

## Church Asks Court To Block Priest's Testimony

PROVIDENCE, R.I. (AP)—The Roman Catholic Diocese of Providence has asked the state Supreme Court to block testimony of a priest, concerning conversations he may have had about a church pastor later convicted of sexually molesting young boys.

Bishop Louis E. Gelineau and Auxiliary Bishop Kenneth A. Angell first attempted to keep lawyers from questioning the Rev. Richard C. Bucci on a motion heard in Superior Court last Monday.

Judge Americo Campanella denied the motion but granted the men a week to appeal to the Supreme Court, which they did the next day.

Gelineau and Angell do not want lawyers for a Narragansett woman and her son to question Father Bucci under oath about what, if anything, he told the bishops about former Bristol pastor William C. O'Connell.

The woman and her son are suing the diocese and the bishops for \$12 million, arguing they failed to remove O'Connell from his position as pastor of St. Mary's Church after being informed of his sexual involvement with boys.

O'Connell was arrested in 1985 on charges of sexually assaulting three boys. He pleaded guilty and was sentenced to one year at the Adult Correctional Institution.

Bucci, an assistant pastor at St. Mary's in 1984 and 1985, has not publicly admitted to discussing O'Connell's behavior with diocesan officials. But he did file statements with police about O'Connell, and he provided information to the Department for Children and Their Families.

Diocesan lawyer Michael T. Murphy argued in Superior Court on Monday that any conversations between Bucci and Gelineau and Angell are privileged and protected by a state law prohibiting a priest from testifying about "confidential communication entrusted to him in his professional capacity."

also argued for Bucci's First Amendment rights.

But Daniel Prentiss, lawyer for the plaintiffs, argued the state law Murphy cited was intended only to protect priests from divulging what they are told in confession.

"I told the judge that I didn't think the state law applies in this case, and the judge evidently agreed," he said last Tuesday.

Court officials said Tuesday that a hearing on the bishops' motion would be held later in the week by Supreme Court Justice Florence K. Murray.



SUSPENSE OF AN ELECTION—Attorney Geoffrey Simmons, left, an unidentified woman and N.C. Rep. H.M. "Mickey" Michaux, right, anxiously await the primary results as they cheer their candidate on and shake hands with fellow Jackson supporters. (Photo by Talib Calloway)

## Coach Stabbed In Route Home After H.S. Game

YPSILANTI, Mich. (AP)—A carload of teenagers followed a bus carrying a rival basketball team home after a fight-filled game and one youth stabbed an assistant coach, an official said last week.

An Ypsilanti Willow Run High School assistant coach, whose name was withheld, received a minor wound to his side, Washtenaw County sheriff's Sgt. William McFarland said.

The attack followed a game in Carleton between Ypsilanti Willow Run High School and Carleton Airport High School, McFarland said. Carleton Airport won the game, 71-53.

Although both sides used racial taunts during the fights, the sergeant said he didn't consider the attack racially motivated. Willow Run's team is predominantly black and the airport team is predominantly white. The injured coach is white.



OPENS FIRE—Panama City, Panama—An unidentified policeman fires at demonstrators during a violent protest in downtown Panama City March 8. Riot police also used tear gas and water cannons to break up the crowds. (UPI)

## Raleigh Beauty Cultrists Meet In Capital Room

The Raleigh Chapter No. 27 National Beauty Culturists League held its March meeting at the Capital Room in Hudson Belk. Mrs. Daisy Alston was the hostess for this meeting. The meeting was opened with devotion by Mrs. Mary S. Greene. Mrs. Greene read 10 verses of chapter 5 from St. Luke. A prayer and Bible verses followed. The business session was conducted by Mrs. Alberata Bridgeford (President). Mrs. Bridgeford was chosen as a delegate for the State Convention and Mrs. Susie Umphrey (vice president) was chosen as an alternate. Members present were: Mrs. Sarah Davis, Mrs. Helen Minter, Mrs. Daisy Alston, Mrs. Lizzie W. Ritter, Mrs. Della Lett, Mrs. Alice Henry, Mrs. Alberata Bridgeford, Mrs. Mary S. Greene, Mrs. JoAnn Alston, Mrs. Hattie Beckwith, Mrs. Susie Umphrey, Mrs. Betty Turner, and Mrs. DeJuana Alana.

## Extension Agent Sees Steak Price Increases Soon

Look for specials on steaks at the supermarket during March and stock up for summer barbecues, says Rachel Kinlaw, extension foods and nutrition specialist at North Carolina State University. "March will be the last call for lower steak prices; once the demand goes up, the price will also go up," she says.

Pork loins, shoulders and picnics are good buys, but hams, both fresh and processed, are higher in price this year. The extension specialist predicts that bacon and sausage will continue to be reasonably priced. "Unless you love a specific brand of sausage, try different brands. You'll find that fat content does vary," Kinlaw says.

Poultry continues to be a good value. Fryer prices are holding their own, and turkeys are being featured in some stores this month.

Fish and seafood demand continues to keep the prices of these items up. Kinlaw suggests seafood lovers on a tight budget consider the lower cost alternatives, such as less familiar species or the surimi-based products like imitation crab and imitation shrimp. Some stores will offer Lenten specials on tuna and canned pink salmon, but red salmon prices will remain high.

Fresh fruit and vegetable prices have been high lately, but they should begin to drop as supplies increase. Present good buys include apples, broccoli, cabbage, lettuce, salad items, onions, grapefruit and oranges. Fresh local turnip greens should come on the market the end of March, weather permitting.

"The average family spends about 14 percent of their income on food. To make each dollar go as far as possible, read labels, compare prices and buy only what you will use. Plan ahead so that you're in control each time you shop. Try not to shop when you're tired, hungry or without a planned list," Kinlaw says.

If your favorite pattern is so worn that it's beginning to fall apart, press it onto fusible interfacing. There are several products on the market for this purpose.

## Power To Change

...and grow

BY FRED AND JOANNE WILLIAMS



**WHAT TO DO WITH SIN**  
"Thy word have I hid in my heart that I might not sin against thee" (Psalms 119:11).

What is sin? Sin is rebellion or disobedience to God and His word. Sin breaks the heart of God because it puts man directly out of God's will. Sin causes man to miss the blessings of God for his life.

One example of a sin which is plaguing men is sexual sin.

Sexual sin, whether fornication, adultery, homosexuality, or lesbianism, violates the laws of God. It seems that the world is engrossed today with sex. Sex, not as an expression of love, but sex as an end in itself. Sex is used as an advertising gimmick, a tool of exploitation and greed and a means to gratify the flesh.

Sex is the snare that Satan has used to trap and destroy many politicians, ministers and businessmen. Satan used it to ensnare David, a man after God's own heart, who was taken down by sexual sin. Sampson was a special man of God who was tripped by sexual sin.

What does this mean? Must we all throw up our hands and give in to the desires of our flesh? God forbid that we give up and give in. There is a way out! However, we must fight.

"For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world." And the world passeth away, and the lust thereof; but he that doeth the will of God abideth forever.

Seek God and turn away from sin.

## Milk Strengthens Bones, May Lower Blood Pressure

By JOAN GOSPER  
N.C. State University

That glass of milk you drink to strengthen your bones may also be protecting you from high blood pressure. There is growing evidence that links a low calcium diet to high blood pressure, says Dr. Nadine Tope, extension foods and nutrition specialist at North Carolina State University.

A diet low in calcium appears to be an important risk factor in the development of hypertension. The average American adult does not get the Recommended Dietary Allowance of calcium, which is 800 mg. Nutritionists recommend that if you have high blood pressure or if you have a family history of it, you should at least meet the RDA for calcium.

How can a mineral which is found in your bones affect blood pressure? One percent of your body's calcium is found in your body's cells and fluids. "Although this may not sound like much, this one percent may play a very important role in regulating blood pressure," Dr. Tope says. Calcium causes blood vessels to relax.

Milk and other foods from the milk group are the best sources of calcium. They also provide your body with potassium and magnesium, which may also help lower blood pressure. An 8-ounce glass of milk (whole, low-fat or skim) has about 300 mg. of calcium. Two glasses of milk are recommended. Get the rest of your calcium from other dairy products and dark green leafy

vegetables, such as kale, collards and broccoli, Dr. Tope says.

### STEAMING

In a rush to get food on the table, we often forget an easy and healthful way to cook—steaming. Steaming helps vegetables to retain good color as long as they are not kept covered for too long.

All you need is a steamer. Steamers are little racks, hanging mesh sacks or bamboo baskets that hold the food off of the bottom of the pot. There are also bamboo steamers which can be used in your wok, says Dr. Nadine Tope, extension foods and nutrition specialist at NCSU.

Steaming preserves vitamin C and B-complex vitamins which are often washed away or destroyed by other methods of cooking.

To steam food, put 1 to 1 1/2 inches of water in a sauce pan or skillet; set the steamer in place, making sure the food won't touch the water. Heat the water to boiling. Add the food, then cover and adjust the heat to keep the water boiling vigorously. The pan should remain filled with steam, but the cover shouldn't be on so tightly that the pressure builds up. Check the water level several times during cooking. If necessary, add more boiling water.

Vegetables should be crisp but tender, fish flaky and chicken cooked through. Foods cooked too long lose flavor and may become soggy or stringy.

## Take Care When Washing Expensive Silk Garment

Although the label may say "hand washable," many people are reluctant to dunk an expensive silk garment into the sink. But clothing made of this beautiful fabric can be successfully hand washed if the care label reads hand washable.

Read the label and follow the directions. Washable silks should be hand laundered with lukewarm to cool water and a synthetic detergent made for wool, says Dr. Harriet T. Jennings, extension clothing specialist at North Carolina State University.

When washing a silk garment, do not rub the fabric. Squeeze and work it about in the suds. Rinse the garment carefully in water of about

the same temperature. Then remove excess moisture by gently squeezing and patting the garment between dry towels.

Don't wring the garment or allow the silk to wrinkle unnecessarily, because those wrinkles may be difficult to get out. Silk should be uniformly damp for pressing, so get out the iron and go to work before the article of clothing has completely dried.

If the fabric is allowed to dry and then sprinkled with water to dampen, water spots may appear. If the fabric is too wet when ironed, the material will be stiff and papery.

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