



Thressa Hunter
Fez Club Officers

Thressa Hunter Fez Club, IBPOE of W, elected 1981 officers recently. From left are: Dt. Hayes, Grand Assistant, with elected members Dt. Ann Coffey, finance secretary; Dt. Violet Stallworth, recording secretary; Dt. Jessie Nunn, president; Dt. Mary M. Davis, treasurer; Dt. Ann McCoy, assistant finance secretary; Bro. G. L. Parker, sergeant-at-arms; Dt. Ann Wallington, national organizer. Bro. Richard Waller, chaplain, was not in the picture. The capping ceremony was also held. Capped were Dt. Mary M. Davis, Dt. Gladys Cole, Bro. Charlie Tomlin, Bro. Charles Dunnigan and Bro. George W. McFadden.

New Drugs Elevate Hope Among Heart Specialists

By Otto McClarrin

A new class of drugs for treating patients with various heart disorders is stirring excitement among heart specialists, who expect federal Food and Drug Administration (FDA) market clearance of the first two of the drugs in a matter of months.

The doctors' enthusiasm, which was manifest recently at the American Heart Association's (AHA) annual scientific sessions in Miami Beach, stems from the fact that a wide variety of heart ills seem to be helped, in some cases dramatically, by the new

drugs. "These agents have enormous future potential," said Dr. Thomas James of the University of Alabama, the outgoing president of AHA. He and others predicted that the medications will be the most important advance of the '80s in treating heart disease.

Good as the drugs appear, however, some leading cardiologists counseled caution. And several complained openly about the aggressive promotion that drug companies are mounting before researchers have a chance to sort out the

many questions about safety, efficacy and appropriateness of the drugs' use for various heart disorders.

Nevertheless, Dr. Stephen E. Epstein, chief of cardiology at the National Heart, Lung and Blood Institute, who is studying one of the new drugs but does not depend on drug company support, said, "But the most important thing to come away with at this meeting is that these are extraordinarily good drugs in treating a variety of patients."

Most of the thirty or so scientific papers on the new drugs at the AHA meeting involved very small numbers of patients and were not carefully designed to eliminate possible bias. However, according to a number of leading heart researchers at the sessions, evidence is building that the drugs, collectively called calcium channel block agents, may be useful in:

- Erasing the chest pain of angina pectoris, a condition that afflicts more than four million Americans. More than 104,000 people will undergo coronary bypass surgery this year, largely to relieve the often-disabling pain of angina.

- Preventing various kinds of heart-rhythm disturbances. This might include the fluttering, futile heartbeat called ventricular fibrillation that is thought to precipitate up to 350,000 cases of sudden cardiac death each year — if researchers could predict which patients were likely to suffer such episodes.

- Limiting the damage from a heart attack — a crisis that will strike 1.5 million Americans this year and kill about 640,000 — by salvaging heart muscle tissue that is not getting enough blood.

- Easing congestive heart failure, a disorder caused by damage to the heart from rheumatic fever, congenital defects, heart attack, atherosclerosis and high blood pressure.

- Protecting the heart from damage during open-heart surgery.

- Lowering high blood pressure in selected patients, perhaps in combination with other drugs.

Although the drugs work in several different ways on different types of heart, blood vessel and nerve tissue, the basic principle behind all of them is that they block the pores or channels in certain cells that permit the flow of calcium from the fluid that surrounds cells into the cells' interior.

Calcium is necessary for the contraction of muscle cells and the activation of

Durham Notes Of Interest

By Mrs. Symner Daye

477-3370

The Durham County Missionary Union meeting will be held at St. John Baptist Church on Sunday, January 25, at 3 p.m. Rev. Caldwell, the pastor, is asking all churches to attend. Mrs. Willie Sneed is president.

Happy Birthday to Ms. Ola Bass, Eugene Bass, Jr., Alex K. Bass, Mrs. Neal and Mrs. Maggie Scott.

Mr. and Mrs. Milton Love of Durham spent a few days with their daughter and son-in-law, Mr. and Mrs. John Meeks, in Denver, Colorado and their son and family, Mr. and Mrs. Rodney Love in Tucson, Arizona.

The PAC held its monthly meeting Wednesday, Jan. 14, at Whitted School. Vice chairman Joseph Parker presided. Clem Baines discussed the Evaluation Process Narrative and its purpose to the members.

Miss Aquilla Parker, daughter of Mr. and Mrs. Wilbur Parker, has returned to A&T State University, Greensboro, to resume her studies following the holiday vacation.

Please pray for the sick and shut-in: Mesdames Hattie Parrish, Lina Glenn, Willie Rhodes, Annie Myers, Mayola Holman, Estelle Nixon, Janie Harris, Maud Lucas, Pearl Foskey, Pearl Herndon, T. Richardson, Grace Mack, Barbara Christmas and Ruth Satterwhite; Messrs. W.A. Harris, Larry Turrentine, Joe Turrentine, Charlie Thorpe, Lucious Glenn, Sammie Parker, William Carrington, Ervin Lyons, Joe Wade, James Parker, Jr., Walter Cooper, Jural L. Johnson and Gattis Bass.

Sympathy is extended to the families of Doc Evans, Clarence Woodard, Mrs. Roxie Davis Barnes, Mrs. Annie Pettiford, Mrs. Sadie Allen and Lacey Alston.

Berry O'Kelly Alumni Hold Annual Celebration

Information submitted by Mrs. E.H. Williams [Edited]

Approximately 500 Berry O'Kelly High School Alumni, associates, and guests gathered for a banquet, dance and evening of fellowship, renewal and remembering on Friday, December 26 at the Royal Villa Motel in Raleigh.

The purpose of the annual gathering is to keep alive the memory of Berry O'Kelly, founder of the high school, whose efforts were instrumental in providing educational experiences for privileged and underprivileged Negro youth.

The black and gold school colors were used on the programs and in the decorations. Mrs. Edna Cotten Richards, program chairman, presided. Collins Hinton, vice president, gave the invocation, after which Mrs. Richards pinned a corsage on Mrs. Betsy Perry McLean, alumni president.

Other officers of the Berry O'Kelly Alumni are: Mrs. Iris Lane Mangum, secretary; Mrs. Mary Ann Justice, assistant secretary; Mrs. Nora Evans Lockhart, treasurer; and Mrs. Elizabeth Harris Williams, reporter. Miss Lucinda Matthews was in charge of table decorations.

Corsages were presented to Mrs. Gussie Horton Cain, Mrs. Elizabeth H. Williams and Mrs. Azororia Roberts who sold the largest number of invitations.

Willie Walter Perry, of Providence, R.I., was recognized. He had been unable to participate in earlier gatherings.

The Alma Mater, composed by a former teacher, Miss Ruth D. Foster, was led by Mrs. Bessie Walker and others.

Harvey Robinson of Hampton, Va., and Dr. Pennie E. Perry, an instructor at North Carolina Central University, Durham, spoke.

Alumni were present from as far away as Seattle, Washington and Los Angeles, Calif.

The next alumni meeting will be Sunday, March 22, 4 p.m., at Tupper Memorial Baptist church, 501 S. Blount St., Raleigh.

Bridge Winners

College View Duplicate Bridge Club winners for January 15 were: First place - Bob Edwards and Mary Duncan, second place - Matthew Woollard and Clara Hunt, third place - Tom Hunt and Hamlet Wilkins, fourth place - Doug Kemnitz and Hedy Echard.



Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

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FRESH (5 lbs. or more)

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THE FARM AT A&P FOR FRESHNESS AND SAVINGS
GOLDEN YELLOW Dole Bananas 4 lbs. only 1.00

FLORIDA CRISP SOLID Green Cabbage 4 lbs. only 1.00
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Coping Allow Others Freedom To Change

By Dr. Charles W. Faulkner

Sometimes people want to change in a positive way toward us but we do not allow them to do so. Often, we reinforce the very behavior in others which we consider to be objectionable.

What is your responsibility to others who wish to change their behavior?

1. Be understanding, compassionate and sensitive to the person desiring to act in a more positive manner. These efforts to change, regardless of how small they are, represent the subject's desire to obtain a favorable response from you. However, if you have become conditioned and hostile to the former mode of behavior, you may reject or misinterpret the behavioral change. Insensitivity may force the person wanting to change into a corner with no alternative but to continue to exhibit negative behavior which you previously resented. So, let the person change. Keep the door open constantly. Allow the person to have the freedom to change.

2. Encourage others to change by refusing to return hostility for hostility and argument for argument. Stop trying "to get back." If you continue to react in a hostile manner to all efforts of another person to change behavior, they will probably think: "Well, I tried. But nothing works. They will dislike me no matter what I do, therefore, I will continue to act in the same negative, irresponsible manner in which I have always acted." So, try to be forgiving and the person may like your reaction and do what is needed to obtain it.

If it is you who wishes to adopt a more productive form of behavior, you have the following responsibility:

1. Take the chance, risk it, risk acting the way that you really are, change your usual behavior, take the chance that others will react to you in a different, more positive, more loving manner. Experiment with your behavior and use the opportunity to elicit more favorable responses from people.

2. Look for changes in responses of others to you. If those responses are what you want, then continue your behavioral change and continue to get good results.

3. Never, never restrict your behavior to a limited number of actions. Don't anticipate that people will always react in a certain negative way toward you. Change your behavior and see if others don't do the same.

The responses of other people to you can often be a good indication of what they think of you, of how they interpret your behavior. You owe others an opportunity to change their behavior and to have it accepted by you. You owe yourself the opportunity to modify your own behavior, to experiment with new forms of behavior. You owe yourself the opportunity to be yourself.

When you are sensitive to the feelings of others and recognize that there might exist an entirely different person within them that is begging for acceptance by you, you will be more motivated to show understanding and warmth in return. Your behavior might well initiate the very type of relationship that you have desired for a long time.

If you have questions you would like answered, direct them to Dr. Charles W. Faulkner, P.O. Box 50016, Washington, D.C. 20004.

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