

# Psychologists Columns— Inspire Courses

[NNPA] Two independent study courses based on Dr. Charles Faulkner's syndicated column called "Psychology of Racism," which has appeared in Portland, Oregon's six-year old black newspaper, *The Skanner*, (and other black newspapers throughout the nation) are now offered at Portland State University.

## United Nations

(Continued from Page 4)  
And Paying For All  
Of The U.N. Needs

The Reagan Administration will cut down on its UN commitments. Their conservative dictators demand they do so despite the need and the UN formula that a member contribute based on its Gross National Product. The U.S. is a rich country but has never really met the formula fully although it has given more than Russia and many others with comparable wealth.

Secretary General Perez de Cuellar will have to find the money to meet minimum world needs. I have said this before and it bears repeating. Those like the Arabs and others like Venezuela, Nigeria, Indonesia, Canada, etc., blessed with oil should up their UN contribution. And industrialized countries with world wide markets like Japan and West Germany must give more. Mr. Perez de Cuellar must be tough on getting his budget funded. The poor nations need help and their only friend is the United Nations.

I wish this new Secretary General well. He has to gear the UN press and information facility plus a fair press in all the societies in the world, irrespective of ideal, to help sell and execute UN principles. He must correct the favoritism now existing at UN headquarters.

And most of all, he must recognize black Americans need his aura as well. We pray this man from Peru, Javier Perez de Cuellar, does not become the hand maiden of the United States and Russia — taking in stride and abeyance their good points. Lastly, he must realize that two-thirds of this world is poor and in need of him. It is in their province his true strength lies. He must not forget Peru is in this group.

So are 40,000,000 black Americans. Our stakes — and those of this UN and this world are rightly so in the United Nations and our last vehicle for peace.

Dr. Bill Little, professor of Black Studies at PSU, said of Dr. Faulkner's column. "It speaks to the issue of racism better than anything I've seen so far."

He lauded a recent installment in which Dr. Faulkner, who is director of the Center for Attitudinal Studies in Washington, D.C., offered ways to avoid the negative impact of racism.

"It spoke to the issue of how the effects of racism destroy a person's own self-image," Dr. Little said. "It's imperative that people begin to understand these effects whether they're subtle or obvious."

"This is, perhaps, a first," Bernie Foster, publisher of *The Skanner*, said of the courses. "We're very excited and elated about it. In our six years of expansion, it's a plus for us. It's also a plus for young black people who need to understand themselves."

The one-credit independent study course requires reading the "Psychology of Racism" series and a book, titled "White Racism," as well as completing mid-term and final examinations. The three-credit version also requires reading the books, "The Impact of Racism on White America" and "The Legacy," and writing a term paper exploring the effects of racism on a particular aspect of life such as education, religion or sex.

Tuition for the courses is set at \$30 per credit.

# Durham Recovering From Winter Onslaught

By Elson Armstrong, Jr.

For Durhamites, the thaw couldn't have come at a better time. After two weeks which included frigid cold, rain, freezing rain, sleet, and snow, old man Winter finally gave the Bull City a break beginning last Monday as the thermometer "soared" to a tropical-like 41-degrees by mid-afternoon.

The weatherman has promised even warmer temperatures for the rest of this week and you won't find many people complaining.

Last week, winter socked the Triangle with an awesome one-two combination as an ice storm left roads hazardous with about two inches of glaze on Wednesday. This was followed on Thursday by a six-inch snowstorm which paralyzed Durham and most of North Carolina. At least twenty people died in Tar Heel from weather related problems.

Because of the Arctic air masses that settled over the region, the snow and ice was slow to melt. (Many old timers say that when snow lies around, it is waiting for some more snow to appear.)

The winter blast shut down schools for at least four days and played havoc with nearly everyone's schedules.

The latest wave of Siberian air swept over the state on Sunday, but weather forecasters said that this air mass would move quickly out to sea allowing for warmer air to bathe Durham and vicinity for most of this week.

By mid-week, temperatures had been predicted to rise into the 60's, which would feel like a heat wave when compared to recent lows of 4, 10 and 11 degrees. (It hadn't made it out of the 30s by mid-day Wednesday.)

In Durham, this month has been the coldest January since 1977.

**Other Memorable Durham Snowfalls**  
• March 3-4, 1980: Fifteen inches of snow amid blizzard conditions choked Durham and most of North Carolina. (Elizabeth City has a 30-inch snowfall.)  
• February 17, 1979: Ten inches of snow put the Bull City under a blanket of white.  
• March 1, 1969: Eleven inches of snow catches city off guard.  
• February-March, 1960: The year of the "Wednesday Snowfalls" as heavy snowstorms leaving from seven to twelve inches of snow close down city on every Wednesday from mid-February to early March.  
• March 1, 1927: Durham's biggest recorded 24-hour snowfall ever — eighteen inches!

## Civic Center

(Continued From Front)

plans have been struck down by the U.S. Justice Department because they may dilute the voting strength of blacks.

It has also been suggested that the city provide financial support for development of the Hayti community as well as the civic center complex. Hayti once housed over 100 black owned and operated businesses, but urban renewal nearly destroyed them all.

The council received development plans for the area last week from city planners and the Hayti Development Corporation, black developers interested in restoring Hayti's black business district.

The city could include funds for Hayti's development in the bond issue that will build the civic center, according to Nathaniel B. White, Jr., HDC's executive director. He said about \$2 million is needed to prepare the land for development. The city has recommended \$300,000 be budgeted for that purpose. However, the city's plan is not as detailed as the HDC plan.

Willie Lovett, chairman of the Durham Committee on the Affairs of Black People, also addressed the council requesting that the city combine, in terms of financial commitment, Hayti's and downtown's development.

Saitta said he has not studied the possibility of combining the two in the same bond referendum. But, he added, while developing, the city should do as much as feasible.

## MLK

(Continued From Front)  
be a day for all Americans.

Senator Kennedy said that "Dr. King was a persistent man, and we must persist; we must not stop until we make his birthday a national holiday."

The activities concluded with a march from downtown to the King Center where the \$8 million Freedom Complex was dedicated, and then to Ebenezer Church where Rev. Faunroy gave the keynote address.

Rev. Faunroy challenged "black fathers to be fathers; black wives to be mothers and black

# Duke Shocks State 49-48

By Elson Armstrong, Jr.  
There were only 33 seconds left in the tense game contest. The crowd which had been in a wild frenzy throughout the evening, was now on its collective feet and silent as Duke's Mike Tissaw stood at the free throw line. Duke, much to the surprise of everyone, was ahead of No. 14 ranked N.C. State 47-46 and if Tissaw could make his free throws, it would go a long way toward sealing the Wolfpack doom.

State Coach Jim Valvano called two consecutive time outs to rattle the Virginia native, but he calmly sank them both and amid the now deafening noise, Mike Tissaw — a much-maligned young man throughout much of his Duke career — was now the toast of Cameron Indoor Stadium and Duke had taken another legendary basketball game in what their fans call "Cardiac Cameron".

Although Tissaw's free throws proved to be the winning margin, the fireworks were far from finished. In the waning seconds, Duke had two fouls to "waste" before

families to be families and build black America."

This year's award from the King Center was given to actor-singer Harry Belafonte who, Mrs. King said, was a close ally of the slain leader and who has continued to work for civil rights.

State was in the one and one and Tom Emma wisely used them in the last 28-seconds before State could attempt a shot. With 13 seconds to go, State drove the lane, a shot bounced away. In the ensuing struggle for the ball, State's Thurl Bailey was fouled with :08 left. He sank both free throws. Vince Taylor of Duke attempted to run out the clock but with :05 to go, he was fouled. He missed the first of a one-and-one and Chuck Nevitt of State grabbed the rebound and pitched it to Sidney Lowe who proceeded to race up court, but the time expired before Lowe could get off his shot and the fans swarmed onto the floor. It was Duke's first ACC win this season and it was also the biggest upset thus far in the ACC this season.

In the first half, State threatened to blow Duke out of their own arena as they jumped to a 5-0 lead which eventually went to 14-5, and 18-7. The Wolfpack definitely appeared in command after the first fourteen minutes as their towering front line thwarted Duke's effort to go inside. At this point, Duke's Chip England and Vince Taylor began to hit from "downtown" while State went cold. The lead steadily shrank until Duke pulled within one (22-21) with :13 left in the half. State set up for the last shot but Emma of Duke stole the ball and scored and Duke

was ahead 23-22 for the half. The crowd, which the Blue Devils credit with helping them to upset State, was now rocking and many of them did not sit down for the rest of the game.

With the upset, "Cardiac Cameron" thus had claimed another victim. Duke has an illustrious history of beating highly ranked teams in this West Durham arena — just as UCLA, North Carolina, Davidson, Tennessee, Michigan, and many great ACC teams that have bitten the dust here.

The upset of State was different from all the rest in this respect, in the past, Duke fielded teams that were capable of beating anyone who played here, but nobody (except the Duke team) expected Duke to beat State on January 20, 1982!

STATE OF NORTH CAROLINA  
DURHAM COUNTY  
EXECUTOR'S NOTICE  
TO CREDITORS  
AND DEBTORS  
Having qualified as Executor of the estate of LULA S. JACKSON, this is to notify all persons, firms and corporations having a claim against LULA S. JACKSON, deceased, to present them to the undersigned within six months from the date of first publication of this notice at P.O. Box 1932, Durham, N.C. 27702 or same will be pleaded in bar of their recovery. All persons, firms or corporations indebted to said LULA S. JACKSON, please make immediate payment.  
This 5th day of January, 1982.  
Lula S. Jackson  
P. O. Box 1932  
Durham, N.C. 27702  
Estate of  
Lula S. Jackson  
P. O. Box 1932  
Durham, N.C. 27702  
PUBLICATION DATES:  
The Carolina Times  
January 9, 16, 23, and 30, 1982.

## WHAT DO YOU WANT FROM YOUR CITY GOVERNMENT?

The City Council and the City Administration are beginning to develop a budget for FY 1982-83 (July 1, 1982 - June 30, 1983). We need your help. What do you think the City's priorities should be in spending the funds that are available?

Listed below are three ways in which you may express your views on the City Budget for fiscal year 1982-83:

- BUDGET HOTLINE:** During the week of January 25-29 you may phone in your suggestions and questions by calling the Budget Office at 683-4111 between 8:30 a.m. and 4:30 p.m. Your comments will be recorded by a staff member and presented to the City Council for their consideration.
- WRITTEN SUGGESTIONS:** You may complete the form at the bottom of this page and mail it to us.
- THE CITIZENS BUDGET HEARING/GENERAL REVENUE SHARING HEARING:** On Monday, February 1, 1982 the City Council will conduct a public hearing to receive comments on next year's budget and on how to spend the City's allocation of funds from General Revenue Sharing. The hearing will be held at 7:30 p.m. in the Council Chamber at City Hall.

## CITY BUDGET FOR 1981-82 - \$47,718,232

Bond Retirement	3.7%
Development Activities (CD, Planning, Inspections, Downtown Development)	10.2%
General Government (City Council, Staff Agencies and Finance)	5.7%
General Services (Buildings & Grounds, Garage, Cemeteries, Tree Program)	4.4%
Non-Departmental (Insurance, City Duos, Other costs which cross departmental lines)	9.9%
Public Safety	23.4%
Recreation	3.5%
Sanitation	7.0%
Traffic, Streets and Parking	9.3%
Water and Sewer	26.6%
Intrabudget Transactions	(3.7%)

## ESTIMATED REVENUES - \$47,718,232

Property Tax	27.3%
Other Local Taxes	6.4%
Intergovernmental (Federal and State Grants)	15.9%
Investment Income	5.7%
Charges for Current Services	2.9%
Enterprises (Water & Sewer, Parking)	23.5%
Intragovernmental Services	5.1%
Assessments	1.6%
Appropriation From Fund Balance	12.8%
Miscellaneous Revenue	1.1%
Rental Income	1.1%
Licenses and Permits	1.3%
Intrabudget Transactions	(3.7%)

## City Of Durham

PLEASE FILL OUT AND SEND IN:  
What do you think is the most important priority for the city in 1982-83?

What new programs or activities would you like to see implemented with city funds?

What programs or activities would you like to see continued or improved with city funds?

What programs or activities would you like to see discontinued? Why?

OTHER SUGGESTIONS FOR THE 1982-83 BUDGET:

(Use additional sheets if necessary.)

MAIL TO: BUDGET Your name \_\_\_\_\_  
101 City Hall Plaza Address \_\_\_\_\_  
Durham, N. C. \_\_\_\_\_  
27701

# About Your Medicines

by The  
United States  
Pharmacopoeial  
Convention,  
Inc.

## MAPROTILINE

Maprotiline (ma-PROE-i-leen) belongs to the group of medicines known as tetracyclic antidepressants or "mood elevators." It is used to relieve mental depression and depression that sometimes occurs with anxiety. Maprotiline is available only with your doctor's prescription.

A commonly used brand name is Ludiomil.

### Proper Use of This Medicine

• Take this medicine only as directed by your doctor in order to improve your condition as much as possible.

• To lessen stomach upset, take this medicine with food, even for a daily bedtime dose, unless your doctor has told you to take it on an empty stomach.

• Sometimes this medicine must be taken for a few days up to a week or two before you begin to feel better.

• Keep this medicine out of the reach of children since overdose is especially dangerous in young children.

• If you miss a dose of this medicine and your dosing schedule is:

More than one dose a day—

—Take the missed dose as soon as possible. Then go back to your regular dosing schedule. However, if it is almost time for your next dose, do not take the missed dose at all and do not double the next one. Instead, go back to your regular dosing schedule. If you have any questions about this, check with your doctor.

One dose a day at bedtime—  
—Do not take the missed dose in the morning since it may cause disturbing side effects during waking hours. Instead, check with your doctor.

### Precautions While Using This Medicine

• It is very important that your doctor check your progress at regular visits. This will allow your dosage to be changed if necessary.

• Do not stop taking this medicine without first checking with your doctor. Your doctor may want you to reduce gradually the amount you are taking before stopping completely. This will allow your body to adjust properly and reduce the possibility of unwanted effects.

• Before having any kind of surgery (including dental surgery) or emergency treatment, tell the doctor or dentist in charge that you are using this medicine.

• This medicine will add to the effects of alcohol and other medicines (CNS depressants) that slow down the nervous system. Some examples of CNS depressants are antihistamines or medicine for hay fever, other allergies, or colds; sedatives, tranquilizers, or sleeping medicine; prescription pain medicine or narcotics; barbiturates; medicine for seizures; tricyclic antidepressants (medicine for depression); or anesthetics, including some dental anesthetics. Check with your doctor before taking any of the above while you are using this medicine.

• Do not take any other medicine, unless prescribed or approved by your doctor. This especially includes over-the-counter (OTC) or nonprescription medicine such as that for colds, cough, asthma, hay fever, or appetite control.

• This medicine may cause some people to become drowsy or less alert than they are normally. Make sure you know how you react to

this medicine before you drive, use machines, or do other jobs that require you to be alert.

• Dizziness, lightheadedness, or fainting may occur, especially when you get up from a lying or sitting position. Getting up slowly may help. If this problem continues or gets worse, check with your doctor.

### Side Effects of This Medicine

• Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects appear very often, when they do occur they may require medical attention. Check with your doctor if any of the following side effects occur:

#### Less common

Nausea or vomiting

Seizures

Rare

Difficulty in urinating

Fainting

Hallucinations (seeing, hearing, or feeling things that are not there)

Irregular heartbeat (pounding, racing, skipping)

Other side effects may occur which usually do not require medical attention. These side effects may go away during treatment as your body adjusts to the medicine. However, check with your doctor if any of the following side effects continue or are bothersome:

#### More common

Blurred vision

Dizziness

Drowsiness

Dry mouth

Less common

Constipation (if severe check with doctor)

Diarrhea

Headache

Heartburn

Increased sensitivity of skin to sunlight

Other side effects not listed above may also occur in some patients. If you notice any other effects, check with your doctor.

After you stop taking this medicine, your body will need time to adjust. This usually takes about 3 to 7 days. Continue to follow the precautions listed above during this period of time.

### NOTE:

The above information is abstracted from the 1981 editions of *About Your Medicines* and *USP Dispensing Information*. It is not sufficient to make an evaluation as to the risks and benefits of taking a particular drug in a particular case or to provide medical advice for individual problems and should not alone be relied upon for these purposes. Should you desire additional information or if you have any questions as to how this information may relate to you in particular, ask your doctor, nurse, or pharmacist.

© 1981 The United States Pharmacopoeial Convention, Inc. All rights reserved. USP sets official standards for drug strength, quality, purity, packaging, and labeling. For further information about USP and its programs, write: USP DID, 12601 Twinbrook Pkwy., Rockville, MD, 20852.