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July 11 and ended July 18.

The recipients and amounts were:

* United Negro College Fund, \$1000

National Council of Negro Women \$500

the National Council of Negro Women.

The sorority, with chapters in 23 states, and in

The three workshops conducted during the week-

Monrovia, Liberia, West Africa, is affiliated with

Nursing scholarship, \$15,000

tions.

\$1000

NAACP \$500

LIMA, PERU-Jazz musician Miles Davis and his wife, Cicely Tyson take a close look at some Peruvian artifacts in

Up-To-Date Galeda Club

The Up-To-Date Galeda Club met at the home of Mrs. Addie Mack on Belvin Avenue recently with Mrs. Elnora Ransom and Mrs. Cora Waddell as cohostesses

Rev. Mrs. Lottie Kee led the devotion. Miss Annie M. Dunigan, president, presided over the meeting and discussion of the trip to "Holy Land USA", planned for September 6.

Dinner was served to the following members: Elizabeth Edwards, Doris Holland, Lillie Vanhook, Pauline Hart, Rev. Lottie Kee, Viola Thompson, Alice Wilson, Annie Dunigan, Virginia Thomas, Beatrice Holeman, Snoda Bell, Lena Ellerbee, Annis Jones, Lee Etta Braswell, Mona Perry and Tempie Young. Guests were Isabelle Holder, Willie Webb, Charlie Fulton, Willie Glenn and Rosa Lee Day.

Coping Happiness Is A **Two-Way Street**

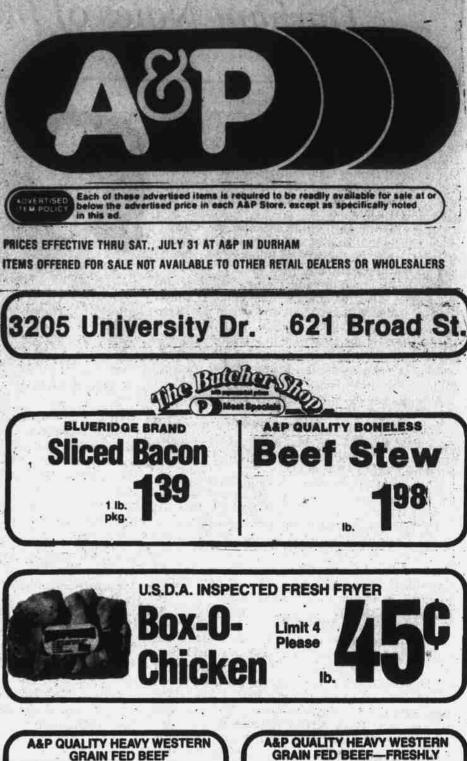
downtown Lima. Tyson was a judge in the Miss Universe Pageant. **UPI Photo**

Younge

Chi Eta Phi Sorors Convene (Continued From Page 4) In Washington; Donate \$18,000 later the doctor of education degree in educa-More than 600 members of Chi Eta Phi Sorority administration tional. met in Washington earlier this month for the 37th

from Temple University Boule and the organization's 50th anniversary in Philadelphia, Pa. celebration. Activities were headquartered at the He worked at North Washington Hilton Hotel. The convention began Carolina Central University in Durham in 1949 In addition to several workshops that covered and served as tennis educational and political issues, the organization coach from 1949-75 capalso pledged \$18,000 in scholarships and other turing nummerous financial support to educational and civic organiza-CIAA championships the 1959-75 during period. He served as athletic director and chairman of the depart-* National Association for Sickle Cell Disease ment of physical education at NCCU.

In 1968 he was chosen by the United States Department of State to serve as director of Upward Bound Programs for Liberia, West Africa. Dr. Younge served as





By Dr. Charles W. Faulkner

'I became bored with her/him."

"I got tired of giving everything and receiving nothing in return.

"She/he became too predictable."

"The relationship was no longer challenging ... I had conquered her/him and needed another more challenging affair.'

"It was love on a one-way street; I gave and she/he never returned my affection."

"I just needed to live by myself for awhile."

These are but a few expressions uttered by one or both of the mates in a relationship that is coming to an end. These statements seem to have a common ring to them. They suggest that one or both of the mates is in the relationship for what she/he can get out of it and is not prepared to give anything to the relationship in order to make it work.

An enduring, compassionate, loving relationship. that lasts for a long period of time is far more difificult to achieve than a relationship that lasts for weeks or months and then fades into nothingness. Practically anyone can entice a member of the opposite sex to like him/her for a few weeks or months but making a relationship grow and last for years requires care, planning, understanding, receiving and giving. Such a relationship requires "giving" to such an extent that one cares very deeply about the feelings of the mate and expresses this caring often.

A friend once said that she knew that she was in love when she cared more about her spouse than she cared about herself. But, this feeling must be a twoway street in order for the relationship to endure. The insecure person who enters a relationship for the over-riding purpose of obtaining emotional or sexual fulfillment will soon become bored and frustrated due to the absence (or loss) of the challenge; complacent and even obnoxious. One or both persons will soon tire of each other and obtain fulfillment only when a new challenging not-soeasy-to-obtain mate is found. It is not uncommon for one to search for years to find that one person who will give love and understanding, but tire of it and resume the tormenting search.

This person may actually chase the loving mate away by accepting love but rejecting the mate's efforts to obtain love in return. This is an ideal case of a person finding a goal, tiring of the joy that it can bring and tossing it aside, then, searching high and low, often without success, for another pot of gold. We often destroy the very thing that we need. Deeply imbedded within the hard exterior of each

of us is a soft, hidden, individual in need of love but often afraid to reveal itself for fear that it will be rejected. If it is ever rejected it will be very, very difficult for a person to again find the strength and nerve to express the soft, inner self that dwells in the depth of our personalities wanting, but fearing, to unveil itself. Only we really know that it is there but we will seldom reveal it. After all, isn't it a sign of weakness to let someone else know how much we need to be loved?

Yet, the very person who so badly needs to be loved by someone else is in no hurry to provide the kind, unselfish love that someone else needs. This is unquestionably the primary cause of unhappiness and failures in many relationships.

A young lady once said that when her spouse, in a very tender moment, shed a tear, she interpreted that behavior as weakness and sought to end the relationship. Wouldn't it have been gratifying if she had held her mate tightly and said, "I understand". We reject the deep emotional needs of others but spend our lives searching for the same thing for ourselves.

long convention were: Test-Making, Test-Taking; Legislation and The New Medicine. Before adjourning, the sorority elected officers for 1983. They are: Sorors Josephine Alexander, Mu Chi, first supreme anti-basileus; Bettie C. McDowell, Alpha, tamias; Hattie M. Opher, Alpha, executive secretary; Dan Y. Lopez, Theta Chi, national organizer; Annie Griffin, Omicron, historian; and Eloise P. Ellis, Alpha, trustee.

Cosby Family 22nd Reunion Held In Virginia

Zack Cosby's Family reunion was at The Bryan Park in Richmond, Virginia July 17. Mr. and Mrs. Kenneth Adkins were hosts.

Family members from Maryland, Pennsylvania, North Carolina, Virginia, South Carolina and Washington, D.C., as reported by Mrs. Virgie J. Davis, enjoyed greatly the usual family greetings.

commissioner of the Mid-Eastern Athletic 1975-78, Conference, and as a special consultant in 1979. His works have been published in nurmerous educational journals and he authored book, Games for Children.

Dr. Younge is a trustee at Saint Mark A.M.E. Zion Church in Durham. His wife is deceased and he has one son. James. ш

Dr. Younge is taking a leave of absence from his position as senior professor of physical education at North Carolina Central University.

Two Quick And Economical Ways To Stretch Ground Beef

soup

complicated

Condensed When the food budget is scraping bottom or makes there isn't time to recipes a possibility in prepare a meal, it's minutes by providing a ground beef to the rescue sauce or a blending of flavors that would take every time.

Economy-minded an extra hour or two of cooks will be pleased to preparation. Its dependability assures success know that while most food items have risen in every time, which is the price, ground beef costs kind of insurance any cook appreciates. have remained stable. As an example of what

As little as one-half can be done with ground pound of ground beef beef and canned concan save a cook's reputadensed soup, try Carne tion when four servings De Vaca Chili. It takes of a hury-up entree are needed. Ground beef is only about 15 minutes to remarkably stretchable make and yields four servings of a skillet dish and combines well with that is good and hearty. most pantry staples. In To ground beef browned particular, canned conwith onion are added densed soups help to chili beef soup, cooked stretch ground beef with elbow macaroni, canned

Beefy Barbeque Buns (not in photo)

pound ground beef

style

- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 can (11 1/2 ounces) condensed bean with acon soup

1/2 cup barbeque sauce

1/1 cup water

I tablespoon brown sugar Dash Pepper

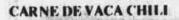
6 hamburger buns, split and toasted

In skillet, brown beef and cook onion and green pepper until tender (use shortening if necessary). Stir to separate meat; pour off fat. Stir in remaining ingredients. Heat; stir occasionally. Serve on buns. Makes 6 sandwiches.

tomatoes and chili powder. The combination is spicily hot and satisfying.

For a patio lunch or dinner, here's a recipe that serves six - hot Beffy Barbeque Buns. In this quick and easy skillet meal, the ground beef is browned withonion and green pepper. Condensed bean with bacon soup, barbeque sauce and brown sugar contribute to the enticing aroma of the western soup-burgers served on hamburger buns.

Ground beef stretchers made with soup ar easy to create with what's on hand cn easily be adapted to individual tastes nd preferences.



- 1/2 pound ground beef
- 1/2 cup chopped onion
- I can (11 1/4 ounces) condensed
- chili beef soup.
- 2 cups cooked elbow macaroni 1 can (about 16 ounces) tomatoes,
- cut up
- 1 tablespoon chili powder

In skillet, brown beef adn cook onion until tender (use shortening if necessary). Stir to separate meat; pour off fat. Add remaining ingredients; cook over low heat 10 minutes, stir occaaionlly, Makes about 5-cups, 4 servings.



SUPER SAVER COUPON