



IMAGINE SHADED OSTRICH feathers fashioned into a coat to be worn with cocktail dress in shades of taupe silk chiffon, sashed, softly gathered at the neckline with a full skirt that stops just above the knee—Marty Sussman does it for Parnis Boutique!



BUSY FIRST LADY AT FSU — Mrs. Rosa Lyons, wife of Fayetteville State University Chancellor Dr. Charles 'A' Lyons, Jr., is surrounded by some of her students at FSU's Pre-School Laboratory. In addition to her many and varied functions at FSU's First Lady, Mrs. Lyons has taught pre-schoolers for the past three years and enjoys every minute of it. One wonders how Mrs. Lyons does it with a busy husband, two teenage daughters, and a small son—but she does a wonderful job of it all!

NUTRITION: A FAMILY AFFAIR

"outreach" by Jerry Blackwelder

Saturday morning television commercials emphasize the nutritional value of breakfast cereals to the cartoon generation, along with the sugar-coated good taste.

Likewise, famous athletes pride themselves in being "meat and potatoes men." But there is a serious question as to whether either of these groups is getting the necessary nutrients his body requires to remain healthy.

"When we think of starvation, we see a child being deprived of food, or an elderly person who messes in his food as a baby would," explained Mrs. Elizabeth Koontz, a newly-appointed Assistant Secretary of the North Carolina Department of Human Resources for Nutrition Coordination. "But we never think in terms of starving the body of certain nutrients."

Mrs. Koontz, a Salisbury native returns to the Tar Heel State after serving four years as Director of the Women's Bureau of the U. S. Department of Labor. She was appointed to that position by President Nixon, and became the first black woman ever to hold the position.

With an estimated 43% of North Carolina's pre-school children considered lacking in nutrition, it is clear that good nutrition begins at home.

"Plumpness in babies is often mistaken as a sign of good health," Mrs. Koontz said. "But sometimes very fat babies continue to be very fat adults."

Children soon reach the age of wanting to accompany their mothers to the supermarket and load the foodbasket down with their favorite foods.

"Mothers shouldn't carry their children to the market," Mrs. Koontz suggested. "They want to buy TV products, and the cost of food is too much to cater to the whims of children."

The image of the "he-man" in most people's minds is the muscular giant who dines on steak and potatoes several times a day. But this is not a true picture, Mrs. Koontz says. "That guy may be suffering from hypertension; in other words, eating more meat than the body needs." At the same time, his body goes wanting for other necessary nutrients because he refuses to eat salads, for instance, because they are considered "sissy" and equated with women. The wife then becomes resolved to living with what her husband wants

to eat, and what his taste buds demand. "She's killing him softly with food," Mrs. Koontz maintains.

Soon the body will revolt, and make its need for other food substances known. This is often in the form of illnesses, low energy level, and tiring easily. The solution lies in forcing changes in the bread winner's eating habits, a gradual turning away from the standard diet and introduction to new and beneficial foods.

While housewives are working on their husband's eating habits, they are often guilty of the same sins—that of starving their bodies of needed nutrients.

"Many women are trying to maintain that TV image," Mrs. Koontz pointed out.

More Pay for Women

Women with civilian experience in a number of fields, including medical, secretarial and data processing, can now join the Army Reserve at a higher rank and more pay than before. At the same time, they will spend less time on active duty for training than previously required.

In a new policy announced by the Pentagon, women without prior service, who have a civilian acquired skill in any one of numerous fields, are eligible for this new enlistment program if they are between the ages of 18 and 35, and are high school graduates.

Instead of entering the Army Reserve as a private, the women can join as a private first class, two grades higher than usual.

Those women who join under this enlistment opportunity will serve only two weeks at the Women's Army Corps Center and School at Ft. McClellan, Ala., instead of the seven weeks required

in the past. The rest of their basic training will take place with their Army Reserve unit in their hometown. Following completion of basic training, the women will be promoted one, or two pay grades to Specialist 4 or Specialist 5, or sergeant. As a sergeant, a woman would earn \$51.28 a week-end, or \$3.20 an hour.

Although there are many job titles that fall under this program, there are special needs in the medical field for licensed practical or vocational nurses; x-ray technicians, dental specialists, occupational therapists and laboratory technicians; in the secretarial field for executive and legal secretaries; and in the area of data processing and computer programming.

Local Army Reserve units, listed in the white pages of the telephone directory under "US Government" can provide additional information for those women interested in this special enlistment program.

HEROISM

(Continued From Front Page) to the young hero.

The highest award for heroism given by The Hartford Insurance Group, the Gold Medal is presented in conjunction with the company's 27 year old Junior Fire Marshal public service program of fire safety education. Through JFM, which annually reaches three million youngsters throughout the country, children learn the principles of fire prevention and fire safety, and are recognized for performing acts of heroism.

PERRY

(Continued From Front Page) secretary-assistant general counsel.

Perry, the son of the late Dr. G. Robert Perry and Mrs. Eula Perry Harris, was born in New York. He received his education in the Durham city schools and is a Hillside High School graduate. His B. A. was earned at North Carolina Central and he received his J. D. Degree from the School of Law at NCCU. He is a member of St. Joseph AME Church, and serves on the board of Scarborough Nursery School.

Professional affiliations include membership in the George White Bar Association, Durham Bar Association, National Bar Association and the Alpha Phi Alpha Fraternity.

Perry is married to the former Patsy Brewington, and they are the parents of one son.

In announcing the retirement of Mr. Spaulding, President Kennedy praised the 36-year veteran's record of outstanding service to North Carolina Mutual, his many contributions to the insurance industry and to the legal profession.

INSURANCE

(Continued From Front Page) advancement in the Black community through NIA's ongoing programs, providing jobs, scholarships, mortgage loans and financial security.

Today the U. S. Census Bureau reports that the median income of Blacks and other minorities increased 132% between 1947 and 1970, with a substantial reduction in the proportion of a families with income less than \$3,000. With \$469 million in assets and \$3.7 billion in insurance of force, Black life insurance companies have played a significant role in economic development of the Black community for over 75 years.

AMENDMENT

(Continued From Front Page) grants.

The money itself is not at issue in the election, nor are any other of the clean water bond funds involved.

"The need for State assistance to our local governments is just as clear now as it was last year when the voters overwhelmingly approved the Clean Water Bonds," said James E. Harrington, Secretary of the State Department of Natural & Economic Resources.

"I hope the voters will go 'FOR' issue No. 2-the bond law amendment on November 6 and make it possible for the \$30 million of State aid to be put to work.

"A favorable vote on the amendment is essential to the continued progress of our clean water program in North Carolina."

CARTER

(Continued From Front Page) members of Durham Consistory No. 218 and Zafa Temple 176. He is Commander-in-Chief of the Consistory and Illustrious Potentate of the Temple. Carter is also serving as the Worthy Patron of Prospect Chapter No. 379 Order of the Eastern Star, a first aid

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instructor and the first Black to instruct at Duke Medical Center. A registered Mortician, a member of the Morehead Avenue Baptist Church where he serves as a member of the Trustee Board. He is married to the former Miss Lena Fogg and has two sons and two grandchildren.

Mr. Carter is well known and highly appreciated for his abundance in innovative ideas and his fine techniques of implementation. Among the guests were such dignitaries as Mrs. Mary H. Pamplin, Past Imperial Commandress and Imperial Treasurer of the Imperial Court, Daughters of Isis, Mrs. Adeline Spaulding, Imperial Deputy of the Desert of North Carolina, Mr. John Howard Illustrious Chief Rabban of Zafa Temple No. 176, Mrs. Pearl George, High Priestess, Mrs. Rosa Lee Sharpe, Marshal, Mrs. Gladys Dawkins, Deputy of the Oasis, Mr. General Parker, Past Marshal, Mr. Elbert Dawkins, Mr. Frank Burnette, Imperial Deputy at Large, Mrs. Lena Carter, Past State Loyal Lady Guide, and Mr. Clarence Bryant, Past Worshipful Master.

WHITING

(Continued From Front Page) be the loss of students to "the more prestigious institutions." Those institutions are not necessarily better than the small, state-supported schools, Whiting argues.

"I think that our schools do more for a student over a four year period than do prestigious institutions like Harvard and Yale," the chancellor said.

"We are more effective in the changes we induce in our students and the growth effected. I don't believe the Harvard student grows as much, because he doesn't start so far back.

"Unfortunately, the measurements of 'quality' that are used measure objective things - the number of books, the costliness of the plant, faculty salary ranges, the number of Ph.D. degrees in the faculty.

"We believe there should be a new set of criteria for measurement of quality, related to what happens to a student over a four-year period."

"During his year as president of the AASCU, Whiting said, the association will have to face a number of major issues, including tenure, collective bargaining and increased centralization in state-supported higher education.

Whiting said colleges and universities will have to develop a better system of evaluating persons for tenure appointments so the institutions can retain flexibility.

"I think hereafter," he said, "the awarding of tenure will be less automatic, although in principle it will probably be retained. There will probably have to be a shift in the premise on which it is based, namely that it protects academic freedom. Junior faculty members, without tenure, are demanding and receiving guarantees of academic freedom now."

Whiting indicated that he is wary of the prospect of collective bargaining by faculty members.

PROGRAM

(Continued From Front Page) set up, whether they be watergate, revenue sharing, abolishment helpful programs to the poor, moratorium on publicly subsidized housing, rash anti-busing statements, or even the selection of his conservative counterparts".

The resolutions took firm stands on education, revenue sharing, welfare and social reforms and politics. They urged the selection and support of qualified black candidates for public office.

The 1974 convention will be held in Charlotte. The Southeastern Regional Conference will be held in Durham, March 1974. It will be composed of delegates from seven states.

CONFERENCE

(Continued From Front Page) State Conference of NAACP Branches, who addressed the meeting on Wednesday night.

The closing session also observed a memorial to members, both clergy and laymen, who fell in death, during the year.

The appointments were as follows:
Cape Fear Conference Appointments, Oct. 28, 1973;

Wilmington District:

Presiding Elder: Revs. E. S. Hassell; St. Luke, Wilmington, C. C. Tyson; Warner Temple, Wilmington, L. R. Blair; Price Cathedral, Wilmington, N. H. Daniels; St. Mark, Whiteville & Mt. Hebron, Hallsboro, T. D. Robinson; St. James, Southport, Lloyd Jerald; St. Andrew, Wilmington, R. W. Johnson, Lake Waccamaw Circuit, W. R. Fryar, Sr.; Summerville, Phoenix & St. Phillips, Wrightsboro, C. C. Cornelius; Evergreen, Delco & Johnson Chapel, Leland, J. W. Wilson; St. James, Leland & Zion Chapel, Greenville Sd., H. Brown; Brown Chapel, South Port & Blackwell Chapel, Leland, W. R. Fryar, Jr.; Christian Plains, Winnabow & St. Paul, Freeman, Thomas Baldwin; Bowen Chapel, Wilmington, Winston Brown, St. Mark, Shallotte, Titus Beatty; Moore's Chapel, Old Town, Raymond Corbett.

Goldsboro District:

Presiding Elder, Rev. G. F. Burney; St. James, Goldsboro, Rev. G. J. Hill; Payne Temple, Mt. Olive, and St. Stephen, Warsaw, Rev. Aaron Moore; Kenansville Circuit, Rev. B. M. Hill; Roseboro Circuit, Rev. T. R. Singletary; Garland Circuit, Rev. James Ray Williams; Dove Chapel Circuit, Rev. E. J. George; Clinton Circuit, Rev. R. R. Pearsall; Ellis Creek Circuit, Rev. Thurman Smith; Elders, and Union Wesley, Rev. D. E. Baker; Harrison Creek Circuit, Rev. J. L. McKoy; Giddenville and Big Wesley, Rev. G. F. Burney; St. Thomas, Bowden, Rev. Evelyn J. Council.

Wilson District:

Presiding Elder, Rev. Morris Newkirk; St. John, Wilson, Rev. A. F. Hooper; Bethel and Paul Chapel, Rev. H. R. Campbell; Snow Hill Circuit, Rev. C. E. Council; Moore's Chapel, and St. Paul, Rev. F. J. Counts; Trinity, Wilson, Rev. W. L. Dixon; Jericho, Lovicks, and Pyatts, Rev. Chester King; St. Matthew and Salisbury, Rev. Eddie B. Faison; St. John No. 2 and Miller's Chapel, Rev. Robert McIntyre; Jackson Chapel, Rev. Martha Council; St. Joseph and Mt. Carmel, Rev. Morris Newkirk.

Clarkton District:

Presiding Elder, Rev. Bennie Mallette; Piney Grove Circuit, Rev. A. Q. Jones; Mt. Zion and Mt. Olive, Rev. John Herbert Shaw; Mt. Pleasant and Graham Chapel, Rev. John W. McKoy; St. Luke, Bladenboro, Rev. Harvey Bowen; Rehobeth and Pearce's Chapel, Rev. S. A. Robbins; Carver's Creek Circuit, Rev. James Pollard, Sr.; Baker's Creek and Brown Creek, Rev. Lorenzo Cotton; Providence and Mt. Pleasant, Rev. Maceo Freeman; Rose Hill and St. James, Rev. J. C. Evans; Craystone, Rev. Ralph Brown; Savannah Temple, Rev. Ben Bryant; Shady Grove Circuit, Rev. Henry A. Gregory, Jr.; Mt. Hebron, Abbottsburg, Rev. Maggie W. Curry.

Congre'l Black Caucus Demands House Move On Impeachment

The Congressional Black Caucus, sharing an opinion held by millions of Americans, is dismayed and shocked by recent actions on the part of Richard M. Nixon. In the opinion of the Congressional Black Caucus, the decisions to discharge Archibald Cox abolish the office of Special Prosecutor were both irresponsible and unconscionable. The totality of recent events culminating in the resignation of the two highest Justice Department officials unnecessarily precipitated a constitutional crisis. The end result represents not only an insult to the intelligence of American citizens but also an assault on established governmental institutions and more fundamentally the Constitution itself.

The call for impeachment of Richard Nixon is neither new nor unique. Members of the Congressional Black Caucus introduced impeachment resolutions as long as two years ago, based upon the strong contention that Nixon was carrying on an illegal war in Southeast Asia.

Nixon's adventurism in Indochina was an is-both illegal and impeachable and the cascade of ensuing executive crimes—the ITT, Vesco, milk and wheat deals, Water gate and all its associated criminal activities, the shady campaign contributions and payoffs, and Nixon's bevy of illegal impoundments of critical social program funding only further serve to strengthen the position that Richard Nixon should—and must—be removed from office.

The Congressional Black

Caucus urges the leadership of the House of Representative immediately to define and establish procedures and mechanics for dealing with consideration of the impeachment of Richard Nixon. We further urge that these procedures be made known to all members of the House and to the American people without delay.

The Members of the Congressional Black Caucus oppose any consideration of Gerald Ford's nomination for Vice President of the United States. The consensus is that to do so before the question of impeachment of Richard Nixon is resolved constitutes utter misinterpretation of basic priorities. Therefore, the Congressional Black Caucus recommends that the Democratic Leadership of the House instruct the Judiciary Committee to hold in abeyance any consideration of Gerald Ford until a full and thorough determination has been made concerning the pending serious charges of high crimes and misdemeanors against the nation by Richard Nixon.

The Congressional Black Caucus strongly recommends that all citizens concerned about this current crisis make their concerns known to the leadership of the House immediately. Contact Carl Albert, Speaker; Thomas P. O'Neill, Jr., Majority Leader; John J. McFall, Majority Whip and Peter W. Rodino, Jr., Chairman, Committee of the Judiciary.

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