

# NEWS

## OF YOUTH

### A Fighting Chance

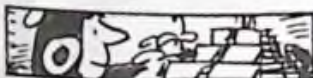
Both the streets and the young people around here could be a bit safer if an idea that occurred to a couple of cops in New York City spreads. After suggesting to the leaders of two rival street gangs that they settle their differences by boxing, police officers George Hankins and George Pearson decided to help save a youth center that was helping save a lot of youth from life on the streets.



Young boxing hopefuls and other budding athletes have a refuge from the streets in a youth center.

They bought a building for \$15,000 and while they could make the down payment from their savings, they were hard-pressed for the rest.

Fortunately, they got the money from MONY, Mutual of New York, the nation's 12th largest insurance company. The company also gave legal advice, books and furniture to the center, named Fort Apache in New York's South Bronx. The center has helped some 450 youngsters learn boxing, karate, modern dance, cooking and other useful skills. One result of the efforts to save the center could be seen at the 1980 Golden Gloves boxing tournaments. Two of the winners were members of the center. It's a project that could be pursued almost anywhere in America — and help give more of our young people a fighting chance.



About the year 1500, the Aztec city on the site of present-day Mexico City had an estimated 100,000 people.

## Health Watch

By N. C. Medical Society

The words "summer" and "boating" are synonymous to many North Carolinians. At the first sign of warm, sunny weather and a gentle breeze, boat lovers of all ages make a beeline for the nearest marina to "yacht it."

According to the Division of Public Health Statistics, 41 state residents lost their lives in boating accidents in North Carolina last year. Out of this figure, 36 deaths were caused by drowning. So, if you're an avid sailor or motor-boater, take precautions to ensure that you and your crew become victors of boating, not victims.

A good beginning toward practical boating for the novice yachtsman is a course in boating safety. Contact your local Coast Guard chapter or recreational facility for information on these inexpensive and informative classes.

Lifesaving techniques are also a must for safe boating. Should someone fall off the boat, throw him a line or a lifesaving cushion and pull him back to the boat. NEVER jump in behind him or try to grab him yourself. Too many times rescue attempts ended in tragedy when the rescuer was overcome with water trying to save the victim.

Should you capsize (overturn) and the boat remains floating, STAY WITH IT. Too often people who leave an overturned boat underestimate the distance to shore and drown before they reach land. Remember that a boat is a much easier target to spot in the water than a bobbing head.

Make sure that your boat is equipped with the proper number of life jackets, a first-aid kit, and a bailer before you leave shore. If you are operating a power boat, carry an auxiliary engine in case the motor should fail. If you are in a small sailboat, take along a paddle.

Before fueling, close all hatches and portholes to keep out fumes. Once you have finished fueling, open the machinery compartments to let any stray fumes that have accumulated escape. Now you're ready to start the engine.

Before you go sailing off into the blue horizon, tell someone where you are going and what time you're planning to return. If an accident does occur, rescue

teams will be able to locate you quicker if they have an idea of when you left and where to begin their search.

Use common sense when you're out boating. Ride only in the sections of the boat that are designed for seating; it's too easy to fall off the bow or stern of a boat.

Save horseplay for shore. A boat is not a toy; collisions can be as dangerous on the water as they are on the highway.

The State Medical Society reminds you that safe boating is sane boating, so "Bon Voyage" and smooth sailin! (MGS)

The Bulletin, 10c Per Copy

## NONFAT DRY MILK

Instant nonfat dry milk is made by removing water and fat content from fresh whole milk, leaving minerals, protein and lactose in a powder form.

When it is reconstituted with cold water, it has only half the calories of whole milk and the same nutritional value as skim milk, says Rachel Kinlaw, extension food specialist, North Carolina State University.

Nonfat dry milk needs no refrigeration in the powder form, but once it is reconstituted, it must be given the same care as fluid milk.



Modest split-level in quiet neighborhood, designed to take advantage of the earth's energy saving capabilities, coupled with convenience to schools and shopping, make this home very attractive to homebuyer's with a family. Features: 2 bdrms., comb. kitchen-dining, large living area, 1 bath on upper level; Lower level: 1 bdrm., roughed-in bath, den (possibly 4th bdrm.) and very large utility area with washer-dryer connections.

PRICED AT ONLY \$50,000.00

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