

Russian Youth Nixes American Things

They didn't say "Nyet." But aside from the praise they bestowed upon American hospitality and our well-planned kitchens, the Russian youth group's attitude toward most things American was largely disapproving.

The recent visit to the United States of the 27 men and 4 women, the largest group of Soviet youth to visit this country in five years, had reactivated an exchange agreement between the Council on International Educational Exchange of New York and the Bureau of International Youth Tourism (Sputnik), a Soviet organization. The two organizations began exchanging youth groups in 1958, but the Soviet agency had sent no groups here since 1964.

The Russians, most of whom were in their early 30s, came from all parts of the Soviet Union and represented a variety of professions ranging from teaching to collective farm leadership. Among them were several engineers, a student, an economist, an engine driver, and a journalist.

Their 20-day tour included stopovers at an elementary school in Hartford, Conn., an urban renewal program in Albany, N.Y., an educational TV station and a food plant in Pittsburgh, Old Sturbridge Village (recreated colonial village) in Massachusetts, and general sight-seeing in and around Philadelphia, Niagara Falls, Washington, D.C., and New York. They met civic leaders, were introduced to their professional counterparts, and lived with several American families.

If they were impressed by anything other than the American people themselves, they were loathe to discuss it. Surrounded by interpreters and "official representatives," they sat stone-faced, their downcast eyes betraying not a flicker of emotion. Even a ques-



tion about the wide variety of consumer goods found in our supermarkets — a generally acknowledged area of American superiority — elicited only shrugs. Their enthusiasm was reserved for the families with whom they had stayed. As Ivan Ivanovich Kholod, the agricultural engineer who served as the group's leader, enthused: "The first thing the Pittsburgh architect with whom I stayed, said was 'Make yourself at home.' And he meant it."

Other aspects of American life provoked much more negative response. Here are Soviet comments on:

American Women's Fashion: "American women dress daringly and courageously. But in many cases, it appears tasteless. We saw

women over 50 wearing miniskirts. We wear miniskirts in Russia, but they're not as short. American Hairstyles (Female): "Running through life in Russia is the doctrine of rationalism, which means striving toward simplicity and freedom of movement. The long hair observed on American women doesn't seem to promote such ideals. It's sloppy."

Dating: "Your young people seem to pair off too much and much too soon. They're too wrapped up as couples." In Russia, they say, most young people spend their spare time in groups at sporting events and hiking, particularly since the advent of the five-day work week.

Rock Music as Seen in Film "Monterey Pop": "It could be called music only with a very great strain. Thank heavens, in the homes we stayed in, we heard mostly classical music."

College Demonstrations: "In Russia there cannot be any such disturbances. Our students have always been represented in the school administration. Any question involving student life is resolved with a representative of Russian youth and job assignments are taken care of by the students."

The Generation Gap: "There's nothing surprising in that the young generation in Russia differs from the older one, particularly since the younger people are so much better informed on everything. But there is no generation gap in terms of the complete opposition of goals, as seen here. The primary elements uniting our generations are similar ideals and goals... the major goal being the building of a Communist society."

Mexico's Youngest Mayor Rules with Firm Feminine Hand

In the shadow of the great pyramids of Teotihuacan, a tourist center just outside of Mexico City where Aztec emperors and "eagle and tiger warriors" once ruled,

now governs the youngest mayor of this country. Her dimples, long raven hair, miniskirt, and pretty smile hide a stern sense of authority that once sent her nephews to jail.

Maria Pineda Torres, 27, has been mayor of her home town of Teotihuacan (seat of a municipality of 14 towns with a total population exceeding 20,000) for the past two years after winning the official party's nomination in a battle with her former boy friend.

The ambitious young woman sees politics as a career in a country where women do not yet fully participate in politics.

"My next step, if the party approves it," she says, "is Congress." The party is the Ruling Revolutionary Institutional Party (PRI).

"I am only the second professionally trained mayor in the history of Teotihuacan," she says as she explains the battles she has had in doing away with the "cacique" system. This system is still common in small towns in Mexico where the mayor rules like a chieftain and most problems are settled with bribes.

Miss Pineda Torres entered the Municipal Palace, then an old decaying building inhabited by underpaid policemen and municipal employees to find 26 Mexican pesos (\$2 U.S.) in the treasury and an electricity bill for \$800.

"It was a shock," the mayor said, sitting at her desk in her small but neat pink painted office.

When the light company cut off electric power to the municipality for three days shortly after her takeover, she went on a television program in Mexico City to ask for



DAY IN THE LIFE OF A MAYOR... At 27, Maria Pineda Torres, of Teotihuacan, is Mexico's youngest mayor. Here she's seen at work in her pink office in the Municipal Palace and out among her rural constituents.

At one point, a municipal tax official says, several merchants put an envelope containing \$1500 (Mexican) on her desk and asked her to take it as a bribe and leave them alone.

"Do you know what she did?" the official asked. "She called the municipal secretary in, told him in front of the merchants to take the envelope and said, 'Enter that into the treasury. These gentlemen are giving it to us as part of their payment of back taxes.'"

The new income has gone to build an additional school, to pave streets, to install a water system, to build bridges in the surrounding towns, and toward higher salaries for the police. Many of the new public works are the result of unpaid labor provided by the town residents.

As a public official, Miss Pineda Torres has had to sacrifice most of her social life. "The home town boys are scared of me now," she says, "but that is a sacrifice

that I am willing to make because I want to serve my country."

"I think the party needs new young blood, a renovation to attract the youth of Mexico and I think I can help. Besides, the party also needs women, especially women prepared for politics."

She thinks Mexican politicians should develop a closer relationship with their constituents. "Many of our congressmen are elected and never return to their districts," she says.

She governs with a feminine but strong hand. When her young nephews felt that her job made them immune to police reprisals and started "acting irresponsibly" she had them thrown in jail.

And despite the curtailment of her social life, Miss Pineda Torres admits that in the past year she has received hundreds of letters from "admirers who write to offer me their protection and love. I never had so many people who wanted to marry me," she says.

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Speaking of YOUR HEALTH...

By LESTER I. COLEMAN, M.D.

Meaning Of Heart Failure

HEART failure is a term used rather frequently and seems to be misunderstood in many instances. Perhaps a simple illustration might help to clarify this condition. The heart is one of the most powerful muscles of the body and in a remarkable fashion continues to pump at regular intervals to send blood, oxygen and nourishment to all the organs of the body.

Let us assume that one ounce of blood with each beat during complete health and that this happens regularly, eighty times a minute. In good health there is no obstruction anywhere along the entire circulatory system and the heart continues to do its job efficiently.

Now, let us further assume that some obstruction to the free flow of blood occurs because of disease in the lungs, the liver, and other organs or because of narrowing of the blood vessels due to arteriosclerosis. There now is a back pressure on the heart and it must increase its rate of pumping in order to push out that same one ounce of blood with each beat. Now the heart may be beating as many as 120 times per minute and a work burden is placed on this muscle. If the obstruction continues or if the heart muscle is damaged by its own inadequate blood supply, it begins to fail.

When the heart muscle becomes inadequate and cannot pump out enough blood during body activity or while at rest, it becomes severely fatigued, cannot perform its duty, and fails. This is heart failure. To repeat, heart failure is the inability of the heart to carry out its ordinary pumping obligations.

It is now easier to under-

stand the treatment that is used for heart failure. Activity is curtailed. The disturbed emotions add a burden and must be modified. The obstruction to the free flow of blood by a diseased organ must be repaired. Tobacco must be eliminated completely for it adds an extra pressure on the heart by causing spasms of the blood vessels, thus making the heart work even harder. There are many drugs, like digitalis, which give added support to the heart until it once again can assume its normal function. There should be no guesswork about "heart failure" by people who live in terror that they may have it. Examination with the wonderful facilities that are now available can quickly establish a diagnosis and relieve the false fears about it.

Smallpox is a disease which has been eradicated almost completely in the United States. It still occurs in underprivileged areas around the world and could be eliminated there as it has been here by proper vaccinations. Every once in a while an outbreak occurs and people rush to be re-vaccinated.

It is a simple, painless process and should be repeated routinely every five years. Health officials demand repeated vaccinations every three years for those returning to the U.S. All vaccinations are a boon to mankind. No one should be deprived of their advantages.

SPEAKING OF YOUR HEALTH: A doctor's permission is necessary for adults who spend a long time in intensely hot steam rooms.

HAS 16 GAMES OF 300

ST. LOUIS (AP) — When professional bowler Dick Weber rolled a 300 game in the Archway tournament at Western Bowl here last Dec. 14 it was his 16th perfect game.

Tremendous Strides Production of Crops

North Carolina has made tremendous strides in the production of many crops in the last half century. Among these crops is the apple, which can be grown to perfection in our upper Piedmont and mountain counties.

Let's go back now in history to the year 1896 and review some of the comments and predictions made at that time by Professor W. F. Massey, North Carolina's first horticulturist. Then I will quote sections of a letter which seem to give authority to Professor Massey's prediction.

Professor Massey was speaking, in general terms, of the mountain counties where apples were grown at that time and where our commercial acreage is now concentrated. He had this to say: "This region is the home of the apple and is destined to become the greatest apple growing region in America when its capabilities in this respect are fully known to fruit growers. Many apples are grown there already but the varieties most popular in the North are not grown to the extent they should be."

"The exhibits from North Carolina and Virginia at the Chicago Exposition opened the eyes of dealers to the great value of certain varieties which grow here to greater perfection than elsewhere. This is particularly true of the Winesap and York Imperial (sometimes called Johnson's Fine Winter)." He had much more to say but I have given the essence.

Now, by way of a news-

letter, word comes from one of the largest marketing firms in the United States reminding the trade of the increasing importance of apple production in North Carolina: "Our studied opinion is that this state will rise to the stature demanded of the earliest major volume state in dessert variety marketing. Watch her progress."

What the writer had in mind was the very favorable position we occupy in the early marketing of some of our major varieties. This is particularly true of the red (color) sports of the Delicious variety.

While the growers are conscious of the favorable position related to the "early deal," they realize, too, that our marketing problems are not solved. Competition is becoming keener and more emphasis is being placed upon high quality fruit.

It is still difficult to impress upon some North Carolinians that apple production is big business, and it's growing. In 1968, the commercial production is estimated to be 6,500,000 bushels; and will increase rapidly as extensive new plantings begin producing.



Use freshly-cut grass clippings on sweeping compound on a dusty garage floor. They hold down the dust, sweep up easily.

It's Beautiful!

If you and your children haven't seen The Lost Colony Children's Theatre's production of "Beauty and the Beast", you've missed something special in entertainment.

It's well worth the drive to Manteo just to see.

Shows are given each Saturday and Monday at 10:00 a.m., and on Tuesday at 11:00 a.m.

Pack up the kids and give them a treat . . . You'll enjoy it, too!

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NOTICE

The office of Dr. T. P. Brinn, deceased, will be closed permanently, effective September 1, 1969. All former patients of Dr. Brinn, who wish to have their medical records transferred to their present physician are asked to contact his office by September 1.

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