

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Gloria:
Please tell me if it is true that men go through the "change" like women do. If they do, can it make them be mean to their wives? Will they go out looking for other women? And do they act angry and treat their wives like dirt? What can cause this?
Mrs. G.

Dear Mrs. G.:
It is true that men do begin to have certain changes in their bodies, but these changes are not as sudden as those which appear when a woman goes through the change of life (menopause). Somewhere about the age of 40-50 years, the man's body slows down on the production of a certain sex hormone. When this happens, (and it is a very slow, gradual process), it becomes slightly more difficult for the man to have an erection (hardening of his penis or sex organ), and there is some decrease in interest in sex.

Many doctors believe that, at this period, some men become very upset. To try to prove to themselves that everything is the same as it was at the age of 20, they will become more active sexually. Some times they will turn to other women in their efforts to prove they are still "men."

Of course, not all men react in this manner. Some may show no change while others show only slight differences. And some men may display much greater changes in their behavior. The same is true also of women who are going through menopause (change of life). So physical changes take place in everyone's body during middle age, but the process is more gradual for men. What can, and does, differ greatly is the amount of change in personality and actions this period.

It should be remembered that the middle years are sometimes a period when people begin to look back over their lives, to remember all the dreams they had when they were young, and to realize they have not reached all the goals they set in their youth. It is a time when some may look around and question the value of many aspects of their lives. When a person feels resentful or cheated because his life has not turned out as he had planned at the age of 18, his feelings of anger and frustration may be taken out on the people closest to him.

You can see that behavior changes such as you describe Mrs. G., may have both physical and psychological causes. When these changes are severe enough to put a strain on the marriage, professional help

should be obtained. Many people have found that a local mental health clinic can help get them through a difficult time. If the problems you describe are present in your marriage, I urge you to see a family counselor at the mental health clinic in your town.

Dear Gloria:
I would like the free booklet on permanent birth control methods (tying the woman's or the man's tubes). I am a mother of four and I tried the loop after my fourth child, hoping there would be no more. Now the loop is lost and the doctor is not sure yet whether or not I am pregnant. But I do have the symptoms of pregnancy. My baby is only seven months old.
Mrs. W.

Dear Mrs. W.:
The loop is a very good method of birth control -- about 97% safe as long as it is in place -- but any kind of IUD, such as the loop or the shield, can occasionally be expelled or lost from the womb. That is why it is very important to check to make sure it is still in place, following the instructions given by the doctor who inserts the IUD.

I am sending you the booklet which describes sterilization methods for the man or woman. I am sure your doctor has told you to be sure to use some other method of birth control until you find out for sure whether you are pregnant.

Once you know definitely whether you are pregnant, you will be able to consider definite plans for the future. If you are not pregnant, you and your husband should discuss your situation with your doctor. He can explain what is involved in the procedures to make either you or your husband sterile so that you will no longer have to worry about an unwanted pregnancy. As you probably know, tying a man's tubes (vasectomy) is simpler and less expensive than tying a woman's tubes (tubal ligation). It can be done in a doctor's office and the man can return to work the next day, while a tubal ligation for the woman usually requires 2-3 days in the hospital.

If you are pregnant, you can request that your tubes be tied while you are still in the hospital after having the baby. There is a possibility that you might be eligible under North Carolina law for a legal abortion -- your doctor can give you details on the law and its requirements.

For a free booklet on birth control methods, or a booklet on sterilization procedures (permanent birth control), write: Mrs. Gloria Riggsbee, 214 Cameron Ave., Chapel Hill, N. C. 27514.

Mrs. Emma Duren To Speak Sun. May 21 At 3 P M

Russell Memorial C.M.E. Church, pastored by Reverend L. H. Wheelchel, Jr., will observe its annual Women's Day Sunday, May 21, at the 11:00 a.m. and 3:00 p.m. services. Mrs. Emma Duren, teacher in the Winston-Salem Forsyth County School System, will



MRS. EMMA DUREN

be the guest speaker for the Women's Day Service at eleven o'clock.

The speaker is a native of Macon, Georgia. She received the Bachelor of Science degree from the Winston Salem State University, Master of Education degree from the University of North Carolina in Greensboro and has done further study at the University of North Carolina in Chapel Hill.

Mrs. Duren is a member of Hanes Memorial C.M.E. Church in Winston Salem where she serves as a member of the Stewardess Board, Missionary Society, Board of Christian Education and Director of Youth activities. She also holds several annual conference positions. She is affiliated with the YWCA, Daughter of Isis, Eastern Star, NAACP, and Delta Sigma Theta Sorority.

Other program participants at the eleven o'clock service are: Rev. Mrs. Essie Faucette, Mesdames Fannie Lee, Delores Price, Portia Faucette, Rosa Carpenter, Sarah Mangum and Margaret Goodwin.

A musical program featuring outstanding singing groups will be presented at 3:00 p.m.

Mrs. Emma Jean Harris is captain of the Women's Day Rally.

A cordial invitation is extended to everyone to attend.

NORTH CAROLINA DURHAM COUNTY RE: Estate of James M. Hubbard

NOTICE TO CREDITORS: "Having qualified as Administrator CTA of the Estate of James M. Hubbard, Deceased, late of Durham County Durham, North Carolina, this is to notify all persons having claims against said estate to exhibit them to the said Mechanics and Farmers Bank, 116 West Parrish Street, Durham, North Carolina 27702 on or before the 22nd day of November, 1972 or this notice will be pleaded in bar of their recovery.

All persons indebted to said estate please make immediate payment.

This 16th day of May, 1972. Mechanics & Farmers Bank Administrator CTA of the Estate of James M. Hubbard. May 20, 27, June 3, 10, 1972.

Travelette Club Holds Meeting

The Travelette Club had its monthly meeting at the home of Mrs. Mamie Cutting, 2205 Chautauqua, May 11. The meeting's entertainment included songs, programs on weight reduction and, ended in prayer. Everyone expressed enjoyment of the program.

Those members attending the May meeting included: Mrs. Lottie Burroughs, Mrs. Mary Brown, Mrs. Mamie Cutting, Mrs. Dossphine Thorpe, Mrs. Many Johnson,

Graham Receives Research Award

— John E. Graham, an alumnus of North Carolina Central University who is now enrolled in medical school at the University of North Carolina at Chapel Hill, has received a Mead Johnson Award for outstanding research as a second year medical student.

Graham, the son of Mr. and Mrs. James E. Graham Sr. of Charlotte, was among 136 medical students, graduate students, interns, and residents who presented research findings at the Student American Medical Association University of Texas Medical Branch National Student Research Forum.

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YOUR MIND

The Lack of True Love and Real Understanding

By W' LIAM THORPE

Since man came into being on earth, he has demonstrated an unhappy inability to get along with his fellow humans, either in the family group or as nations. This graphically proves that life is an individual proposition and that, until we change our own thinking and attitude toward others, we cannot expect them to change theirs toward us.

Impersonal and no reflection; we have the spectacle of wives divorcing husbands and husbands divorcing wives, claiming incompatibility, and they can't get along. And yet each in his or her feverish search for

the right mate, hopefully marries again, only to go through the same unhappy experience. Never seeming to realize that the trouble is fundamentally within themselves and, until they correct this trouble, they cannot be truly happy with anyone.

Not only husband and wife, but just think about the difficulties that members of a family experience in getting along with each other.

If there are any individuals who should understand and love one another, it is those comprising the family group. Brother is often out of sym-

pathy with brother, son is at odds with father, sister cannot agree with sister, and daughter has little in common with mother.

It is difficult, of course, under various pressures of life, to hold the right feeling constantly, when our morale is low, when we are depressed, we transmit our feelings to other loved ones, friends, or associates. The same is true when they are down in the dumps. We are dragged down with them.

All of those negative conditions comes from the lack of true love and real understanding. We should stop punishing ourselves and others. Fear and worry, hate and resentment, and other destructive emotions can so change our body chemistry as to make us susceptible to various illnesses. And as long as negative thoughts remain in our mind, we cannot really enjoy life, or possess a healthy body.

Ever-Ready Club Holds Monthly Meeting

The Ever-Ready Club of the Orange Grove Baptist Church held its monthly meeting at the home of Mrs. Felicia Revels 1511 Rosewood - May 7, with the vice president Mrs. Louise Lee president Mrs. Louise Lee presiding. Devotions were led by members of the group. At the conclusion of the business sessions, our president, Mrs. Esther Moore led the group in a very interesting discussion, Topic "Our Nation Today." This was enjoyed by all. The hostess Mrs. Revels served the club a delicious repast. Members enjoying the hospitality were Mrs. Savater Hunter, Mrs. Gracie Hollo-

way, Mrs. Virginia Peaks, Mrs. Mary Paterson, Mrs. Hazel McClain, Mrs. Louise Lee, Mrs. Esther Moore, Mrs. Ollie Hubbard, Mrs. Anne Chavis, Mrs. Shirley Holloway, Mrs. Helen Alston, Mrs. Dorothy Gray, Mrs. Edna Royster, and Little Miss Felicia Perry as guest. The group sends all our prayers and get well wishes to all members who was absent due to sickness, next meeting at Mrs. Grace Holloway.

The hardest thing in the world to open is a closed mind.
— Ruth Russell, Los Angeles, Calif.

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CONSOLIDATED 4-PC. GROUP from "Aria Collection" with triple dresser w/large mirror, door chest, night stand & bed. Was \$929.50..... **Now \$529.50**

VAUGHAN-BASSETT 4-PC. COLONIAL GROUP In worn Mahogany. Bed, chest, dresser, mirror and night stand. Was \$488.50..... **Now \$339.50**

CONSOLIDATED 4-PC. SPANISH GROUP In pecan. Bed, chest, night stand, dresser & mirror. Was \$504.50..... **Now \$354.50**

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BASSETT 3-PC. MODERN GROUP In pecan. Bed, dresser, mirror & night stand. Was \$329.50..... **\$199.50**

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CONSOLIDATED 8-PC. SPANISH GROUP Pecan table, china, 6 side chairs. Was \$629.50..... **Now \$429.50**

BASSETT 9-PC. MODERN GROUP Walnut table, 1 arm chair, 5 side chairs and hutch, buffet. Was \$791.50..... **Now \$489.50**

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STANLEY 8-PC. SPANISH GROUP Pecan table, china, 1 arm chair and 5 side chairs. Was \$781.50..... **Now \$549.50**

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Ross Sofa and Chair, Loose pillow back with gold green print. Was \$449.50..... **Now \$299.50**

Ross Loose Pillow Back Sofa with exposed wood with green and gold stripe Was \$519.50..... **Now \$269.50**

Bracewell Sofa, Loose pillow back, green velvet print. Was \$519.50..... **Now \$299.50**

Ross Sofa, with exposed wood in green tone on tone. Was \$389.50..... **Now \$229.50**

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JOHNSON-CARPER SOFA in green tweed Was \$289.50..... **Now \$189.50**

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IMAGE SOFA & CHAIR In Hercules cover. Sofa in red plaid, chair in red gold tweed. Was \$439.50..... **Now \$299.50**

SOFA in green and gold print Was \$279.50..... **Now \$179.50**

100-IN. SOFA in green tweed Was \$269.50..... **Now \$169.50**

SUGGS & HARDIN SOFA & CHAIR in green tweed. Was \$479.50..... **Now \$299.50**

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