

"I Didn't Expect Them to Do This Well" Comments Mother of 7

JACKSON, Miss.—Mrs. Inez Owens has been a mother for 23 years which is the age of her oldest son. For eight of those twenty-three, she has been mother and father to her seven children. She is a widow who "wanted them (her children) to go to school."

"Once Jodie went, it just became a tradition," Mrs. Owens recalls with pride. Jodie, the oldest son, is now a graduate student at Jackson State College.

The tradition to which she refers to is the three that have followed Jodie and are now undergraduates at Jackson State: Bobby (a senior), Dianna (a senior), and Jasmin Rene (a freshman).

Equally proud of the tradition are the children who readily admit that it has been their mother's sacrifice that has made it all possible.

So when Dianna ended the Fall Quarter with a grade point average somewhat different from that of her sister and brothers she naturally drew some attention.

Dianna, it turns out, earned a 3.47 GPA out of a possible 4.00 which placed her on the Dean's List and ranks her an honor student.

Perhaps the fact that Jodie, Bobby and sister Jasmin each achieved identical 4.00 GPA had something to do with the added attention she received. While attaining excellence at Jackson State, the Owens live on a small farm in Terry, where there used to be cotton fields but is now mostly a farm for a few head of livestock.

Mrs. Owens admits that like any mother she expected her children to do well, "but I didn't expect them to do quite this well," she beams.

Generation gap? "No," says Mrs. Owens who attributes much of the success with her children to the fact that she has never allowed them to be separated.

"I've never separated any of them in the eight years, since husband's death) and I've never spent a night away from them except for medical reasons.

"At home, I try to make it as pleasant as possible, and encourage them to get an education," she continues.

Prior to her husband's death, Mrs. Owens was a housewife. Since then, she drove a school bus for three years before going to work in a textile mill where she is now employed.



PATRICE RUSHEN, an 18-year-old organist and pianist adds flair to Show No. 7 of "BLACK OMNIBUS" a weekly variety show starring James Earl Jones, when she displays

a jazz styling in an original piece that gives insight into a promising career.

at USC's Preparatory Music Department. There she learned the "difference between running notes, sleeping notes, jumping notes, and stuff like that." At six, Miss Rushen was put in a music class, still at USC, and after about a month, she was singled out for private lessons and has been taking them ever since. She now attends USC as a Music Education major.

GRANT FUNDS 5 DAY INSTITUTE

DURHAM -- A \$2,000 grant from the General Mills Foundation to North Carolina Central University will support a planned five-day institute for paraprofessional library employees, to train them for service to young children.

The institute will be conducted by the Early Childhood Library Specialist Program of North Carolina Central's School of Library Science. The program trains Early Childhood Library Specialists, provides a model center for early learning practices, and includes a parent/child demonstration, project.

The institute for paraprofessionals is intended to meet the needs of many library employees who are not trained as professional librarians, but who work with young children in the course of their duties. The \$2,000 grant will provide stipends for 20 participants all in-service employees, and will pay consultants and provide materials, supplies, and expenses of evaluations and a



Why breakfast? Well, why not? After all, morning is usually the time when a person has been without food for the longest span of a twenty-four hour period. Studies have shown that when one goes without food for a prolonged period, the body may show the strain — fatigue, slower reaction or irritability.

Whether it's pizza, pancakes or crisp ready-to-eat cereals for a breakfast matters little as long as the complete meal provides adequate protein, vitamins, minerals and energy for the individual's morning needs. However, many prefer a simple bowl of ready-to-eat cereal with milk as the main dish, not only because of its ease of preparation and economy but also for the bonus of nutrients it supplies. A light yet substantial breakfast of fruit or juice, ready-to-eat cereal, milk, bread and a

spread assures quick energy to start the day and lasting energy to carry out morning activities. Just setting the alarm clock a few minutes earlier leaves plenty of time for this convenient, good-tasting nutritious wake-up meal. "Breakfast Your Way to a Better Day" is the title of a folder that contains lots of important information about "breaking the fast." For a copy, just write to: Breakfast Your Way to a Better Day, Key Kellogg Company, Battle Creek, Michigan 49616.

final report. A check for \$2,000 was presented to Chancellor Albert N. Whiting at N.C. Central Wednesday by James M. Olson of Raleigh, manager of personnel services of Good Mark, Inc., a division of General Mills.

Perspectives on High Pressure, A Major U. S. Health Problem

HOUSTON, Texas — Six groups of inhabitants of the Solomon Islands in the South Pacific have been found to be "completely free" of the kind of coronary vascular disease and hypertension seen in American society, Lot Page, M.D., Professor of Medicine, Tufts University School of Medicine, said here.

A rise in blood pressure with age, however, has been observed among those groups of islanders who have become somewhat acculturated — "Westernized," Dr. Page said. No rise in blood pressure has been detected among the unacculturated groups.

This is an "important observation," indicating "what we've regarded as a normal part of aging is possibly a disease process, leading to essential hypertension (high blood pressure) in millions of people in the United States," he said.

Dr. Page was among the participants in a workshop on hypertension for physicians sponsored by the Medical School and Division of Continuing Education of the University of Texas Health Science Center at Houston. It was co-sponsored by CIBA Pharmaceutical Company, as part of its Medical Horizons Postgraduate Education Series. Sessions were held at the Hyatt Regency Hotel.

Environmental stress was linked to the development of high blood pressure by A. Clifford Barger, M.D., Professor of Physiology, Harvard Medical School.

"A multiplicity of factors affect people in different ways," Dr. Barger said. "Some people develop ulcers, some, coronary artery disease, and some, high blood pressure."

The Specialized Center of Research in Hypertension, operated by Massachusetts General Hospital and the Harvard Medical School, is "one of the few centers" studying the production of high blood pressure in monkeys by behavioral control, he pointed out. It is hoped that the re-

search will provide extrapolations that may be applied to man.

Much more research is needed both to understand the mechanisms producing hypertension and to attempt to reduce the incidence of high blood pressure, Dr. Barger added.

High blood pressure treated with modern drugs can be successfully lowered and strokes and heart attacks prevented, Morton H. Maxwell, M.D., Clinical Professor of Medicine, University of California, Los Angeles, said.

However, of an estimated 23,000,000 people in the United States with high blood pressure, at least 50 per cent don't know they have it, and of the 50 per cent who know it, 50 per cent aren't being treated, Dr. Maxwell said. Of the 25 per cent treated, only about 12 to 15 per cent are being adequately treated.

Rushen Joins Host J. Jones

Patrice Rushen describes herself as a "female in a jazz idiom." At 18, she makes her first national television debut as a jazz pianist on "BLACK OMNIBUS," a weekly variety show starring James Earl Jones.

Miss Rushen's music is vibrant and alive and contains a message that speaks to the soul of her audience. "If you can play and you don't communicate with somebody out there listening to you," she says, "then you're not doing the whole job because music is for everybody."

Patrice wants to write music for motion pictures, television and plays and is fast on the way to achieving these goals. She began her musical career in high school when she joined the Locke High Jazz Lab Band (since then changed to the Incentive Workshop Jazz Band), and in her senior year became "sort" of the jazz pianist for the school. The

band, while under the direction of Reggie Andrews, entered various contests throughout the state such as, the Battle of the Bands Contest at Hollywood Bowl in March of 1972, where the Workshop took Sweepstakes and Miss Rushen received one of the Outstanding Instrumentalist Awards. As a result, she and the Workshop were featured on a television special on Channel 28 called "Close Enough For Jazz."

The Workshop also entered the Orange Coast Festival where Patrice received the Most Outstanding Soloist Award. Miss Rushen eventually formed the Patrice Rushen Trio while at Locke, and it accompanied the Workshop to Monterey to compete in a Young Jazz Festival.

The Workshop failed to win an award but Patrice's combo won and was invited back to play for the main festival in September. At the end of the performance, the combo received a standing ovation.

Miss Rushen works very hard at perfecting her music. Although she started out playing classic music and likes rock, her first love is jazz because it allows her to create and improvise with more freedom and spontaneity. She says her father is also a "jazz buff." Both Patrice's mother and father have encouraged her in her musical career since she was four or five when her nursery school teacher discovered her unusual musical ability and placed her in a rhythmic class

FASHION POINTS

by Sally Green

The New Sportswear And How To Wear It

American sportswear is truly liberated fashion. An infinite variety of lifestyles packaged in one 10-letter word. A word that promises unlimited options... and throws out yesterday's rulebook at the same time. What fun it is too. Now you can be all the people you are any way you like it. All it takes is a little inspiration. Here's some...they'll all be the right looks for '73...some will be just right for you.

Pattern yourself new
How? Pile on checks with stripes and dots. As long as you keep the colors in the family, the particulars can run wild!

The dress? yes?
Keep changing your pace. Today's dresses are different. They reflect all the games people play. Some have swim suit tops, others the tennis look, even the shirtwaist is making contemporary news in sensuous knit fabrics and prints.

Fashion anyone?
You're healthy and gorgeous in tennis-inspired separates for city streets. Meanwhile back on the courts, rally with shocking pink or chrome yellow. It's a whole new game.

Shall we pants?
What would Fred Astaire have to say about the new loose-legged swingers? Probably that they look great. So do the new rich girl jeans. Post-graduate pedal pushers are fabulous too. If you think you're inspired now, wait until you see what's in store for you in your local sportswear departments. You wouldn't have thought you could wear so many looks so well. As much as sportswear is a sign of the times however, one little sign doesn't change. That familiar union label found in so many great American-made sportswear designs. It gives you the extra satisfaction of having bought a garment that stands for skilled workmanship, design creativity and the importance of American jobs.

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If you showed a leg yesterday you'll look ever so more interesting in that ankle length skirt today. Keep them guessing.

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Easy, inexpensive look for a multitude of images. Just switch your top from halter to mohair sweater to tiny tummy-baring midriff and back to the classic shirt. Ah, mystique.

For more fashion points on the new sportswear, write for your free booklet, "Sportswear Superstars for You," ILGWU Union Label Department, MS2, 22 West 38 St., New York, N.Y. 10018.

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