## FORT BARNWELL Craven County Mental Health

#### By MRS. B.H. MITCHELL

Easter Sunrise Services will be held at St. John A.M.E. Zion Church on Sunday morning at 5 a.m.

The pastor and officers are inviting all members and friends to attend.

Quarterly meeting services will be observed also at St. John A.M.E. Zion Church on Sunday. Morning service will begin at 11 a.m. with the pastor and choir in charge.

The pastor and choir of Queen's Chapel A.M.E. Zion Church of Dover, N.C. will be in charge of the evening service.

Everyone is invited to attend these services. Rev. Claude Davis is pastor.

#### \* \* \* \* \*

Ms. Mariam Mitchell was hostess for a Mary Kay Party at her home on Sunday night. A demonstration was given by Ms. Everline Mitchell on the proper use of the products in the basic cosmetic kit as well as other beauty aids for men and women.

She gave many pointers that would lead to lovely skin and satisfied customers. She also told of the history of Mary Kay's Company.

The Craven County Democratic Convention was held at the Craven County Courthouse on Saturday with officers and other Democratic elected officers being in attendance.

Reports, minutes of the last year's meeting, election of officers, election of delegates to the district and state conventions and plans for other activities were on the agenda for the day. All parts of the agenda were acted upon by those members present.

The chairman of the party, Dan Stallings, carried the planned program out in good order and on time. About 36 delegates signed the passing sheet to attend the

District and State Conventions.

Dan Stallings, County Chairman, advised members to strive for unity of the party and to consider electing the candidates who would best serve now and even for their children in the future.

The stormy weather continues to make news in North Carolina. On Saturday and Sunday severe thunderstorms, rain, hail and even tornados made many people nervous.

The farmers all around who usually seek rain are crying out "it's a plenty now, when will we get in our fields." They are finding it difficult to even break the land now.

#### **Big Brothers**/ **Big Sisters News**

Hoxie Brothers and Great American Circus, Saturday, April 21, 2:00 p.m. and 5:30 p.m. Tickets in Big Brothers/Big Sisters' office for 12 years of age and under only.

Through the support of the Lion's Club, the Hoxie Brothers Circus fwill be in New Bern on Saturday, April 21, for two performances. Adult tickets are available for all those older than 12 years. Pre-gate purchase of adult tickets is \$4. Several places

downtown have adult tickets. Call the office for more information regarding the adult tickets. You can stop by to pick up children's tickets at any time. Call first and we will be sure to save tickets for you.

Next meeting for BIGS will be Monday, April 30, at 5:30 p.m. in the Big Brothers/Big Sisters office. We hope you will be able to join us for the next meeting.



# Association

The Craven County Mental Health Association will present "Zappo" the Clown Thursday, May 3, at 7:30 p.m. at Brinson Memorial School. This program will be of great interest to the entire community. Children, too, are welcome. There will be no admission charge for this exciting program.

"Zappo", Steve Watts will present a program entitled "The Healing Power of Laughter and Play." He will appear in costume as "Zappo" and will begin the program with "Magic, Juggling, and Foolishness." Audience participation will be included. The program will then turn to a discussion of the healing qualities of laughter and play

#### Happy **Birthday**

April 19:

Stephen Mills Dixie Farias Curtis L White Beth Bennett Jerry Wiley Rev. Robert A. Ormond Mrs. Fannie F. Edwards April 20: Bobby D. Whitford Carl Toler Jerry Johnson Patricia Bennett Carol Norman Belangia Eunice Adams Rhonda Fulcher **Clifton Wetherington** April 21: Daphne Roach Jackie Morris Calvin Ellis Debra Heath Rev. Bobby T. Williams

**Benjie Briley** Kimberly Jo Gaskins April 22:

**Eugene** Dixon Pauline Coombe

April 23: Teresa Kite Billy Whitford, Sr. John Brinkley Inez Jones Casady Androam Demoret

April 24: Corbett Holland Calvin Anderson Anita Gaskins

April 25: William E. Cleve III Nellie Taylor Linwood A. Morris Sammy Whitford Bobby Tripp, Jr. Van Jenkins Donna Gatlin Darlene Rudd

looking at research as well as personal experience. Watts will explore the importance of humor in our physical and emotional lives and will look at specific issues such as humor and learning, play perceptions, and humor in the family. The final part of the program will be "Ten Ways to Add Humor to Your Life" which includes tips in inviting humor, laughter, play, and constructive foolishness into our lives.

Steve Watts comes to us from The Mental Health Association of North Carolina, with a long list of impressive credentials. Presently he is Substance Abuse Education Consultant with Gaston-Lincoln Area Mental Health Substance Abuse Program and Horizon House Drug Action Center. He is also serving as Director of SWITCHBACK-The Adventure Alternatives Pro-

gram, Teacher Trainer, Workshop Leader, Program Designer and Consultant to Public Schools, Agencies and Private Groups.

Steve Watts received his B.A. degree from Appalachian State University and his M. Div. from Duke University. He has completed additional Post-Graduate work at N.C. A & T. U.N.C., and Appalachian State University. He is a former Minister, School counselor, and classroom teacher, camp director. He is a member of Clowns of America. World Clown Association, Mental Health Association of N.C., among many.

The Craven County Mental Health Association is proud to present to you, our community, this excellent program. We urge you to please attend and not miss this outstanding opportunity.

### Secretary Appreciation Week April 15-21

#### Secretary Appreciation Week

I would like to thank Mrs. Fannie Quimby for the help she as our recentionist gives us.



**Robert G. Bowers** Attorney at Law 2807 Neuse Blvd - 633-1757 New Bern, N.C.

#### Secretary Appreciation Week

Thanks to Ms. Brenda Stallings for the wonderful job and her splendid legal secretarial services above and beyond the call of duty.



John H. Harmon Attorney at Law 633-3114 **1017C Broad Street** New Bern, N.C.

#### **Secretary Appreciation Week**

Thanks to:

Mrs. Debra McCoy Mrs. Faye Perry

Mrs. Margaret Brinson Mrs. Judy Ipock

for the wonderful job they are doing for our firm. Ed Hancock

**5** Trent Landing 638-1103 New Bern, N.C.



Happy Anniversary

April 20: Mr. & Mrs. Melvin S. Adams Mr. & Mrs. Dan Wiggins

Apirl 21: Mr. & Mrs. Walter Taylor April 22: Mr. & Mrs. Wesley Morris Mr. & Mrs. Edward Gaskins April 23: Mr. & Mrs. Wilbert Rouse