

Local psychotherapist writes book on mastering stress in your life

By TRACY L. PROSSER
Chronicle Staff Writer

How many times have you heard someone say, "I have so much stress because of my job," or "because I don't have enough money," or "because of my race"? Wouldn't people love to know how to reduce the stress they feel as a result of these outside factors?

In a newly published book, *Stress Master*, a Winston-Salem psychotherapist tells the public how they can control the level of stress in their lives.

Dr. Richard Terry Lovelace says in his book, "Negative stress may well be the greatest single threat to your relationships, success, happiness, physical and mental health, and your very life."

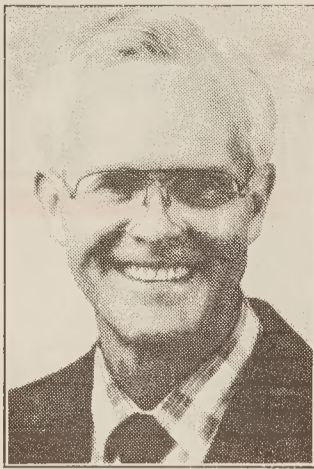
Lovelace's explanation of stress seems to go against ideas commonly held by stressed people. He says that stress is not caused by outside

factors, but by an individual's thinking and attitudes, specifically, by a hurt self-esteem. "Ultimately we are responsible for the stress we have," he said. "The worse you feel about yourself, the harder it is to accept responsibility."

His book outlines techniques one can use to become a stress master. Lovelace said, "A stress master is someone who has gone beyond learning how to monitor stress. He has moved into being really in control of stress rather than manipulated by it."

Lovelace used a model that illustrates how stress is caused. He said outside influences, commonly thought to be the causes of stress, are filtered through a person's self-esteem and result in subconscious thoughts that can produce stress.

A healed or a hurt self-esteem determines what kind of subconscious thoughts are formed, and what stress comes as a result.



Dr. Richard T. Lovelace

Lovelace said self-esteem is the key step in preventing outside influences from becoming stress.

Being a minority has often been blamed for the stress African-Americans feel, but Lovelace holds

that minorities can learn to control stress like anyone else. He explained that everyone is following his own path through life, and the path grows darker at some points than at others. Everyone has a torch that he needs to keep as close to his feet as possible, Lovelace said.

"African-Americans and others in society are walking a path that is darker than others are," he said. "It's not their fault, but they are walking a darker path than the general population."

"It behooves African-Americans to take even more care with how they use that light that is their focus of attention," he continued.

"You don't learn much out in the open," Lovelace said. "(People who walk dark paths) have more wonderful information to share than people who have been fortunate enough to walk paths that are well-lit." They have more skill in avoid-

ing obstacles, and there are still beautiful things to enjoy along a dark path, he said.

He pointed to Martin Luther King as a good example of someone who learned from walking a dark path. He had a lot of love, and he was not afraid or angry, Lovelace said.

Lovelace claims that "flawed thinking," including attitudes like "It's not fair..." "Poor me..." and "It's too hard," contribute to stress. Self-exams, charts, checklists, and diet guidelines contained in Lovelace's book are designed to help the reader identify and combat this flawed thinking.

Lovelace encouraged doubters of his philosophy to put his recommendations to the test. He emphasized that his is usable advice that can be put into practice immediately.

Lovelace, director of Behavioral Dynamics Human Services

Resource Center, a private agency in Winston-Salem, also has a private practice offering group and individual psychotherapy in stress management and addiction. A psychotherapist for 19 years, he is a specialist in the areas of personal adjustment counseling, marital therapy, sex therapy, and addiction counseling.

Stress Master, published this year by John Wiley & Sons, is remarkably easy reading. Lovelace said he has a gift as a translator of complicated ideas into language most people can understand. In the book, he said he added to the text and filled in the blanks to make it even more approachable to the average reader.

Stress Master, which costs \$12.95, is available in the large chain and independent bookstores in the area or can be ordered by phone from the publisher by calling 1-800-848-8298.

Atkins Class of 1945 weathered their own war, celebrate 45th reunion

By PATRICIA SMITH-DEERING
Chronicle Staff Writer

When the 80-85 returning alumni gathered at the Holiday Inn-North Saturday, Aug. 18, it was their first reunion 45 years after graduating from Atkins High School.

They remembered that they were in the midst of world history in the making: the United States had entered World War II precipitated by the bombing of Pearl Harbor by the Japanese, food and gas rationing was the order of the day, metal for munitions were school children's projects, the trials of segregation, and so much more. They can see the irony in today's competition from Japan, the Persian Gulf crisis, escalating oil prices, an economy that threatens recession, and hard-fought gains in integration being judicial-



Photo by L.B. Speas Jr.
Dr. Manderline Scales reflects with classmates on their years at Atkins.

ly reversed. The members of the Class of 1945 chose as their theme "Reflections," and they, in fact, had much upon which to reflect.

At the evening banquet, Dr. Manderline Scales recalled with her fellow classmates, "We started out in 1941, and we had to live through all of the hardships of the war." They were the class with no yearbook, no class ring, she said. But, for all of what would be perceived as deprivation, she reminded them that they had something that money could not buy. "We had been the children of the thirties when folks didn't have anything...We enjoyed life, and the

friendships we have right now started then..." she said.

Extolling the benefits of their education, Dr. Scales listed among them being the first class to have a typing teacher. There were also the foreign language classes. But, key among the things that they had which seem to be sorely lacking today, she said were the values that they had. "The point that has held us together and has brought us back here together comes from the common bonds that were

developed while we were students walking up those hallowed halls...interacting with each other, respecting each other...respecting our teachers and understanding that there were value systems that were important," she said.

Sharing his reflections was Willie Clyde Williams, who noted the difference between schools now and Atkins High when he was a student. "Joe Clark, principal of Eastside High School in Paterson, NJ, in the eighties had

his 'Lean on Me,' while John Carter, principal of Atkins High School in Winston-Salem, NC, in the forties had his 'Straighten up and fly right!'" he recalled, bringing a hearty laugh from his classmates, as they, too, remembered. He implied that that philosophy was probably necessary with the mixture of students coming from 14th Street, Columbia Heights, Kimberley Park, and Woodlawn.

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Wake Forest's law school gets gift from Brown estate

Chronicle Staff Report

Wake Forest University has received a gift of \$2.3 million - the largest estate gift in its history - from the estates of the late Junius Calvin Brown and Eliza Pratt Brown.

The gift was presented Aug. 22, along with a contribution of nearly \$300,000 to First Baptist Church of Madison, at a luncheon today at Deep Springs Country Club near Madison. The luncheon was sponsored by First Union National Bank of North Carolina, executor of the Brown estates.

Approximately \$1.2 million of the estates will provide scholarships to North Carolina students, primarily in the Browns' native Rockingham County. The remaining \$1.1 million will be used for scholarships in Wake Forest's School of Law, from which Junius Brown graduated in

1913. With the earnings from its contribution, the First Baptist Church plans to build a fellowship hall named in honor of the Browns.

"Madison and Rockingham County can take a lot of pride in having been associated with such a giving, caring couple as Mr. and Mrs. Brown," said Charles Saunders, First Union's Greensboro-based regional trust officer, who presented the checks. "Mr. Brown was eminently successful as a businessman and lawyer and he wanted to give a significant portion of his legacy back to the community."

Prior to his death in 1968, Junius Brown practiced law for 55 years in Madison, where he was city attorney for 50 years. He also served as attorney for Rockingham County and as a member of the North Carolina Senate.

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PRO-LINE TAKES AN ACTIVE STANCE IN THE WAR ON DRUGS THRU "SAY NO TO DRUGS AND YES TO EDUCATION CAMPAIGN"

Dallas TX, August - 1990 - The PRO-LINE Corporation has always stressed the importance of educating young people in various fundraising activities and marketing promotions. In August of 1990, PRO-LINE will make another important commitment to education when it kicks off its "Say No to Drugs and Yes to Education" campaign as part of a "Back to School" promotion. The program is designed to raise up to \$100,000, a portion will be distributed as scholarship monies to current and future students, with a large percentage of the proceeds also being donated to those "grass root" organizations who are committed to fighting the war on drugs. The "Back to School" promotion is one of the most aggressive campaigns the PRO-LINE Corporation has ever launched, with added power coming from TV, radio, national and local print ads coupled with extensive point of purchase materials. The campaign also includes the distribution of book-covers, T-shirts, posters and stickers with the message "Say No to Drugs and Yes to Education", to schools across the country.

On Friday February 23, 1990, Comer Cottrell made history by purchasing the bankrupt Bishop College in Dallas Texas. In an emotional press conference Mr. Cottrell simply stated, "It's really a gift to our Black kids, to give them an opportunity." Many people were surprised and elated when the news of Mr. Cottrell's deed hit the various news media and Cottrell sent a message out to his supporters, "We're all in this together, (PRO-LINE and the community) and now we have a lot of work to do."

The PRO-LINE Corporation is making a tremendous effort to encourage community involvement, raise the awareness of the dangers of drugs and stress the importance of education. PRO-LINE expects the "Back to School" campaign to be one of the most successful in history and hopes to score a major victory in the war against drugs.

PRO-LINE OFFERS FUNDING FOR ANTI-DRUG ORGANIZATIONS!

Dallas TX, August - 1990 - The symptoms of drug abuse are sometimes difficult to recognize but even more difficult to combat. Drug abuse is a problem that creates more problems which affects the user socially, economically and academically. The success of any national effort ultimately depends on the public attitude and the extent to which that attitude can be focused on the problem. PRO-LINE's "Say No to Drugs and Yes to Education" campaign is an effort to inform students and citizens on the dangers of drugs and the importance of education. PRO-LINE also wants to alert those small "grass root" organizations who are fighting the war on drugs out on the "frontlines" in our communities, that there are funds available to aid in their cause. Organizations seeking funding should mail proposals to the PRO-LINE Corporation Attn: "Say No to Drugs & Yes to Education" at P.O. Box 223706 Dallas, Texas, 75212. PRO-LINE is committed to those smaller organizations who have a first hand look at our society's drug problem, and equally committed to those current and future students who are seeking higher education.

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