



**SCREENING PROGRAM** — Looking for vital signs, practical nurse students check a tiny patient in the high risk nursery, University Hospital, Birmingham, Ala., Gwendolyn Harrill (l.) and Ola Mack (r)

go over the baby's chart with Head Nurse Marjorie Gaines. Babies in the high risk nursery are specially monitored in an attempt to pick up unseen birth defects which might cost them their lives. This special project is part of a screening program conducted by the March of Dimes Birth Defects Center in Birmingham.

**Rev. Jesse Jackson Records Now On "Respect" Label**

RALEIGH — Even if you are over 60 and have never exercised regularly, it's not too late to begin.

In fact, it's as nice to come into retirement years with a bankroll of physical resources as it is comforting to have sufficient financial reserves, says Isabelle Buckley, Extension specialist in aging, North Carolina State University.

But without a daily activity program muscular strength and endurance gradually go down hill.

What does it take to get you out of your chair and into action? Even such simple activities as brisk walking, bicycling and hiking can help to improve muscle flexibility and coordination.

Walk to a friend's house and enjoy the sights and smells of spring. Or take your grandchild or neighbor child to the park and you will see and hear things you haven't noticed in years.

Go on a hike with your husband or wife, set up a date to golf or bicycle with a friend. Walk to church or to the store.

Everytime you leave your car in the garage and walk, you are doing yourself a favor.

**Unity of Africans, U. S. Blacks Lies in Knowledge of the Other**

GREENSBORO — A basic lack of knowledge by Africans about American blacks and their problems was cited Saturday as one of the hindrances to world-wide black unity.

"We are going to have to know each other more thoroughly," said Mainza Chona, ambassador to the U. S. from Zambia. "And personal contact is the best way to achieve unity."

Chona's remarks climaxed a two-day African Day celebration at A&T State University.

"I am glad there is a movement in the United States among blacks, who now feel they must identify themselves with Africa," said Chona. "But if we know more about each other."

The youthful ambassador said that many persons in his country believe that American blacks have solved all of their

racial problems, but those of us who come to this country know that this is not true. Africans believe that American blacks ought to be able to help Africans solve their problems now.

Chona also said that a somewhat false picture is painted by black Americans who visit Africa. "Most black Americans who come to Africa," he added, "come as government or quasi-government representatives, and so they defend U. S. policy, which is not always popular."

"In order to have unity," said Chona, "the ambassadors from Africa must be thorough in articulating the black problems in the United States. American blacks must also keep close to African ambassa-

dors and educate them." Chona, the first black man in his country to be trained in law, told his audience, mainly students, that Europeans in South Africa have just about seen to it "that Africans shall never rule themselves."

"The blacks have suffered enough because we started a long time ago," he said. "Our job in this country is to feel for those people. If we don't help them, they will go to Red China for help."

Chona said Rhodesia, a land of more than 5,000,000 blacks is dominated and controlled by 250,000 Europeans.

Another speaker at the conference was Charles Hopkins, an instructor at Malcom X University in Durham. "Our history for the last 500 years," said Hopkins, "has taught us that the African people must come together. As Africa develops, so goes the development of her people."

**Air Group Wins 10-Yr. Accident Free Award**

The USAF Military Airlift Command named the 145th Military Airlift Group, NC ANG, Charlotte, NC to its roll of honor recently when the Group was cited for over 10 years flying without an accident. The 145th was one of nine airlift groups and fifteen squadrons in the Military Airlift Command having over 10 years accident free records.

During the 10 year period, the 145th has flown over 60,000 aircraft flying hours in single-engine F-86 Sabre Jets, T-33 Trainers, C-119 Transports, C-121 Super Constellations, C-47/C-45 Utility Transports and its present aircraft, the C-124 Globemaster.

During this period, the Unit's missions have been Fighter Interceptor, which required alert crews standing by on 5 minutes notice, flying in all types of weather; Aeromedical Transport of sick and wounded servicemen, and Transportation of cargo and troops throughout the free world.

The Unit has flown to 48 countries or islands throughout the world; airlifted over 20 million tons miles of cargo, and flown over 15 million passenger miles.

In addition to troops and cargo airlifted, the Unit flew over 1500 wounded and sick servicemen from overseas and throughout the United States over 1,090,000 patient miles without a single incident.

Since 1965, the Unit has flown 72 missions to Vietnam, and over 60 trips each year to the Far East, Europe, and South America.

Brig. Gen. William J. Payne, Commander of the North Carolina Air National Guard, presented the Award on behalf of the Military Airlift Command to Colonel Robert W. Brooks, Jr., Commander of the 145 Military Airlift Group. General Payne noted that a safety record such as this was the result of combined efforts on the part of the aircrews, maintenance, supply and support personnel who keep these planes flying and in top condition daily.

He congratulated all members of the 145 Military Airlift Group for this outstanding achievement.

**NEGRO WINS A FELLOWSHIP AT UNIVERSITY GA.**

Curtis T. Brown of Dunstan Street, a senior geography major at North Carolina Central University, has been named the winner of a full fellowship for work toward his master's degree in geography at the University of Georgia, Athens, Ga.

The award was made by the American Association of Geographers.

Brown, a native of Durham, is captain of the university's tennis team, which will compete in the NIAA national championships this month.

**Japanese Crown Prince Visits Malaysia**



Their Imperial Highnesses the Crown Prince Akihito and Crown Princess Michiko of Japan were given a tumultuous welcome on their arrival at Kuala Lumpur International Airport on February 19 for a seven-day State visit to Malaysia.

In addition to many glittering official functions, their Imperial Highnesses visited several tourist spots and saw much of the unspoiled beauty that attracts visitors to Malaysia.

Picture shows their Imperial Highnesses witnessing a "Bersilat" (Malay art of self-defense) performance.

**PICTURE THIS!**



**WANT TO BREAK INTO MOVIES? NEW CAMERA KIT MAKES IT EASY**

If you've been thinking about breaking into movies, now is the time to do it with vacations, graduations and other spring and summer holidays coming up.

The wonderful world of home movies is beckoning with special inducements that are hard to resist. There's nothing like a movie to capture the reality of color and action of Johnny's first birthday, the day you got the new station wagon or were an attendant at your best friend's wedding.

Movie-making today also has a new low price-tag. And with equipment like the new Kodak Movie FunSet, putting memories in the bank is as easy as 1. (drop the super 8 film cartridge into the camera), 2. (adjust the lens opening), 3. (shoot).

The FunSet features a slim palm-sized Kodak Instamatic M22 movie camera and everything else it takes to get off to a successful start—film, batteries, a smart shoulder-style pouch case, a camera manual, a movie light key and a special "Movies are Fun" book crammed with tips and techniques for good home movie-making.

Soon you'll feel a tingle running up and down your spine when you discover your films are back from processing. They're sure to be good when you... make your movies move. A movie usually is more interesting when it includes people and when the people move about naturally. ...make your movies tell a story. If you photograph an event, such as a day at the beach, just as it happens, chances are you've made a movie story. ...add variety. Changing the viewpoint, the subject distance and the length of the scenes helps. ...surprise your viewers with special techniques. Sunsets and outdoor movies at night (such as the bright lights and action at an amusement park) are examples to add pizzazz. ...pack your movies with color. ...make your movies sharp. Just hold the camera steady and keep the camera lens clean. ...step up the introduction to your film with a real television touch—titles, even credits if your cast is sensational. You can buy titles or make your own.

That's all there is to breaking into the movies. Today anyone who wants to be a film producer can "go Hollywood" as easy as 1-2-3.

**Fish Rolls With Pretzel Stuffing**



- 6 Flounder filets
- Salt and Pepper
- 2 cups coarsely crushed pretzels
- 1 large dill pickle, chopped
- 2 tablespoons drained capers
- 3 hardcooked eggs, chopped
- 1/2 cup tomato juice
- 1/4 cup melted butter or margarine

Sprinkle flounder filets with salt and pepper. Combine the remaining ingredients, except butter, and blend well. Spread mixture thinly on filets. Roll up and fasten with a toothpick. Stand rolls upright side by side in a greased 8-inch square baking pan. Brush with butter. Bake in a preheated moderate oven (350° F.) for 30 minutes or until fish becomes white and flakes easily. Serve hot, garnished with lemon slices and parsley sprigs. Serves six.

**SIX WAYS TO BEAUTIFY YOUR HOME**

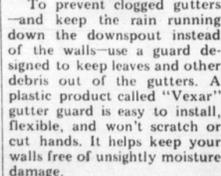
Providing a fresh coat of paint to the exterior of your house will give its weather-worn appearance the brush. Work from the highest point down. When using a scaffold or ladders and planks, work across in strips about four feet wide. When using a single ladder, work from the top rung down, in strips as wide as you can reach safely and comfortably. Paint both trim and siding before you move the ladder.



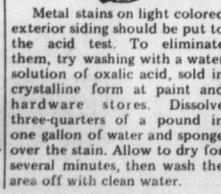
You can enhance the approach to your house by building a stepping-stone walk. An easy way is to cast individual concrete stones in place right in the soil. This avoids the necessity for lugging heavy stones and permits making each one any size or shape desired.



Husky, sturdy, solid and handsome, nylon shutters provide an open-and-shut case of beauty, value and style. DuPont nylon shutters install in minutes, require no special tools and insure long-lasting good looks. They can be handled very easily since they snap onto special fasteners, and can be easily removed and replaced if you want to change your exterior color scheme.



Whether you're green as a gardener or a blooming genius, consider the color of your house and select plants with flowers that will show to good advantage against this background. Yellow flowers, for example, are not as effective near a house painted yellow as they are near a white or red house. Cultivate an appreciation of such relationships and your house will grow in beauty.



Metal stains on light colored exterior siding should be put to the acid test. To eliminate them, try washing with a water solution of oxalic acid, sold in crystalline form at paint and hardware stores. Dissolve three-quarters of a pound in one gallon of water and sponge over the stain. Allow to dry for several minutes, then wash the area off with clean water.



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**U.S. ARMY RESERVE**



**Fashionably Yours**  
BY JILL RYAN • the BRIDE'S magazine



Photo courtesy The BRIDE'S Magazine © CNP Inc. In the romantic tradition — a fragile shirtdress for the summer bride. An organza empire gown traced with Val lace on the squared-off bodice, softly dirdled skirt and 3/4 sleeve — the chapel-length train is attached. By Miss Betsy.

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