

Calendar And Announcements

ASSISTANCE NEEDED — Because of budgetary problems in the transporting of Chatham County Senior Citizens, the Chapel Hill Senior Citizen Nutrition Site is seeking assistance from concerned persons in the transporting of the eighteen elderly persons from northern Chatham who attend the Chapel Hill Nutrition Site.

Assistance can be rendered in the following ways:

- Persons owning large cars or vans could volunteer transportation once or twice per week.
- Monetary contribution could be made to furnish gasoline for those who can provide vehicles.
- Persons living in northern Orange but working in Chapel Hill could provide rides for the senior citizens in their vicinity.

If you can provide assistance or if you have further questions, call Mrs. Gatha Lassiter, Nutrition Site manager at 929-0492; or come by the Chapel Hill Multipurpose Center.

SPEAK OUT FOR CHILDREN — Teacher, social worker, attorney or concerned parent - it's time to speak out for children. Attend a joint appropriations meeting at the General Assembly in Raleigh Tuesday, May 12 at 3 p.m. It's sponsored by Child Watch, Inc., the Governor's Advocacy Council on Children and Youth and your local child advocacy organization. Call area code 919/833-7755 for more details.

WINE & CHEESE PARTY — The South Orange Black Caucus will sponsor a Wine and Cheese Party on Sunday, May 17, 5-7 p.m., at the Holiday Inn across from Eastgate Shopping Center, 15-501 Bypass in Chapel Hill.

The Caucus started in 1976 as response to a need in the black community for a broad-based community organization in which minorities could unite and address those social, economic and political matters affecting the community.

Major objectives of the Caucus are to:

- stimulate voter education and registration;
- assist with the campaigns of candidates seeking public office who represent the interests of the minority community;
- actively work on issues such as housing and employment.

The Caucus holds voter registration drives, issue and candidate forums and endorsements as means of accomplishing its objectives.

The Wine and Cheese Party is open to SOBC member, potential members and persons interested in learning about the Caucus. A \$5 donation is requested to defer expense of the event. Tickets are available from members and will be on sale at the door. For more information, contact Weblon DeLon at 929-4817, Ms. Mae McLendon at 942-6571 or Jerry Caldwell.

NEED A LIFT? — Project LIFT, at the Durham County Library, has free information on hundreds of learning opportunities for adults, whether you want to weld or learn macrame, get your high school diploma or master photography, sink plumbines or swim laps! Job listings, college catalogs, and counseling opportunities are also available. Call 683-2626 or visit PROJECT LIFT, at the Durham County Library, 300 N. Roxboro St. Hours are 9-9 Monday and Tuesday and 9-5:30 Wednesday through Saturday. Give yourself a lift!

EXPECTANT PARENTS — Red Cross will offer a six week course for you beginning Thursday, May 14, 7 p.m., at the Red Cross Center, 1000 E. Forest Hills Blvd. Classes will meet for six consecutive Thursday nights.

General topics include: The prenatal period, labor and delivery, exercise, newborn supplies and equipment, feeding, bathing, and the first year of life.

The course is specifically designed for both prospective parents, but mothers are welcome to come alone. Participants may attend selected or all of the class sessions and will be awarded a course certificate accordingly.

Mrs. Jane Wilhoite, R.N. and Ms. Sheila Peacock, R.N. will be the instructors.

Persons interested in taking the course should call the Red Cross office, 489-6541, and register. There is only a small charge for course materials.

HHS HONORS AND AWARDS PROGRAM — The Honors and Awards Committee of Hillside High School will present its 32nd Annual Honors and Awards Program on Thursday, May 21, at 7:30 p.m., in the school auditorium.

Guest speaker for the occasion will be a Hillside graduate and former administrator, F. Howard Alston. Alston has been recognized for his outstanding achievements in education, church, civic and

community affairs.

Students will be honored for their meritorious accomplishments in both academic and extracurricular areas of the school's program. The public is cordially invited to attend.

FOSTER CARE INFORMATION — There will be an Informational Session for persons interested in providing foster care, Tuesday, May 12, at the Durham County Department of Social Services, 220 East Main St., 3-5 p.m. Families interested in providing care for children six years or older, siblings, or children with special physical or emotional needs should attend this meeting or telephone 683-3500.

PHYSICAL EXERCISE CLASSES for Senior Citizens are being sponsored each Tuesday and Thursday morning, 9:30-10:30, at the W.D. Hill Recreation Center. For more information, call Ms. Renita Ritchie at 683-4355.

SIXTY OR OVER? The Retired Senior Volunteer Program needs a tutor for an elementary school child. You may be able to brighten this boy's future by spending just a few hours a week helping him with school work and being a friend. This is an immediate urgent need.

The RSVP will reimburse you for travel and insurance is provided free of charge. For more information, call Ms. Helen Pressley or Ms. Kathy Walters, 596-9311, extension 321, Durham Technical Institute.

RECYCLING Reynolds recycles at Northgate Shopping Center, every Tuesday through Saturday, 9-11 a.m.

Bring cans in a clear plastic bag, and other pieces cut to lengths not exceeding three feet and tightly bound. Other recyclable aluminum includes tubing, siding, pots, pans and cast parts. You will be paid cash on the spot.

For more information, call toll free 1-800-228-2525.

SEVENTH ANNUAL POETRY CONTEST — A \$1000 grand prize will be awarded in the Seventh Annual Poetry Competition sponsored by *World of Poetry*, a quarterly newsletter for poets.

Poems of all styles and on any subject are eligible to compete for the grand prize or for 99 other cash or merchandise awards, totaling over \$10,000.

Rules and official entry forms are available from the *World of Poetry*, 2431 Stockton, Dept. B, Sacramento, California 95817.

NATIONAL SAFETY INSTRUCTOR SCHOOL — The American Red Cross will conduct a National Safety Instructor School, June 6-14, on the campus of Francis Marion College, near Florence, S.C. Basic and Instructor courses will be offered in: Basic First Aid, Multimedia First Aid, Standard First Aid and Personal Safety, Advanced First Aid and Emergency Care, CPR Modular and Lecture, Advanced Life Saving, Water Safety Instructor, Adapted Aquatics, Basic Canoeing and Canoeing Instructor.

According to Mrs. Cynthia Reardon, executive director of the Durham County Red Cross Chapter, the facilities at Francis Marion, including the pool, are in well-controlled environments which permits classes to continue even during inclement weather. Living facilities are apartment style, with four students per apartment. The cost of attending the school will be \$120.00. Fee covers the cost of room and board. Transportation to and from the school and text materials are additional.

Instruction will be provided by a staff of volunteers with long and valid teaching experience.

For additional information, contact Mrs. Reardon at the Durham County Chapter, 489-6541.

COLONIAL CRAFTSMEN TELL "HOW TO" — Next events in the series on authentic early American crafts as practiced in Colonial Williamsburg will be: Monday, May 11, 7:30 p.m., auditorium, Archives/Library Building, Raleigh — "The Woodwright's Shop" (videotape); Saturday, May 16, 1 p.m., Stagville Preservation Center and Sunday, May 17, 3 p.m., auditorium, Archives/Library Building, Raleigh — Roy Underhill, Master Carpenter (craft demonstration and lecture).

PARTY FAVOR BOXES NEEDED — The Volunteer Services Unit at John Umstead Hospital is in need of party favor boxes for ward parties. Boxes should consist of plates, napkins, cups, party favors, candy, cookies, and Kool-Ade. There are 36 patients per ward. Decorations should be in a holiday theme and can include simple wall cutouts, if available. Boxes may be taken to Volunteer Services or to the Mental Health Association office at 212 Albemarle St. For further information, call

Volunteer Services at John Umstead Hospital, 575-7217 or Mental Health Association, 683-2052.

NEW TELEVISION SETS NEEDED — The Volunteer Services at John Umstead Hospital could use some new television sets for the patients. If any company or individual would like to donate one, it will be tax deductible. Call Mental Health Association at 683-2052.

FREEDOM TOUR — The Martin Luther King Center for Nonviolent Social Change and The Lindenwood Colleges, Lindenwood College 4, located in St. Charles, Missouri and St. Louis, Missouri, are offering a unique educational Freedom Tour. Portions of the route of the famed Freedom Ride will be traced in reverse. The tour will originate from New Orleans on July 19 at 7 a.m., and will culminate in Atlanta on July 25 at 6:30 p.m. For an additional cost, members of the tour have the option of attending the four-day Martin Luther King, Jr., Summer Institute on Nonviolence in Atlanta.

The Honorable Andrew Young, former ambassador to the United Nations, Mrs. Coretta Scott King, Martin Luther King, III, and Dr. Bernard LaFayette, Jr., director of Lindenwood College 4 and chairman of this project, are among a number of civil rights activists who will lecture during the tour on this vital era in American History.

The tour itself will be offered for college credit under the heading: "The Struggle for Human Rights in America: Perspective on the 1960's Freedom Movement." Other courses in the Humanities, Communications, Writing and Photography, will also be offered.

Participation in the tour and these events is not limited to those seeking college credit. Teachers, photographers, writers, researchers, and community leaders are offered a rare opportunity to celebrate the twentieth anniversary of the 1961 Freedom Ride and the historical events which occurred along the way.

Cost of the tour is \$450 which covers all travel between New Orleans and Atlanta, including hotel accommodations and meals. To guarantee a space, a \$200 deposit is required before May 30. The balance must be paid by June 20.

For more information, contact Ms. Lyda Marasigna or Ms. Pauline Hammen, Lindenwood College 4, St. Charles, Missouri 63301, 800-325-8429, 314/946-6912 or 723-7152.

NEWS OF HEALTH

HELPING YOURSELF

Taking care of yourself while you're healthy is the best way to avoid health problems.

Many of the health differences among the various racial and ethnic groups in the United States are generally attributed to social and environmental factors rather than to characteristics of the groups.

This means there is a relationship between factors such as the kinds of food people eat, the work they do, the places they live and the possibility of developing various diseases. Thus, a change in lifestyle may affect the likelihood of your contracting certain diseases.

If you want to add years to your life expectancy, one of the surest ways to do it is to stop smoking. Cigarette smoking is responsible for at least one of every five cancer deaths. The risk of developing lung cancer is ten times greater for cigarette smokers than for non-smokers. Besides lung cancer, smoking has been linked to cancer of the larynx, mouth, esophagus, pancreas and bladder—and to other health problems such as heart disease and emphysema.

There are precautions that everyone can take to



An ounce of prevention is worth a pound of cure is one "old wives' tale" that is absolutely true!

prevent some kinds of cancer and stay healthy generally. The first is: don't smoke! Eat a good diet—low in fat and high in fiber, with a minimum of smoked or salted meats; low enough in calories to keep you trim. Get in the habit of having a regular physical examination either at a health clinic or at your doctor's office. The earlier you detect a problem like cancer, the more likely it can be controlled or eliminated.

These free leaflets, "Dejando El Aire—Guía Para Dejar De Fumar," "Progreso Contra El Cancer Del Sano," "Lo Que Usted Debe Saber Sobre El Cancer," and others concerning cancer information, are available by writing to: Office of Cancer Communications, Dept. H, National Cancer Institute, Building 31, Room 10A18, Bethesda, Maryland 20205.