



Morehead Finalists Selected

CHAPEL HILL — Seven nominees from District IV have been selected as finalists in competition for 1983 Morehead Awards at the University of North Carolina at Chapel Hill.

The announcement was made by Mebane Pritchett, executive director of the John Motley Morehead Foundation.

Selection of finalists is based on evidence of leadership and service, character, academic achievement and physical vigor.

District IV finalists are: Cameron Keith Deaver, II, son of Mr. and Mrs. Cameron K. Deaver of 8422 Six Forks Road, Raleigh; Frederick Joseph Diab, son of Dr. and Mrs. Albert J. Diab of 8529 Bournemouth Drive, Raleigh; Kelli Lynne Dutrow, daughter of Dr. and Mrs. George F. Dutrow of 3602 St. Marks Road, Durham; Paul Dominic Edwards, son of Mr. and Mrs. Joseph L. Edwards of 721 Darby St., Raleigh; Catherine Ann Moses, daughter of Mr. and Mrs. Harold V. Moses of 60 White Oak Drive, Smithfield; Williams Joseph Plunkett, III, son of Mr. and Mrs. William J. Plunkett, Jr., of Vauxville Drive, Raleigh; and Robert Kenneth Rogers, Jr., son of Mr. and Mrs. Robert K. Rogers, Sr., of 4109 Glen Laurel Drive, Raleigh.

Two alternates from District IV were selected. First alternate is Robert Gregory Watson, son of the Rev. and Mrs. Robert E. Watson of 928 Manchester Drive, Cary. Second alternate is Brett Taylor Hanna, son of Mrs. Judith D. Hanna of 1201 Crescent Drive, Smithfield.

The finalists were selected from 23 nominees picked earlier by county committees in eight counties in District IV. Interviews were conducted by the District Selection Committee in Raleigh on Thursday, December 9. District IV is composed of Durham, Franklin, Granville, Halifax, Johnston, Vance, Wake and Warren counties.

Each of the ten Morehead Districts in the state will select seven finalists to appear for interviews with the foundation's Central Selection Committee in Chapel Hill February 26-March 1. In addition, 61 nominees from 37 independent preparatory schools throughout the United States will be interviewed at the Morehead Foundation during this period.

From this group of 131 finalists, approximately 70 students will receive Morehead Awards. All other finalists will receive merit tuition awards from the Morehead Foundation.

Morehead Awards provide all-expense paid undergraduate educations at UNC-CH. The value of an award for a N.C. resident is approximately \$25,000 for four years of study on campus, including funding for internships available to Morehead Scholars each summer. The Morehead Award is modeled after the Rhodes Scholarships at Oxford, England. Its purpose, Pritchett said, is to attract to UNC-CH "young men and women who will enhance the University's stature through their presence on campus and make significant contributions to their alma mater and to society in later life." Nine Morehead Scholars have received Rhodes Scholarships since the

Safety Restraints Preventing Infant And Toddler Deaths

CHAPEL HILL — Since North Carolina's law requiring safety restraints for most children under age 2 went into effect July 1, not one child in that age group has died in a motor vehicle accident while properly restrained.

And while many young children continue to ride unrestrained, more parents are complying with the law. Child restraint usage has increased from about 30 per cent to nearly 50 per cent, according to preliminary data analyzed by the Highway Safety Research Center at the University of North Carolina at Chapel Hill.

The N.C. Child Passenger Safety Law requires that children under age 2 be safely restrained when traveling with their parents in a family-type vehicle. The state is one of 19 now requiring some sort of child restraint usage.

Using incomplete reports for the first five months covered by the law, the center found that 700 children under age 2 has been involved in accidents while safely restrained, and none had died. About 1,000 children in the same age group had been in accidents while unrestrained, and seven had died.

Analysis by the center indicated that at least four of the restrained children could have been killed had their parents not placed them in safety seats or seat belts.

Statistics on injuries are still being analyzed.

The data also showed that, while usage rates have increased, they still fall short of full compliance with the law, said Dr. B.J. Campbell, director of the center.

"Although this means that nearly twice as many children are now being protected," Campbell said, "still over half of North Carolina's small children are riding un-

protected. "Statistics indicate that, during the Christmas holidays, about 160 North Carolina children under age 2 will be involved in car accidents. Unless things change, only half of these children will have the protection they all need."

Col. Edwin Guy, director of the Governor's Highway Safety Program, suggested increasing compliance by giving restraints as presents during the holidays.

"For an infant, toddler or expectant parent, no gift expresses caring better than a child safety seat," he said.

The Highway Safety Research Center was charged by the N.C. General Assembly with evaluating the impact of the new law on restraint usage and injury levels for children. The center and the N.C. Department of Transportation are working to screen accident reports and follow up on accidents involving small children. The Governor's Highway Safety Program and the center are working to publicize the law and the need for restraint usage with young children.

Statistics released this week by the National Transportation Safety Board indicated that 1,300 children were killed and another 10,000 seriously injured in traffic accidents during the past two years. The board has called on other states to enact mandatory restraint usage legislation.

"Almost every week a serious injury is prevented by virtue of a North Carolina child being safely restrained," Campbell said. "The enactment of the N.C. Child Passenger Safety Law is perhaps the single most important child safety legislation ever passed in North Carolina."



Two members of Tournament of Roses royalty visit the site near Pasadena where the Kodak float is being constructed. Gathered 'round the baby elephant are: at left, 1983 Rose Queen Suzanne Kay Gillespie; and Princess Shandrea Gilchrist. Shandra attends Pasadena High School where she is the student body vice-president. Kodak has won several major awards in 18 years of participation in the Rose Parade. On New Year's Day, the Kodak float will feature a scene of wild jungle animals—the first time the float has featured life-size animals. As seen here, the float has been fully sculptured and formed. In the last four or five days of December, the entire float, including the life-like animals, will be covered with more than 100,000 floral blooms, seeds and mosses.

Tips for a Mentally Healthy Holiday

The Christmas season should be a time of joy and peace, a time for coming together to strengthen family and community toward renewal and reenergizing for the new year, says the North Carolina Association of Black Psychologists whose members' foremost concern is the mental health of our communities.

For many, the Christmas season has become a time of stress, aggravation and heartache. The holiday season brings an increase in every stress-related illness, namely heart attacks, high blood pressure and ulcers. Equally distressing, say the psychologists, is the prevalence of suicides, homicides and accidents which reach epidemic proportions during this time of year.

For those who avoid the physical ailments of the season, the emotional reactions are even more common with depression and general unhappiness leading the list.

With the consistent conditions of economic deprivation, racism and general oppression, the psychologists say that the Christmas season is a time of serious psychological stress for African-American communities.

The local Association of Black Psychologists, a team of mental health professionals, recommends the following procedures to reduce stress during the Christmas season:

- **Buy with cash rather than credit cards and "pay later" plans.** Economic pressures cause the greatest problem for most of us. We seriously handicap ourselves and create unnecessary stress by trying to spend in accord with hard-sell advertising campaigns promoted by merchants who count on making 30% or more of their annual sales during this season alone. In advertising, all stops are pulled out to get you to spend until it hurts and to make you feel guilty if you don't.
- **Reduce the number and use of household decorations,** particularly ones that push up your electricity bill.
- **Do your shopping with a list.** Avoid the pressures to buy expensive and useless toys for our children. Make a realistic assessment of what you can afford or are willing to spend. Set a budget and stick to it.
- **Patronize black merchants,** if possible, by keeping that hard-earned black dollar in our community instead of giving it right back to the white community.

Remember that a large part of the "day after let down" stems from nagging worries over how we're going to pay for or how long it's going to take us to

get out of that "Santa Claus debt". Think about how you will feel the day after Christmas when your resolve to spend wisely weakens.

• **Be particularly cautious or wary** lest you become a victim of the con games, purse snatchings, burglaries and other crimes that are rampant during this time of year.

• **Be patient.** Do tell your family members you love them — you can never sincerely say it enough. The extra time families spend together in combination with holiday excitement, hectic work, party and shopping schedules, often contribute to frayed nerves, short tempers and intra-family conflict. Try to take advantage of the numerous free or inexpensive family-oriented activities available such as museums, libraries, exhibits, that normally conflict with school or work schedules.

• **Imaging.** Consider the psychological damage of having your child believe that a non-black Santa Claus does more for him/her than hard-working black mothers and fathers do. Remember the same thing in selecting religious images and pictures of non-blacks.

• **Visit.** If family is too far away, find friends to spend time with. Being alone is very dangerous during this time of year. Consider visiting that elderly relative or neighbor who will surely appreciate your company.

• **Drink in moderation.** Most violent crimes, accidents and depression result from excessive drinking. Don't let you or your loved ones be robbed of hard-earned money for bail bond, attorney's fees as well as your personal reputation.

• **Consider alternatives to the hectic commercialism of Christmas.** The African-American holiday of Kwanza(a) is celebrated from December 26 to January 1. Take a vacation. Give simple gifts of cooked foods, plants, handicrafts, original poems, I.O.U.'s for needed services such as babysitting, running errands for the shut-in, etc., or other inexpensive items. It is still the thought that counts!

• **Send handwritten notes for the holidays.** It's more work, but it is less expensive and more personal than the highly expensive and coldly impersonal printed cards which have become so popular.

• **Spend more time in spiritual activities toward a much-needed and healthy renewal.** This is a religious holiday for Christians and spiritual values should be emphasized.

With these thoughts in mind, the North Carolina Association of Black Psychologists wishes you and yours a mentally healthy holiday season!

mid-1960's.

The late John Motely Morehead, a native of Spray and an 1891 graduate of UNC-CH, established the program

in 1951. Since then, more than 1,300 Morehead Scholars have attended the University. There are currently 257 Morehead Scholars and 42

Morehead Fellows studying on campus.

Morehead, an engineer and part founder of Union Carbide Corporation, lived

in Rye, N.Y., until his death in 1965. Current chairman of the Morehead Foundation trustees is Hugh G. Chatham of Elkin.

NEW YEAR'S DAY 1983

Savings on your Good Luck Dinner.

From Aunt Jemima® and Bush's Best!

Save 3 ways:

- 20¢ with attached Aunt Jemima® coupon.
- \$1.00 worth of coupons good on any Bush's Best products. (See details below.)
- FREE bag of Aunt Jemima® Buttermilk Corn Meal Mix. (See details below.)

Save 20¢ ON ANY AUNT JEMIMA® CORN MEAL OR CORN MEAL MIX

Coupon. As our agent you may accept this coupon from retail customers only when redeemed on the specified product(s). Quaker will reimburse you for the face value of this coupon plus 7¢ for handling. Any other use may constitute fraud. Adequate proof of purchase must be submitted upon request. Customer pays any tax. This coupon is void if transferred, assigned, reproduced, loaned, bartered, restricted or otherwise prohibited by law. Offer good only in U.S.A. Cash value .001¢. Only retailers and authorized clearing houses send to The Quaker Oats Company, 815 Commerce Drive, Oak Brook, IL 60021. TERMS OF OFFER. Redeemable only on the purchase of specified product(s). Any other use may constitute fraud.

GET A \$1.00 REFUND ON BUSH'S BEST PRODUCTS AND A FREE BAG OF AUNT JEMIMA® BUTTERMILK CORN MEAL MIX.

To receive a 1983 Aunt Jemima® Buttermilk Corn Meal Mix coupon (2 lb. package) and Bush's Best products totaling \$1.00, mail this certificate with a UPC (purchase tag) from any 5 lb. package of Bush's Best Aunt Jemima® Corn Meal and 4 1 1/2 lb. labels from any Bush's Best Blackeye Peas to: Good Luck Dinner, P.O. Box 9089, Clinton, Iowa 52726

(Please Print)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

This certificate must accompany your request. No duplication or reproduction of this certificate or UPC/Purchase Tags will be accepted. Requests for additional certificates will not be honored. 1 cent one refund per name or address. Group requests will not be accepted. Offer good only in U.S.A. and APD/PA addresses. Void where prohibited. Limit one otherwise restricted. Allow 4 to 6 weeks for processing. © 1983 THE QUAKER OATS COMPANY. IMPORTANT: We must have zip code to mail coupons.

We Welcome Your News

News about events in your community should be in our office no later than Monday at 5 p.m. of the week of publication.

We WILL NOT guarantee the return of unsolicited photographs.