Group clinic proposes aid to help kick habit

By KAREN MILLERS
Staff Writer

Sounds of rustling newspapers mix with low conversation in 103 Berryhill Hall as about 15 hospital personnel and friends wait for the 5 p.m. meeting to begin.

Several methodically chew on gum. A few unwrap pieces of hard candy and pop them in their mouths.

"How're you doing?" a woman asks a young man as he arrives.

He grins and shrugs. "I'm climbing the walls."

The two converse for a few minutes on the merits of dietetic chewing gum — it doesn't mess up your teeth — and it's soon obvious that they and the others are trying to break the cigarette habit.

They are attending the fourth session of the Stop-Smoking Clinic sponsored by North Carolina Memorial Hospital (NCMH) and Alpha Epsilon Delta (AED), the premedical and predental honor society.

Recognizing that many persons who want to quit smoking avoid one-on-one professional help, Mark Randall, president of AED, and Al Osbahr, head of the Stop-Smoking Committee, said they felt a group clinic would be more effective in encouraging smokers to stop.

The Stop Smoking group, which meets twice a week for eight sessions, "adds a personal touch," Osbahr said. Enthusiastic discussions, he said, give smokers who are tapering off or stopping a chance to share their triumphs and frustrations. For example:

"I'm just full of hostility."

"Today I got to the point where I thought I would kill for a cigarette. Chewing pencils didn't help. And swallowing them didn't, either."

"I've stopped for eight days now, and I feel like I'm never going to be happy again."

A panel of five ex-smokers, headed by Sue Chase, Professor of nursing, answered comments like these and fielded questions, drawing on their own stories of battling the habit.

"Stopping smoking was probably the hardest thing I've done in my life," Kathy Fogel, assistant professor of nursing, told the group. "I focused on a cigarette all the time. . .Now I've stopped doing a lot of other things because they're associated with smoking." She said that included dieting and cutting out alcohol.

Fogel was prompted to stop smoking by tachycardio (increased heart rate). Steve Felts, a sophomore from Elkin, was influenced by his non-smoking roommates and his father, who had a mild case of emphysema.

"I could see that the cigarettes were stronger than I was," Felts said. "They were controlling me."

Ruth Collins, a lab technician for Student Health Services and a member of the clinic, agreed. "For the first time since I started smoking I decided I wanted to quit. And I've been smoking for 44 years."

With the encouragement of the clinic sessions and her "buddy" (participants pair off in a buddy system to add personal support), Collins has cut down from almost a pack a day to five, sometimes three cigarettes, a day.

Paula Cohen, a data coordinator in the NCMH Department of Obstetrics and Gynecology, quit cold turkey after smoking one and one-half to two packs a day.

"I really hate smoking.I hated every cigarette I smoked," Cohen said. "It was really an awful thing to do."

Participating in the clinic, she said, enabled her to quit. "Those kids that are running it are great," Cohen said. "I'm doing it for them right now, and for my buddy. Misery loves company, I guess."

Cohen and Fogel both referred to quitting as a grief process. "I'm going through a mourning period right now," Cohen said. Fogel added that this is natural, since giving up cigarettes amounts to giving up a part of your identity.

The clinic focuses on helping smokers overcome the habit and the grief by featuring specialists in relaxation and self-control techniques, and by emphasizing medical reasons for stopping. Osbahr said seven of the group members have quit smoking so far and others have cut back.

As they fight the temptation to light up, they sometimes wonder if it's worth it. "Tell me something good," one man said.

The ex-smokers said they feel better, can jog without losing their breath, and had watched hacking coughs disappear.

And as Chase added, "You're gonna live."

Sit-ins, boycotts of '60s recalled in a Civil Rights remembrance

The voices of the civil rights movements of the 1960s speak again in *My Soul is Rested* (G.P. Putnam's Sons. 472 pp. $12.95) by Howell Raines — Rosa Parks of the Montgomery bus boycott, Martin Luther King Jr. of the Montgomery Improvement Association, Bayard Rustin, James Farmer of CORE (the Congress of Racial Equality), Fred Shuttlesworth of Birmingham, Julian Bond, Fannie Lou Hamer, Autherine Lucy Foster, Andrew Young, John Lewis and Ralph David Abernathy.

books

By WALTER SPEARMAN

My Soul Is Rested
By Howell Raines

King told an old black woman during the Montgomery bus boycott that she should start riding the bus again because she was too old to keep walking. But she replied, "I'm gonna walk till it's over; my feets is tired, but my soul is rested."

And Howell Raines went all over the South to interview the civil rights workers "whose souls are rested" now as he taped the oral reports on what he called "Movement Days in the Deep South Remembered." Raines, a native of Birmingham and a political editor for the *Atlanta Constitution*, is now political editor of the *St. Petersburg Times* in Florida. He spent 19 months interviewing persons involved in the civil rights movement and after hearing their stories retold, he concluded that "In the South today we are living on the frontier of possibility, and it is my hope that this book will in some measure explain how we got there. I've been over these tapes and transcripts many times now, yet their stories are still as alive for me as they were at the first telling. I believe that is because most of them are stories of commitment and sacrifice, qualities that are neither transient nor tiresome."

Raines drew another significant conclusion from his study: "Of all the lessons Martin Luther King Jr. tried to teach us," he writes, "the hardest for white Southerners to understand was that the Civil Rights Movement would free us, too."

My Soul Is Rested begins with the Montgomery bus boycott of 1955, moves through the student sit-ins of 1960, the freedom rides of 1961, the Birmingham demonstrations of 1963, the Freedom Summer of 1964, and the Selma march of 1965, ending with the Memphis shooting of King in 1968. At each strategic point, the participants of the civil rights movement talk about their own experiences.

Franklin McCain, now an engineer for Celanese in Charlotte, recalls "The South's First Sit-in" in Greensboro on Feb. 1, 1960: "Let's just go down to Woolworth's tomorrow and ask for service, and the tactic is going to be simply this: we'll just stay there."

John Lewis recalls the efforts of the Freedom Riders to integrate the buses: "I was hit with a crate, a wooden crate what you have soda in, and was left lying in the street."

Willie Bolden recalls the Selma March: "I remember when they first started throwing the tear gas, I saw several people rolling down the embankment toward the water. There were several people who were knocked off the bridge by the horses."

Not all the characters in *My Soul Is Rested* were on the side of the civil rights workers. Raines also interviewed the Ku Klux Klan, Roy Harris of Augusta, Ga., and Alabama Gov. John Patterson. White racist J. B. Stoner said, "I've been fighting Jews and niggers full time more or less starting in 1942." Bobby Shelton, Klan spokesperson, said, "There's nobody got the guts to speak up for the Southerner and the white man.'And when Birmingham Public Safety Commissioner "Bull" Connor watched the Klansmen gather to meet the Freedom Riders, with no policemen in sight, he explained that most of the police "were visiting their mothers."

In addition to the eloquent statements of the civil rights fighters, Raines ties his quoted transcripts together with explanatory and connective material that identifies each speaker and shows his role in the ongoing story of civil rights. Separate chapters are devoted to higher education (Autherine Lucy Foster, Vivian Malone Jones, Ben Allen), one to lawyers and lawmen and one to reporters (Eugene Patterson, Claude Sitton, Nelson Benton, William Bradford Huie.) Among the individuals thanked for their help are Jim Seay and Lee Smith of Chapel Hill.

Howell Raines, pictured, roved all over the South gathering anecdotes for his recent book, *My Soul is Rested*. Raines spoke with Civil Rights workers, Ku Klux Klansmen, and everyone in between to produce a rich recollection of the 1960's South.

Roy Ayers' vibes at State tonight

Roy Ayers Ubiquity, a unique taste of progressive jazz/rhythm and blues with a soft touch, comes to Raleigh for two performances at 7 and 9:30 p.m. today. The concerts will be held on the second-floor theatre of NCSU's Student Center.

It hasn't taken long for Roy to solidify his standing among the top practitioners of the vibes. As one reviewer said of a set at New York's Village Vanguard, "Roy Ayers brings a controlled fire to his performance. He runs up and down the keys of his vibes with deft craftmanship. He can stir himself to a driving tempo or he can just groove. Either way he has complete control of himself and his instrument."

But Roy's skills are known to more than an elite group of colleagues and extend far beyond mere manual dexterity. Attuned to the best elements of jazz, soul, latin and rock, he has gathered around him a crew of musicians who shares his tastes and talents.

Tickets will be available at the door, or at the box office from 8:30 a.m. to 4:30 p.m. weekdays. For more information, call the Stewart Theatre at 737-3105.

Carrboro

Continued from page 1.

us confidence because after serving as appointees, our service satisfied the people and they returned us to the board."

Boone went to Drakeford's residence to congratulate the victor shortly after the final results were reported.

A campaign-wearied Ward said he believed his independent status created doubts in many persons minds about his position on certain issues. Ward was considered a moderate in this election, and he has criticized factionalism in Carrboro politics as being disruptive to town government.

The CCC received its strongest support from the University Lake precinct, where Drakeford unofficially defeated Boone by a more than a 6-1 margin. This precinct is considered a primarily black and student precinct.

"The students really came out in this election," Drakeford said. "Students have been called apathetic, but today they proved that label is just not true."

While acknowledging that most of his support came from students and blacks, Drakeford said his convincing win indicated he had gathered support from all segments of the Carrboro population. He said the CCC-dominated town government, which has labeled itself progressive, will "continue to move forward."

Since Drakeford's victory opens an additional seat on the board, the new board must appoint another member. There was some speculation from several persons at Drakeford's house that Boone might be appointed to fill that vacancy.

"John Boone would be a good man to have on the board, and he would give the board some balance," Foushee said.

Carrboro election results were as follows:

Mayor		
	Bob Drakeford	1,020
	John Boone	787
Alderman	Braxton Foushee	1,052
	Doug Sharer	1,016
	Nancy White	978
	Sherwood Ward	955
	John Thomas	807
	Mary Riggsbee	794
	Harry Wheeler	792
	Jim Porto	322

In effort to cut consumption

Carter warns public on energy

From United Press International

WASHINGTON — President Carter warned the public Tuesday night it is guzzling energy at a rate that endangers the economy and the nation's security, but said he will veto any energy bills that do not meet his standards of conservation, fairness and economy.

In a televised address to the nation, Carter tried to whip up public support for the energy package tied up in Congress, painting a grim picture of the alternatives to a comprehensive national energy policy.

"This is not a contest of strength between the President and the Congress, nor between the House and the Senate," Carter said in noting that the two houses now are trying to resolve vastly differing versions of his original energy proposals.

"What is being measured is the strength and will of our nation — whether we can acknowledge a threat and meet a serious challenge together."

Carter peppered his speech with references to the alleged desire of oil and gas producers for "huge windfall profits."

He also reserved the right to veto whatever legislation comes out of Congress.

Israel returns attack

Israeli gunners pounded the Biblical port of Tyre, two Palestinian refugee camps and a half dozen Lebanese villages Tuesday in swift and heavy retaliation for a rocket attack that killed a woman inthe Israeli town of Nahariya.

Palestinian and Lebanese sources said the three-hour barrage of six-inch shells killed at least 20 persons. The brother of a teen-age girl brought to the American University Hospital in Beirut for treatment of a serious neck injury caused by mortar shrapnel said scores of other persons were wounded.

news briefs

Nixon's tapes for sale?

WASHINGTON — Richard Nixon's lawyer told the Supreme Court Tuesday the ex-president may be embarrased and subjected to mental anguish if up to 22 hours of White House tapes are reproduced for broadcast and public sale.

Attorney William Jeffress Jr. urged the justices to reverse a U.S. appeals court ruling opening the way for public distribution of copies of tapes played at the 1974 Watergate cover-up trial.

But Edward Bennett Williams, representing Warner Communications Inc. which wants to sell a two-album edition of tape excerpts, said common law gives a trial judge discretion to allow copying of a court exhibit.

ERA redraft suggested

WASHINGTON — Instead of extending the deadline for ratifying the Equal Rights Amendment (ERA), Congress should "take a fresh start" with a new amendment that would be more popular, former Solicitor General Erwin Griswold said Tuesday.

But Ruth Bader Ginsburg, a Columbia University law professor, countered that if Congress redrafted ERA, it might just as well also "send the due process, equal protection and freedom of speech clauses back to the drawing boards."

College of William and Mary law Professor William Van Alstyne said Congress could extend the ratification deadline beyond March 22, 1979, but only for three years and only by a two-thirds vote of each house.

The three testified before the House civil and constitutional rights subcommittee on a proposed joint resolution to extend the original seven-year ERA deadline another seven years in order to get 38 states to ratify it.

Currently, 35 state legislatures have passed it, although three have rescinded their approval.

voting

Continued from page 1.

The water plant attracted the most Carrboro candidates. Several handshaking, smiling candidates greeted voters there most of the day. Election helpers said a lot of young persons had come in to vote, although they did not know how many of them were students.

A radio reporter recorded comments from students and townspersons voting at the Carrboro Town Hall, and candidates dropped in occasionally to confer with volunteers about "how we're doing."

Chapel Hill precincts generally were quiet most of the day, although candidates did visit some key precincts. Virginia Julian, registrar at the Woollen Gym polling place, reported that by mid-afternoon only 30 of the 110 voters had been students, although she expected more later. Student voting was reported low at several other Chapel Hill precincts.

— MICHAEL WADE

SHOWS 3:00 5:00 7:00 9:00
"Oh, God!"
GEORGE BURNS
JOHN DENVER
PG COLOR

SHOWS 3:15 5:15 7:15 9:15
They weren't born!! They were kicked out of HELL!!!
THE CREATURES
PG

SHOWS 3:30 5:30 7:30 9:30
FM-107 "Bogie" Series
Humphrey Bogart, John Derek
in
"Knock On Any Door"
RAM TRIPLE
CHAPEL HILL N.C.
NCNB PLA. ROSEMARY
967-8284

1:30 4:00 6:30 9:00 Ends Thurs.
D. H. LAWRENCE'S
"WOMEN IN LOVE"
R
United Artists
abc Carolina Twin
EAST FRANKLIN STREET
2:30 4:45 7:00 9:25 Ends Thurs.
CASABLANCA
Humphrey Bogart
Ingrid Bergman
Don't Miss This One!
Starting Friday
"Big Sleep"
Bogart
Bacall
"La Grande Bourgoise"
Gincarlo Giannini
Catherine Deneuve

PHONE 967-4711
Plaza 1
ELLIOT RD. AT E. FRANKLIN
NOW SHOWING
SHOWS 2:30 4:50 7:10 9:30
Bobby Deerfield
STARRING — AL PACINO
PG PANAVISION® METROCOLOR

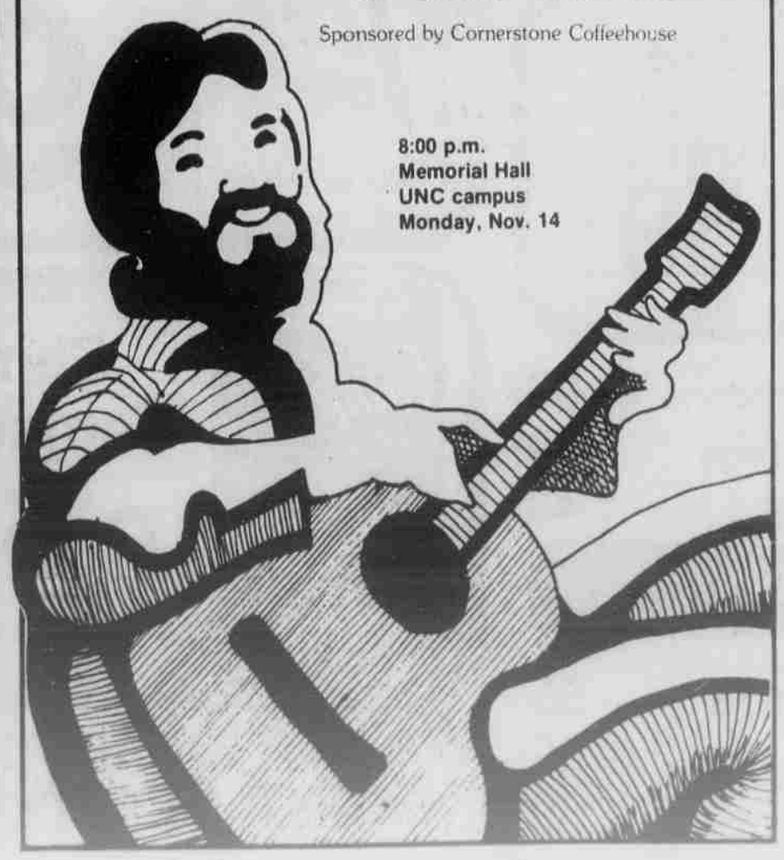
PHONE 967-4711
Plaza 2
ELLIOT RD. AT E. FRANKLIN
NOW SHOWING
SHOWS 2:15 4:00 5:45 7:30 9:15
WALT DISNEY'S
Darby O'Gill and the Little People
TECHNICOLOR
G

PHONE 967-4711
Plaza 3
ELLIOT RD. AT E. FRANKLIN
HELD OVER 3rd BIG WEEK
SHOWS 2:00 4:30 7:00 9:30
SIDNEY POITIER BILL COSBY
A PIECE OF THE ACTION
PG

PHONE 942-3651
Varsity
HELD OVER NOW IN ITS 19th WEEK
SHOWS 2:30 4:45 7:00 9:15
PG
STAR WARS

Dr. Herbert Edwards
Professor of Ethics & Black Religion
Duke University Divinity School
"Black Religion & Human Relations"
Wednesday, November 9, 8:00 pm
Morehead Faculty Lounge
Open to public
Sponsored by the BSM and the Campus Y

The Phil Keaggy Band
IN CONCERT
Tickets available
At Logos Bookstore
and the Union Desk
$3.00 Advance
$4.00 at the door
Dazzling, melodic, Keaggy was the lead guitarist for Glass Harp until 1972 when he left the group just as he was gaining recognition as one of the best new rock guitarists. By this time Phil had developed the speed and dexterity for which he later became known.
—Guitar Player Magazine
Guitarist extraordinaire... one of music's finest composers, vocalists, and guitarists. There may be some people who are as smooth, there may be those who are as fast, there may be some who are as creative, but it is his gift to have them all combined.
—Harmony Magazine
Sponsored by Cornerstone Coffeehouse
8:00 p.m.
Memorial Hall
UNC campus
Monday, Nov. 14



QUALITY PRINTING
While-U-Wait
100 copies $3.95
pip POSTAL Instant PRESS
Stationery, Business forms, Announcements, Memo pads, Envelopes, Window Envelopes, Photocopy service, NCR forms
2944 Chapel Hill Blvd
(Down the hill from Yorktowne Theatre)
Durham, N.C.
pip POSTAL INSTANT PRESS
WORLD'S LARGEST PRINTING CHAIN

RESEARCH
Send only two dollars (to cover postage) for your copy of our latest mail-order catalog of over 7,000 research papers.
• Quality Unsurpassed
• Fast, Dependable Service
• Speeches, Reports, etc.
All Materials Sold For Research Assistance Only
AUTHORS' RESEARCH SERVICES INC
407 South Dearborn Street, Suite 600
Chicago, Illinois 60605
312-922-0300

the MAD HATTER
PRESENTS
Wednesday and Thursday — CRIPPLE CREEK — $1.00 Cover
Friday and Saturday — NIGHTSHIFT — Featuring Members from Southwing, Bro. T. Holla, Gravy Boat, and Lagniappe — $2.00 Cover
Sunday — GARY BURTON — Jazz Vibes Player
Call 929-8278 for more information
Located 128 E. Franklin Street

CAT'S CRADLE
Wednesday, November 9
Benefit for the Green Willow School
405 W. Rosemary St.
967-9053