

AAUW SMORGASBORD: Some sixty different dishes and as many different countries were represented last week during the annual American Association of University Women Smorgasbord. The variety of dishes included arroz con pollo from Cuba, paella from Spain, jollof from West Africa, tetrazzini from Italy and german beef with apples. The Tuskegee chapter of AAUW sponsors this affair annualy to support a national AAUW Fellowship Fund. The Fund provides fellowships for women with outstanding ability to do advanced study. Women from seventy different countries have been helped by the national fund in recent years. Receipes for dishes served during this year's AAUW Smorgasbord

Urban Coalition Urges Sweeping In Medical Care For All Citizens

combined national and commuing medical reforms aimed at improving health care for all Americans, particularly those in the cities.

In a report prepared by its Health Task Force, the Coalition said that while the United States spends a bigger proportion of its gross national product on health than any other country, its health services are inadequate.

Americans spend over \$53 billion a year on a "potpourri" of public and private health programs, according to the report. If these funds were spent more efficiently, many more people would be served and better services for all could be as-

Poor health affects all Americans, regardless of income, according to the report. Not only the poor, but middle income families, blue collar workers, welfare mothers, and all city residents -- black, white and brown -- suffer from substandard health care.

Statistics cited by the coalition, included the following:

DIAL 832-9496

1. More than 45 per cent of the nation's population suffers from one or more chronic ill-

2. The poor (annual income under a grant from the National

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END CUT PORK CHOPS lb. 69c

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WASHINGTON - The Urban of \$4,345 for a family of four) al effort. Local successes would Coalition last week called for have four to eight times the inci- also stimulate needed national dence of such chronic conditions nity action to bring about sweep- as heart disease, arthritis, hypertension and visual impair-

> 3. Americans have a shorter life expectancy and a greater infant mortality than people of 15 other countries.

4. The ratio of doctors to ghetto residents is from onefifth to one-half that of the city as a whole.

Community action, the Coalition said, can generate more citizens than almost any nation- organizations.

The report urged the local urban coalitions that have been formed in 48 cities to establish health task forces. But the study made clear that the findings and recommendations could be used in whole or part by any local community organization concerned with the quality of health care. These would include local chambers of commerce, labor and religious groups, local immediate improvement for its businessmen and workers'

Pilot Program Designed To Revitalize Physics

ORANGEBURG, S. C. - South Science Foundation. Carolina State College is participating in a pilot program designed to revitalize physics courses for the freshman and sophomore years.

Dr. Homer Wilkins, program coordinator for the project, visvolved in the program. The

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ited the campus as part of a 20-college tour to assess the programs of the schools inproject is sponsored by the Regional Education Laboratory for the Carolinas and Virginia

Science Major." S AUTO ACCESSORIES

Dr. Wilkins also noted

While at the college recently, Dr. Wilkins talked with members of the administration and the physics department, toured the campus and sat in on some

He is attempting to complete his introductory tours of the participating colleges prior to an Oct. 31 conference at Hollins College, Roanoke, Va. The theme of the conference will be "Physics for the Non-

Among the findings which he will report at the conference is that most colleges are doing very little for the non-science major in the field of physics, Dr. Wilkins said.

In the past, he explained, physicists have enjoyed the feeling that their field was too difficult for the average person, but they are now coming to realize that the public is being sold short by its lack of understanding of physics.

that he has been gratified you and your husband. by the vigorous and forwardlooking programs at most of the Dear Mrs. Riggsbee: 16 colleges he has already visit-

Says Bill Cosby Fired Managers Of His Segregated Apt. Building

Bill Cosby fired the managers of his segregated Apartment Buildings, according to his attorney quoted in the November issue of SEPIA now on newsstands. The one-page wrap-up of reactions to its shocking August article starts off by referring to the cliche about the pen being mightier than the sword.

"Although not particularly handy with a sword, SEPIA's mighty pen fell gently upon Bill Cosby in the August issue for owning apartment buildings in Brooklyn which managers refused to rent to soul brothers and sisters."

Headlines flashed across newspaper, from one end of this country to the other about the disclosure. Cosby's Los Angeles attorney spoke to the author

PREGNANCY

PLANNING

AND

HEALTH

BY MRS. GLORIA RIGGSBEE

I am 20 years old an my

husband is 21. We have one baby

six weeks old. Usually my hus-

band is reasonable and very

understanding, but when it

comes to birth control, he in-

sists it is up to the wife to

way I can convince him it's

a two-way affair? Also, tell

me if you recommend the va-

ginal foam as an effective me-

thod of contraception. Thank

Of course birth control should

be a two-way affair. Just as it

takes two people to "make" a

baby, it also takes coopera-

tion on the part of both hus-

band and wife to plan when the

babies will come. But since

there is a greater variety of

methods for the woman than for

the man, women are more apt

to be the ones to uses contra-

of birth control for men (aside

from sterilization) and that is

the condom or rubber. Although

this is an effective method of

birth control, many men find it

unpleasant to use. If the wo-

man doesn't like the method

she uses, however, she can al-

bout vaginal foam -- except for

the condom, it is probably the

most effective method you can

buy at a drugstore, but it is

not as effective as methods

which require a doctor's pre-

Although the directions that

come in the package of vaginal

foam tell you to use one ap-

plication of foam for each in-

their patients to use two ap-

plications to be on the safe

side. When used with condom,

the foam gives even greater

County Health Dept., 3010 New

Bern Avenue, can prescribe the

most effective methods for you,

however, so I suggest you check

which contraceptive is best for

I would like to say I read

with them before you decide

Your doctor or the Wake

tercourse, most doctors tell

To answer your question a-

ways select another one.

scription.

protection.

There is still only one method

Can you tell me of some

Dear Mrs. Riggsbee:

use contraceptives.

you. MRS. D. L.

Dear Mrs. D. L .:

of the SEPIA story immediately after the August issue hit newsstands. "Within 15 minutes . . . Cosby retained a New York attorney to investigate the management policies. He has an absolute open policy. As a matter of fact, he would prefer black tenants. . ."

SEPIA's story continues: "Cosby's attorney, who himself had once written a police brutal-



think it is a wonderful thing. I am the mother of four and I really didn't want but two children. It seemed like everything my husband and I used didn't work.

I considered the pills, but didn't use them because a friend of mine said she took them and they made her sick. After I got pregnant with my fourth child, I talked to another young lady who was pregnant. She said she has been taking the pills for four years. Her baby was four and she wanted another baby so she stopped taking the pills and got pregnant again. But as long as she was taking the pills she didn't get pregnant. She said they really worked for her and she was sure they would work

So I am taking the pills now. I started last month and I haven't been sick a day from them. I hope you will print this letter because I think a lot of women are afraid of the pills and they shouldn't be.

Thank you. MRS. L. L. H. Dear Mrs. L. L. H .:

Thank you for your very nice letter. You are quite right; although millions of women take the birth control pill and are very satisfied with them, there are a lot of other women who are afraid of the pill because they have read "scare" stories about them. For the most part, these stories distort the facts, and I suggest that any of my readers would like to take the pills but are afraid of them either write to me for more information or check with your doctor and get the true facts.

Address letters to: Mrs. Gloria Riggsbee, 214 Cameron Avenue, Chapel Hill, North Carolina, 27514.

FHA insurance Nears \$130 Billion

Since the creation in 1934, the Federal Housing Administration has insured close to \$130 billion in mortgages and loans and has assisted more than 9.5 million American famllies to become homeowners.

*** According to the Arizona Farm Bureau Federation, an hour of farm labor currently produces over sixtimes the food and crops it did in 1920. And in the past 10 years productivity of the American farm worker has been increasing on the average of 6 per cent per year. This is an indication that American agriculture can and will keep pace with our growing population for awhile into the

CHARCOAL FILTERED

up his remarks by saying, 'I have great respect for your having called Mr. Cosby and I'm grateful for it. . ." The possibility of a Black

King of England is gone over in the same issue of SEPIA. George III, in merry olde England, married a black woman and sired a son whose descendents -- if any -- could lay claim to the royal throne of England.

"History books tell us that King George III officially married the German Princess Charlotte in 1761,", the SEPIA article says. "But. . . the secret marriage of George III took place in 1759, two years earlier, to a pretty London shoemaker's daughter called Hannah Lightfoot."

That means that merry olde Queen Victoria right on down to present-day Queen Elizabeth II maybe were not the rightful sitters on the throne. Somewhere in black South Africa today, the rightful heir to that British throne may be living and unaware of his royal an-



ALI REHEARSES FOR MUSICAL-New York: Former boxing champ Muhammad Ali (L), trading the ring for the footlights, rehearses for his role in the musical "Big Time Buck White" on the stage of the George Theater here October 29. Actor Kirk Kirksey is at center. At right a black power leader. (UPI).

"No Substitute Preparedness," Dr. Gresham Tells Bennett Audience

GREENSBORO - "Black people, whether we like it or not, must learn to read more and socialize less, study more and frolic less, think more and hate the white man less, do more research and say less, and write books and articles and become recognized in our respective fields," Dr. J. Lynwood Gresham told a Bennett College Founder's Day audience last

Dr. Gresham, the nation's youngest college president, and president of Barber-Scotia College in Concord acknowledged that times were hard, that over 35-million Americans live on the brink of poverty, a source "from which the seeds of revolution are sprung." But despite these things, "we must see what way the world is going and dedicate ourselves to its betterment through our own prepared-

He called Bennett and other schools like it, part of a society within a society that did not develop at the same rate as the dominant society, with a culture of its own, a language of its own, a religion of its own, and an economy and education of its own, "So we are not apologetic of our past or apprehensive of our future."

He pointed out that it wasn't wholly necessary to sit-in to achieve a breakthrough, citing as an example Hamilton Holmes, the first black student admitted to the University of Georgia, who made Phi Beta Kappa, Thurgood Marshall, United States Supreme Court justice, and a host of others.

The past 10 years, he said, were years of hard parallels, sputnik and Cuba, civil rights and Berkeley, cold war and long hot summers, Vietnam and Suez, assasinations and demonstrations, the growth of communications and the decline of understanding, all problems that contribute to the present climate of uneasiness.

But to do something that will be remembered, Dr. Gresham said, you must do something that will stand the ravages of time. "Marion Anderson lives comfortable, but will not be remem-

86 PROOF

KENTUCKY

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"Hamlet" and "McBeth," W. her songs. Nobody cared how E. B. Dubois for 'The Souls of Black Folks," James Weldon Socrates dressed, or whether Johnson for "God's Tromhe wore shoes or went barefooted; but he will be remembones" and Milton for "Parabered as one of history's great minds. Nobody thinks of George Washington's wealth; he's the father of his country. Nor do

dise Lost." In ceremonies before Dr. Gresham's address, students, faculty and staff presented Dr. Isaac H. Miller, Jr. with checks totaling \$3,822 to be used for scholarships and endowment.

A&T Dean Named To Nat'l Board

PRINCETON, N. J. - Dr. aminations (GRE), the board Darwin T. Turner, dean of the Graduate School at North Carolina A&T State University, has been appointed to the Graduate Record Examinations Board. the board which directs a nationwide testing program for 220,000 students seeking admissions to graduate schools.

they think of Lincoln's poverty;

he's the Great Emancipator.

Shakespeare is remembered for

Dr. Turner's election to the Board is for a term of four years. In addition to supervising the Graduate Record Ex- the state's nighways.

doctorates, a test taken by some 30,000 students last year According to the North Caro-

also directs the Graduate School

Foreign Language Test, gene-

rally required of candidates for

lina Department of Motor Vehicles, excessive speed is the primary cause of most motor vehicle deaths and injuries

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AFTER FOUNDER'S DAY ADDRESS-Greensboro: Dr. J. Lynwood Gresham, the nation's youngest college president, and president of Barber-Scotia College in Concord, is flanked by Rev. P. E. A. Addo, Bennett Chaplain and Dr. Isaac H. Miller, Jr., Bennett president, after delivering the 96th Founder's Day address at Bennett College last Sunday. (See