

# Who Is The Typical Female Drug Abuser?

Special to the Post  
**RALEIGH**--The female drug abuser? You may know her. She could be a co-worker, a neighbor, a friend. She could be your wife, your mother, your sister. She could be you.

Who is the typical female drug abuser? Drug treatment program staff members Christine Massey and Ajuba Joy can give you a variety of descriptions. They see all types at "Transition," a drug treatment program for women located in Wake County.



Bernadine Moses  
 ...Public Relations Expert  
**Moses To Direct**

## DCE Public Information

**RALEIGH**--Bernadine Moses of Raleigh has been named state director of public information for the Division of Community Employment (DCE) of the North Carolina Department of Natural Resources and Community Development.

Moses is a graduate of Spelman College in Atlanta, Georgia and holds a master's degree in journalism from the University of North Carolina at Chapel Hill.

Prior to joining DCE Moses was the assistant editor of the North Carolina Association of Educators.

She has held positions as director of the Southeastern Black Press Institute, media consultant for the Atlanta-based Emergency Land Fund (ELF), and visiting lecturer at the University of North Carolina at Chapel Hill.

The Division of Community Employment administers federal Comprehensive Employment and Training Act (CETA) funds for public service employment, job training and youth programs in 87 "balance of state" counties.

Moses, a Greensboro native, fills the position formerly held by William Scarborough.

## Washington Heights Garden

## Club Meeting

Mrs. Cora Gaither of 1601 Beatties Ford Road was the hostess to the Washington Heights Garden Club meeting held last week. President Lois Scott resided over the meeting.

Elected officers for 1980 and 1981 are: Mrs. Lois Scott, president; Mrs. Nancy English, vice-president; Mrs. Ethel Choate, secretary; Mrs. Viola Allison, assistant secretary; and Mrs. Willette Patterson, treasurer. Chairpersons will be selected by the president at the next meeting.

The garden club is also making plans for their State Convention which will be held in Durham, August 5, 6 and 7. Delegates to the Convention will be selected at the July meeting, which will be held at the home of Mrs. Arelia Gabriel, 2212 Tate Street.

Members present at the meeting were: Mrs. Ethel Choate, Mrs. Willette Patterson, Mrs. Essie Stovall, Mrs. Jessie Lee Hamlin, Mrs. Cora Gaither, Mrs. Carrie Pitts, Mrs. Lillie Mae Carter, Mrs. Pearl Phillip, Mrs. Arelia Gabriel, Mrs. Edena Williams, and Mrs. Viola Allison.

## Heavy Luggage

Before packing the trunk of the car with heavy luggage, try a "dry run" with the empty bags and make a diagram so you'll know which pieces fit where.

Actually, there is no "typical" female abuser, although many people think of the skid row junkie as typical -- just like the image of the "typical" alcoholic.

What is becoming more prevalent today is the middle class female who abuses prescription drugs -- tranquilizers such as Valium and Librium. She may get them from her doctor, a well meaning family member or a friend.

In a drug oriented society which encourages the use of tranquilizers, sedatives and pain killers to cope with life, Transition is a unique program. It meets the many needs of female drug abusers so they may live drug free lives.

Christine, coordinator of the program, explains, "Drug abuse is one way of escaping, making it easier on yourself. We teach coping skills, ways to deal with life, instead of reinforcing escape."

Transition is located at 615 Peace Street in Raleigh. It provides many services and learning situations for women including counseling, graduate education degrees (G.E.D.) programs, and group classes in assertiveness training, values clarification and goal setting techniques.

Funded through the National Institute of Drug Abuse (NIDA) and a matching grant from the Z. Smith Reynolds Foundation in Winston-Salem, this free community service is offered through Drug Action of Wake County. Drug Action is a private, non-profit agency which provides treatment, education-prevention and outreach programs.

Programs such as Transition are funded by NIDA through the N. C. Department of Human Resources, Division of Mental Health, Mental Retardation and Substance Abuse. Competitive grants for local treatment, education and outreach programs are awarded to accredited public and private non-profit alcohol and drug agencies throughout North Carolina.

For further information on grants applications, contact: Joseph Tallent, Chief, Planning Branch, DHR, Division of Mental Health, Mental Retardation and Substance Abuse (919) 733-4506, 325 North Salisbury Street, Raleigh, N.C. 27611.

## Recreation Planned For Senior Citizens

The Active Recreation for Senior Citizens program is similar in intent and facilities as the Developmentally Disabled program. It will run from June 25 to August 10, on the Smith campus sponsored by the Charlotte-Mecklenburg County Commission. Hours are 1 p.m. to 8 p.m. (June 25 - July 20) and 9 a.m. - 8 p.m. (July 23-August 10).

For more information call Charles Cox, JCSU at 372-2370 Ext. 249.



**retirement Luncheon**  
 Mrs. Lilliesteen Moore Harris, a cosmetology instructor at West Charlotte High School, was presented two plaques Monday afternoon during a Retirement Luncheon held at the high school. The plaques were presented by Mrs. Romaine Dooley Worth, owner of Romaine's Beauty Rama, and her staff which includes Mrs. Eliza Steele, Miss Lorna Thompson and Mrs. Carolyn Smith. The first plaque was presented to Mrs. Harris for her assistance in establishing Mrs. Worth's beauty shop and for her support and participation during the shop's first anniversary celebration last year. The second plaque was given to Mrs. Harris from Mrs. Worth for outstanding services rendered to her personally for help in teacher training and her continuous support for future endeavors. Mrs. Worth expressed her elation for being included in this memorable occasion. Wishing God's blessings upon her always, Mrs. Worth concluded by reading the Optimist Creed which Mrs. Harris formerly gave her.

## To Pay Your Bills Tired Of Writing Checks?

by Susan Ellsworth  
 Post Staff Writer  
 Are you tired of writing checks to pay your bills? First Federal Savings and Loan Association in Charlotte is one of 17 savings banks in the Carolinas offering a new method of bill-paying.

A Pay-By-Phone system, which will get underway in July, allows a customer to authorize his bank by telephone, to pay a merchant anywhere in the continental United States. Fifteen cents will be charged for each transaction at the seven First Federal branches in Charlotte. Customers can pay bills such as utility, mortgage, credit cards and retail purchases in 5-10 minutes; whereas, the bill-paying procedure using checks may normally take 30-60 minutes a week.

Under the program, when a customer calls in he will give the teller his account number, his secret code, the merchant's code number and the amount and other information about the payments he wishes to make. Customers will talk with a live teller rather than a computer during regular business hours. Participants in the program may also transfer funds from their savings and loan accounts to their checking accounts and vice-versa.

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## Offers Variety Of Subjects CMS Summer Quarter Program

Junior and senior high school students will have an opportunity to further their education this summer through courses offered by the Charlotte-Mecklenburg School System. Although transportation will not be free, the Charlotte Transit Authority will make arrangements to provide service from the square to each school. All registration will take place in the gymnasium.

Students attending Harding, Olympic, North, West and West Charlotte High Schools, or the junior highs feeding into them, may attend the program at Harding High School, 2001 Allegheny Street.

Those students who go to East, Garinger, Independence, Myers Park and South Mecklenburg high school or the junior highs feeding into them, will attend the summer program at East Mecklenburg High at 6800 Monroe Road.

The first session will run from June 25-July 13 from 7:45 a.m. - 1:15 p.m. and the second session will be held July 16-Aug. 2 at those same times.

Most courses will cost \$40.00 for each three-week session.

High school courses in 10, 11, and 12th grade English, science, mathematics, social studies, business and foreign language will be taught.

Additional courses will be offered if there is enough interest. They are: art, driver education, marine oceanography, physical education, children's theater workshop, math and reading competency lab, summer dance workshop at Spirit Square, Eco travels, and a summer workshop in basic

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 • **FAYETTEVILLE 919/323-5991** Located at 1813 Clinton Rd., Highway 24 East of City Limit Sign.  
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