

**Bull City Elk News**

A birthday party was held Sunday, November 16, featuring live music for the Elksdom Birthday people of the month at the Elk Auditorium. The honorees were: Bro. Leslie Hillard, Nov. 4; Dr. Marion Culbert, Nov. 11; Bro. Robert Collier, Nov. 15; Dr. Elizabeth Burroughs, Nov. 17; Dr. Gladys Williams, Nov. 18; Bro. Alvis Mangum, Nov. 23; and Bro. Thomas Walker, Nov. 29.

Bull City Elk Lodge No. 317 will hold its monthly meeting December 4 at 7:30 p.m.

The Purple Cross Nurses Unit No. 407 will meet at 6:45, Dec. 4.

Theresa Hunter Fez Club will meet Sunday, Dec. 7, 5 p.m.

Salome Temple No. 704 will meet Monday, Dec. 8, 7:30 p.m. Election of officers will be held. Come in regalia.

**YWCA Nacirema Club**

The YWCA Nacirema Club monthly meeting was held Nov. 17 at the home of Mrs. Olivia Wingate.

A poem entitled "A Hurtful Word" was read by Mrs. Wingate who also led the prayer. Mrs. Gertrude Gibson, president, and Miss Hattie White gave the group highlights of the YWCA fellowship dinner which was held at St. Joseph's Church. The Club planned to give gifts to the people in two rest homes; discussed the Christmas dinner which will be held Jan. 2 at the Downtowner; and other business. Mrs. Gibson thanked Mrs. Wingate for her hospitality.

Members present were: Mrs. Wingate, Mrs. Gibson, Mrs. Dorothy Blakeney, Miss Hattie White, Mrs. Nellie McCrea and Miss Celeste Cunningham.

The December meeting will be at the home of Miss Hattie White on December 22.

**Durham Notes Of Interest**

By Mrs. Symner Daye 477-3370

Congratulations to Mr. and Mrs. Eddie Satterwhite, Jr., on the birth of their daughter recently; and to Mr. and Mrs. Tony Burton on the birth of their son. Mrs. Burton is the former Miss Catherine Parrish, daughter of Mr. and Mrs. Willie Parrish.

Happy birthday anniversary to James Burnette and Mrs. Ruby Parrish.

Mrs. Hazel Harris has returned home in Bahama after visiting her son and his family, Mr. and Mrs. Robert Harris, Jr., in Atlanta, Ga., and son Jack Harris who is a student at Georgia Tech. After joining her sons and their families, they went to Disney World and several other places in Florida. From Georgia, Mrs. Harris went to New York and visited with Mrs. Lizzie Bass; and to Ringwood, New Jersey where she visited her daughter, Deborah, and her family, Mr. and Mrs. J.T. Turner and her grandchildren. The Turners are the parents of a baby girl.

Ms. Patricia Branch and Mrs. Mary Branch were hostesses for a baby shower given to Mrs. Judy Branch on Sunday afternoon at their home on Lakeland Street. Little Stanley Branch received lots of beautiful gifts.

Those present were: Ms. Brenda Snipes, Ms. Sharon Ashe, Mr. and Mrs. Pete Cousin, Rougemont; Ms. Roxanna Jaby, Leon Branch, Mr. and Mrs. Nathaniel Parker, Johnny Jaby, Percell and Jerry Branch, Mrs. Margaret J. Parker, Miss Vivian Parker, Mrs. Janie Parker, Mrs. Margaret B. Parker, all of Bahama; Mrs. Virginia Kenion and Mrs. Symner Parker of Durham.

Pray for the sick and shut-in: Mmes. Viola Smith, Eula Johnson, Georgianna Ray, Dianna Montgomery, Estelle Nixon, Maud Lucas, Maggie Parker, Gracie Mack, Lina Glenn, Lillie Eubanks, Pearl Foskey, Julia Robinson, Allie Mae Bass; Little Shirley Sellers; Messers. W.A. Harris, Hosea Moore, Bonnie Lee Allen, Edward Glenn, Alphonzo Claiborne, William Carrington, Lucious Glenn, Sammie Parker and Edward Moore.

Sincere sympathy to the families of Mrs. A.L. Cradle, Haywood Woods, Clyde Russ, Woodrow Harris, Clyde Barbee and Ms. Susie Langley.

**Coping**

Do you remember the fellow who used to bully the kids in your neighborhood? Remember when he used to "pick on" people just for the fun of it?

The bully abuses people whom he can beat because this makes him feel like a "man." It gives him confidence in himself. It lets him feel that he can accomplish, that he can be successful. It replaces his negative feelings about himself. It gives him an outlet for his pent up emotions.

So, the bully develops a sense of personal security by relishing in the glory of making other people feel insecure. In effect, he is saying: "I feel inferior to you, so by beating you, I don't feel superior to you but I can make you temporarily inferior to me."

The sense of superiority that is obtained from abusing others is a temporary means of escaping from his world of insecurity and inadequacy. However, this activity must be constantly conducted or the insecurity will return and the self-dislike will reappear.

The person who finds a delight in abusing others and relishes in their condition of hurt is a person with a major emotional problem. He is a person who is never likely to completely eliminate or permanently counter his insecurity. His target is usually another person who makes him feel insecure by reminding him of his inadequacy.

The adult bully finds more satisfaction in abusing someone whom he considers to be superior to himself rather than a person who is inferior or on

**The Bully**

By Dr. Charles W. Faulkner

his level. How does it really benefit the bully to kick the family dog or to smash to TV set? Not much. He delights in observing a person whom he considers to be superior to himself struggle in an untenable position, physically and emotionally, even when it is not the cause of that condition.

When the bully gets the "superior" person down, he never lets him up. He "needs" to observe the continued negative condition of the person whom he considers superior to himself in order to maintain his own emotional and cultural stability. He will do anything necessary to maintain this relationship.

Do not be fooled by the bully who impresses you with his power. If he really felt psychologically powerful, why would he abuse others — and enjoy it?

Some socio-psychologists who have studied Western Culture extensively, think that racism grew out of a psychological sense of insecurity of the white man who feels threatened by the black. The white man "bullies" the black man

to whom he feels inferior. Relegating the black man, or any minority, to a culturally inferior position is the only way for the white man to find momentary escape from his deeply-ingrained sense of

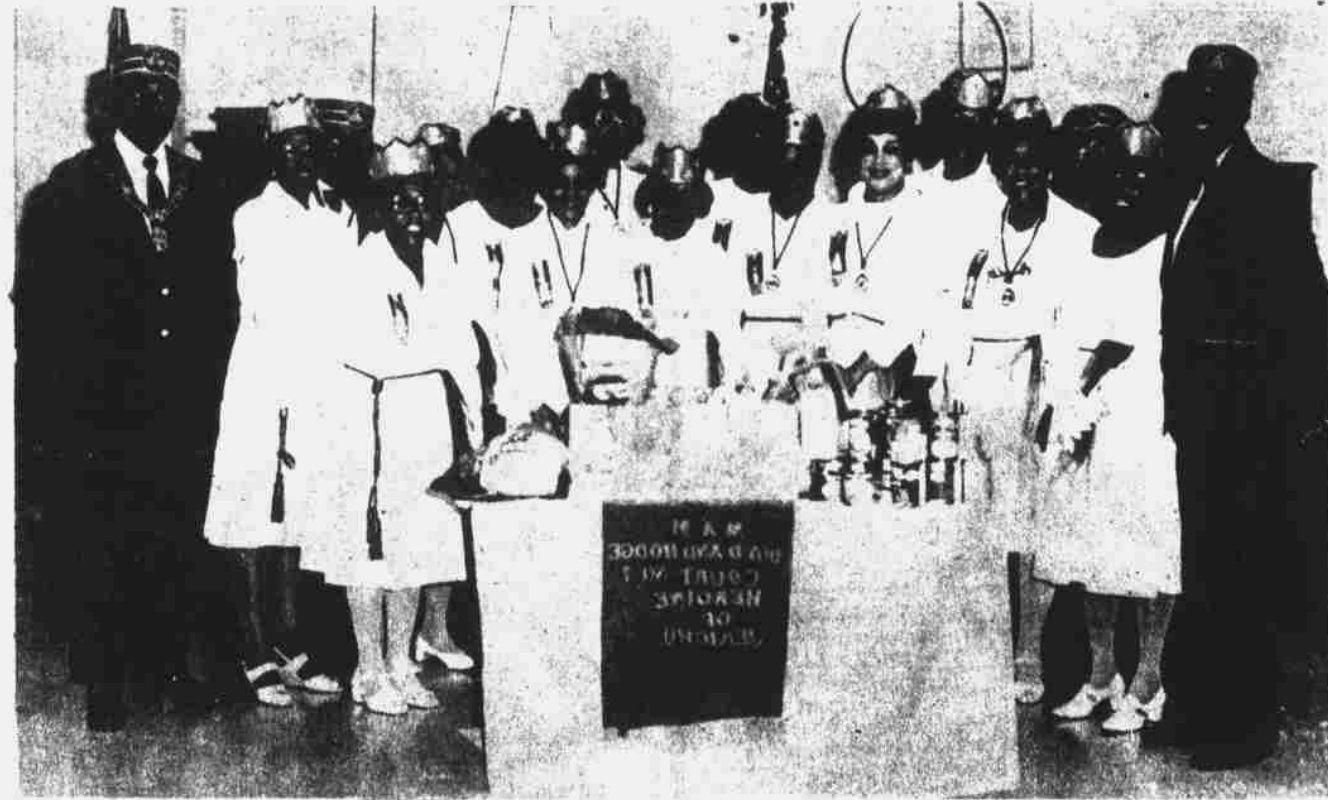
inadequacy. . . .

If you have questions you would like answered, direct them to Dr. Charles W. Faulkner, P.O. Box 50016, Washington, D.C. 20004.

**Bridge Winners**

College View Duplicate Bridge Club winners for November 13: First place—Mrs. Hedy Echard and Doug Kemnitz, second place—Thomas Hunt and Hamlet Wilkins, third place—Mrs. Frank Bright and Mrs. Connie Patillo, fourth place—Mr. and Mrs. Curtis Norris and fifth place—Wiley Hammond and Greenville Harris.

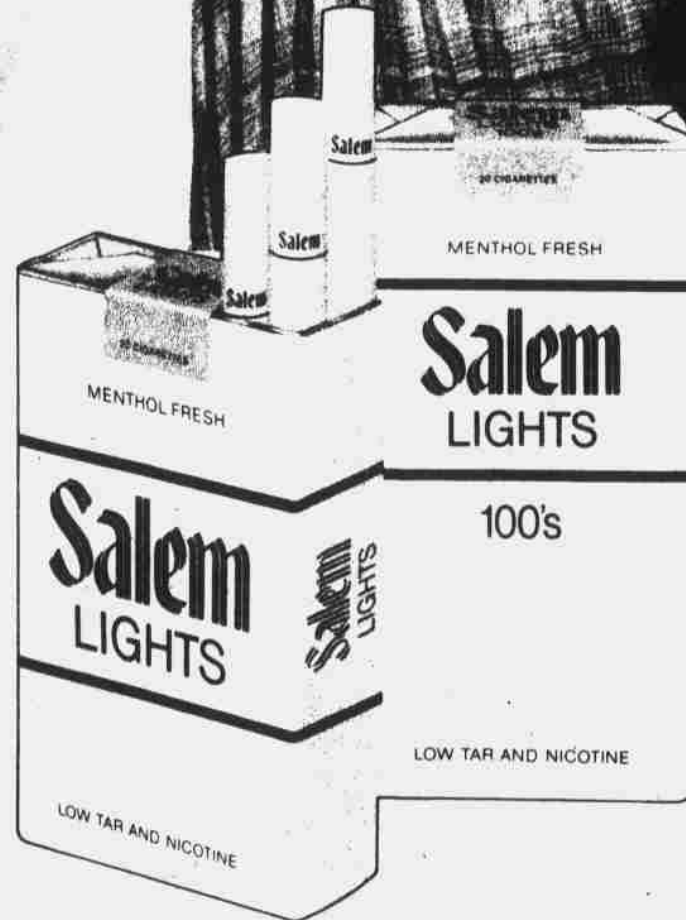
Winners for November 20: First place—Mrs. Hedy Echard and Douglas Kemnitz, second place—Wiley Hammond and Greenville Harris, third place—Mrs. Virgie Davis and Mrs. Ruth Betts, fourth place—Mr. and Mrs. Randolph Young. No game November 27.



**Spreading Thanksgiving**

Members of Boyd & Hodge Court No. 7, Heroines of Jericho, PHA, spread Thanksgiving joy last Saturday to two well deserving families by presenting Thanksgiving baskets to them as one of the Court's annual civic projects. The chairman and her committee are: Heroines Mary E. Young, Mary Scott and Mary Johnson. Photo by Silas Mayfield

**Salem Lights**

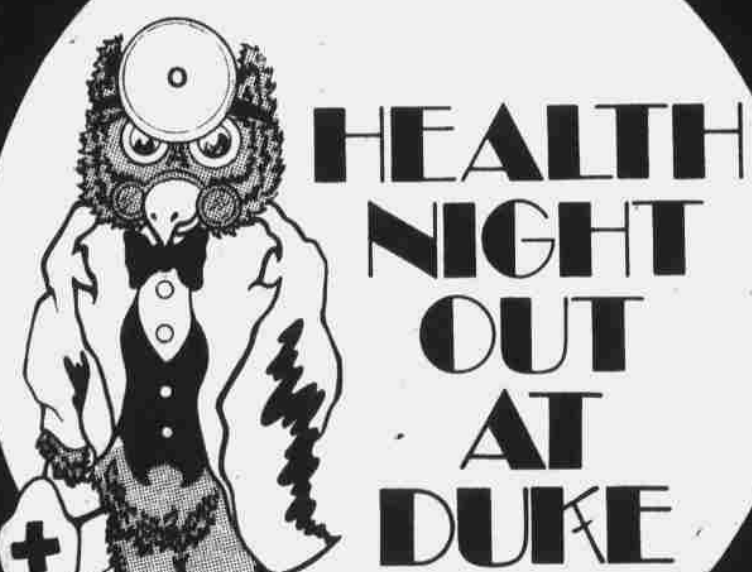


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LIGHTS: 11 mg. "tar", 0.8 mg. nicotine, LIGHTS 100's: 11 mg. "tar", 0.9 mg. nicotine, av. per cigarette, FTC Report DEC. '79.



You are invited to the new free series on health topics sponsored by Duke University Medical Center. Monthly, one-hour programs will be held in the Duke North Amphitheater on special health topics. Bring your family and friends. Come to one, come to all, and come away with information bound to be of use and interest. All programs begin at 7:30 p.m. Parking nearby.

**"The Eyes Have It."**  
December 2 Dr. Bruce Shields