

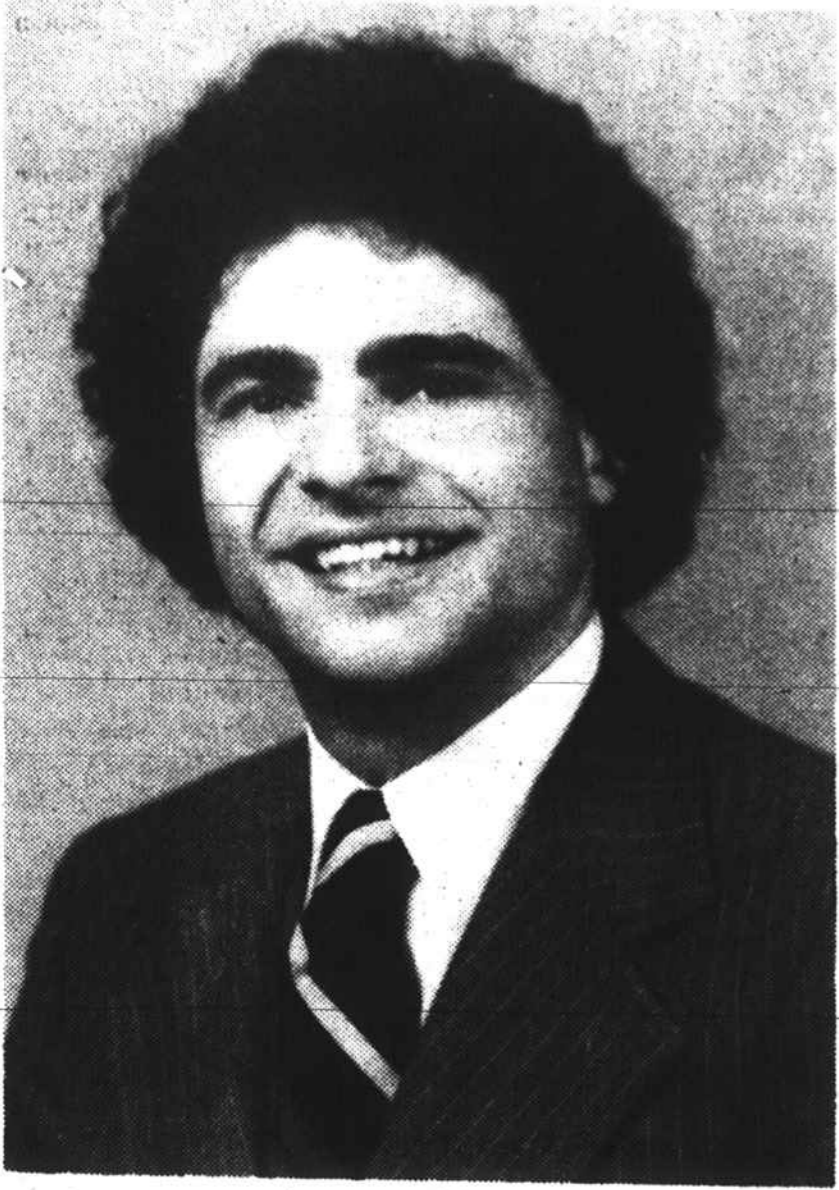
# Jervay Funeral Held

By T.C. Jervay Sr.

Funeral services for Thomas Clarence Jervay Jr. were held Tuesday, Sept. 14, 10 a.m. at the Episcopal Church of the Redeemer, Greensboro, with the Rev. F.R. Michael B. Curry, Rector of St. Stephens Episcopal Church, Winston-Salem (where the deceased was a member) officiating. Associate minister at the services was the Rev. Fr. Carlton O. Morales, Rector of the Episcopal Church of the Redeemer, Greensboro. Young Jervay, 36 years-old this past May, was extolled for his friendliness, kindness, compassion, and competence as a member of the bar. Pallbearers were Ronald Barbee, Ronald Chiles, State Sen. Henry Frye,

George Glenn II, Walter T. Johnson Jr., Durel Long, Donald Murphy, David Smith and Ralph Stephens. Honorary floral bearers were members of Jack and Jill of America Inc., Links Incorporated and Delta Sigma Theta Sorority. A wake for Attorney Jervay was held Monday night at the Perry J. Brown Funeral Home, Greensboro, where relatives and friends and members of the bar, (including judges and attorneys from all over North Carolina) were in attendance. The two rectors read the story of this promising young man's life and many attainments. So impressive was this service that men wept openly, with hardly a dry eye in the large gathering present. Scores of Omega Psi Phi

Fraternity brothers were present. Jervay was a member of Tau Omega Chapter in Greensboro. His fraternity brother, Perry J. Brown, funeral director, was in charge. A fitting ending at this service was the rendition of the beautiful Omega Fraternity hymn. In Wilmington, Tuesday afternoon, a large gathering of "Tommy's" friends and friends of the family was present. This included ministers of several faiths and members of the local bar, and local Omega brothers who bade him farewell with their hymn. Conducting the rites at the Pine Forest Cemetery was Father Ira Richards, Rector of St. Mark's Episcopal Church, where the deceased was baptized. See Page 24



Thomas C. Jervay Jr.

## Community Calendar

THURSDAYS, SEPTEMBER 23, 30...

•Adult Bowling classes are scheduled every Thursday morning at 10 o'clock at Major League Lanes, sponsored by Carver Recreation Center. For information, call Ms. Wingate at 727-2205, weekdays 2-6 p.m.

•Register today through Oct. 4 for Art-Is House fall classes in Acting, Crafts, Dance, Music, Photography, Pottery and Voice. The program is free of charge and open to youths between the ages of 6 and 24. Parents may fill out registration forms at the East Winston Library. The Art-Is House Program is sponsored by the Urban Arts Program of the Arts Council Inc., Sawtooth Center for Visual Design and the Forsyth County Library. For more information, call the East Winston Library at 727-2202.

FRI., SEPT. 24, SAT., SEPT. 25

•Winston-Salem is hosting the first state-wide N.C. Lupus Foundation meeting, which has as its theme "Combatting and Coping with Lupus." On Sept. 24 at 6 p.m. there will be a dinner and medical panel at Highland Presbyterian Church Activity Building. Featured Sept. 25 at 12:30 p.m., will be a luncheon and state medical symposium at the Bowman Gray School of Medicine's Babcock Auditorium. For reservations and other information, call 765-0656 or 768-1493.

SATURDAY, SEPTEMBER 25

•MAZIE'S BIRTHDAY BARBECUE — a county-wide rally celebrating county commissioner candidate Mazie Woodruff's birthday — is being held at Reynolds Park, Shelter No. 10. The festivities will get underway at 5 p.m. —rain or shine. Details and tickets are available from Woodruff Campaign Headquarters and the telephone number is 721-1461. You are invited to bring your friends, neighbors, relatives — anyone and everyone — to enjoy the food, fun and music.

•The North Carolina Repertory Company Theatre Guild and "Project 1000" invite you to North Carolina Black Repertory Nite from 8-10 p.m. at various locations in the city. Call 924-8518 or 924-8477 for more information.

•The American Legion Post No. 220 will sponsor its annual fish fry from 12 noon thru 11 p.m. at the American Legion, Ralph R. Morgan Post No. 220, 2332 N. Liberty St., between 23rd and 24th streets. Door prizes will be given, and all proceeds will go to North Carolina Central Orphanage at Oxford, N.C. Members and the public are cordially invited. A donation of \$2.00 per dinner is requested.

SUNDAY, SEPTEMBER 26

•The YWCA is sponsoring "Enjoy Your Age Day" from 12 noon to 6 p.m. at Tanglewood Park, Shelter No. 2. Planned as a tribute to older adults, the program is sponsored by the Options for Living Program. Activities will include an Old Timers softball game, a battle of the sexes, and fun, games, music and food for all. Family and friends of all ages are invited to bring a senior adult. Transportation will be provided. Contact the YWCA staff members, Nancy Adams or Helen Webb, at 722-5138 for more information and registration.

•"An Introduction to the Personal Profile System" is the topic of the YWCA Contemporary Women's Series. Susan Fillipeli will discuss the method for discovering your own best personal behavioral style. She will speak from 12:15-1:00 p.m. at the Glade Street YWCA. Call the Y at 722-5138 for further information.

•The Atkins High School Class of 1965 will have their first meeting at 4 p.m. at the T.E. Lounge, 515 N. Cherry St. across from the convention center. All graduates are asked to please attend this meeting to begin making plans for a series of activities beginning this year and continuing until the 20th year reunion in 1985.

•The Winston-Salem branch NAACP will hold its monthly executive board meeting at 4 p.m. at St. James See Page 5

## Decision-Making...

### And The Stress It Can Create

By Evelyn Dunlap

Stress management is only accomplished through patient exercise of the body and mind. If handled properly, one may begin to generalize subtle and positive changes in patterns of habitual behavior. Problem-solving skills may improve without any effort, but for those who do not follow a continuous stress-reduction program, the mechanics of decision-making may be the answer to some of their long and short-term stressors.

Sometimes, if a person uses poor problem-solving techniques in making a decision, even if it does not cause immediate stress, the long-term effects may be felt years later. For instance, a person has some uneasiness about getting married, ignores the signs of difficulty and marries anyway. For a few months everything is all right. Then, gradually, the problems begin to surface and the person finds the uneasiness has turned into pain, resentment and anger.

If problem-solving techniques are explored, a person will have less difficulty seeing alternatives to his or her decisions. Also, the signals of danger in a decision will be recognized more readily.

1. First you must take time to define the problem. Many people begin to solve a problem without having a clear understanding of what the problem is, especially in a relationship.

2. Identify alternatives.  
3. Identify possible consequences of each alternative.

4. Choose from among the alternatives.

5. Be willing to accept responsibility for your decision and the consequences of it.

6. Develop an alternate plan if the first decision does not prove beneficial.

It is important as you follow these steps to remember that a decision can be changed. Also, if the decision you make does not give you the outcome you wanted, it is an opportunity to learn rather than seeing yourself as having made a bad decision. Usually it is those of us who do not learn from our decisions that continue making non-beneficial ones.

Two ways in which people generally handle a problem are the aggressive (angry), hostile manner, which sometimes involves a physical response, and passive accordance ("I don't care") and ("Maybe it will go away"). Usually both of these ways result in an unresolved problem or a resurfacing one. I have known married couples in therapy for years — always working on the problem. This is because they never get past Step 1: identifying the problem. It is necessary in most instances to change or alter some thing or someone, even if it is yourself, to resolve a problem. Resolution is the key. Compromise is another alternative and if no other method is feasible, waiting and just doing nothing is sometimes possible. But, of course, to do nothing is a decision.

For those people who feel someone else or something else is always the problem,

usually writing down all the things they perceive to be wrong will point the finger in the right direction (them).

The idea of having a problem can be seen as a challenge and a very positive channel for growth. If more people would take this approach, there would be less stress centered around a problem or decision. Remember that solving a problem is just another affirmation of your ability to survive, learn and live. If you learn something from each decision or problem, then you will begin to see the flow of life in a different manner. You will experience the Tao of life (the yin/yang or natural flow of things) and that is the key.

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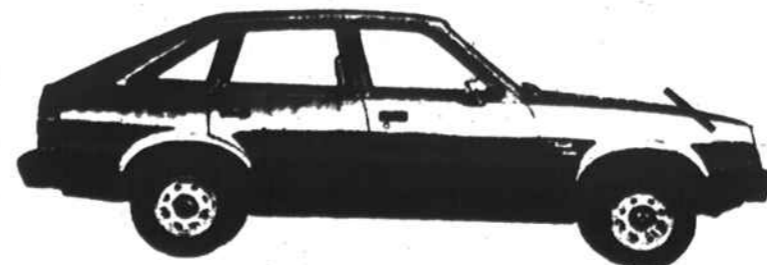


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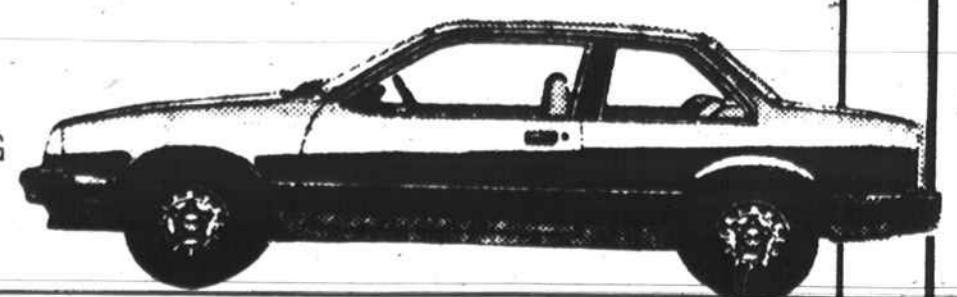
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