

# YOUNG & YOUTHFUL



## INSIGHT:

For Teens Only

by Miller Carter, Jr.

During the week of February 24-28, a few students from all over the state got a chance to go to Raleigh to get a small look at how part of our government works. These students served as "pages" and "pagettes" in the House of Representatives.

Some people have a very low opinion of our government because of "Watergate" and other related crimes in our justice system, but I'm sure that the students who went to Raleigh came back with a different viewpoint.

The city of High Point, T.W. Andrews High School, and the black community are all very proud of Miss Yvette McCall who served as a pagette in Raleigh. Miss McCall was the only student from High Point. As an even greater honor, she was the only "black" serving as a pagett.

She is a junior at T. W. Andrews High, and everyone, including myself, is very proud of her.

I was very fortunate to have an interview with her; and in so doing, I learned a lot myself.

Her jobs as a pagette were to take printed bills to specified offices, answer the phone when the Representatives were out of the room, bring information to representatives, and even run small errands like getting the Representatives food and drink. Miss McCall also told me that she attended a few committee meetings; where she really got to see the kind of things that Representatives dealt with.

Even though the work Miss McCall and the other pages/pagettes did was not hard or complicated, they all received a modest salary of about fifty-five dollars for the five days that they served.

I asked Miss McCall: "What were the Representatives like? How was their attitude?" She replied: "They seemed really concerned about what they were discussing and they were really trying to help the people of North Carolina."

Then I asked Miss McCall: "Do you think the Representatives are more honest than those involved in the "Watergate Affair"?" She replied, "I think they are all honest and sincere in their work. As I said before, they are really trying to help the people in North Carolina."

Miss McCall commented that she liked the trip and the work, and that she would like to go back another time.

So those of you who have a bad opinion of North Carolina government, talk to Miss Yvette McCall. She has direct information about it.

Thought for This Week: "Life is only as good as the people who live it."

## THE HOME GAME

by MARY FUREY CRYMES

**DARN DOG** — New puppy in the house? Then perhaps you will be interested in a "mopping up" operation a friend of mine swears by. When an accident occurs, she runs for a small pitcher of water, pours it on the spot, blots first with paper towels, and then large turkish bath towels on which she does a small dance to really soak up the water. Her carpets have survived the "dam dog!"

**LADIES' SPECIAL** — Date-nut bread sandwiches are even more special when filled with a mixture of cream cheese and frozen orange juice concentrate. One to two tablespoons of concentrate to a three-ounce package of cheese should be about right.

**RING AROUND** — White rings on a table top plague most housewives. For fresh rings, rub with a little salad oil. For older, more stubborn cases, rub the area with a paste of linseed oil and powdered pumice.

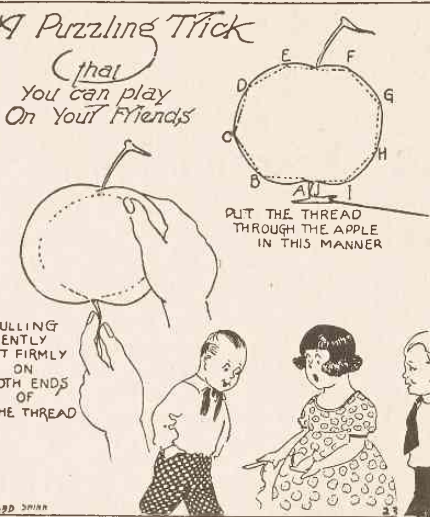
**ARM SHAPER** — To avoid creases when pressing a suit coat or jacket, wrap a rolling pin with a heavy bath towel and slip it into the sleeve.

**COLD STORAGE** — A money-saving idea for containers to use in your deep freeze is milk cartons. Cut off the tops and wash well. After filling, seal with heavy foil. Coffee cans are fine to freeze such things as soups and chili.

**SEASONAL CHANGEOVER** — It's time to go through the clothes closets and reorganize! Start by dividing all clothes into three stacks — those to be given away, those to be cleaned and stored, and those to be returned to the closet to be used through the coming season.

### Kiddies-Can-Do-It

By Uncle Cobb Shinn



HERE you see how, with a strong silk thread, you can cut an apple into halves or quarters without even breaking the skin. Prepare an apple in this manner and then ask some of your friends to pare it and see the surprised look on their faces when the apple falls in quarters. It will be hard for them to solve the mystery.

## MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

Are Chinese herbal medicines dangerous to take? -- C.L. Ordinarily herbal preparations are harmless and have no scientifically substantiated curative properties. Recently our government has warned against the use of Chinese herbal medications. Several Chinese herbal importers have put a powerful and potentially dangerous drug called phenbutazone into their products. One person is known dead and three other persons are hospitalized with a severe blood disease called agranulocytosis. Canadian authorities have also reported similar situations. For the time being, stay away from them.

Does regular coffee contain more caffeine than instant coffee? -- R.U.

Yes, Caffeine dissolves very readily in hot water. The longer coffee is exposed to hot water, the greater will be the amount of caffeine. Percolating and boiling methods will yield the greatest amount of caffeine per cup.

What drugs cause constipation? -- L.K.

Lots of them. Antacids, narcotics (which include codeine, morphine, and paregoric) mineral oil and anticholinergic drugs (which include drugs for ulcers, and drugs for Parkinson's Disease). If you have this problem and you are taking medication, ask your pharmacist or physician if the drug you are taking could be the cause.

What drugs are used to treat cancer? -- R.E.

There are four general classes: (1) Alkylating agents (chemically similar to nitrogen mustard, acting like radiation therapy). (2) Metabolic antagonists. (These chemicals fool the cancer cells by acting as a source of nutrition, yet end up starving them.) (3) Hormones (male, female and cortisone type.) (4) Others (plant derivatives, antibiotics and nonrelated chemicals).

What is a good antidote for detergent poisoning? -- L.H.

(1) Call for help. (2) Give two or three glasses of milk or water immediately. (3) Do not induce vomiting. (The Antidote and First Aid for Poisoning Chart will tell you what to do in treating children for substances they frequently ingest. If you would like to have the chart send a long, self-addressed stamped envelope, plus 25 cents to the care of this newspaper.

## Shaw Sponsor

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ed Monday, March 17, Reverend James Arnette; between 2:00 and 5:00 p.m. the Reverend C.C. Craig; in the Shaw University the Reverend Isaac B. Church. All inquiries about Horton; Dr. J. Jasper the conference should be Freeman; the Reverend directed to James Z. J.L. Morgan; the Reverend Alexander, Dean. The C.R. Mosley; the Reverend Shaw Divinity School, John T. Parks, Jr.; the Raleigh. Reverend W.B. Westbrook.

The Pastor's Conference Dr. J. Archie Hargraves, Committee is comprised of President of Shaw University-Reverend J.C. Harris, School and Dr. E.B. phrey, Vice-Chairman; Dr. Turner, Chairman. Shaw W.B. Lewis, Secretary; the Divinity School Board of Reverend J.H. Foster, Trustees, are members Assistant Secretary; the ex-officio.

## Governor Appoints Nine

Governor Jim Holshouser today announced the appointment of nine members to the Governor's Advocacy Council on Children and Youth. The new members were sworn in on March 6.

### Blacks Losing

Continued From Page 5

scene, the former newsman warned that wealthy, white "fast buck operators" are buying up black newspapers and selling them like franchises. Such tactics, according to Scott, are threatening the survival and once strong black ownership of the nation's black newspapers. "I believe in integration, but blacks should maintain and save some of their own institutions," Scott declared. The two-day workshop at Clark College attracted students from throughout the Atlanta University Center.

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