

## Moves *From Page A9*

"What we have here is a relaxed atmosphere," says Williams. "We want to be able to sit around and socialize with people. It's not strictly getting up and partying. We just want everybody to feel free to be themselves."

Williams adds that Mr. J's was designed not only to be a combination of the types of clubs prevalent before Mr. J's time, but also a combination of the old and the new. And that's just what Mr. J's offers its clientele.

In addition to being the largest black club in town, Mr. J's is one of a few clubs that opens seven days a week. It has an in-house band that performs on Sundays, and airs live remotes on WAIR-AM two nights out of the week. The club can comfortably seat 386 in its front area. But if privacy is needed for an anniversary or birthday celebration, it offers six private rooms for rent.

The club is also proud of the "special" treatment it gives its members. "We charge less and we are fair to our members," says Williams. "We have special events such as wine and cheese (parties for the patrons). We have a men's night for members and a ladies' night." And on some nights members get in free and guests are charged \$1, but members always enjoy a reduced admission price.

Of course, Jones won't share with the general public his specific marketing secrets, but he feels sure that they are working. He readily acknowledges that he has put a lot of money into Mr. J's, and he says he'll continue pumping in the cash until his club is the club. Illustration: During the week of the CIAA championship football game, Jones aired 118 promotional spots on WAIR.

"We grow every week," says Jones. Adds Scales: "We're trying to build and we're getting stronger all the time."

# Older Adults Should Drink Moderately In Holiday Season

By ERNEST MESSER

The holiday season is a time for joy and celebration, and that leads many people to drink more alcoholic beverages than usual. So it's especially important for older adults to drink in moderation and use common sense, or the season to be merry can turn into a season of misery.

Psychologists tell us there's a negative side to the holiday picture; older adults may drink excessively to escape feelings of loneliness and depression. That initial alcohol-induced glow quickly can turn to gloom because older people have a much lower tolerance for alcohol.

Too much drinking and celebrating make the elderly more susceptible to falls, cuts and bruises. In addition, hypothermia can result when alcohol is used to warm the body during cold weather because alcohol dilates the blood vessels near the skin and draws blood away from vital organs. Careless drinking and smoking often lead to accidental fires. Statistics show that forty percent of all residential fire victims are older adults. And of us are aware of the dangers of drinking and driving. More than half of all traffic fatalities are caused by drinking drivers.

Small amounts of alcohol have the same effect on older adults as larger quantities in younger persons. Age-related physical changes slow liver and kidney functions, and make the nerve tissues more sensitive to alcohol. These changes increase and prolong the normal effects of alcohol.

Older North Carolinians need to remember that

alcohol and drugs don't mix. For example, combining alcohol and antihistamines increases drowsiness; mixing alcohol and aspirin can heighten stomach irritations; and in combination with a diuretic, alcohol can lower blood pressure and cause dizziness. In addition, sleeping pills, diet medications, anti-depressants, tranquilizers and blood thinners can cause negative reactions when mixed with alcohol.

Alcohol also impairs coordination and balance and can cause dizziness. It may bring about blindness when a person enters a darkened room, or moves from a dark area into bright daylight. In addition, the drinking person's perception and judgment decrease with the amount of alcohol consumed.

Since World War II, social drinking has increased dramatically among all age groups. Therefore, many people who have been social drinkers begin to become more dependent upon alcohol as they grow older, and, as a result, turn into heavy drinkers.

An informed person can watch for danger signs when drinking. Remember that alcohol is a depressant, and slows the functions of the brain and central nervous system. The body can safely assimilate only about one drink per hour. Coffee, cold showers or fresh air don't sober up a person. People who eat less also should drink less. Poor health and conditions such as hypertension and diabetes also can affect the body's ability to break down alcohol. This makes even an occasional drink more hazardous to the older person's health and safety.

Remember these tips for a sober and safe holiday.

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## Notes *From Page A9*

"In The Heart" (on De-Lite/Polygram Records).

Between the start of their recording career in 1969 and 1977, the members of Kool & The Gang acted as their own producers on numerous gold singles and albums. Then, in 1978, the group joined forces with producer Eumir Deodato, a collaboration that resulted in four gold albums in a row. Three of those LPs went platinum, and all contained classic hits written by the group's members ("Celebration," "Let's Go Dancing," "Ladies Night," "Too Hot," "Big Fun," etc.).

Says Kool & The Gang leader Robert "Kool" Bell, "We enjoyed Deodato tremendously. But we had musical ideas that weren't getting onto the records. For example, when we took over as our own producers on "In The Heart," we were able to use jazz progressions on 'You Can Do It' and rock guitars on 'Tonight.' We were also able to bring the horn lines out a bit more.

"We're good friends with Deodato, and we love his talent. But every once in a while you need to stretch yourself and move in new directions."

## Boycott *From Page A1*

in five states where the Salisbury-based Food Lion stores are located were considering boycotting Food Lion because it has only three black store managers in its 211 stores, includes no black people as directors or officers, does not bank with black-owned institutions, does not provide black contractors with major contracts, has not purchased any appreciable amount of products from black vendors and does not use black-owned insurance companies.

Those allegations were presented in a fact sheet prepared by L.R. Byrd Consulting Co. of Greenville, S.C., for the NAACP.

Eugene McKinley, vice president of personnel for Food Lion Inc., said last week that the company disputes the NAACP's charges and was unaware that plans for a boycott were being formulated.

Locally, there are seven Food Lion stores. The one most heavily used by black shoppers is located in the East Winston Shopping Center.

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