



the good Bread



VIVIAN BOWSER

NEA delegates elect Black board members

Sombreros, Border Butter-milk, pinatas, cactus stationary — and a whole scheme for a thoroughly Mexican motif was the theme of the successful campaign of a Black teacher for a position on the executive committee of the National Education Association.

Although the combination of the Black candidate and the Mexican theme may appear incongruous, Vivian R. Bowser comes by her Mexican theme legitimately. Mrs. Bowser is from Texas and "In Texas," she says, "the Mexican influence is very widespread. Such aspects of the Mexican culture such as Mexican campaign theme came about quite naturally — almost as a matter of course."

Mrs. Bowser, a Houston teacher and past president of the Texas Classroom Teachers Association, was elected to a 10-member executive food, language and crafts are frequently inseparable from the Texan culture. My committee of the National Education Association during the June 29-July 6 NEA convention in Portland. A total of six candidates from all corners of the nation sought to fill two vacancies on the influential committee.

Bill Harris, Black classroom teacher from Des Moines, Iowa, was elected Vice President (President-elect). When he becomes President in July, 1974, Harris will be NEA's second Black president.

Summer brings lead poison danger

Summer is the peak season for childhood lead poisoning, an illness that is caused by the absorption of excessive amounts of lead into children's bodies. Lead poisoning can cause permanent mental retardation, brain damage, blindness or even death.

The National Paint and Coatings Association (NPCA) is warning parents of the increased lead poisoning hazard during the summer season as part of a national "Community Awareness" program. The Association points out that medical statistics show a sharp increase in lead poisoning cases during the months May through September.

According to NPCA, one of the causes of lead poisoning is the ingestion of old, pre-World War II leaded paints, containing up to 50% white lead. These paints can still be found on the walls of buildings, especially in inner city areas. If this old paint begins to peel it can be eaten by children and cause lead poisoning. Children under age six are the most frequent victims of this illness, especially toddlers between 12 months and 36 months of age. This is an age of exploration for most children and many will put non-food substances in their mouths.

Lead poisoning can occur in a child if only small amounts of lead are taken into the body. Just a few small lead chips (approximately the size of a finger-

nail) eaten each week over a period of about three months can cause lead poisoning.

The Association suggests that parents be alert to the symptoms of lead poisoning. Symptoms include: stomach aches, irritability or easy tiring, loss of appetite, constipation, and frequent vomiting. If a child has one or more of these symptoms for more than a short period of time, immediate medical examination is recommended. Early detection is the key to preventing permanent physical damage. When lead poisoning is caught early, says NPCA, it can be treated and cured.

Parents are cautioned by the following steps to prevent childhood lead poisoning:

1. Sweep any peeling paint off walls, woodwork and ceiling with a stiff brush or broom. Then, be sure to throw all loose pieces away.
2. Keep looking for new paint chips and peeling paint. Sweep them away before children can get them. Keeping the lower parts of walls free of peeling paint is most important. This is where children can reach it most easily.
3. Don't let children chew on woodwork, stair railings or other places which have been painted even if the paint isn't flaking.
4. Give children safe things to chew — crusts of bread, toys made for chewing.
5. Tell sisters, brothers and baby-sitters not let children

Plus

(Continued from pg. 1, col. 3) believes in the rule of education and sees his position in Operation Plus as a way to assist the growth of disadvantaged students.

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Youth looks at NEA

I, Derek Johnson, was the youngest member of the press covering the National Education Association Convention, representing Black Teenagers Journal BTS. My first impression upon entering the Memorial Coliseum was who in the world was feeding this multitude of people. I was ushered over to the Black Caucus meeting where heated discussions were taking place. This was the first experience of witnessing actions from the adult level. There was an election of officers going on, and there were angry debates from the floor being aired over the microphone concerning qualifications and incriminations. Mrs. Laurie Wynn, National Chairman, was questioning the legality of her opponent, Mr. Palmer, who upset her position on the Black Caucus agenda. Many of the educators were dismayed over the immature disposition displayed by Mrs. Wynn. Following the caucus there was a book sale, Black Teaching Techniques Seminar, and African Jewelry display.

The President of the National Education Association called on the nation's 2.1 million elementary and secondary public teachers to step up their activities in the political arena and elect congressmen who are advocates of public education in the 1974 national elections. Mrs. Catherine Barrett told 9,000 delegates to the Association's Annual Convention that "Teachers can, and will, influence elections statewide."

My first impression of Vice President and President-elect Jim Harris left a memorable impression on this young writer. Jim Harris' first priority is for the presidency to lead the entire membership, not just special interest groups. Mr. Harris has been a classroom teacher in Des Moines, Iowa for 20 years. He is currently on the NEA Board of Directors and he highly qualifies with a wide range of experience in leadership positions on local, state and national levels.

[Editor's note: Derek Johnson will be a senior at Wilson High School this year. He plans to pursue a career in medicine.]

Starting Thursday.

Match up sale on bedspreads, and curtains

Matchless savings, 20% off

'Upsy Daisy' bedspreads

Sale \$18 Twin

Reg. 22.50. Upsy Daisy print bedspreads are fully quilted, throw style. Cotton and Arvil® rayon blend with polyester fill and cotton backing.

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Whole or Cut 12¢
Deep orange flesh. FREE RECIPES.

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At last, a delightful warm weather dessert or snack just right for the folks who watch their figures, meaning their curves as well as their bookkeeping. Banana Lemon Sherbet has rich fruit flavor luscious and satisfying to the taste yet it is a low calorie specialty. The Banana Bunch, industry-sponsored center for consumer information, tells you why—a 6-inch long banana has only 85 calories. To further help keep the calorie count low, the sherbet is made with nonfat dry milk powder. The modestly-priced bananas and dry milk keep the cost down to a level as satisfying as the flavor of this delicious treat.

BANANA-LEMON SHERBET

1 envelope unflavored gelatine	2 cups cold water
1/2 cup sugar	1 cup mashed ripe bananas (3 medium)
1 2/3 cups nonfat dry milk powder	1 teaspoon lemon rind
	1 tablespoon lemon juice

Mix gelatine, sugar and dry milk powder in a medium saucepan. Stir in water. Cook, stirring constantly, over medium heat until gelatine is dissolved, about 5 minutes. Cool; stir in bananas, lemon rind and lemon juice. Turn into freezer trays or loaf pan. Freeze until firm. Turn into large bowl of electric mixer and beat until smooth. Return to trays and freeze.

YIELD: Ten 1/2-cup servings; 105 calories per serving.