

Have 28 Black Panthers Been Murdered By The Police



TARHEEL ELKS ON THE MOVE

By A. J. Turner
Publicity Director

Brother S. T. Enloe, Sr., President of Tarheel Elks, has sent out material to all of the lodges and department heads requesting them to meet with him and other staff members in Raleigh on Saturday morning in the Lounge of Fidelity Lodge No. 277 at eleven o'clock. According to the Information of State Secretary E. M. Bulter, this promises to be two good meetings, back-to-back. The one on Sunday, the 14, will be held at the Pride of East Lodge in Goldsboro.

These meetings are set up with the idea of building up more interest in the State Convention to be held in Asheville the first week in May, and also the necessary amount of interest in the Hubron R. Reynolds Shrine that is well underway in Winton. President Enloe is encouraging all of the Elks and Daughters over the state to make plans for the North Carolina Day at the Shrine on Easter Monday to be a record-breaker in attendance. Please note the news letter from State Secretary Bulter, which will explain everything I have mentioned about the meetings on the 13th and 14th of March. We are counting on you to be there.

It is my hope that we can have pictures made of all the various groups at the Asheville meeting in order to put out a bulletin carrying the history of all of the Lodges and Temples over the state. I am asking the support of the deputies to help me get this material together. This will be something I am sure that you will always cherish. This idea has the approval of our president and also our state coordinator.

Now that the CIAA Tournament is over, we can get back to the business at hand, meaning our jobs. We, the lovers and staunch supporters of Shaw, can be very proud of its showing in the Tournament, both in team performance and also their sportsman-like conduct. It is always enjoyable to attend this annual affair in the "Gate City." It brings together so many of the old friends you would not see otherwise.

Among some of them seen at the tournament were: my old friend Dymite Dunn and Clarence Moore and wife, from Gastonia and Asheville respectively, also with the Moores were their youngest son, Roddy, and his wife from Winston-Salem. Roddy is the basketball and track coach at Atkins high school in Winston-Salem; Kelly Bryant, Rocky Mount; Dr. D. C.

Roane, Wilmington; Jimmy McKee, Chas. (Chippy) Chase and Walter Byers of Charlotte; from down East, were Hellis (Shag) Creecy and wife, Gatesville; Ike Battle and wife, Gatesville; George Young and Dr. C. L. Shoffner, Halifax and Weldon and, of course, the only thing

that was left in Raleigh was the campus at Shaw University. We are hoping we can do the same thing next year and bring the banner to the Capital City.

On the sad side of the picture, we are sorry about the death of Mr. James Hawkins of the city and the death of the mother-in-law of Mr. Richard Foxwell of New York, while he was visiting with his nephew, George L. Foxwell and family here in Raleigh, and also the illness of our very good friend Prof. M. H. Crockett, Sr., Principal at Grover Morehead School.

Read your CAROLINIAN. See you next week.



SUPREMES ARE "FEMALE ENTERTAINERS OF THE YEAR"—Washington, D. C. Motown's Supremes, for the past 10 years the world's leading female singing group, will be cited by Washington, D. C.'s Touchdown Club as "Female Entertainers of the Year." Friday, March 5, The Touchdown Club's Salute to the Supremes will be a precedent, in the club's distinguished 40 year history. It is the first time that they have

honored women outside the field of sports. The presentation will be made at the club's special "Salute To The Ladies" luncheon at the Athletic Club. The Supremes, Jean Terrell, Mary Wilson and Cindy Birdsong, are being honored by the club for their outstanding contribution to the entertainment industry. Distinguished guests at the luncheon ceremony will include Tricia Nixon and Ethel Kennedy.

Dr. F. George Shipman

Plans Completed For Inauguration Of Livingstone College's 6th President

SALIBURY—Plans have been completed for the inauguration of Dr. F. George Shipman as the sixth president of Living-

stone College on Friday, April 30, at 10:30 a.m., according to a joint announcement by Bishop William J. Wall's of Yonkers, N. Y., chairman of the college's board of trustees, and Bishop Stephen Gill Spottswood of Washington, D. C., chairman of the Board's inauguration committee.

Inauguration Week will begin on Sunday, April 25, with a 5 p.m. vesper service at which Dr. Eugene E. Morgan of Akron, Ohio will deliver the sermon.

Other activities during Inauguration Week will include an art show; concert by the College Music Department; a symposium; a concert by Gail Nelson, soprano; an historical pageant on "Links in the Legacy of Zion and Livingstone"; a concert by the Virginia State College Band; an inaugural reception; and an inaugural luncheon.

General theme for the week is "Toward a Century of Growth: The Challenge of the Seventies."

Sub-committee chairmen announced by the board include the following: Mrs. Abna Aggrey Lancaster, inauguration week; Miss Julia B. Duncan, announcements and invitations; Mrs. Fannie W. Kelsey, reception; the Rev. Harlee H. Little, housing; Miss Ella M. Hargett, luncheon; Miss Sylvia Heath, decorations and ushers; Levi V. Walker, professional; and Ernest S. Davis, information and parking.

The program steering committee is being headed by Walter G. Jones, director of public relations. Members of the committee are Dr. Olivia T. Spaulding, director of the college's self-study; James R. White, president of the student body; and Bishop Charles H. Fogle of Pittsburgh, Pa. and W. Mance Gilliam of Durham, members of the board of trustees.

Dr. Shipman was appointed president of Livingstone College on January 6, 1969. He began part-time duties at the college on February 11 and assumed full-time duties on May 1 of that year.

Prior to becoming sixth president of Livingstone, he was chairman of the Department of Education at North Carolina Central University in Durham, for almost eight years.

A 1939 graduate of Livingstone, he received the master's degree from Boston University in 1952 and the Doctor of Education degree from George Peabody College for Teachers,

Panther Attorney And Writer Argue Question

NEW YORK—After the killings of Black Panther members Fred Hampton and Mark Clark in a Chicago police raid, Charles Garry, head counsel for the Panther Party issued a statement in which he claimed 28 party members had been murdered by the police. Investigating this statement for an article which appeared in the Feb. 13 issue of The New Yorker magazine, Edward Jay Epstein received a list from Mr. Garry's office putting the figure at 19.

A heated debate between the two principals concerning Mr. Garry's initial accusation and the discrepancy which followed will take place on "The David Frost Show."

Mr. Garry explained that his initial statement of 28 Panthers murdered was based on phone calls to party chapters through-

out the country, but maintains that this was not meant to be a precise figure. "The exact number killed is unknown," he said. "Many have disappeared and we think they have been killed by the police or their agents. I think it's a lot more than 28. I never vouched for that list of 19," he asserted.

Garry continued, "It is irrelevant if there were 38, 28 or 1 who were killed. The important question is whether there is a scheme or device on the part of the U. S. government to destroy the Panther Party," a plan which he described as genocide.

"I don't think it is irrelevant," replied Mr. Epstein as he questioned Mr. Garry's credibility, adding "I don't think he's doing a service to the people he's representing." He continued, "Serious charges when made should be examined. Everyone claimed Mr. Garry's charges of 28 killed to be true, even through Mr. Garry's office sent out a list with only 19 names on it."

Epstein conceded that of the 19 killings, two charges of murder by the police could be entertained.

Although Mr. Epstein said his facts were based on articles written in the Panthers Party newspaper, court reports and personal interviews, as well as from information supplied by Mr. Garry's office, Mr. Garry accused the author of slanting his article towards the side of the police and the government, creating a jaundiced atmosphere while trials are being conducted, and never discussing the belief that the FBI is out to destroy the Panthers. He further accused Mr. Epstein of being an agent for the FBI and the CIA.

"The David Frost Show" is produced by Group W Productions for syndication by Group W Program Sales, wholly owned subsidiaries of Westinghouse Broadcasting Company, Inc.

New Book On Black Art Out

ORANBURG, S. C.—A new book published by the Carnation Milk Co. includes the works of Dr. Leo F. Twigg, associate professor of art at South Carolina State College, and Arthur Rose, chairman of the Art Department at Claffin College.

The book titled "Black Dimensions in Contemporary American Art" features color reproductions and a short biographical sketch of 50 prominent Black artists selected from throughout the United States.

The aim of the publication, according to editor J. Edward Atkinson, is to provide a national exposition of the talents of contemporary black artists. The book is published in paperback and will be available to high schools, colleges, universities and other institutions.

A 15 minute film showing some of the art work included in the book is being prepared by a major network and will be shown on national television later during the year.

The Psychiatrist's Corner

By JAMES H. CARTER, M.D.
Dorothea Dix Hospital

PROBLEM OF THE ELDERLY (GERIATRICS)

Years ago, it was fashionable to keep grandparents around. The elderly were kept in the home until their physical or mental health demanded removal to an institution. Today, there seems an intolerance of the elderly with their multiple

problems. Because of the peculiar nature of their problems, there emerged a specialty in medicine known as "Geriatrics." Nowhere in the field of health is sharp distinction between mental and physical factors less warranted than geriatrics, for the two seem to go hand-in-hand with the elderly.

Of the 19 million Americans over 65, more than a fourth have a psychiatric disorder warranting intervention, according to the President's Task Force on the Mentally Handicapped. Moreover, people over 65 make up almost 30 percent of the residence of public mental hospitals and they constitute almost 20 percent of all first admissions. However, much of the mental impairment in the over 65 population springs from the individual's responses to the normal physical changes of aging and, perhaps more, to the reduction of opportunities for human contact. Boredom is frequently a contributory factor.

Specifically, what do I mean by normal physical changes? With increased age there occurs a hardening of the arteries or blood vessels to the brain with a decrease in the blood supply to that area which gives rise to the peculiar things the elderly do such as forgetfulness and other personality changes, sometimes referred to as "senility." It is not too unusual to find that the elderly cannot recall what was eaten for breakfast but can recall special events that occurred many, many years previously. This loss of memory for recent events may be due to the fact that with old age they are no longer able to "lay down" or code in the brain events that are now happening but re-

tain the ability to recall remote things.

Not just the elderly, but with humans of all ages, there should be afforded the opportunity for human contact. Studies have shown that if babies do not get handled or fail to get loved will often die or fall to grow. One of the worse things that can happen to the elderly is to put them aside where they lose their usefulness and loose human contact. Consistency is often necessary to the extent of leaving night lights on. Sometimes a radio played at a low volume provides the contact that is needed for them to maintain their orientation.

Widespread health education, with attention to the physiological and psychological problems associated with age is of course an essential element to prevention. It can make those people who are close to the elderly more understanding of their behavior and more sensitive to their needs for self-esteem. Illness in the elderly often presents a picture of mixed medical, social and psychiatric problems, and the medical problems often involve several different specialists. However, if diagnosed early, they respond reasonable well to short-term treatment. Psychiatrists are frequently a part of that special team, available for consultation and treatment, along with a social worker who is concerned with what happens to the patient following recovery.

The mental problems can sometimes be shocking to the family. I once had a little old gentleman of 72 to tell me that one of the male psychiatric aids was competing with him for the love of his 70 year old wife. This suspiciousness can really upset a family that has been rather close through the years. Often these patients will accuse their children or other family members of outrageous crimes. Most of these patients do respond to treatment and such treatment can usually be obtained through the community mental health centers.

If feel that very reasonable means should be taken to keep people in the community rather than sending them to a State Mental hospital. It has been my practice to release such a hospitalized patient back to the family or some other responsi-

ble agency as soon as the patient's health will permit.

Dr. Vick Announces ARC Appeal

Dr. T. Marvin Vick, Chairman of the Wake County Chapter, American National Red Cross, advises that Red Cross is appealing to the public for contributions for disaster relief in both the Mississippi and Fayetteville, North Carolina tornado areas.

Heavy disaster costs to Red Cross as a result of two major disasters - Hurricane Celia and the California earthquakes - have depleted Red Cross Disaster Relief Funds.

Hurricane Celia cost Red Cross 11 million and in California the estimated cost is 11 million. Richard B. Conely, Disaster Chairman for the local Red Cross Chapter, advised that presently, in Fayetteville, Red Cross has two disaster vans on the scene and 8 staff members with additional staff enroute to assist the more than 374 families affected.

Contributions are needed for medical relief and assistance in emergency housing needs. Funds are requested rather than clothing or food as these items are available locally.

All Red Cross assistance to disaster victims "an outright gift of the American people through their Red Cross, Conely stated. You are urged to send your contribution to your local Red Cross Chapter.

Employment of health service workers is likely to jump 3.9 million in 1968 to 6.35 million in 1980, according to projections by the Labor Department's Bureau of Labor Statistics.

White-collar workers will outnumber blue-collar by more than 50 percent in 1980. However, 31 million workers will be employed in blue-collar jobs, an increase of more than 2 million over 1970.

PREGNANCY PLANNING AND HEALTH

By Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:
I read your column every time it is in the newspaper and enjoy it. I have learned a lot because people seem to ask the same questions I have on my mind. I would like to ask a favor of you, I am doing a term paper on birth control. Could you help me by sending some literature on birth control? I would certainly appreciate it.

While I am writing to you, would you explain "douching" and how it is done? Also how often it should be done. Is it necessary? Thank you for your answer and for any help you can give me, Miss L.

Dear Miss L.:
Thank you for nice remarks about the column. I am afraid that I don't have any literature suitable for a term paper on birth control. The booklets I offer readers contain simply written explanations of the various methods of birth control, such as the pill, the IUD, diaphragm, etc. For a term paper, I should imagine that you need more detailed information than this, such as materials on the background and development of birth control methods. If you are writing about birth control and the population problem in the United States, I suggest you write your congressman for a copy of the Public Law 91-752, 91st Congress, S. 108. This is the bill passed by Congress on Dec. 24, 1970 to promote public health and welfare by expanding, improving and better coordinating the family planning services and population research activities of the Federal Government.

Regarding your question about douching—this is simply a method of washing out the birth canal or vagina. Most women douche to cleanse and deodorize the vaginal area. Unless a douche is prescribed by a doctor, however, it really is not necessary. The vagina secretes fluids which help to keep it clean and moist. Douching can wash away these natural fluids and even irritate the sensitive walls of the vagina.

So, under normal conditions, douching is not necessary. Some women do prefer to cleanse themselves immediately after a period is over. If this is done,

it should be done only once after each period. Only luke warm water or water with 2 table-spoons of vinegar should be used. This means you are only douching about once a month and that should not be harmful.

Dear Mrs. Riggsbee:
I would like if you could give me some advice on how to contract and shrink my muscles in the vaginal area. I am 34 years old and married and I do not enjoy intercourse like I want to. Can you advise me on something to do? I sure would appreciate it.

I would also like to have a copy of your free booklet, "The Right Way to Birth Control." Mrs. S.

Dear Mrs. S.:
I suggest you buy a copy of an exercise book written by Bonnie Prudden, entitled "How to Keep Slender and Fit After Thirty." The author devotes an entire chapter to exercises to strengthen and tighten the muscles in the vaginal area. Try to exercise for several months and see if they help. If, after several months of faithful exercises, you still think the vaginal area is too slack, you might want to check with a gynecologist. In very severe cases, there is an operation which can be performed to reinforce and tighten the vagina. Unless your problem is extremely severe, however, I doubt that you would want to consider surgery as a solution. I am sending you a copy of the free booklet (available to all my readers) called "The Right Way to Birth Control."

Family Planning clinics are held at the Wake County Health Department, 3010 New Bern Avenue, Raleigh on the following days: Every Thursday at 12 noon; the first four Saturdays of each month at 8:30 a.m.; the second and fourth Tuesday of each month from 6-9 p.m. Call 833-1655 for an appointment.

Address letters or requests for a free booklet on birth control methods to: Mrs. Gloria Riggsbee, 214 Cameron Ave., Chapel Hill, N. C. 27514.

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