

Community Calendar

THURSDAY, FEBRUARY 11

The Triad Citizens Concerned for Central America will hold a meeting to plan local support for the Feb. 27 demonstration to be held in Fayetteville. The meeting will begin at 7:30 p.m. in room 204 of the Main Library.

The YWCA and the Association of Couples for Marriage Enrichment (ACME) will hold a workshop on "Couple Communication" at 7:30 p.m. at the Glade Street YWCA. No charge.

SUNDAY, FEBRUARY 14

The Militant Labor Forum will sponsor a forum on "Labor's Rights Under Attack-Steelworkers Speak Out" featuring Eli Green and David Keil former shipyard workers from Newport News, Va. The program begins at 3 p.m. at the Militant bookstore at 216 E. 6th St.

The American Post No. 220 will hold its monthly meeting at the Post, 2332 N. Liberty St. The Historian is asking all members to bring worthwhile photos of the last six months of events and be prepared to take individual photographs.

The Winston-Salem Lupus Chapter will meet at the Highland Presbyterian Church Activity Building. Dr. Donald Jackson, Dermatologist, Bowman Gray School of Medicine, will present "The Hematological Aspects of Lupus and Other Collagen Diseases."

The meeting is free and open to the public. For information, call 724-6303 or 768-1493.

MONDAY, FEBRUARY 15

February is National Black History Month and the YWCA will observe it during the third week of February with programs of "Poetry Readings" by guest poets each day at 10 a.m. from Feb. 15 through Feb. 19. All programs are held at the Glade St. YWCA. There is no fee.

The YWCA's "Teens Employment Workshop" will present a program on "Financial Careers" featuring Betty Hanes of Mechanics and Farmers Bank. The program will be held at the YWCA from 4:30 to 6:00 p.m. and there is no charge.

The Forsyth County Public Library's Children's Outreach Program is sponsoring a series of film programs on Monday at Happy Hill Community Center at 3 p.m.; Tuesday at King Recreation Center at 3:30 p.m.; and Wednesday at Sprague St. Recreation Center at 3:30 p.m. This week's featured films are: "Martin Luther King," "Follow the North Star" and "Slave Story."

The Greater Winston Kiwanis Club will hold its weekly meeting at the Benton Convention Center at 12:30 p.m. Attorney Beverly Mitchell will be the guest speaker.

Paul Smith, a senior voice major at the N.C. School of the Arts, will be featured in concert as part of the American Black Artists Series at 8:15 p.m. in Crawford Hall. Admission is free.

TUESDAY, FEBRUARY 16

A forum sponsored by the Institute for Islamic Involvement will discuss, "Ideological Currents in the Black Community," at 7 p.m. at the East Winston Branch Library. This program is part of the Afro-American history month celebration.

WEDNESDAY, FEBRUARY 17

Mr. Michael Robinson, V.A.C. will be at the YWCA's "Options For Living" lecture series from 10:30 a.m. to 12 noon at the Friends Church, to speak on "Volunteerism - Things to Come." These programs are for those over 50 years old. Co-sponsored by the YWCA and the Downtown Church Center. There is no charge.

THURSDAY, FEBRUARY 18

"More About Mid-life Changes" -- A program on the physical, psychological and social changes of mid-life will be held at 7 p.m. at the East Winston Branch library on E. 7th St. The program will be conducted by Anne M. Compere, Executive Director of the Mental Health Association. For more information, call 727-2202.

Branch Library Programs Focus On Mental Health

By Yvonne Anderson
Staff Writer

The East Winston Branch Library, in conjunction with the Mental Health Association of Forsyth County, will sponsor three enrichment programs designed to bring mental health issues to the attention of the East Winston Community.

Tommie Bradford, the coordinator for the programs, said that the Mental Health Association will look for ways to expand its "Introspect" series while, at the same time, the East Winston Library was looking for ways to increase its circulation and patronage. Introspect is a program mental health education program that has been held at the Highland Presbyterian Church for the past seven years.

"We realized that a vast section of the community was not being reached with Introspect," Ms. Bradford said. "The East Winston community was one such neighborhood that we targeted to increase the a-

wareness of mental health needs and solutions to mental health problems."

The idea was started by Dottie Butler, former head librarian who thought that many people carried a negative stigma of psychiatry.

"Mrs. Butler came up with the idea and we thought it was a good one," said Jane Steele, the current head librarian. "Many people won't go to the clinic for help because they think it's negative, but if they can come to a place in their community and see that other people are having the same problems and feelings as them, then they will be more relaxed about it."

The series was scheduled to begin in January, but due to the snow, the first program was cancelled. The series will debut on Feb. 18 with a discussion about "Mid-Life Changes" with Anne M. Compere, the director of the Mental Health Association.

"Coping with mid-life is something that all people need to learn how to do,"

said Ms. Compere. "It's a time in life when the order of things changes, and those changes aren't expected. They can be both physical and emotional. People need to know how to respond to those things that they're not expecting."

Ms. Compere said that some common things that happen during mid-life are children leaving home or ceasing to be dependent upon their parents. She said that men sometime experience dissatisfaction in their jobs because they haven't achieved what they thought they would by a certain time in their lives.

"There are ways to maintain a mental health balance and look at change without being negative," said Ms. Compere. "The key is learning how to do it before it happens, so a person can figure out how to keep from wasting emotional energy on things they cannot change."

The series will be on a pilot basis and will be evaluated for its effectiveness at the completion of the third program. That



Tommie Bradford of the Mental Health Association and Jane Steele, East Winston Librarian.

evaluation will determine whether the programs will be continued.

"We want to utilize as many resource people in the community as possible to gain both community awareness and community input," said Ms. Bradford. Our goal is to inform people where they can get further information and further help."

The next program, to be held on March 18, will be on "Teenage Stress and How Parents Can Help." On April 15 the topic will be "It's OK To Feel Good About Yourself," featuring Janice E. Siler a counselor from the School of Pastoral Care at the N. C. Baptist Hospital.

Community Dialogue Seminar Set

By Yvonne Anderson
Staff Writer

The Winston-Salem Bar Association, the local organization of black lawyers is offering a Speakers Bureau for community groups.

According to Gary Henderson, director of Youth Career Development for the Urban League and a member of the association, the program is an effort to give advice on legal matters relevant to the respective organizations.

"The Winston-Salem Bar Association has been dormant for a while, but we intend to change all that with this Speakers Bureau and some other projects that are now in the planning stage," said Henderson.

Henderson said that any civic, church or community organization can request one of the bureau members to address their membership. The club can also request the topic on which the speaker should talk and the bureau will send a member who has had professional expertise in that area.

"There are 43 black lawyers in Winston-Salem,

most of who are involved in both corporate and private practice," Henderson said.

"The response among club members was good and we thought this was a good way to help the community."

The association had its first formal meeting in March 1981, but held many informal meetings prior to that date. The Speakers Bureau began in October of '81, addressing various groups within the school system. The topics of these appearances were juvenile justice and juvenile advocacy.

Beverly Mitchell, an attorney in private practice, said that the program would accomplish two goals.

"This provides an opportunity for community groups to get first-hand and competent advice on any legal situation. It is also an opportunity for black attorneys to be exposed to the community," she said.

The Winston-Salem Bar Association invites all organizations to request its services. Interested persons should contact either Gary Henderson at the Winston-

Salem Urban League or Beverly Mitchell at her office in the First Union Building.

Area Students On Honor Roll

The following Forsyth County students have made the honor roll at North Carolina A&T State University for the fall 1981 semester:

Robert Adams, Forsitha Bess, Sonya Brown, Trevonia Brown, Karen Duckett, Tyrone Edwards, Anthony Hannon, Sandra Hill, Kimberly Ledbetter, William Lewis, Timothy Little, Carmen Moten,

Aileen Oliver, Carol Samuels, Tangelia Smith, all of Winston-Salem.

Also Darryl Starned, Elijah Stewart, Monterio Taylor, Charles Whitley, Jammette Williams, David Wilson, all of Winston-Salem; Arthur Ball, Randolph Wilson, both of Greensboro; Dean Waters, of Rural Hall and Steven Nickels, of Kernersville.

NAACP Mounts Campaign

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Hairston said that annual membership fees cost \$10, \$15 or \$25 per person, depending upon which price the individual chooses to pay. The \$10 minimum is an increase from the \$5 minimum of last year, Hairston said, but so are the NAACP's operating expenses.

"We've raised the fee," he said, "because of inflation and because it has always been too low. You can't do (what the NAACP does) for peanuts. Court cost are expensive."

A lifetime NAACP membership cost \$500 and may be paid in yearly installments of \$50.

Ongoing projects involving the Winston-Salem branch, Hairston said, include a Crime Line though which citizens who have fears or anxiety about dealing directly with the police may call for help. The branch also makes engraving equipment available for residents to mark their valuables for identification.

Hairston said the organization is, in addition, continuing its efforts to monitor the local business community Black people, he said, should "withdraw their support from businesses which do not support the black people."

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