



JAMES T. DIGGS CONSISTORY NO. 307 - James T. Diggs, 33d degree, Sovereign Grand Inspector General for North Carolina, front row center, is shown with officers and members of James T. Diggs Consistory No. 307, recently constituted at Burlington.

Cumberland County Community Action Center

NEW VISTA VOLUNTEERS ARRIVE

Eleven new VISTA Volunteer Trainees arrived at the Cumberland County Community Action Office last week. They have attended sessions at the Health Department, the Department of Social Services (formally known as the Welfare Department), the Agricultural Extension Office.

The new trainees are: Stuart H. Kerachsky, Peter S. O'Connell, James R. Humphreys, Michael D. Schechtman, Harold A. Arnold, Jr., Dennis Chamberlin, William C. Aney, David R. Kinyon, and Stanley E. Young.

Joe W. Worrell and Jim Brozo are working in the city on Welfare and Social Security problems. The trainees will travel to Pilot Mountain on Sunday. They will return next week. We are also expecting another group of volunteers in September.

We are hoping to make the 'Schedule of Events' a weekly feature of Under CCAP's Hat. In order to print meeting notices in the weekly edition, your notice must be left at the main CAP office by 5:00 p.m. each Thursday.

ARE YOU A DIABETIC?

The diabetic experiences symptoms such as persistent hunger and thirst, frequent urination, loss of weight, itching, or fatigue. Approximately one half of the more than 3,000,000 diabetics in the United States and Canada are unaware that their symptoms are due to diabetes and can be relieved by proper medical treatment. By seeing your doctor and by carefully following his advice, you are taking the first step toward the return of healthful productive living.

WHAT IS DIABETES?

Normally, sugars and starches in food pass through the intestines and into the blood in the form of sugar called glucose. A certain amount of glu-

cose is always present in the blood, and is used by the body for food and energy. To make sure of a continuous supply of this vital sugar, glucose is stored within the body in another form and is released as glucose as is needed. Use and storage of sugar by the body depends on the presence of insulin produced by the pancreas, a gland located near the stomach.

If the pancreas fails to produce sufficient insulin, normal use and storage of glucose (the body's sugar) is impaired. This causes extra amounts of glucose to accumulate in the blood, which may be reflected by detection of glucose in the urine. This condition is known as diabetes mellitus, and if untreated or neglected, serious complications can result.

Although diabetes cannot be cured at present, with newer medical knowledge and with complete cooperation on your part, it can be controlled and your physician can help you to attain a long, useful and productive life.

SPECIAL PRECAUTIONS

Because diabetics are particularly susceptible to disorders of circulation, infections and slow healing, the following precautions, related to care of the feet, should be observed at all times.

Do: Keep feet clean, change socks daily, keep warm and dry, cut toenails straight across, notify your doctor of any change in sensation or color of your feet.

Avoid: Using tape, arch supports, iodine or carbolic acid solutions, getting sunburned, use of electric pads and hot water bottles.

Don't: Wear tight shoes, socks that are tight or have holes, use tight or electric bandages or garters, walk barefoot, cut your own corns, or break blisters.

Youth Council Activities

Prepared By Members of The Fayetteville Youth Council

The Fayetteville Youth Council has begun a scholarship for high school students in honor of Monroe E. Evans, former mayor of Fayetteville. It has been named for him because it was he who boosted Youth Council here in Fayetteville. We are now beginning a scholarship drive with a goal of \$2,000. This scholarship will be awarded each year to a deserving senior who best exemplifies the ideals of a youth council member.

We are asking for donations of any size. If you would like to make a donation, you may contact any Fayetteville Youth Council member.

Youth Council is sponsoring a Be-In at Rowan Street Park this afternoon. All high school and college students are invited. There will be four bands to entertain and refreshments will be available. In case of rain, the Be-In will be held in the Rowan Recreation Center. This is a good chance to show off your suntan and to hear four good bands, the Expressions, Sound System, Bridges Combo, and Soul Inspiration.

Youth Council is trying to promote interest in the City Council meetings. These are held the second and fourth Monday of each month. All are urged to attend and are quite welcome at each meeting. It is vital to our city for each citizen

to realize what is happening. That is the only way to take part in it.

'Everyman Today' is in rehearsal to be presented July 25 and 26. This play is being directed by Patrice Walker and will be performed on stage at Hay Street Methodist Church. Tickets will be \$1 paid at the door or in advance. They may be bought from any Youth Council member.

Call-in is still under way. Any one interested in using a teenager for work, please call 484-5174. Also, any teenager needing part time work may call the same number. Any type job that is needed to be done we will try to find a teenager to do it.

Miss Singletary Wins Business Merit Award

FAYETTEVILLE - Miss Eloise Singletary, Lake City, S. C., has been named to receive the 1969 'Award of Merit for Outstanding Achievement in Business Education' at Fayetteville State University.

This graduating senior won the award based on her overall performance in scholarship, campus citizenship and professional interest. The award consists of an attractive certificate, a year's professional

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FSU 1969-'70 Calendar

FAYETTEVILLE - Fayetteville State University's 1969-'70 academic year will commence September 3 according to a calendar released by the dean's office last week.

Faculty members will gather September 3-5 for three days of planning and conferences. President Charles Lyons will lead the sessions.

More than 500 freshman and new students are expected to arrive on the campus September 8th to begin a week of college orientation. Class registration will be held September 15-16 and the initial classes will start September 17.

Indications point to a banner enrollment at Fayetteville State University. More than 1,200 students were enrolled during the 1968-69 year.

The university has scheduled four cadet teaching sessions for the year, two during the fall semester and similar number for the spring semester. Dates for the first student teaching session are September 17-November 14. The second fall ses-

sion commences November 17 and will end January 30th. Spring student teaching sessions are set for February 9-March 26, and April 1-May 27th.

Thanksgiving holidays will commence on Wednesday, November 26, and end Monday, 8:00 a.m., December 1. Christmas holiday start Wednesday, December 17, and end Monday, 8:00 a.m., January 5. Spring vacation begins on Thursday, March 26, and end Wednesday, April 1.

Founder's Day will be observed Sunday, April 19th.

The Alumni Convocation is set for Saturday, May 30 and Commencement is slated for Sunday, May 31.

Applications for admittance to the university are still being processed by the college's Admissions Office and interested persons may secure additional information pertaining to enrollment at FSU from the Director of Admissions.

'Satchmo' Celebrates

NEW YORK - Famed jazz trumpeter Louis Armstrong played it cool on his 69th birthday last week, relaxing at home and receiving greeting from friends, neighbors and admirers, including President Richard M. Nixon sent Armstrong a telegram saying it was appropriate that the trumpeter's birthday should fall on the Fourth of July "because of the vast contributions you have made to American culture."

membership in the National Business Education Association, current issues of Business Education Forum (a national professional magazine for the National Business Education Quarterly, and the National Business Education Yearbook.

The National Business Education Association and its Teacher Education Division, the National Association for Business Teacher Education, sponsor the award.