

NEWS

For Homeowners

COOL ASSETS

Whole-house air conditioning provides bonus benefits that often are overlooked, says an air conditioning expert.

"Beyond the primary function of cooling the entire home," said John P. Farrell of York Heating and Air Conditioning, "it also helps filter out dust, pollen and smoke."



"This can be a great boon for asthma and hayfever sufferers," he said. Filtering the air also reduces cleaning costs for carpets and draperies and cuts down on house cleaning time.

"There are other bonuses," Farrell said. Many people don't realize that financial institutions consider whole-house air conditioning a home improvement. Its installation generally increases the salability and resale value of a home.

N.C. Chosen to Provide Housing for Mentally Ill

RALEIGH—North Carolina has become one of 27 states chosen to participate in a federal funding project designed to provide housing for the chronically mentally ill.

N.C. Department of Human Resources Secretary Dr. Sarah T. Morrow said that \$25 million will be available to programs in the states selected by the U.S. Department of Housing and Urban Development (HUD). The money will be loaned to private, non-profit groups to construct or rehabilitate appropriate housing. An additional five million dollars will be available to provide rental assistance to the mentally ill persons living in the homes. North Carolina's exact share of the money depends on the applications from interested groups. Formal applications for fund reservations must be made through the state Division of Mental Health/Mental Retardation Services by August 10, 1979.

"In selecting North Carolina to be part of this program," said Dr. Morrow, "HUD officials had to be convinced that we have put serious effort into the deinstitutionalization of the chronically ill. These new funds will greatly enhance our existing efforts."

Four pilot projects in the state were used as examples of North Carolina's commitment to providing community support programs for mentally ill persons leaving the hospital: Unity House in Smithfield, Mountain House in Asheville, Sunshine House in North Wilkesboro and Piedmont Pioneer House in Gastonia. The programs provide treatment, socialization, employment and housing opportunities to help patients readjust to life outside of an institution. A fifth example of the state's deinstitutionalization effort is Project Re-Entry, a program developed by Broughton Hospital and Foothills

Mental Health Center, both in Morganton, and the Morganton Vocational Rehabilitation Department. Behavior therapy, educational training and psychiatric help are available to the patients while they are in the hospital. They then move into a group home where training and transitional counseling are continued, and, when ready, into the community. Because of the joint sponsorship by the hospital, community mental health center and vocational rehabilitation department, the program is probably the only one of its kind in the country, according to state mental health officials.

Technical assistance needed to submit formal application for HUD money will be offered in a workshop to be held on July 9. For further information, contact Dr. Bill Thomas, 325 N. Salisbury Street, Raleigh, N.C. 27611

Standard Postal Size Effective July 15th

"Use up your small and undersized envelopes and cards before July 15," Postmaster Frank Copeland reminds customers. That is the date when the Postal Service's new size standard becomes effective.

After July 15, envelopes and cards measuring less than 3 1/2 inches high or 5 inches long will be returned to the sender if mailed.

Postmaster Copeland said that because the envelope and greeting card industries have had more than three years to prepare for the new standards few retailers should still be selling undersized pieces.

"Many consumers, however, are likely to still have smaller envelopes and cards in their supply of stationery," the Durham postmaster said.

The regulations also prohibit flimsy cards. In the future they must be at least seven-thousandths (.007) of an inch thick. An official postal card, for instance, has a thickness of nine thousandths of an inch.

Undersized pieces and flimsy cards are being banned because they can become trapped in other mail, tear and jam mail processing machinery. As a result, the letters of others can also be damaged.

The standards also affect oversized and odd-shaped pieces of mail, Copeland said. For first-class mail weighing one ounce or less, there will be a surcharge of 7 cents for pieces more than 6 1/8 inches high or 11 1/2 inches long.

Scientists Ponder Process of Aging

What happens to us as we grow older and why individuals age at different rates are questions which have puzzled scientists for many years.

Several theories about aging and mortality have been proposed by researchers, according to Isabelle Buckley, aging specialist with the North Carolina Agricultural Extension Service.

Clear evidence exists that heredity is involved in the length of life. It is also suggested that man's thinking capacities may be a primary factor in the evolution of his long life span.

One suggested theory is that of Programmed Aging. Like a biological clock, life is programmed like a satellite in orbit and can also be compared to a watch unwinding.

Another theory is that of Wear and Tear. This is a common sense theory, but there is no evidence that work or increased stress alone are responsible for shortening an individual's life span. Any effects of hard work and stress seem to be removed by a period of rest.

The Homeostatic Imbalance Theory suggests that the mechanism that maintains the vital physiological balances in the body, such as pH balance in kidneys, sugar levels in the

Black Americans Are the Greatest Victims of Cancer

By Alfreda Madison
The House of Representatives Sub-Committee on Health and Environment held hearings on the high cancer rate among African blacks.

In 1950, 25 per cent of the cancer patients survived, but by 1970, the survival rate had only risen to 33 per cent. These survival periods are five years, ten years or twenty years. Today, around forty per cent of the cancer patients are saved. However, cancer strikes with more force and tragedy on blacks. A survey for 1950 shows that out of 100,000 blacks, 327 had cancer; for whites, 307 had cancer out of 100,000. During the period from 1947-1969, for 100,000 whites, cancer rose to 329 and for blacks, the rise was to 358. Lung cancer among black women increased ten per cent annually while the increase for white women was eight per cent, and for black men the increase was four per cent and only two per cent for white males.

In 1970, black males had the highest cancer mortality rate of either white males or women of both races. The study gave as a cause for this black male cancer death rate, poor screening and educational programs, diagnosis of cancer at more advanced stages, less timely or delayed treatment and higher environmental risk. The American Cancer Society report issued February, 1979 gave the following facts:

—One out of every six black Americans who dies during the year will die of cancer.

—Twelve black Americans die daily of cancer.

—One black American dies of cancer every twelve minutes, 44,000 black Americans will die of cancer in 1979.

—Cancer death among black men is three times higher than it was forty years ago while among black women it is only slightly higher.

—In 1979, cancer will take the lives of 400 black children under the age of fifteen.

The five year survival rate for black Americans is lower for most types of cancer than it is for whites.

The highest rate of cancer among males exists in Washington, D.C.

It was revealed in these hearings that the reasons for cancer being more rampant among American blacks than whites are many. Since prevention is the key, blacks seemingly have not had access to information on cancer prevention; those among whom cancer occurs most—low income blacks—cannot afford costly medical check-ups; early detection and treatment require annual checkups, and the President's medical care expansion does not provide medicare and medicaid coverage for needed preventive health care; high urban cancer among blacks is due to exposure to chemicals and pollutants, because most black neighborhoods are located near factories and plants that emit cancer causing chemicals; blacks hold jobs that most likely expose them to cancer related agents; the hardest and dirtiest. The United Steel Workers has been charged with relegating black workers to the coke oven plants, called "the killer arena", while whites are given cleaner and higher paying jobs. The government comprehensive program must

shift from the present emphasis which discourages periodic check-ups and health reviews; encourages longer term hospitalization; over-emphasis on hospital-based specialty care which results in higher medical bills, to a program to develop family support services targeted to and indigenous to communities served, whose role is prevention of cancer.

The black community must have the same access to information about the importance of physical check-ups, the danger of smoking and all available health information that is provided whites. The black community cannot be reached through traditional sources, so it is incumbent upon the American Cancer Society to institute an outreach program, which should be linked to community institutions. The black church has an excellent opportunity to provide and emphasize this information service.

To aid blacks in prevention of cancer the following suggestions were made:

—American Cancer Society should reassess all white or all black units to determine if they can function better as an integrated unit.

—Public education publications and materials are needed to reach all levels of the minority community.

—Special mechanisms for involving black media should be developed.

—There must be increased participation of black American medical professionals in the American Cancer Society, professional education and training programs.

There is a booklet which has a wealth of information that provides preventive, cancer measures and warning cancer signs. The title is *What Black Americans Should Know About Cancer*. It can be obtained by writing to: Cancer Communication, National Cancer Institute, Bethesda, Maryland 20205.

WONDERS OF NATURE

Carbon Dioxide
Colorless, odorless and tasteless, carbon dioxide (CO₂) nevertheless plays an important part in our lives.

This naturally occurring chemical compound makes up about one percent of our atmosphere and is also the secret ingredient in natural bubbling mineral waters, such as those found at Yellowstone Park.

Plants use CO₂ for photosynthesis, and people use it to extinguish fires, inflate life rafts, make bread rise, and keep coffee fresh.

One of the most popular uses of CO₂ is to provide the fizz in soda pop. And now, it is also being used to make new kinds of candies—Pop Rocks and Cosmic Candy—crackle and sizzle as they melt in the mouth

Trapped under mild pressure in particles of a lolly-pop-like candy, the carbon dioxide bubbles escape as the candy melts. Simple enough, but the surprising bubbling action of carbonation in a candy has proved so popular to kids and adults that over half a billion packs have already been sold around the world.



CARBON DIOXIDE
There's a fun side to its many uses.

Great White Sale.



Sale 3.57 bath

Reg. 4.20. Suede-soft cotton/poly towels;
Sale 2.55 Reg. 3.00 Hand towel
Sale 1.31 Reg. 1.55 Washcloth

Sale 5.10 bath

Reg. \$6. Bold stripes decorate soft, colorful cotton/poly towels.
Sale 3.40 Reg. \$4 Hand towel
Sale 1.70 Reg. \$2 Washcloth
Sale 11.05 Reg. \$13 Bath sheet



Sale 3.10 bath

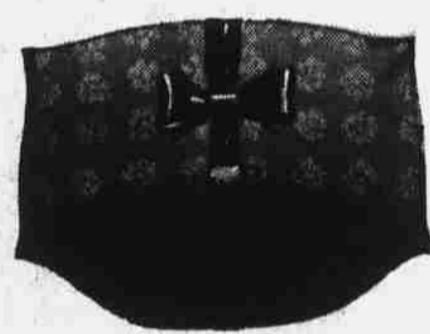
Reg. 3.65. Flowered jacquard borders cotton/poly velour towels.
Sale 2.25 Reg. 2.65 Hand towel
Sale 1.31 Reg. 1.55 Washcloth



Sale prices effective through Saturday, July 28th.

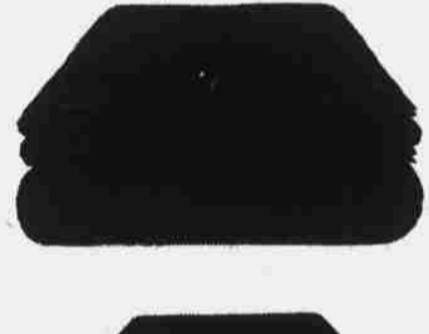
Sale 12.80 twin

Reg. \$16. Our best loom-woven acrylic blanket is heavyweight, warm and machine washable. Nylon satin binding.
Sale \$16 Reg. \$20 Full



Sale 5.60 standard

Reg. \$7. Cushiony pillow for soft down-like feel. Dacron® fiberfill II polyester with cotton/polyester ticking. Fluffs full after machine washing and drying.
Sale 7.20 Reg. \$9 Queen
Sale 8.80 Reg. \$11 King



Sale \$12 twin

Reg. \$15. Handsome acrylic blanket has striped nylon satin binding; comes in a vinyl zip-bag. Machine washable.
Sale 15.20 Reg. \$19 Full
Sale 17.60 Reg. \$22 Queen
Sale 20.80 Reg. \$26 King

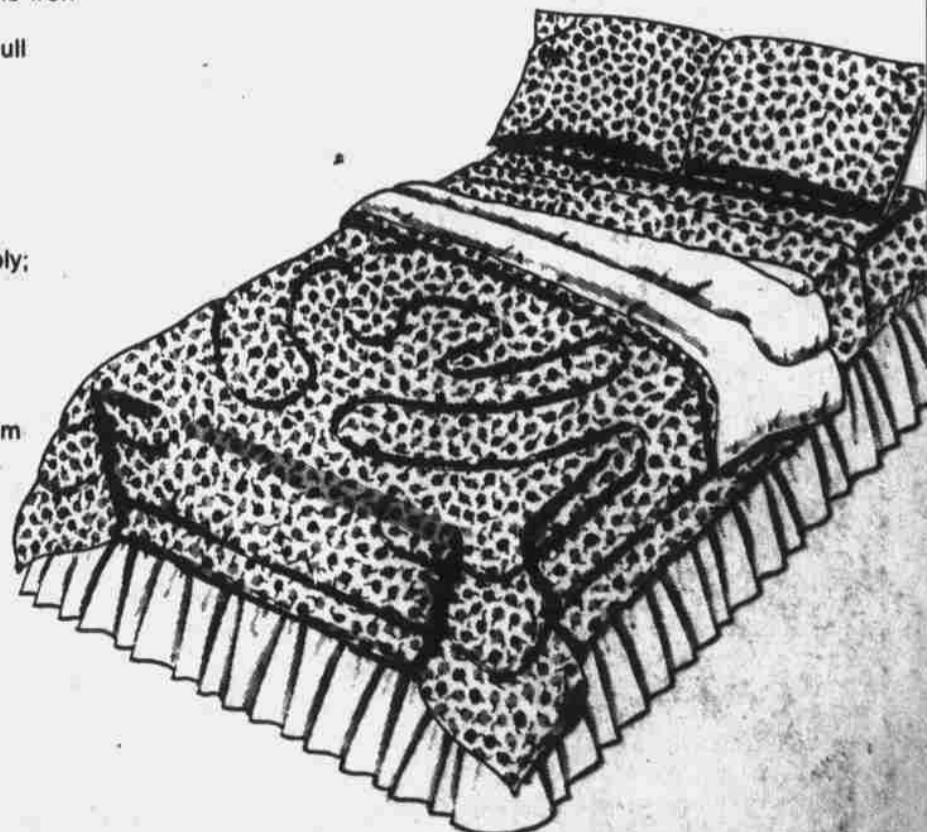
Save on the total fashion look

Sale 2 for \$5 twin sheet

Reg. 3.49 each. An all-over mini-floral pattern in multicolor pastels on no-iron cotton/poly muslin.
Sale 2 for 7.50 Reg. 4.49 each Full
Sale \$7 Reg. 7.99 Queen
Sale 8.50 Reg. 9.99 King

Pillowcases by the pair.
Sale 2.88 Reg. 3.49 Standard
Sale 3.49 Reg. 3.99 Queen
Sale 3.99 Reg. 4.49 King

Matching comforter of cotton/poly; polyester fill; reverses to white. Machine washable.
Sale 17.85 Reg. \$21 Twin
Sale 22.10 Reg. \$26 Full
Sale 38.25 Reg. \$45 Queen
Sale 12.75 Reg. \$15 Ruffled sham



This is JCPenney

South Square Mall, Durham.