

# PTA Turns Concern Into ACTION



Do you know a child like this in your community? He could be helped through National PTA's "Children's Emotional Health Project" — one of many on-going programs designed by professional consultants for use in state and local PTA's.

Many Americans are concerned about what's happening in our nation today—about the tragic increase of deaths caused by drugs, senseless violence erupting in our cities and schools, continued pollution of the air we breathe and the water we drink.

We're concerned and that's good. But it takes more than concern to stop drug abuse, to prevent disruption in our communities, to clean up the environment. It takes people working together who aren't afraid to meet the issues face-to-face. It takes action.

PTA, the world's largest volunteer organization, can supply that action. During its 74-year history of working to provide quality living and quality learning for all Americans, some of the greatest accomplishments on behalf of children and youth have resulted from the work of the PTA.

Backing up the work of the National PTA, state and local PTA's across the nation continue to channel their concerns into positive action:

- A midwestern state PTA embarked upon a statewide Children's Emotional Health Program. Designed by the National PTA for implementation on the local level, the program attacks the increasing problem of emotional disturbances in children through an educational program of films, workshops, and group meetings for parents and teachers.

- An elementary PTA in the east chose a project in the field of special education. This local unit "adopted" a class of 30 children, most of whom were from low-income families. Many of the children had never had a vacation, been to a doctor, or gone swimming in a pool. The PTA provided a camp, supplied food, obtained the services of a dietitian and a nurse, and arranged for transportation to and from the camp.

- A metropolitan PTA, alarmed at the growing use of drugs by teenagers, as well as an almost epidemic rise in venereal disease among this age group, sponsored a "traveling workshop" covering both subjects. Designed and manned by authorities in these areas and PTA members, the workshop played to hundreds of people covering several suburbs.

"Now more than ever the PTA is called upon to be outspoken on behalf of children and youth," says Mrs. Leon S. Price, of Dallas, Tex., National PTA president. "Through memberships in the PTA, men and women and youth can turn drift into direction, indifference into enthusiasm, and delay into action now."

Membership in the PTA is through the local unit (local PTA), which is usually organized in a school, and is open to all persons interested in the welfare of children and youth. Nominal dues include membership in the local, state, and national organizations.

## PTA Works for All Children



The problems and dangers facing youngsters today are mortally serious. Children are growing up in a world beset by violence, pollution, drugs, and crime. If you're concerned, and want to do something about the problems and dangers facing America's youth today, join the PTA. When you join PTA, you join millions of other men and women who care about the young and about the country.

### CASSIUS CLAY TO STAR IN PLAY

Chicago — Mohammed Ali (better known to you as Cassius Clay) will star again in "Big Time Buck White," the Oscar Brown, Jr. musical version of the play which was the famous Off-Broadway success. Mr. Ali had appeared for a limited run in the play at the George Abbott Theatre on Broadway.

A national touring group will be seen in the play starting on the East Coast October 1st. It will also be seen in major colleges all over the country. The play will be produced by C. B. Atkins, well-known impresario, former husband of Sarah Vaughan and Mr. Ali's manager. C. B. Atkins is also negotiating for picture rights of other black plays and producing two other black plays in this city. "Big Time Buck White" will be booked through the office of Willard Alexander at 660 Madison Ave. in New York.

Featured in the cast will be Ted Lanze, Kirk Kirsey, and Bodini who will play the role of Jive in the production. Bodini is a Muslim who collaborated with Mr. Ali in writing a series of poems and was specifically requested by Ali to be in the production.

Meanwhile, Mohammed Ali is slated to fight an exhibition in Atlanta on September 2nd, and has, in fact, intimated that he may be in some other fights during the course of his theatrical touring. "But that won't make any difference," Mr. Ali said. "Right after every fight I'll just catch a plane and fly back to my theatrical job."

### COUNSELING AVAILABLE TO VETERANS

The Veterans Administration has provided some 1,350,000 servicemen in Vietnam with basic information on government programs available to them both before and after discharge, W. R. Phillips, Director of the Winston-Salem VA Regional Office, said today.

In operation "Early Word," the overseas portion of VA's "Outreach" program, VA representatives in Vietnam discuss VA benefits in group sessions and personal interviews.

The story of how America's fighting men get the word is told in "Two Years of Outreach," a booklet recently distributed by the VA.

Phillips said these representatives helped veterans and servicemen file more than 53,000 applications for vocational training, and nearly 78,000 applications for disability compensation.

In addition, as part of its follow-up, the VA sent 1,500,000 letters to Vietnam veterans shortly after they were discharged. About 15.5 percent of these letters went to veterans who were high school dropouts before military service. The follow-up letters and the booklet reminded the young veterans of the GI Bill, and urged them to utilize their benefits, especially educational and training programs.

Veterans may visit, write, or phone U. S. Veterans Assistance Centers or the nearest VA office for help or counseling in matters ranging from education to employment and from health to housing.

### DISCHARGES

- Mr. Clifton Frazier  
1204 Archer St.
- Mrs. Delorse Farmer  
305 W. Florida St.
- Mr. Davis Pruitt  
147 Warren St.
- Mr. Willie Curlee  
921 Reid St.

### FAMILY DIET

In a food survey done in 1965-66 by the Department of Agriculture, U. S. Family diets were not as good as they were in 1955. Calcium and iron were the nutrients most often below recommended allowances.

Best sources of iron are lean red meats, organ meats, dark-green vegetables, egg yolks, oysters, dried fruit, dry beans and peas, whole grain and enriched grain products. Iron is needed to help build good red blood. It combines with protein to make hemoglobin cells. These cells act as boats to carry oxygen to muscles, lungs and the brain. Possible results of a lack of iron in the diet are low hemoglobin or nutritional anemia, poor appetite, tiring easily, and thinking slowly.

To be sure to get an adequate supply of iron, be sure to include foods from the four essential groups in the right amount daily. For adults these are: 2 servings daily from both the milk group and from the meat and meat substitute group (substitutes: dry beans and peas, peanut butter, eggs, fish and poultry) and 4 servings daily from both the bread and cereal group and the fruit and vegetable group. One serving from the fruit and vegetable group should be rich in vitamin C and the other a dark green or deep yellow fruit or vegetable.

Now here are some menus based on the four food groups

with special attention given to iron rich foods.

#### Breakfast

- Fresh cantaloupe
- French Toast (enriched)  
(or whole wheat bread)
- Syrup - margerine
- Bacon
- Coffee - milk

#### Lunch

- Hamburger & Bun
- Lettuce & tomatoes
- Grapes
- Milk

#### Dinner

- Fried chicken
- Crowder peas - Broccoli
- Biscuits - milk gravy
- Milk or iced tea

#### Breakfast

- Fresh sliced peaches
- Poached eggs
- Whole wheat toast - margerine
- Milk - coffee

#### Lunch

- Green beans - fried squash
- Sliced tomatoes
- Enriched corn bread - butter
- Apple cobbler
- Milk

#### Dinner

- Chuck roast
- Oven browned potatoes
- Tossed salad - french dressing
- Enriched rolls - margerine
- Tea or coffee

### FRIENDLY CELEBRATE'S 13TH ANNIVERSARY

An anniversary is not always a cheerful thing — in most instances it denotes someone or something getting older. At

Greensboro's Friendly Shopping Center, announcing their 13th Anniversary this week (August 30 through September 5), you sense a totally different feeling — instead of a tiring getting older feeling you are caught up in an exciting, enthusiastic refreshing newness of spirit. You see the evidence of challenge, progress and sophisticated growth all around you. Friendly is celebrating their 13th Anniversary this week with significant achievement during the past year. In the past year Friendly has added 13 beautiful new stores to the Center, over 115,184 additional square feet of retail area and over 1500 additional free parking spaces for your convenience.

In keeping with their motto of "Friendly Offers More" the developers have added a beautiful Auditorium to the Center's expanded facilities through which carefully scheduled cultural, educational and civic programming are offered to the community.

The developers, management and merchants of the Friendly Shopping Center appreciate you the consumer in making this Center what it is today and hope you will join in our 13th Anniversary celebration and make this the greatest until we celebrate our 14th Anniversary next year. You are all welcome — values, fashions, quality, service, excitement and entertainment for all.

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