

Which Sport Is Best For You?

There are sports that are good for keeping the body in condition, others that are

particularly good for developing manual dexterity, and still others that can develop social skills. For the one best suited to your particular needs, consider the following from a manual of health information.

Swimming and tennis if played regularly, are both excellent all-round exercises for conditioning the body. Walking, running and skating are good for heart and lungs. Walking is also good for legs, back and arms.

Water skiing develops the muscles of arms, shoulders and back. Horseback riding mainly exercises legs, forearms and wrists.

Because sun dries skin causing it to age faster, it is a good idea to wear a hat and sun glasses while engaging in outdoor sports. A moisturizer should be applied under makeup. Some products also contain sunscreening agent.

Mrs. Brown Hosts Friendly Circle Club

The Friendly Circle Club of St. Mark A.M.E. Zion Church met on Sunday, May 19 for its monthly meeting at the home of Mrs. Elizabeth Brown of Cecil Street.

Devotionals were opened by the Chaplain, Mrs. Florence Littlejohn. Business session was then called to order and minutes of previous meeting were read and adopted.

The Friendly Circle is planning a tea for Sunday, June 16 at the home of Mr. and Mrs. R. L. Frazier. Following the business session a delicious repast was served to all present. Mrs. W. L. Thompson thanked the hostess for a most enjoyable evening.

Members present included Mesdames Ida Roberson, Sarah Cameron, Corene Brown, Dazelle Stevens, Hattie Geer, Juanita Barnes, Florence Littlejohn, Elizabeth Brown, Lena Thompson, Louise Frazier, and Grover Burthey, W. L. Thompson, and Major Geer.

The next meeting will be held with Mrs. Louise Frazier as Hostess on Sunday, June 19th.

Officers are, president, Mrs. Elizabeth Brown, Secy. Mrs. Sarah Cameron, and Treasurer, Mrs. Ida Roberson.



QUIET LOVE—Two Students at Fayetteville State University talk quietly at sunset about love as the semester ends. They are, perhaps, typical of many students on campuses around the nation getting last words of love in before they depart for summer. (FSU Photo by John B. Henderson)

Davis Included In '74 Outstanding Educators

A former resident of Durham and grad of NCCU was notified recently that he will be included in the 1974-75 edition of **OUTSTANDING EDUCATORS OF AMERICA**. Lenwood G. Davis, is on the faculty at Portland State University and teaches African and Afro-American histories at that institution.

This awards volume is published to recognize the achievements of the nation's most distinguished college and university teachers and scholars.

Only a selected number of men and women are included in the awards

volume each year individuals whose contributions to profession and community have merited special recognition. He will also receive a personal Award Certificate.

Prof. Davis has written a number of books, articles, and bibliographies. Some of his latest publications include the reprinting of his biography of Martin Luther King, Jr., **I HAVE A DREAM: THE LIFE AND TIMES OF MARTIN LUTHER KING, JR.**; **"BLACKS IN THE STATE OF OREGON"; "BLACKS IN THE STATE OF UTAH"; "THE WOMAN IN**

AMERICAN SOCIETY;" "THE BLACK WOMAN: AN ANNOTATED BIBLIOGRAPHY," and "BLACK CAPITALISM." The history instructor is also in the process of completing two other bibliographies and three articles for publication in the next three months. The author and educator stated: "I am pleased to have been included in such an outstanding publication and I will continue to pursue my career as an educator and writer." Prof. Davis graduated with a B.A. in History from NCCU in 1961 and a M.A. in history from the same institution in 1968.

Clean Out The Junk In The Medicine Chest, Says Dr. Frank

Most people keep too many medications in their bathroom cabinets, according to Drs. Arthur and Stuart Frank in a recent issue of *Mademoiselle*. "It's time to clean out the junk in your medicine chest," they write.

The physicians suggest that cosmetics and beauty aids be kept separate from medications, and beauty aids be kept separate from medications, and that unlabelled bottles and pills left over from a past illness be discarded. Most medications lose much of their potency within a year or two.

A basic medicine chest might contain aspirin, which they describe as inexpensive, safe and effective, a thermometer; bandaids in assorted sizes; and nose drops or spray. "Neo-Synephrine will make you much more comfortable if your nose is clogged by a cold," they write. Cold pills are not better than aspirin and or nose drops, and are far more costly. Antihistamines should be taken for real allergies.

Other items that might be included in the medicine chest are: ointments for

Service disabled veterans whose prosthetic or orthopedic devices tend to wear out or tear their clothing may obtain a \$150 annual clothing allowance by applying to the Veterans Administration, the agency reminded recently.

superficial skin infections, and antidiarrheal, and antacids for an upset stomach.

Prescriptions and medications that are currently needed should be clearly labelled and directions for their use clearly understood before they are put into the cabinet.

The physicians further suggest that additions and deletions to this list depend upon an individual's inclinations, state of health, life style, and good judgment.

Rogers Herr Jr. High To Hold Enrichment Program

Rogers-Herr Junior High School will be the site for the 16th annual Duke-Durham Enrichment Summer School program. It will be held from June 12 through July 23.

The summer school program provides enrichment instruction to both city and county pupils attending either public or private school. It is geared primarily for rising eighth and ninth graders. Courses are offered in English, mathematics, science and social studies. The teaching staff will



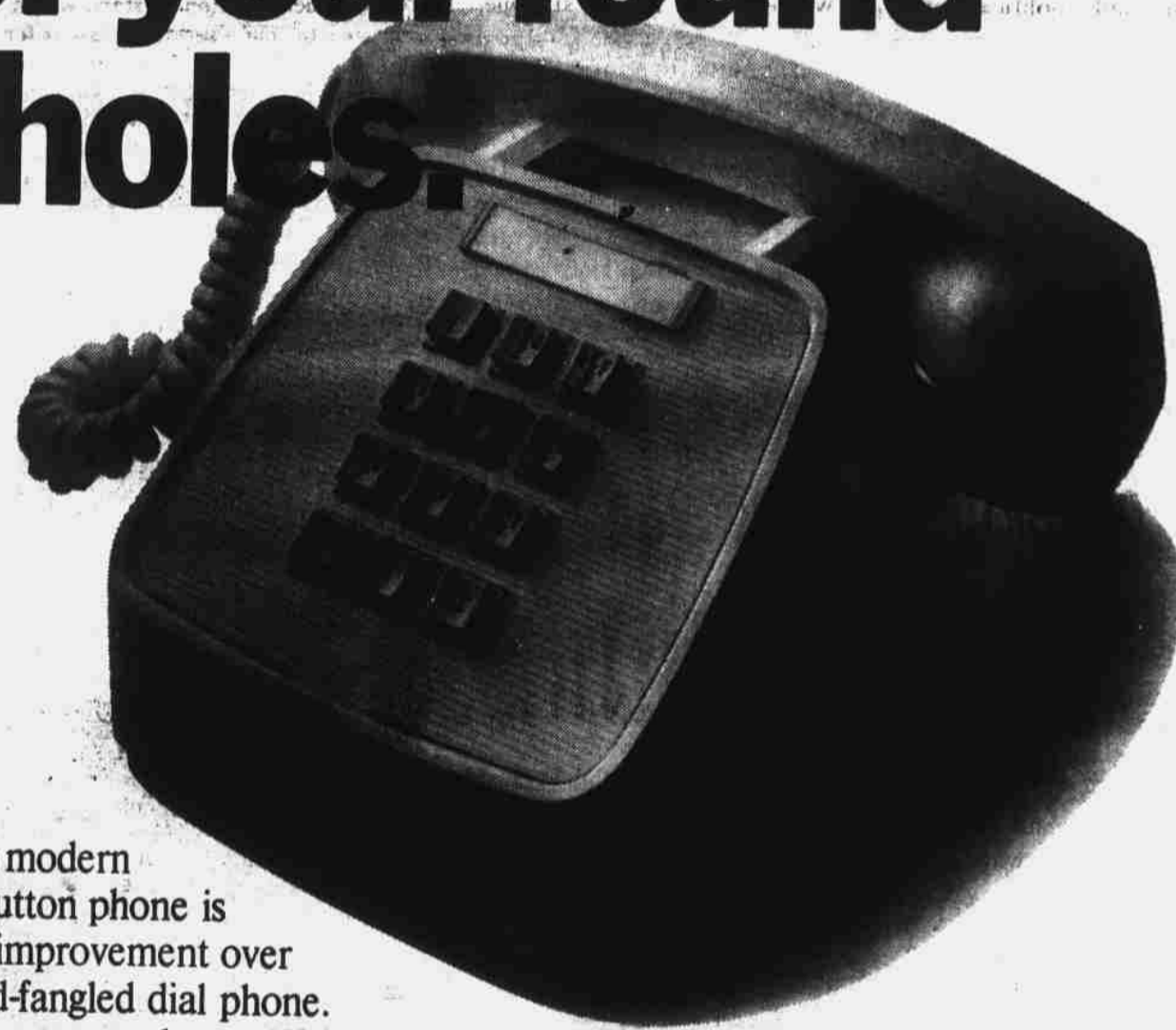
BRONCO HOMECOMING QUEEN for 1974 is lovely Candis "Candy" Douglas of Fayetteville State University. A junior from Fayetteville, and a sociology major, Candy was selected in a campus election recently and will be crowned Homecoming November 2, 1974 when FSU hosts Elizabeth City State University. (FSU Photo by John B. Henderson)

include Mrs. Laurie G. Tisdale, "an experienced history teacher and Duke Ed. D. candidate; Mrs. Charlotte Jones, an experienced English teacher and Duke Ph.D. candidate; Mrs. Martha Hobgood, mathematics teacher at Hillside High School; and Mrs. Audrey F. Boykins, science teacher at Rogers-Herr Junior High School. Other staff members will include Ralph L. Yokley, principal; Mrs. Alberta Poe Lane, school coordinator and librarian; and Ward Cates, instructional specialist.



THEY HAVE DEGREES—These two lovelies recently obtained bachelor's degrees in commencement ceremonies at Fayetteville State University and are looking for work. Carolyn White, left, a native of Tarboro, and Gail Love, a Gastonia, product, were among 365 FSU graduates on May 12 to hear Mayor Howard Lee of Chapel Hill, deliver the 97th commencement address. (FSU Photo by John B. Henderson)

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