WEDNESDAY, MARCH 31, 1976

THE TRIBUNAL AID

HIGH SCHOOL

COLLEGE

EDUCATION AND SOCIAL

ASK ME ABOUT

Mrs. Lemon

Tryn Anything

Baptist Churches

NATURE by Doris B. Kwasikpei

Dear Mrs. K:

I would like to plant a bright colored, sweet smelling, vine near my porch, that will bloom all season. Will you please help me.

Dear Mrs. Lemon:

The climbing nasturtiums, whose flowers are spicy-fragrant, are probably what you will want. They are colorful with yellow, orange, cherry and scarlet blossoms. Their vines grow eight feet but need six hours of sun daily.

Dear Mrs. K:

You wrote someone about insects being used for food. I want to make something different from candy and use ants. I once ate chocolate covered ants and they were good. Will you give me some suggestions? Sign me

Dear Try Anthing:

Try Ants filled brownies. A quick easy way is to buy a package of brownie mix. Make according to directions, stir in sugar coated ants instead of nuts.

Dear Mrs. K:

Why do fewer women have heart attacks than men? Mack

Dear Mack:

Nature has built into women sex hormones, progesterone and estrogen, which help them take stress and prevent heart attack. Men do not have this advantage. ***

Dear Mrs. K:

Where did the earthquake take place in the U.S.A., in 1959? Pete

Dear Pete:

The earthquake took place in West Yellowstone National Park on August 19, 1959. It killed and injured many people, wrecked highways and flipped over automobiles.

Dear Mrs. K:

I know some animals hibernate. Do you know if the woodchuck hibernates?

Kelly Dear Kelly: Only a few mammals are true hibernators. The

woodchuck is one of them. *** Dear Mrs. K:

If I have my cat spayed, will it make her fat? Miss King

Dear Miss King:

Spaying will not make your cat fat. If she is eating too much, she will get fat whether she has been spayed or not. However, spaying will prevent her from going into heat and having unwanted puppies.

There are so many things to learn about Nature. People want answers but sometimes are afraid to ask. Well, don't be.

Just put your questions in an envelope or on a post card and mail it to me in care of this newspaper, (The Tribunal Aid, P.O. Box 921, High Point, N.C. 27261) and'I will answer it in this column. Be sure to include your name and address. If you do not wish your name to be included when your letter is printed, indicate it in your letter. Keep your letters coming.

DON'T MOVEwithout telling THE TRIBUNAL AID. Every week we're flooded with changes of address returned by the post office and not mailed in by our subscribers. To avoid missing issues of THE

TRIBUNAL AID, send us your old address and your new address, name correction [if applicable],



NEW PREXY--Dr. Grace and Economics at Fayette- Gwendolyn Black [center] Black, right, Chairman of ville State University [N.C.] recently, after being selectthe Division of Business congratulates FSU senior ed president of Phi Beta

Notes & Reminders

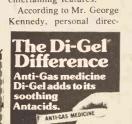
WINSTON - Salem -- The tor, the AMERICAN LEG- is chapter advisor for International Cur, iculum ION is co-operative with faculty member, Betty Development Program churches, clubs, lodges and McKee. [FSU PHOTO BY (ICDP) at Winston-Salem the public in general.

State University is sponsoring a "Modular Workshop on West African Cultures that will be held on

Saturday, April 3 in Coltrane Hall-Rooms 103 108, from 9:00 a.m. to 1:00 p.m. Dr. Roland E. Buck, of N.C. School of the Arts and Mr. Musa Kamara, of A&T University, will conduct the sessions. Their presentations will focus on the histories and cultures of four West African States -Sierra Leone; Nigeria, Guinea, and Ivory Coast. This free workshop should be of special value to all teaching majors and to teachers of African Studies. For additional informa-

tion call 761-2023.

GASTONIA--THE AMERICAN LEGION building, a new structure located on Moran and Allison Streets, Gastonia, is an asset to the Black community. It is a spacious building and is well equipped with auditorium space, kitchen and dining areas, lounging nooks offices, quiet games and T.V. viewing section, basement with recreational facilities, and a stage for entertaining features.



Shaw Grad Appointed Executive Minister RALEIGH--The Rever-end James D. Peters, Jr., a the National Director of the graduate of Shaw Univer-New Community Program USA and the predominantly needs of Asian-Americans. The educational and community USA and the predominantly needs of Asian-Americans. The educational and community forward to his relationship ing to expand this exciting,

Region of the Board of He will assume the jointly undertook a capital Directors of the American position September 1, 1976. funds campaign to raise

In 1971, the predomi- \$7.5 million in distributable

sity, has been appointed of the Fund of Renewal black Progressive National Indian-Americans. Blacks with churches in the south inclusive fellowship repre-Executive Minister, South (FOR).

Translation 3rd Edition,

State University's Chestnut

Library. Accepting the gift

is head FSU Librarian

Nathalene R. Smith, IFSU

New Community concept. In his new post, Mr. Peters will provide spiritual guidance and administrative leadership to more than 155 congregations affiliated with the region of the south. The adminstrative area itself stretches

Page 5

Continued on Page 6 **"What are** those brown spots on my hands?"

You may think they're just big freck les, or sun spots. Maybe somebody told you they were "liver spots." But they're most likely age spots. Do you have to put up with age

spots? The answer is no. You can fade age spots with Esoterica Medicated Cream

Esoterica works because it goes below the skin surface Esoterica stops excess pigmenta tion, so the spot fades. If you use Esoterica daily as

directed, you should see a clearer, more youthful-looking skin tone in six weeks.

Fade age spots with Esoterica.

2.69

63°

89°

89°

89°

59°

2.05

2.05

LIBBY'S

CORNED

president and general recently at Fayetteville



Lambda, a national nonprofit collegiate business organization, composed of GIFT-Gardner Altman, Jr., students enrolled in busi- president and general ness programs at the institution. At left in photo

VIVA

PAPER

manager of radio station WFLB in Fayetteville and prominent local attorney, presents a 36-volume set of





