



YOUR MIND

Controlling Your Emotions

By WILLIAM THORPE

One day last summer, I saw a crowd of people gathering around across the street in front of my place of business. I went out to see what the excitement was all about. When I got there, two small boys were fighting desperately. One had the other on the ground almost helpless, until a couple of fellows forced them to stop. It took a lot of strength to hold them apart, because they were really steamed up. One was accused of picking up the other one dime that he had dropped, which was the cause of all the commotion.

About thirty minutes later, the two boys along with some more of their friends came in my place of business and bought some soft drinks, and seemed to be enjoying themselves. They began talking about sports and etc; none of them mentioned anything about the incident that happened earlier. (All the things that happened was forgotten about).

It impressed me because, I wondered why adults don't bring their emotions under control that quick. Most grown ups let their emotions remain unbalanced so long that it can lead up to some kind of conflict to get even with someone.

I've seen people that drink too much and let their feelings go loose in their minds, that they become unwisely in-

volved with one another. Some cases it leads up to quarrels, fights, and sometimes become almost uncontrollable. People like that are not altogether victims of controlling their emotions, but are cowards by drinking alcoholic beverages to cover up their tyrannical things and use it as an alibi for not being conscious of what they have done.

I'm sure you have watched major league baseball games on television, and seen managers and players force themselves to be put out of the games by getting angry, and arguing with the umpires about certain decisions that were made. It tickles me because it seems useless and only harms themselves. Once an umpire makes a decision, that's final.

The things I have mentioned are some of the examples of how a person will let his emotions take charge of his mind and body, which they will regret later.

I believe everyone should learn to control his emotions by letting his mind be the judge. That is one of the best suggestions I know, because your emotions are your feelings, whether they are good or bad. But remember, by letting your mind be the boss, it can make your feelings be declined, and your emotions be kept under control.

NORTH CAROLINA DURHAM COUNTY
NOTICE OF SALE
 UNDER AND BY VIRTUE of the power of sale contained in a certain Deed of Trust executed by JOHN C. WHITE, JR. and wife, MARIAN VIVIAN WHITE, dated January 27, 1971, and recorded in Mortgage Book 853, at page 220, in the Office of the Register of Deeds of Durham County, North Carolina, default having been made in the payment of the indebtedness thereby secured and said Deed of Trust being by the terms thereof subject to foreclosure, the undersigned Trustee will offer for sale at Public Auction to the highest bidder for cash at the Courthouse Door in Durham County, North Carolina, at NOON on the 17th day of December, 1971, the property conveyed in said Deed of Trust the same living and being in the County of Durham and State of North Carolina, in Durham Township, and more particularly described as follows:

BEGINNING at a point in the northern property line of Club Boulevard, said point being approximately 330 feet east of the intersection of the east property line of Lindberg Avenue and the north property line of Club Boulevard; and running thence along and with the eastern property line of Lot 3 as shown on the plat hereinafter referred to, North 21° 47' 30" seconds west, 143.39 feet to a point in the southern property line of a 16-foot alley as shown on the plat hereinafter referred to, said point being the intersection of the southern property line of the 16-foot alley and the northeastern corner of Lot 3 and running thence along and with the south property line of said 16 foot alley north 68° 12' 18" seconds east, 60 feet to a point, said point being the intersection of the northwest corner of Lot 5 in the southern property line of said 16-foot alley; and 98 seconds east, 143.18 feet to a point in the northern property line of Club Boulevard; and thence along and with the northern property line of Club Boulevard south 68° 00' 41" seconds west, 60 feet to the point and place of beginning and BEING ALL OF LOT 4 as shown on the plat of the property of Stewart M. Pickett Construction Co., surveyed by George C. Love, Jr., Registered Land Surveyor, dated August 21, 1969, and recorded in Plat Book 63, at page 80, Durham County Registry, to which reference is hereby made for a more particular description of the same.

THIS PROPERTY will be sold subject to all prior encumbrances and taxes and all 1971 ad valorem taxes and assessments.

THIS SALE will remain open for ten (10) days to receive increased bids, as required by law.

This 16th day of November, 1971.

J. J. HENDERSON, Trustee
 WILLIAM A. MARSH, JR., Attorney
 Nov. 20, 27; Dec. 4, 11, 1971

U. S. clinches the Davis Cup against Rumania.

East Cedar Grove Ass'n In One Day Sun. School Meet

The One Day Session of the General Sunday School Convention of the East Cedar Grove Association will be held Saturday, November 20 at the Antioch Baptist Church, Oxford beginning at 9:30 a.m. The theme will be "Adapting To Our Changing Society."

Devotionals will be led by the Belton Creek Central Orphanage and the Antioch Delegates. At 10:15 a.m. Progress reports will be made from each district, and at 10:45 a.m. "The Cause of The Generation Gap Within Our Society", will be discussed by a panel moderated by Miss Venssa Harris.

Music will be furnished by Greater Saint Paul Youth Choir, Oak Grove Children's Choir and the Antioch Junior Choir.

Each church is asked to send a special Thanksgiving offering.

Mrs. Davis Speaks At Gethsemane

Mrs. Willenia Davis will be the Woman's Day speaker at Gethsemane Baptist Church Sunday, November 21 at 11:00 a.m.

Mrs. Davis is a member of Mr. Vernon Baptist Church, Newburgh Ministerial Association, Central Hudson Baptist Association, Empire State Convention, Evangelistic Association of New York City, Former Chaplain of the Dutchess County Civil Defense.

She is the wife of William Davis and the mother of one son.

The theme of Mrs. Davis's message will be, "If God Be For Us, Why?"

Mrs. Laura Burnett Returns From Denver Vacation

Mrs. Laura Burnett of 1208 Fayetteville St. has just returned from an extended vacation in Denver, Colorado with Mr. and Mrs. William A. Smith. Mrs. Smith is Mrs. Burnett's daughter, the former Nannie Ruth Burnett.

While in Denver Mrs. Burnett received many social cour-

Freshmen at Work For Thanksgiving Cheer

The Freshman class of NCCU has begun to realize that not only is school important to survive in their struggle for awareness but it is also an important factor in the black community. To show this realization, the class has begun to collect food items and donations throughout the city so that they may provide the many black needy families with a Thanksgiving basket. Even though most people will enjoy a meal during the Thanksgiving season, there is a segment of the Black community who will not have a meal on Thanksgiving day. This is the segment of the Black community in which the Freshman Thanksgiving project is directed to.

They are appealing to all

Brothers and Sisters for donations and nonperishable food items so that the number of un-fed families may be reduced on Thanksgiving day. Throughout the week students will be collecting the items from the community and there is also a pick up point at Fire Station Number 4 on the corner of Fayetteville and Pekoe St. Please donate anything possible so that this project will be a success.

Meeting

The regular monthly meeting of the St. Mark A.M.E. School will be held at the church on Tuesday night at 7:30 p.m. November 23, 1971. All parents are urged to please attend.

Iota Phi Lambda Sorority in Meeting With Soror Williams

Rho Chapter of Iota Phi Lambda Sorority met in its monthly meeting Monday evening November 8, at the home of Soror Lucille Williams.

Sorors Lucille Baines, Barbara Avant and Ruby Bolden shared in the evenings entertainment a Thanksgiving motif was carried through out the home and carried a festive air to the gathering. Soror Helen Jones, president presided over the business. A full agenda was dispatched and expediency. Plans were made to bring Holiday Cheer to "shut-ins" at two rest homes, as well as a bit of merriment for the sorors and their friends.

The awards committee's report was presented and accepted and a memorial Scholarship in the name of B. A. J. Whitted

tesies. She also attended several sessions during the World Federation of Methodist Women Assembly. The assembly met in August at Loretta Heights College in Denver. Mrs. Burnett thoroughly enjoyed her stay while in Denver.

Soror Ingram spoke on "Rent" and Soror Carter on "Phase II."

During the social hour with the distribution of gifts in a unique way, and a most hearty and delectable repast served the evening was a most pleasant one.

Sorors in attendance were; Helen Jones, Ruby Bolden, Louise McCrae, Mary Pamplin, Nezzie Carter, Audrey Edgerton, Vivian Gates, Lorraine Weaver, Fannie McLean, Gay

Lipscomb, Otelia Stewart, Plassie Harris, Ernestine Bynum, Laura Bruce, Eula Harris, Bernice Ingram, Geneva Mebane, Barbara Avant, Lucille Baines, Lucille Williams and Phyllis Fellers.

Edward Heath, British Prime Minister.

"It is time for us to walk out into the light to find a new place. A new Britain in a new world."

-Dent

Continued from page 10A land, Mrs. Paschall, Mrs. Morris, Miss Boyd, and Mrs. Puryear are alumni of the Department who had attended school during Miss Dent's Chairmanship. Miss Ragland and Mrs. Paschall are faculty members at the University.

New rules on X-rays proposed by F. D. A.

THE WINDSOR GUARDSMAN

From the Canadian Rockies

IMPORTED WINDSOR Supreme CANADIAN Whisky

\$4.85 1/2 Qt. \$3.10 Pint

The smoothest whisky ever from Canada!

WINDSOR CANADIAN

Helps Shrink Swelling Of Hemorrhoidal Tissues caused by inflammation. Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burning itch in hemorrhoidal tissues. Then it actually helps shrink swelling of these tissues caused by inflammation. The answer is Preparation H®. No prescription is needed for Preparation H. Ointment or suppositories.

You'll love Naturalizer.

The duty shoe with fully contoured comfort \$17

Roscoe Griffin Shoes
 Downtown Durham

Number, Please??

We have changed quite a bit over the years since we began using that phrase. No longer do you have to "ring-up" the operator in order to give her the number you wish to call. You can now dial direct either local or long distance. Yet, the excitement, challenge and satisfaction of an operator's job has not lessened. In fact, the need for operators still grows and the excitement, challenge and satisfaction has increased.

We, at General Telephone are looking for people who want these features in their employment. We are looking for people who are motivated to give service — good service — to this community, and to the world.

For Further Information Call or Come by Our
Central Employment Office
 104 Holloway Street Phone 682-0411

GTE
GENERAL TELEPHONE
 The People You Can Talk To 1 to 1
 An Equal Opportunity Employer

- BIG -

THANKSGIVING WEEK-END

FEATURING

John Snells & The Shamrocks
Thursday & Friday, Nov. 25-26

Johnny White & The Dynamic Crusaders
Saturday, Nov. 27

Skull & Bones
Sunday, Nov. 28

The Golden Wheel Club

U.S. 15 & INTERSTATE 85 (THREE MILES SOUTH OF OXFORD)

OUR 1972 CHRISTMAS SAVING CLUB IS NOW OPEN

JOIN NOW FOR 1972

JOIN NOW FOR 1972

Large Christmas bills can most certainly be upsetting unless of course, you remember to open a Christmas Club Account at our bank. Our 1972 Christmas Club is now open! Stop by today and open your Christmas Club account for next year. If you save as little as \$1.00 or as much as \$10.00 each week, you'll have more than enough for a debt free Christmas next year.

MECHANICS & FARMERS BANK

DURHAM RALEIGH CHARLOTTE