

Speaking Of Drugs

Marijuana is becoming a socially accepted indulgence by people of all ages, sex, socio-economic level, and race. Even though the question of the harmful or harmless effect of marijuana is still one of public controversy, the use of marijuana continues to gain acceptance.

The only possible answer to the marijuana question must be a subjective one and must come from each individual smoker.

Much debate has taken place on the effects to the body, both physical and psychological. During the early sixties most information about pot was incorrect. Once people began to use pot and see for themselves that what they were told was incorrect, young people began to lose respect for all information pertaining to other drugs as well. It would seem that the general population would like to believe

school or to work. The effects wear off after two hours or so, and the crash begins. It makes you tired and sleepy, and also hard to concentrate.

There is another type of pot smoker that exists. This is the older person who is working and knows basically what life is all about. This person may smoke pot after work to help relax. The main difference in the two users is the fact that the latter person

IS in touch with reality in their natural state of being and smoke on occasion can very well distinguish the negative or positive effects of marijuana.

Marijuana is a generic term covering a wide range of psychoactive substances derived from the plant cannabis sativa. The variety typically bought and sold in the United States is composed of the chopped up leaves of the cannabis plant. Around August and early September, the stalks of the plant become coated with a sticky resin that contains THC, the principal psychoactive agent in marijuana.

Marijuana continues to be the most abused drug in North Carolina and throughout the nation. Studies conducted by research organizations suggests that there are 101,000 regular users, and 132,000 who have experimented with marijuana in North Carolina. These figures are very low. There are many thousands of persons who are not counted, due to professional standing or social standing in the community. Unlike many types of drugs, marijuana can be found very easily, whether you are looking for it or not. Other types of drugs demand a conscious effort in order to make a purchase.

we think about pot from a psychological point we find varying effects on people depending largely on their life position; such as, the student in junior high school and high school, who, by his very age has not been smoking very long.

The student feels that pot is so hip and safe that smoking before school is alright, and often smoking at school is a frequent happening. What most students do not realize is that pot hinders concentration, and affects one's attitude. If you smoke constantly, your attitude about everything you are doing is altered, usually toward a position of passivity.

Young people do not know the lessons of moderation which will, if followed, guide you to a healthy existence. The young student after prolonged heavy use may begin to lose sight of his priorities. If you are a student then be a student during class time; if you work, then work when it is time to work.

Many pot smokers may smoke at 8 a.m. just before going to

smoker appreciates being high, but also appreciates being natural or straight.

I personally prefer being natural, for the effects of pot bores me, and dulls my sensitivity. I see pot as a fad for myself and like all fads, it passes away with time.

The human body consists of checks and balances that allow you to function free of any foreign chemical or substance. Everytime you introduce your body to foreign substances this throws your body's timing off which hinders this built in check and balance system. Prolonged use of any foreign substance will bring on many problems such as depression, faulty decision making, loss of concentration and physical complications. How a person feels mentally has a direct effect on how one feels physically and vice versa.

As we consider our present state of existence, we must take a very honest look at ourselves and our perception of the realities that confront us daily. The young must pay very close attention to those negative obstacles they feel are hindering productive human existence and rationally decide on positive means of affecting change. Rational decisions can't be made without keen and realistic perception. If each reader would consider themselves in a natural state of "alert equilibrium" possessing all that is necessary to perceive and rationally react, you can imagine how the inducement of marijuana or any other substance into the body will cause an imbalance in our natural state of alertness. We either become too sensitive or not sensitive enough to the many existing realities, negative and positive, that confront us and, consequently, our perception becomes distorted. As we view our nation and world today, it is of the utmost importance that all of us young and old perceive the events of today with realistic alertness, react to these events with positive rationality and above all let our interactions with other human beings be meaningfully underlined with honesty and respect.

Professor Questions

Food Shortage

A Harvard university lecturer Tuesday took to task those economists who are saying that a serious food shortage will soon engulf and destroy the world.

"There is a world food crisis," said Samuel Woods, "but it has to do with the distribution of food rather than the production."

Woods, one of the few black lecturers at Harvard, spent much of the day lecturing on his specialty at A&T State University, where he was graduated four years ago.

He currently teaches principles of economics at Harvard, where he is a doctoral candidate. While at A&T Tuesday, he helped to honor Dr. Juanita Tate, retired chairman emeritus of the University's Department of Economics.

The department announced the initiation of three special prizes for economic writing to be named in honor of Dr. Tate.

Woods took issue with what he called the "doomsday accounts," which seem to suggest that there is not enough food in the world to feed the hungry.

"There is ample food availability," said Woods, "although there do occur temporary imbalances. He called these "cyclical fluctuations."

Woods said some of the food shortage is caused by sheer waste.

"There are 70 million people in the United States who are overweight," he said, "and three million tons of fertilizer are used annually on lawns."

He said this amount of fertilizer could grow 20 million tons of food, which could feed 100 million persons in underdeveloped countries for a year.

He also said that a lot of good food is used to manufacture dog food and tons of soybeans are being used to feed livestock.

"And finally," said Woods, "25 percent of all foodstock is lost between harvest and the table."

Our Shop Sponsors Panel

Our Shop, Inc. with the graduate and undergraduate chapters of the Alpha Kappa Alpha Sorority will sponsor a panel on "Small Minority Business; Success or Failure ... which way?"

The event will take place at 3 p.m. Sunday, Sept. 29 in the Student Union Ballroom at Winston-Salem State University.

Panelists: Dr. J. Raymond Oliver, Dentist and Businessman; Mr. James Hansley, director Forsyth County Economic Development Corporation; Mr. Tracey Singletary, contractor, president of Neighborhood No. 7 Miss Gamma Lambda Chapter, Alpha Kappa Alpha Sorority.

Undergraduate Alpha Kappa Alpha women will model fashions from Our Shop, at the close of the panel. The public is invited.

Oct. Bride Honored

Vickie Lynn Henderson of Greensboro was honored Sept. 14 at a Bridal Shower at the home of Mr. and Mrs. Sylvester Gaines, 1012 Leona St. S.E. Winston-Salem.

The affair was attended by close relatives and friends. Special guest were Mr. and Mrs. Bobbit of Wilson, parents of the groom; Mrs. Julia Tillman, Mr. Robert Harper and Mr. Frederick Miller, all of Winston-Salem.

Miss Henderson is the daughter of Mrs. and Mrs. Lee Henderson of Greensboro. The wedding is scheduled for Oct. 5 in Greensboro.



Eddie Hatch and Michelle Smart show their wares in the 1974 Ebony Fashion Fair which made its debut recently in St. Thomas and St. Croix, Virgin Islands.

Ebony Fair Begins In Virgin Islands

Salem cigarettes, for the second straight year, is participating in the Ebony Fashion Fair, the annual fashion classic which is scheduled to appear in 78 major cities across the nation this year.

Salem began its fashion fair activities this year when the fashion extravanga made its 1974 debut in St. Thomas and St. Croix, Virgin Islands over the Labor Day weekend.

This year Salem is featuring its own custom tailored "Easy Look" fashions, created by award winning black designer Woody White of Chicago.

Fashion fair model Edward Hatch, a Boston native, will show off the Salem "Easy Look" apparel.

In addition to its own fashions, Salem will give away as a grand prize a custom tailored "Easy Look" wardrobe designed by Woody White or \$5,000 in cash.

Those wishing to compete for the Salem grand prize need only fill out a Salem wardrobe entry card which can be obtained at one of the numerous retail outlets where Salems are sold and mail it to the address found on the card.

The grand prize drawing will be held after the fashion fair ends in December.

The winner of the "Easy Look" wardrobe will be flown to

Chicago via American Airlines for fittings at SALEM's expense.

SALEM is also sponsoring two first prizes of \$2,000, two second prizes of \$1,500 and two third prizes of \$1,000.

In addition to its own model, fashions and cash prizes, SALEM, along with American Airlines, will also sponsor fashion fair receptions.

Speaking for the SALEM brand, Robert J. Smitherman, Salem brand promotion manager, says "we are very proud to be affiliated with the Ebony Fashion Fair, a time tested event which helps to support many worthy charitable causes.

"We view our affiliation as an opportunity to play a positive role in community affairs and to present a quality product to consumer."

Expressing his feelings regarding SALEM's involvement with the fair, Charles E. Lewis, national manager, special markets, says:

"In its own unique way, we think the fashion fair reaches every level of the black community and we feel very proud that we are a part of it."

Both Smitherman and Lewis were on hand for the fashion fair opening in the Virgin Islands.

Shaw Plans Co-op Education

The Center for Cooperative Education at Shaw University has completed a successful summer session and plans for the fall semester are currently underway. Cooperative Education is designed to give students on the job training in the area of their major or career interest. Students participating in the program earn hours of credit towards their graduation.

According to Bill Jones, program director, one of the break downs of traditional education is that students graduate from college with no on the job experience. "A student needs more than a degree, he must be able to do something", he said.

A staff of counselors comb the state for possible job locations for participating students. Students usually work a 40 hour week based on the regular pay scale.

"We have received good cooperation from area businesses. Students have been placed with companies across the state and

several state agencies", reports Terri Lemon.

Credit is awarded at the rate of 3 credits per four weeks of work. Usually a cooperative education assignment is designed to last one semester.

"Student performance on the Coop assignment is evaluated on the basis of a job description," Miss Lemon said, "a student evaluation of the employer, an employer evaluation of the student, a Coop paper written by the student, and on the job visitations by faculty or staff members. Upon successful completion of an assignment, the student receives a grade of A, B, or C"

The evaluation of student performance is conducted by the Coop staff in consultation with the faculty. Responsibility for evaluating individual students is delegated to the staff persons or faculty members who are most knowledgeable about the individual assignments.