



**CARTER MEETS WITH BLACK RELIGIOUS LEADERS**

President Carter is shown here as he met with the leadership and laypersons of the African Methodist Episcopal Zion Church at the White House. They discussed the moral and social issues affecting the black community.

The President said he was honored to meet with the group and said he did not know anyone who could do a better job of expressing and addressing the moral questions and

needs of the country.

President Carter said he is steadfast in his commitment to assure basic human rights for all Americans. He said he will continue to work towards building meaningful and long-lasting relations with smaller underdeveloped nations, particularly African nations, which he said had been ignored in the past by earlier administrations.

## Reeves Discovers New Career

"The White Shadow" pilot episode, which introduced Ken Howard in the starring role of Ken Reeves, a former pro basketball star who finds a new and challenging career as coach at a racially-mixed high school, will be rebroadcast Monday, August 27, at 8 p.m. on WBTB, Channel 3.

The pilot episode also stars Jason Bernard and Joan Pringle as Carver High School's principal and vice principal, Jim Willis and Sybil Buchanan. (Note: Ed Bernard has since replaced Jason Bernard in the role of Jim Willis.)

### Charles Bronson

Also starring in the pilot episode are Thomas Carter as Hayward, Kevin Hooks as Thorpe, Eric Kilpatrick as Jackson, Nathan Cook as Reese, Byron Stewart as Coolidge, Timothy Van Patten as Salami, Ken Michelman as Goldstein and Ira Angustain as Gomez. Co-stars are Robin Rose and Jerry Fogel, as Reeves' sister and brother-in-law.

After a leg injury had forced Chicago Bulls' professional basketball player Ken Reeves to the sidelines, his old school buddy, Jim Willis, shows up to offer him a job coaching basketball at Carver High School.

Reeves agrees and takes over the coaching of a dozen very lethargic ball players, including nine black players, two white and one Chicano. He quickly demonstrates his

proress both on and off the court when he's forced to deal with team discipline and a variety of individual problems, including his best player leaving to help out his sick mother and others who turn up ineligible because of failing grades. And in the midst of his problems, he must prove himself to Miss Buchanan, a determined lady who suspects his motives and his ability.

## A Black Perspective

# You & Your Health



Brenda Kennedy BSN

### Chronic Pain

There are several disorders or chronic diseases that carry along with them the symptom of pain. Some of these include arthritis, tension headaches, angina, sickle cell anemia, low back pain, etc. With some disorders, pain becomes a problem that one has frequently, sometimes continuous or may have to live with for a lifetime.

Pain is described as a sensation in which a person experiences discomfort, distress, or suffering, due to provocation of sensory nerves. Pain is one of the cardinal symptoms of inflammation. In most cases, pain stimuli are harmful to the body - they often indicate that something is wrong or not just functioning properly. Pain tends to bring about reactions by which the body protects itself. Adaptation to pain stimuli does not occur easily.

There are some things that can be done to help relieve pain (along with taking medications). First of all, one must realize that although others can try to help, only you can make yourself feel better. Your doctor and family can give advice and support, but you have to assume responsibility for relieving your pain and taking an active role in managing the problem.

Next try to decrease the amount of medication you take. Pain relievers often-times are abused or overused. After you have taken a pain medication for a long time,

your body develops tolerance, so the drug no longer provides relief. It may make you feel better, but this is because your body has become dependent on the medication. Instead of stopping the medication abruptly, slowly reduce the amount that you take, giving your body a chance to get used to being without the medication.

Then focus on your activities rather than your pain. Try to stop thinking and talking about how much your hurt, it will only make you feel worse. Become more active, thinking and talking about what you're doing will help take your mind off your pain. If you have a disorder or illness that prevents you from increasing your activity (such as walking) you want to take on new less strenuous activities or hobbies - to get your mind off the pain.

It has been found that stress or tension will enhance pain. A quiet environment that is relatively free of stress is usually difficult to find but you must sometimes take time out to be alone and away from the stress of day to day living. Remember that only you can make yourself feel better.

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### To Star In

### Breakheart Pass

Charles Bronson stars in a western mystery, "Breakheart Pass," to be rebroadcast on "The CBS Tuesday Night Movies," Tuesday, August 28 at 9 p.m. on WBTB, Channel 3.

Bronson portrays an enigmatic character, John Deakin, who is brought aboard a train under arrest by Marshal Nathan Pearce, played by Academy Award-winner Ber Johnson ("The Last Picture Show"). The train, headed through the snowbound mountains of Idaho, is carrying a troop of cavalymen to relieve a diphtheria-plagued Army outpost. Also on board is an assortment of civilians, dignitaries and outlaws.

Richard Crenna, Jill Ireland and Charles Durning co-star in the film, adapted by Alister MacLean from his novel.

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