

# RCRC's Bill Knight Says Those Who Talk About The Past Doing Little In Present

**BY WILLIAM KNIGHT**

Those who converse too much about the past are usually doing very little in the present and shall do much less in the future. Of all the wise sayings was one by Kwame Nkrumah on the 25th of October, 1963 at the opening of the Institute of African Studies, "Education consists not only in the sum of what a man knows, or the skill with which he can put this to his own advantage.

In my view, a man's education must also be measured in terms of the soundness of his judgment of people and things and in his power to understand and appreciate the needs of his fellowmen, and to be of service to them. The educated man should be so sensitive to the conditions around him that he makes it his chief endeavor to improve those conditions for the good of all."

We only relate to history for facts and most so-called historical facts have become controversial. The people who established the facts, as laws aren't really important. Only the fact of law is important. People aren't really concerned whether or not I am Dr. Knight or Bill. They are concerned if that individual thinks and acts as a brother for the people or a Tom for himself. Education is important! But its only important in the way one relates to his fellow man.

We have all known a teacher who wasn't relating, right? To put himself or herself above all in the room, they usually made this fool statement: "I've got mines, you got to get yours." Of course, the standard reply was, "I noticed something was wrong with you, it's that education. It's made a fool of you. Nkrumah's reply was: "Above all, don't become

know-alls for nothing is more objectionable and nothing makes one look more of a fool. Education makes us humble and tolerant."

Each summer, many teachers go north to work. These teachers are just trying to make a living. Many of them would almost die if it was known that they were maids, sanitation workers, waiters, and did other servile work. They make good money up there. You see, I know, because I did it myself. I still can empty a "Gym Can" into an "Elephant" quicker

than the average sanitation worker. In Philadelphia the sanitation worker's salary starts at over \$600 per month.

Education, what is it good for? For Blacks it means a standard white man's job for most or it can mean more "power to the people." It all depends on what you do with it. You can use the knowledge to guide and understand Black people or act a fool and remain a second class system in a decaying social society. You can take that education and carve into the minds of the young

blacks a responsibility to the struggle.

It should be a challenge to Black teachers to bring themselves together to create programs to help students during the summer. Apply for grants! It's not enough to say we have had them for 9 months; it's time for a change. You will be Black for a life-time and the only changes you'll see are those that you create. If you aren't a part of the changing times then you are already dead, you just haven't bothered to lie down.

## VA Children To Receive Big Increase

**WINSTON-SALEM** - The Veterans Administration reported nearly 15,000 children will receive a 10 percent increase in benefits under a new law, which also enlarges the definition of "children" for purposes of veterans benefits.

W. R. Phillips, director of the Winston-Salem VA Regional Office, said these benefits, which become effective July 1, 1970, will amount to about \$3.6 million the first year.

The new law makes the adopted child of a veteran (for benefit purposes) a dependent from the date an interfactory (intermediate) decree is filed, rather than the date it becomes final.

Phillips said the law covers payments (dependency and indemnity compensation--DIC) to widows, certain children, and parents of veterans and servicemen. If death of the veteran or serviceman was caused by a service-connected disease or injury.

He said the law provides DIC to children (where there is no widow entitled) at increased monthly rates of \$88 for one child, \$127 for two children, \$164 for three children, with an extra \$32 added to this rate for each child in excess of three.

Monthly supplementary DIC payments are raised from \$29

## Grant To Va. State

**PETERSBURG, Va.**—Virginia State College has been awarded a \$1,500 grant for scholarship assistance by the Allied Chemical Foundation of New York.

In an informal presentation ceremony held in his office, Dr. Walker H. Quarles, Jr., acting president of the college, accepted a check for the above amount from Albert F. Watters, vice president of the foundation, to be used as an unrestricted grant for meeting some of the financial needs of students attending VSC who are majoring in chemistry.

## The Veterans Corner

**EDITOR'S NOTE:** Below are authoritative answers by the Veterans Administration to some of the many current questions from former servicemen and their families. Further information on veterans benefits may be obtained at any VA office.

Q -- I am 62 years old and have a National Service Life Insurance policy. After my 60th birthday, I became totally disabled, and have been told that I can now qualify for waiver of premiums. Is this true?

A -- Yes. Check with your nearest VA office, or write to the office where you pay your insurance premiums.

Q -- I am a remarried widow of a veteran, and have never applied for pension because I believe I am not eligible. However, the veteran's son, who is in my care, may be eligible. Should I apply for a pension for him?

A -- You are right in assuming you are not eligible for pension because of your remarriage, but your remarriage does not affect the eligibility of the veteran's son. It is suggested that you request forms and assistance from your nearest VA office, so you can apply for a pension for him without further delay.

Q -- My ex-husband's National Service Life Insurance, of which I am the beneficiary, is still in force. He does not wish to continue paying the premiums, so I am paying them. I have been told that he can change the beneficiary without consulting me. Is this correct?

A -- Yes. The insured is the only person who can change beneficiaries, and he does not have to consult you if he wishes to change his beneficiary.



*Fun with Food* by Mary Reynolds

**Molasses for Summer Cooking**

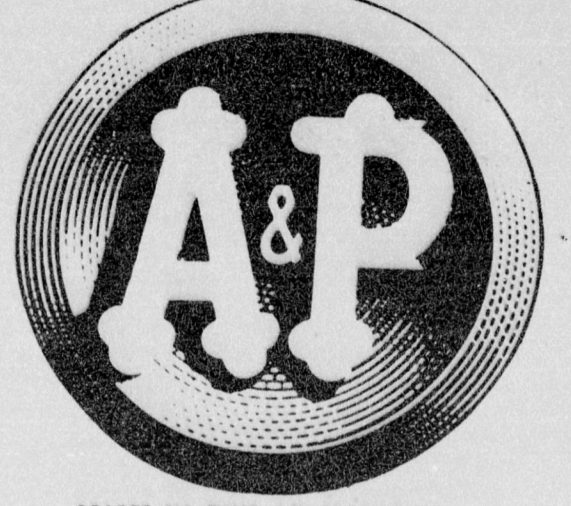
Summertime is the time to prepare food favorites in easy ways that provide lots of flavor and nutrition. One way to add a delightful touch to beans and barbecues is to dress them with a traditional American cooking ingredient, light molasses.

**Molasses 'n' Beans**

Light molasses adds rich flavor and color, as well as valuable iron, so necessary for energy and good health, to canned beans. Use light molasses to spark popular pork and beans or beans in tomato sauce, and try it with new varieties like kidney or pinto beans. Some will like their beans cold. Light molasses, vinegar, salt, chopped onion and spices will make a hearty dressing for bean salad.

\*\*\*

The number of women in apprenticeship programs registered with the Labor Department rose to 1,800 in 1969, an over-the-year increase of 72 percent. The ranks of female apprentices include plumbers, aircraft mechanics, and even embalmers.



PRICES IN THIS AD EFFECTIVE AT A&P STORES IN ONLY THROUGH JULY 11, 1970

"If unable to purchase any advertised item please request a RAIN CHECK!"

If You're Getting As Much For Your Dollar As You Did A Year Ago, Don't Bother Reading This!

Today saving money and getting the most for your food dollar is more important than ever. That's why we at A&P take this opportunity to remind you of a quality choice A&P offers... a significant way to cut food costs

Your A&P has hundreds upon hundreds of famous National Brand products at prices we believe will save you money. A&P shelves also hold hundreds of famous A&P Brand products at prices we know will save you money... meaningful savings without asking you to sacrifice quality.

The choice is yours... popular National Brands or A&P Brands. We're pleased to serve you no matter what you buy. We're pleased to offer this chance to save because we feel a responsibility as the nation's leading food merchant... a responsibility we have been aware of for more than a century.

EVERYDAY LOW PRICES MORE GROCERY SAVINGS			
14.0Z PKG. <b>Choc. Fudge Frosting</b> 43c	BETTY CROCKER	ANN PAGE	33c
1 LB. 2 1/2 OZ. PKG. <b>Yellow Cake Mix</b> 45c	BETTY CROCKER	ANN PAGE	31c
8.0Z PKG. <b>Flaky Biscuits</b> 2/37c	PILLSBURY	GOLDEN RISE	2/33c
12.0Z BOTTLE <b>Quick Oats—regular</b> 39c	QUAKER	SUNNYFIELD	33c
12.0Z BOTTLE <b>Pancake-Waffle Syrup</b> 43c	LOG CABIN	ANN PAGE	29c
12.0Z CAN FROZEN <b>Orange Juice</b> 49c	MINUTE MAID	A&P	33c
8.0Z PKG. INSTANT <b>Non-Fat Dry Milk</b> 1.09	CARNATION	A&P	1.03
10.0Z PKG. FROZEN <b>Broccoli Spears</b> 33c	DULANY	A&P	29c
10.0Z PKG. FROZEN <b>Leaf Spinach</b> 23c	DULANY	A&P	15c
10.0Z PKG. <b>Seedless Raisins</b> 37c	DELMONTE	A&P	35c
1-LB. PKG. <b>Soft Margarine</b> 49c	BLUE BONNET	A&P	39c
1-P.T. BOTTLE <b>Vegetable Oil</b> 45c	WESSON	DEKOLA	39c
3.0Z PKG. ASSORTED <b>Pudding Mixes</b> 13c	JELL-O	ANN PAGE	10c
3.0Z PKG. ASSORTED <b>Sparkle Gelatin</b> 4/49c	JELL-O	ANN PAGE	4/29c
15.5Z PKG. <b>Pizza Pie Mix</b> 59c	CHEF-BOY-AR-DEE	ANN PAGE	53c
8.0Z JAR INSTANT <b>Non Dairy Creamer</b> 49c	BORDEN'S CREAMORA	A&P	45c
15 1/2 OZ. CAN <b>Dog Food</b> 6 / 1.05	KENNEL RATION	A&P	6/80c
34.0Z PKG. SOFT MOIST <b>Dog Food—Beef Chunk</b> 99c	GAINESBURGER	A&P	69c
9.0Z CAN <b>Air Refresher</b> 59c	GLADE	A&P	49c
4.0Z JAR <b>White Petroleum Jelly</b> 45c	VASELINE	A&P	25c
11.0Z CAN <b>Shaving Cream</b> 1.19	PALMOLIVE	A&P	59c
24.0Z BOTTLE <b>All Purpose Cleaner</b> 69c	TEXZIDE	A&P	39c
1-GAL. PLASTIC BOTTLE <b>Bright Satic Bleach</b> 25c	CLOON	A&P	21c
32.0Z BOTTLE <b>Pink Liquid Detergent</b> 85c	DOVE	A&P	55c

\*This item multi-priced at the store for even greater savings. Single unit price used for easier comparison.



Choose "Super-Right" For More Taste—Less Waste!

"SUPER-RIGHT" QUALITY CORN-FED BEEF

**ROAST BLADE CUT CHUCK** LB. **45c**

"SUPER-RIGHT" - FOR PICNICS AND BARBECUES

**FRANKS** All Meat **49c**  
12-Oz. Pkg.

"SUPER-RIGHT" QUALITY CORN-FED BEEF

**STEAKS** FULL CUT CHUCK LB. **59c**

Virginia Country Farm Dry Cured Hams Whole 89c Half 89c  
 "Super-Right" Quality Freshly Ground Beef 53c  
 "Super-Right" Pure Pork Sausage: Mild 39c Hot 39c  
 "Super-Right" Quarter Pork Loin 69c  
 Cap'n John's Frozen Fried Ocean Perch Fillets 14.0Z 49c, 8.0Z 39c, 4.0Z 29c  
 Shrimp Creole 10.0Z 89c  
 Cooked & Peeled Salad Shrimp 10.0Z 89c

**Cool Values! A&P's Fresh Produce!**

DELICIOUS—SWEET  
**CALIFORNIA JUICY PLUMS** Lb. 29c  
**FRESH CRISP CARROTS** 2 Lb. Bag 25c  
**NEW WHITE POTATOES** 10 Lb. Bag 89c  
**FRESH TENDER GREEN BEANS** 2 Lbs. 35c

SEEDLESS JUICY  
**WHITE GRAPES** Lb. 45c

**Compare Quality and Price! You'll Choose A&P's Own Groceries!**

Shop A&P For Nabisco Products

Nabisco Chip Ahoy Chocolate Chip Cookies	14.0Z 45c
Nabisco Pecan Short Bread Cookies	14.0Z 45c
Nabisco Coconut Chocolate Chip Cookies	14.0Z 45c
Nabisco Ritz Crackers	13.0Z 37c
Nabisco Toastettes • All Varieties	10.0Z 39c
Nabisco Chicken in a Biskit	8.0Z 43c
Nabisco Sociables	9.0Z 43c
Nabisco Bacon Thins	10.0Z 43c
Nabisco Triangle Thins	8.0Z 43c
Nabisco Twigs Snack Sticks	10.0Z 43c

**BREAD**

Jane Parker Enriched Bread

5 1-Lb. Sandwich Loaves \$1.00

**ICE MILK**

Shop A&P For Super Summer Treats

Marvel ICE MILK • All Flavors 12-Gal. Pkg. 39c

**Frozen Foods!**

A&P Sliced Strawberries	2 16.0Z 85c
A&P Macaroni & Cheese	2 8.0Z 37c
A&P Macaroni & Cheese	2 20.0Z 39c
Gold King Hushpuppies	1-Lb. 29c
Gold King Hushpuppies	2-Lb. 53c
Sara Lee Butter Streusel	Cake 12.0Z 89c
Sara Lee Butter Streusel	Cake 6.0Z 59c
Morton Cream Pies	All Flavors 14.0Z 33c

**CORN**

Delicious & Tasty A&P Golden Whole Kernel

3 17.0Z Cans 50c

**Baked Foods!**

Potato Chips	JANE PARKER 14.0Z Twin Pkg. 59c
Sugared Donuts	JANE PARKER 10.0Z 16-Count 29c
Marble Pound Cake	JANE PARKER 25.0Z Pkg. 59c
Lemon Pies	JANE PARKER 22.0Z Pkg. 49c
Plain Danish Rings	JANE PARKER 9.0Z Pkg. 39c
Bake n' Serve Twin Rolls	JANE PARKER 2 13.0Z Pkgs. 49c
Cherry Pies	JANE PARKER 22.0Z Pkg. 59c
Cinnamon Breakfast Rolls	JANE PARKER 3 9.0Z \$1.00

**BARBECUE SAUCE**

2-Lb. 55c

**Yukon Club 10 12 Fl Oz. Cons. 99c**

FOR GREAT BEVERAGE SAVINGS.

ANN PAGE CREAMY SMOOTH Mayonnaise 49c  
 ANN PAGE DRINK MIX Cheeri-Aid 6 31c  
 ANN PAGE Great on Jane Parker Bread Damson Plum Preserves 2-Lb. 55c  
 ANN PAGE BARBECUE SAUCE 2-Lb. 49c

ANN PAGE GREAT ANY TIME **FREEZE-DRIED COFFEE** 4.0Z 95c  
 ANN PAGE ADD A TOUCH TO DESSERTS **EVAPORATED MILK** 3 8.0Z 31c

A GREAT SUMMER THIRST QUENCHER **OUR OWN TEA BAGS** 100-Ct. 70c  
 INSTANT—WITH LEMON & SUGAR **OUR OWN TEA MIX** 14.0Z 50c

OUR POLICY-FRIENDLY SATISFYING SERVICE TO EVERYONE!