

Help your child to success in school

NEW YORK (UPI) — Memo to parents: Dr. Helen D. Wise, president of the National Education Association (NEA), was asked how you can help your

children succeed in school. She answered: "The most important thing is that parents are supportive of children in school. That means, it seems to me,

listening to their concerns." "We have gone through the school of thought that the teacher is always right. That isn't necessarily so. That doesn't mean that we assume that the child is always right. But I think we learn to support youngsters by listening to them and if there are problems of getting to the teachers (teachers have sometimes as many as 150 or 200 children they teach in a day) it is up to the parents to communicate with the children and with the teacher so that they can help."

"I don't think it means elaborate home circumstances. I think it means being supportive and being helpful." "Are the schools doing their fair share to prepare children for life? To that question, Dr. Wise, of State College, Pa., replied: "I think in the long run schools are doing the very best job they can to provide a realistic, relevant curriculum for children. I have been teaching now for 25 years and I remember that one of the things that we were always taught to do, was not to teach just facts, but to help children question and to wonder. To learn to use their minds so that they could continually learn

"I think we have to realize that, considering the great body of knowledge we have now, children don't go to school just to get those facts and that body of knowledge."

"Instead they are going to school so that they can learn how to keep on learning."

"And I think we are doing a good job of preparing children for life, where we have the adequate schools, facilities and the staff to do it."



"They're nice enough people but ever since they bought an Imperial they've become some what pretentious."

Immunization needed before school

Of the more than 110,000 children who will enter school for the first time this year, public health officials estimate that at least 30,000 will not be in compliance with the North Carolina immunization law.

The statute prevents a child from continuing school after a 30-day period unless evidence of proper immunization is furnished to a teacher or principal. The required immunizations are at least three doses of DPT (Diphtheria, whooping cough and tetanus), three doses of polio and one dose of measles vaccine.

The law covers every child enrolled in public, private or parochial school in the State regardless of grade. According to John Irvin, coordinator of the Immunization Program for the Division of Health Services, doctors may defer immunizations in cases where they would be detrimental to health, and children belonging to a recognized religious

organization that opposes immunization may also be exempted. Irvin pointed out that these exemptions amount to a small number of children.

Irvin said it is impossible for a child that has had no immunizations to complete the required series within a 30 day period. "Some immunizations have to be spread out over a period of six to eight weeks," he said. "For that reason alone parents should check into the matter now and get the child caught up before school starts."

Irvin added that children who barely meet immunization requirements are prime candidates for booster doses of DPT and polio. He said rubella is recommended but not required.

The U.S. Department of Health, Education and Welfare suggests, for safety's sake, that freshly prepared injective foods not be prepared or bought more than 24 hours ahead of serving time.

PEANUT OIL ESSENTIAL FOR AUTHENTIC CANTONESE COOKING

The various styles of Chinese cookery can be grouped into five schools: Canton, Fookien, Honan, Shantung and Szechuan. Almost all Chinese cooking in America is Cantonese. In fact, that style is the most popular in China itself.

Typical of Cantonese food are the stir-fried dishes that make up about 90 per cent of the menu in most Chinese-American restaurants. Because this method cooks food quickly, preserving the original flavor, texture and nutrient value of meats and vegetables, stir-frying has won enthusiastic approval of nutritionists.

For stir-frying, a small amount of peanut oil is heated, then the vegetables and meat are tossed in and sautéed lightly, stirring constantly. A little liquid is added and the pan is covered while cooking is completed. No vitamin-rich liquid is discarded; it is thickened and served as a sauce.

While many exotic ingredients in Chinese cookery are not readily available in America outside of larger cities, one of the most important ingredients—peanut oil—is found on the shelves of most supermarkets. Essential to the success of Chinese cooking methods such as stir-frying, peanut oil has a high smoke point which keeps it from burning or smoking. In addition, Planters Peanut Oil is the lightest of the polyunsaturated cooking oils and does not impart any flavor of its own to cooked foods.

Suggested here is a typical Cantonese stir-fried dish combining thin slices of beef and green beans in a savory gravy-like sauce. It should be served in rice for a meal-in-one dish.



Beef with Green Beans is typical of Cantonese stir-fried dishes. Thin slices of beef and green beans are sautéed in peanut oil, then steamed in broth to complete cooking. The vitamin-rich cooking liquid is thickened and seasoned for the sauce. It is served with rice.

- BEEF WITH GREEN BEANS**
- 3 tablespoons Planters Peanut Oil
 - 1 teaspoon minced garlic
 - 1/2 teaspoon ginger
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
 - 1-1/2 pounds boneless sirloin or flank steak, cut in 1/8 inch slivers
 - 1-1/2 pounds fresh green beans, halved crosswise
 - 2 cups beef bouillon
 - 2 tablespoons cornstarch
 - 1/4 teaspoon monosodium glutamate
 - 1/4 cup cold water
 - 2 tablespoons soy sauce
- Heat Planters Peanut Oil in wok or large skillet. Stir in minced garlic, ginger, salt, and pepper. Add beef slivers; stir beef quickly until browned. Add green beans and beef bouillon; stir to mix well. Cover and cook about 10 minutes, or until green beans and beef are tender.
- Meanwhile, mix together the cornstarch, monosodium glutamate, cold water, and soy sauce. Stir cornstarch mixture into liquid in wok or skillet; cook and stir until sauce boils and thickens smoothly. Serve hot, with rice. Makes 6 servings.

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Nation needs new kind of high school

NEW YORK (UPI) — Are high school buildings necessary? For the "now" education, answer some authorities, "we don't need the class and the classroom anymore."

The point is made in an Educational Facilities Laboratories (EFL) report — "The Greening of the High School." Three dozen planners, educators and architects directly involved with the nation's high schools, told EFL high schools must change.

"The downward age-trend of early experience suggests that VD may soon replace chicken pox as a childhood disease (yet) while in school students aren't free to decide to buy an ice cream cone with lunch."

In "dejuvenilizing the school system," planners called for

reforms to acknowledge that high school students are biologically more mature and have been exposed to more information and experience than any of their predecessors.

These reforms included:

- The provision of alternative and non-traditional styles of education from which students could choose the mode most suited to them.
- The granting of diplomas for studies undertaken away from school premises.
- The inception of paid part-time and volunteer work-study experience during high school years.
- Such reforms would shift the role of the high school as a central place for transmitting information to youth and convert it into a brokerage house for sending youngsters to and from "real world experience."
- The time and classroom, according to the authorities, "we need places."
- At "places" students could gather to deal with knowledge,

to synthesize and make sense of their experience.

There would be private nooks for dialogue, amiable lounges for interpersonal contact, large halls for lectures, movies, plays and concerts, shop and ateliers and labs for the fabrication of works of art and science.

And that's why the traditional high school buildings will need to go the way of the five cent pack of gum.

"Such settings (places) could be housed in buildings originally intended for other purposes, in warehouses, supermarkets, and other types of existing structures that could be converted inexpensively and quickly," the EFL reported.

"Or they could be incorporated into community centers where people of all ages gather for learning, for recreation, for health and other social services."

Find-a-float test

NEW YORK (UPI) — Here's a test called find-a-float.

The scene: You are camping, hiking or picnicking. You see someone fall into the water. The someone shouts for help.

You are not a good swimmer. What can you do? No lifeguard's around. No ring life buoy to toss. Just you and the helpless person in a life and death crisis.

The situation is proposed in Family Safety magazine of the National Safety Council. Usually, it turns out, there is something within right that will help.

Says the Safety Council: —How about your gallon vacuum jug? Or an ice chest

with a clamp-on lid? A canoe paddle? A fallen branch from a tree? The spare tire in the car trunk? All these are improvised flotation aids.

When no standard rescue equipment is available the quick-thinking person can usually find something that floats to hold up an exhausted swimmer or floundering victim of a water mishap until he is rescued.

Or until he regains strength and can swim or float to shore.

Some 5,000 persons drown while seeking summer water fun — boating, swimming, fishing. Many fatal accidents could be prevented by the use of improvised flotation aids, says the Safety Council.

"Just keep in mind," says the Council, "that lots of things float. Not every lifesaver has to look like one."

Five O'Clock High in Las Vegas

NEW YORK (UPI) — Medical science points to the importance of body time — each person's unique biological rhythm. The hormones that regulate many of the mental and organic functions undergo internal tidal changes, accompanied by corresponding variations in energy distribution, in drives, in attention span, in periods of alertness and fatigue.

What does body time mean for youngsters in a classroom? Well, it may mean that some should be going to school at a time that is different from regular school hours.

Planners participating in a conference on new directions for high schools even suggest that schools provide optional schedules and students could select the one that suits their body rhythms best.

One school already is operating. In 1970, Las Vegas opened Urban High School. It operates from 4:30 P.M. on for this reason: 500 students prefer to study late in the day.

The school is known locally as "Five O'Clock High."

Lampoons around the small, class-size tribunes of suggestions to open in the spring.

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