was the best," says Philadelphia Phillie slugger Richie Allen in an article in the current issue of Sport Magazine.

Allen, in comparing former Los Angeles pitcher Sandy Koufax with San Francisco Giant hurler Juan Marichal, puts it this way: "Koufax was a thrower—Marichal is a pitcher. With

Koufax, if he had a three-and-0 count on you, you looked for smoke. With Marichal, he's got five pitches and he can bring them all in.

"In a tough spot, Marichal will throw me a fastball or a slider, sidearm. Koufax always came with that blazer."

"Let me give you an illustration," continues Allen. "With Koufax, if he had a three-nothing count on you, men on first and third, he'd

say, 'Okay, hit this.' And then he'd place it in there. He'd challenge you a bit more with his fastball. But Marichal can't do that. He's got to pitch to you, and that's what makes him the best. He can get you out on several different pitches," concludes Allen in the article.

**BLACK NATIONALISTS TEACHER**—(Nashville, Tennessee)—Young children listen to the teachings of Black Nationalists founder Marcus Garvey as Nashville's Liberation school continued operation in a public park. Instructing the class is Mrs. Nancy Woodruff, wife of Rev. James Woodruff, a key supporter of the school. (UPI Telephoto)

**WHAT PRICE POWER?** by THOMPSON

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## GERMAN GEMUTLICHKEIT AT MUNICH'S OKTOBERFEST



The gaiety of carnival time... singing and dancing mix them with plenty of beer, pretzels, knockwurst and other hearty fare, and you have Oktoberfest, Munich's annual 16-day celebration—the biggest folk festival in Europe.



Each year, there are about four or five million visitors—out-of-town guests and, of course, the Munichers themselves—who'll stream down to the Theresienwiese, Munich's festival meadows.

It all started more than 150 years ago, in 1810 when Crown Prince Ludwig, later King Ludwig I of Bavaria,

was planning his marriage to Princess Therese of Sachsen Hildburghausen. According to information from Lufthansa German Airlines, a sergeant in the Bavarian National Guard had the bright idea of staging a grand horse race to commemorate the occasion. This developed into what Oktoberfest is now.

The multitude of amusements and the pervading odor of roasting and baking food are dazzling to the senses. Southern temperament, Bavarian joy of living, and the way of life of Munich—the metropolitan city of artists—are bound to catch the visitor completely under their spell.

The event gets off to a rousing start with a triumphant parade. Munich's seven big breweries try to outdo one another in the luxurious pomp on their beautiful horse wagons, which are accompanied by the "Oberlander" brass bands through the streets and finally out to the Theresienwiese. The magnificent teams and wagons of each brewery are bedecked in harnesses of shining silver, brass and well-oiled leather,

the wagons creaking with big wooden kegs of beer. Also in the parade are people in native historical costumes, clowns and masks.

When the parade arrives at the Theresienwiese, the Lord Mayor of Munich, in the dignified manner of his office,

opens the first keg of beer. And that's when the frolic of Oktoberfest begins.

The easiest way to get in on it all is to catch a Lufthansa German Airlines jet early in the evening: it'll put you down in Munich the next morning. Naturally, you can't take a sustained dose of such frolic, so the best thing is to combine a discreet peep into the activities at Oktoberfest, which takes place this year from September 16 to October 1, with a tour of Germany, or for that matter, Europe.

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