

National News Notes

Judge Powell Resigns From Two 'White Only' Clubs

RICHMOND, VA.—According to a report last week in the Richmond Times-Dispatch, U.S. Supreme Court Justice Lewis F. Powell has resigned from two "white only" private clubs — the Country Club of Virginia and the Commonwealth Club.

No reason was given as to why Judge Powell decided to resign at this time. He had refused to resign eight years ago at the time of his confirmation hearings.

SCLC Calls For Non-Work Day On January 15

ATLANTA, GA.—The Southern Christian Leadership Conference is calling for a work boycott on January 15 to protest the failure of Congress to make that day a national holiday in honor of the birthday of the late Dr. Martin Luther King, Jr.

Congressional opponents of the bill claim that it would cost too much in productivity and money and sought to put the holiday on a Sunday. Sponsors of the King birthday bill removed it from House consideration instead. [See "The King's Birthday Runaround", Editorial page.]

Two Blacks Elected To Pulitzer Prize Board

NEW YORK—William J. Raspberry, urban affairs columnist for the *Washington Post*, and Roger Wilkins, most recently urban affairs columnist for the *New York Times*, have been elected to membership on the Pulitzer Prize Board, according to an announcement made last week by William J. McGill, president of Columbia University, which administers and awards the prizes.

Also elected was Dr. Hanna Gray, president of the University of Chicago. All three will serve three-year terms beginning immediately.

First Black-Owned Survey & Research Group Formed

NEW YORK—the formation of Data Black Public Opinion Polls, Inc., the first black-owned national survey and research organization devoted exclusively to the study of black American public opinion, preferences, habits and behavior, has been announced by Dr. Kenneth B. Clark, the nationally-known sociologist, and Percy Sutton, former Manhattan Borough president. Sutton said the approach of the first poll, which is now taking place, has been to concentrate on a scientific survey of 1,200 people as opposed to the 200 person maximum usually covered in the major national polls.

Prometheans Plan National Public Service Projects

WASHINGTON, D.C.—The national board of directors of the Prometheans, Inc., veterans alumni organization met at the Shoreham-Americana Hotel here last weekend to complete plans for their nationwide Adopt-A-School program and Third Annual Career Awareness Fair to promote employment of the nation's youth.

Dr. James A. DeClue at St. Louis, Missouri is president of the organization which is composed of 300 former members of the 2515 Army Specialized Training Program (A.S.T.P.) stationed at Howard University during World War II. Veterans of the program called Prometheans have been



PANELISTS WHO DISCUSSED CAREER OPPORTUNITIES FOR THE fall semester's student teachers at North Carolina Central University discuss the seminar program with George E. Clarke, right, the university's Director of Student Teaching. From left, the panelists are Bernard Allen, University Services Representative of the North Carolina Association of Educators, District 9; Mrs. Jeanne H. Lucas, Director of Staff Development, Durham City Schools; and John Howard, principal of Person Elementary School in Durham.

holding annual reunions since 1945. The organization will hold its 37th annual reunion here in August, 1980.

The Prometheans have established a demonstration public Adopt-A-

School project in the National Education Association building at 1201 16th Street, N.W. Washington, D.C. and a local chapter office at 7723 Seventh Street, N.W.

The Adopt-A-School Program utilizes business, government and other professional expertise in providing career development assistance to "in-school" youth, 14-21 years of age.

The pilot project will be conducted in several District junior and senior high schools, including

those which emphasize special education, career development and adult and continuing education, said Samuel Ethridge, assistant NEA executive secretary and Promethean director of the project. The Prometheans have received a \$15,000 planning grant from the U.S. Department of Labor to develop the program.

The original gift coupons were introduced by Benjamin Babbitt of N.Y., so buyers of his soap wouldn't think they were paying extra for the wrapper.

How Much Of Your Sugar Is "Discretionary?"

WASHINGTON—In 1920, more than sixty per cent of the sugar eaten by the average American was "discretionary" — added to foods in the home.

Today, by contrast, recent studies by the U.S. Department of Agriculture indicated about 75 per cent of the sugar being consumed is nondiscretionary — added to food or print a the point of processing before it reaches the home.

Meanwhile, annual per capita consumption of caloric sweeteners such as sugar has soared, from 104 pounds in 1920 to 111 pounds in 1960 and nearly 129 pounds in 1978.

Some department researchers question whether Americans deliberately are choosing to eat more sugar or whether they are losing control as they eat more commercially prepared food at home and in

restaurants.

Even foods that do not taste sweet may have sugar added to them. Catsup, salad dressing and peanut butter for example.

Almost all ready-to-eat breakfast cereals have on or more types of sugar added. Some cereals, however, are more than half sugar, according to a study done by Betty W. Li, research chemist with the department's Human Nutrition Center.

Most packaged food shave ingredient labeling. The ingredient present in the food in the largest amount is listed first. The ingredients that follow are present in decreasing quantities. But this doesn't tell you amounts. If more than one type of sugar is listed and the different types are at the beginning of the list of ingredients, the sugars may well be the chief ingredient in the package.

The following are sugars and sugar substitutes often found on labels: sucrose, fructose, lactose, glucose, dextrose, corn sirup, corn sweetener, natural sweetener, invert sugar and honey.

Eating foods high in sugars can have a negative effect on your health, according to the American Society for Clinical Nutrition. A high sugar intake increases the risk of tooth decay and can contribute to excessive calories — which can result in overweight.

In addition, foods that are high in sugar often are devoid of needed nutrients such as minerals and vitamins.

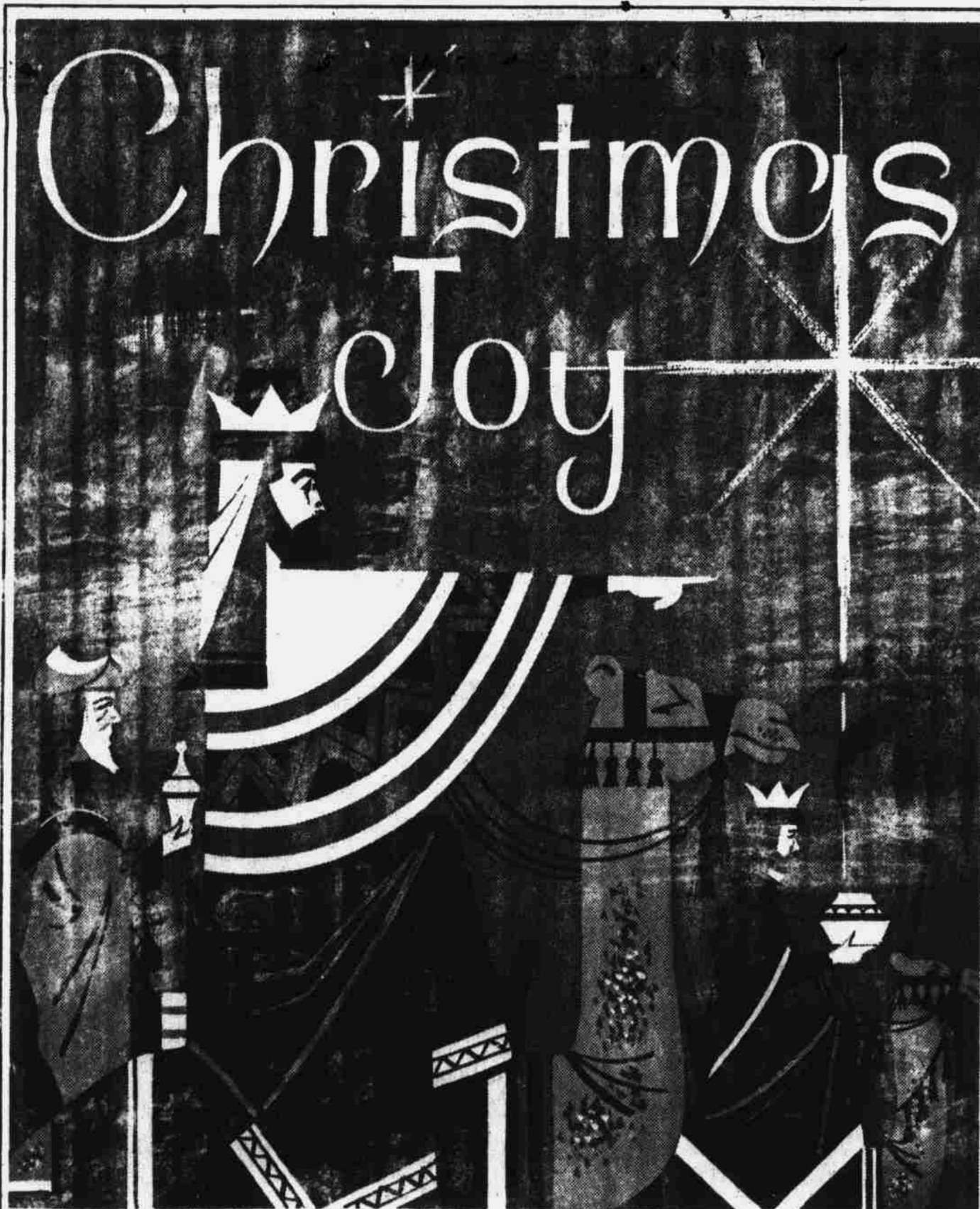
A report issued recently by the Surgeon General of the U.S. recommends people eat more complex carbohydrate foods including bread, rice, potatoes, fruits and vegetable and limit sugars in the diet. To help you cut down on refined sugars, look at ingredients on packaged foods to learn the many types of sugars added to them.

Durham County Chapter N.C. Black Women's Political Caucus

Extends
Holiday Greetings
To All The Black Women Of Durham County, Their Families and Friends

Carol Williams
Co-Coordinator

Shirley d. Deas, Esquire
Attorney At Law
Co-Coordinator
682-3298



May God grant you and your family these joyful gifts of this holy season . . .
Love, Peace and Understanding.
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American Tobacco Company

Pvt. Calvin Burton Completes Combat Training

Marine Pvt. Calvin L. Burton, son of Jeff and Ann L. Burton of 1126 Hower Road, Durham, has completed the infantry combat training course at the Marine Corps Base, Camp Pendleton, California.

During the six-week course, he received classroom instruction and participated in field exercises involving infantry

and camouflage of fighting positions; and the use of mines, demolitions, and intra-company communication equipment. His specialized training centered on the James Earl Ray, with emphasis on squad tactics and the techniques of fire of the squad's weapons.

A 1979 graduate of Hillside High School, he joined the Marine Corps in June 1979.

103 proof
Are you game?

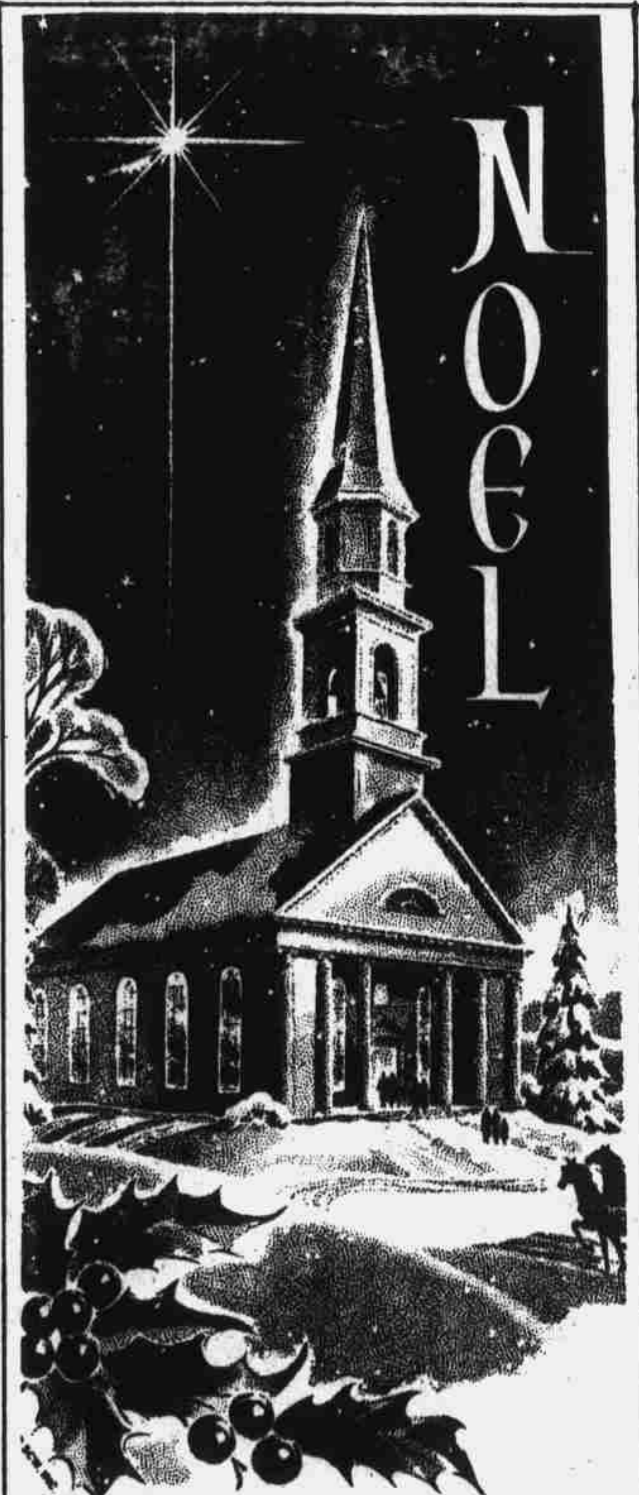
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Fighting Cock Bourbon

Distilled and bottled by Fighting Cock Distilling Company, Bardonia, Kentucky.



May Peace be with you this Joyous Holiday season as we celebrate the Birth of Christ, the Prince of Peace. The best of the season to everyone.

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