

MRS. BEATRICE MAYE'S
This Week In
GREENVILLE

RECIPE FOR SELF-RESPECT: TRADE IN SELF-RIGHTEOUSNESS

"I am flat broke from overspending at Christmas, but I need to go shopping again soon because I am completely out of self-respect. I've said a few things I wish I could take back, and I am not feeling very good about myself.

"I also want to exchange a carton of self-righteousness for an equal amount of humility. I hear it is less expensive and it wears better. And while I'm at it, I'm going to check on tolerance and see if there is any available in my size.

"I must remember to try to match my patience with the little I have left. I was told the same department has a repair shop for mending integrity. Mine has become frayed around the edges from too many short-cuts and too much compromising. If I don't get it refurbished, there won't be any left.

"I almost forgot the most important thing of all—compassion. If I see some, no matter what the color, size or shape, I'm going to stock up heavily, regardless of the price. I have run out of it so many times and I always feel ashamed when it happens.

"I don't know why it has taken me so long to get around to shopping for these items. They don't cost nearly as much as some of the frivolous things I've bought on impulse, and I'm sure to get a lot more satisfaction from them.

"Yes, I am going shopping today, and I can leave my credit cards and checkbook at home. The thing I am looking for have no price tags."

—Ann Landers

KIDS AND DRUGS (Facts From the Experts)

1. Teenagers say drugs are the most important problem facing them today.
2. Alcohol, despite public appearance of its moderate use, is a drug, one that's particularly dangerous to children.
3. The drinking habits of parents significantly affect the children's feelings about drug use.
4. Even for the rehabilitated drug abuser, saying no to drugs is a day-by-day, moment-by-moment struggle.
5. During routine examination, parents should consider having the teenagers tested for drug use.
6. Our society encourages the use of chemical substances to help us through the stresses we face.
7. Eighty percent of teenagers want parents to be clearer and firmer about taking a stand against drug use.
8. Even when kids keep their drug habits a secret, they often want to be found out, and helped, by parents.
9. Drug abuse is a treatable, curable problem. Parents should not lose hope.

These greatly influence your life: Family, spiritual values, a good home, rewarding and satisfying work.

These expand your pockets of health: Healthful food, lifelong learning, good health habits, exercise, hobbies

Rhamkatte

BY LUCILLE ALSTON
RHAMKATTE—Church School opened at 8:45 a.m. with all classes reporting. The assistant superintendent, Elnora Singletary, presided. The subject of the lesson was "Moses Leads the Exodus," Exodus 14:10-18, 30-31. The key verse was repeated by the school. Rev. Shirley Decosta taught the adult class. Classes had a 45-minute study period, then the lesson was reviewed by Ms. Singletary. After the report by the secretary, Nikki Kearney, the school closed.

At 10 a.m., Rev. Milton Battle spoke from John 4:9-10 on the topic, "Do You Know Who I Am?" Music was furnished by the Gospel Choir, with Rev. Kenneth McNeil at the organ and piano. Usher Board No. 4 was on duty for the day. They lifted the offering and tithes. Sister Singletary gave the morning prayer. Announcements were made by Sadie Chavis. Mini-church was led by Lee Nipper. Altar call came from Rev. Decosta.

Rev. Battle left the congregation with a message on how a Christian must live to be able to answer when God calls. He asked, "Where were you when I laid the foundation?" I have that living water. When the word hits you, you need to know the tree of life. It will knock at your door. You must step out on faith, believe; there's nothing like the power of God. Invitation to Christian discipleship was followed by the closing.

ANNOUNCEMENTS
Rev. Shelton Miles and the Consolation Chorus will render a musical program July 18 at 6 p.m. at St. John A.M.E. Church.

On the sick list are Ralph Johnson, Walter Rogers, Bertha Pierce, Ella Fletcher, Johnnie Jones. Let us pray for the sick and visit with them more. God still sits on the throne and He

and interests and friends.

Your home and family are of the greatest importance. They make up the important central arena of your life. If you get a regenerative experience going within your home and family, you have the best possible base to move out and expand into the wider area of community regeneration.

How do you start? With the TV set. Use it much less. Watching television immobilizes people. Keeps them still and passive. And uses up a vast amount of time that could be much better used in regenerative activity. Sure, there are some fine programs on TV. And yes, TV watching is not nearly as bad as some of the other degenerating things people do to themselves. But you're going to need some of those hours spent sitting watching TV to get the regenerative juices of your family flowing freely.

One way or one approach is to schedule a non-TV evening, and plan specific regenerative activities to fill that time. For example, you may want to invite friends in for a story-telling hour night, or take an evening walk with your family. Or read aloud or play some games together. Remember all the family-centered things people used to do before TV came along. Bring some of those good ideas back into your life.

SPIRITUAL VALUES

1. Make a list of your spiritual values, what is most important to you. Are you satisfied that you are living up to them? If not, how can you change for the better?

2. Make a list of all the good things about yourself and the things you would like to improve and have the capacity to improve about yourself. Start one by one.

3. Do something for your neighbors. Shovel their walk in the winter. Share the bounty of your garden in summer.

4. Practice hope. The next time you find yourself thinking negatively about a situation, find the good aspects of it instead.

GOOD HEALTH HABITS

1. Schedule a weekly pampering session for yourself—take a bath or shower in candlelight, cleanse your face with steam, moisturize your skin with olive or coconut oil.

2. Eat in-season fresh fruit every day.

3. Substitute herb tea for coffee. Plant mint in your garden, and make your own tea out of the fresh mint.

4. Give a friend a massage. Give yourself a massage.

5. Limit red meat and fried foods to once a week, if that.

6. Say hello and smile at everyone you pass on the street.

FRIENDS

1. Invite friends over, turn on your favorite music and dance.

2. Make a wonderful dinner, and take it to a friend's house to enjoy together.

3. Get together with friends, and go for a bike ride or a walk, or cross-country skiing. Have a picnic afterward.

4. If a friend is feeling blue, take him or her flowers from your garden or a card you made yourself.

does take care of his own.

We are sorry to hear that Ms. Margaret Kearney is in Wake Medical Center.

The Rhamkatte community is in sympathy with the Hughes family in the passing of Ms. Hughes' mother, Ms. Grant, whose funeral was held July 9 in Fayetteville. We say to the family that we are praying for you and God is still in the healing business.

Clinton

BY A.M. JOHNSON
CLINTON—Just for today, let me remember that a friend is someone to sigh with and to cry with. To be with through smiles and woes. Wherever a path in life goes. A friend is a treasure. An all-around pleasure, to share with, to care with, and love wrapped with affection and made to perfection. A friend is indeed a gift from above.

De Mailresse Bryant was appointed to the Clinton Board of Education, a seat vacated by Ms. Neatrice Merritt.

The appointee was one of three interviewed at a special session of the board last week.

She is employed by Sampson Memorial Hospital, attended Fordham University in 1969-71 and Sampson Technical Institute in 1974-77. She holds an associate degree in nursing.

Ms. Bryant is also co-owner and assistant director of Bible Church of Christ Day Care Center. She has also served three years on the advisory committee at Sampson Community College.

Family Day was held last Sunday, July 10, at the A.M.E. Zion Church, with the associate pastor, Rev. Lacy Evans, officiating.

The Family of the Year was honored. Ms. Nan Faison was the honoree. She was presented a plaque

Three Steps to Manage Your Ulcer



Although it can be a literal "pain in the gut," ulcers are no longer as painful or as difficult to live with as in the past.

Doctors now prescribe medications that give quick, safe relief. They also advise their patients about positive lifestyle changes that may make it easier to live with an ulcer. Today, living with your ulcer can be as simple as one, two, three.

Step One — Modern Medications

Doctors now have a choice of several effective medications for their ulcer patients. Most of these drugs act by reducing acid in the digestive tract. Another agent, Carafate, does not enter the bloodstream. Instead, it works to help heal the ulcer by enhancing the body's own healing process. For patients on several medications and for the elderly, many physicians prefer such a non-systemic drug. With modern medical treatment, most ulcers heal in six to eight weeks.

Step Two — Listen to the Doctor

You can be a great help to the doctor. "If a patient gives the doctor the whole story and then takes the doctor's advice to heart, the treatment will be much more effective," said Dr. Gordon McHardy, emeritus professor of medicine at Louisiana State University.

"When ulcer symptoms flare up for having the largest family present. The service was enjoyable and the dinner was delicious. The fellowship was warm.

The Scholarship Committee of First Baptist Church presented a "Mother and Daughter Talent Contest" at the church at 6 p.m. last Sunday at the church.

The annual session of the Singing Union, Usher Board, Baptist Training Union and Church School convention will be held at Snow Hill Baptist Church on Thursday through Saturday, July 21-23 in Roseboro. Rev. Jesse Smith is pastor. You are invited to attend.

Just for today, I will try to live through this day only and not tackle my whole life's problems at once. I can do something for 12 hours that would appall me if I felt I had to keep it up.

Ms. Shirley S. Boykin of Orange, N.J., Curtis Moore and Connell Monk of East Orange, N.J., and Ms. Ester Brown, Newark, N.J., were in Clinton for a visit last week.

The Daughters of Zion annual candlelight march will be held on Sunday, July 24, at 7:30 p.m. The Rev. Leonard R. Faison, choir, ushers and congregation will be in charge of the service.

Charles Johnson and wife Della spent the July 4 holidays here with their mother, Ms. A.M. Johnson. While here, they visited other relatives and friends.

The family of the late Thomas A. Sampson gathered last weekend in Clinton for a family reunion. They gathered at First Baptist Church last Sunday for the family worship service.

Curtis B. Moore and Ms. Ester Brown of Newark, N.J., were married last week while on their visit to Clinton. We wish them much happiness.

Revival is going on this week at Roseville Baptist Church, Willard. The guest minister is Dr. Clifford A. Jones, Sr., pastor of Friendship Baptist Church, Charlotte. Dr. Jones is the recording secretary for the General Baptist State Convention of North Carolina and the moderator for the Mecklenburg General Baptist Association.

The Rev. Lenard Faison is pastor at Roseville.

Carlton Kinlaw of Washington, D.C., spent several days here recently visiting his brother.

MARCHES
(Continued from page 11)

support for the Democratic nominee and vote independent for Dr. Fulani in November.

Dr. Fulani, the first African-American woman ever to receive federal primary matching funds, began her campaign with the slogan, "Two Roads are Better Than One." It meant supporting Rev. Jackson in his bid for the Democratic Party nomination while preparing her independent candidacy so that if he were not nominated there would still be a progressive black candidate on the ballot in all 50 states and the District of Columbia standing for the inclusive

again during treatment, the first thing we look for is failure to take the medication or to stop smoking," McHardy said. As with many diseases, the pain in ulcer disease will usually be gone before the ulcer itself is completely healed. "Too many patients will stop taking their medication when the initial symptoms go away," he added. "It is vitally important that all medicines be taken until finished, or your physician tells you to stop taking them."

Step Three — Positive Lifestyle Changes

Doctors give patients basic guidelines for living with their ulcers. These guidelines are usually fairly easy for the patient to follow because they are simple dos and don'ts. Usually the "do" side of the list will include such activities as eating a normal balanced diet, avoiding spicy foods, and limiting intake of coffee and colas. On the other side of the list, a doctor will advise his patient not to smoke or use excessive amounts of alcohol — all known contributing factors to ulcer flare-up.

Unfortunately, there is no cure for ulcer disease. While most ulcers can be healed without difficulty, the old saying, "once an ulcer always an ulcer" still holds true for most ulcer patients. But if you follow the three steps of ulcer management, you can reduce your chances of recurrence and live a normal life, even while you do have an active ulcer.

social vision of the Rainbow.

Dr. Fulani has urged that supporters of Rev. Jackson must be prepared "to cost the Democrats the election" if the party continues to take its most loyal constituencies—including African-Americans, Native Americans, lesbians and gays, and environmentalists—for granted.

"The way to force the Democratic Party to respond to our agenda is by withholding our votes. If they don't support us, we won't support them."

Buses will be leaving from the Heritage Shopping Center on Fayetteville Street in Durham on July 19 at 10:30 p.m. and will return late evening on Thursday, July 21. For ticket information, call 1-493-4235.

Obituaries

MRS. FLORINA VINSON
Funeral services for Mrs. Florina Vinson, 89, who died July 6 were held July 13 at Lea Funeral Home, Burial followed in Prince Cemetery. Arrangements by Lea Funeral Home.

ERNEST LEE HOLLOWAY
Funeral services for Ernest Lee Holloway, 57, of 724 Dennis Ave., who died July 5, were held July 9 at Wake Chapel Baptist Church. Burial followed in the church cemetery. Arrangements by Lightner Funeral Home.

CARL R. WEBB
Funeral services for Carl Roosevelt Webb, 74, who died July 7 in Richmond, Va., were held July 11 at Feggins-Feggins Funeral Home in Wake Forest. Burial followed in Raleigh National Cemetery.

Surviving: son, Mahammad Webb of Richmond, Va.; sisters, Mrs. Lucy Carr of Raleigh, Mrs. Myrtle Marshall of Queens, N. Y., Mrs. Leonest Massenburg of Wake Forest, Mrs. Margie Young and Mrs. Frances Young, both of Brooklyn, N. Y. Arrangements by Feggins-Feggins Funeral Home.

MRS. DENNESE MILLS REAVES
Funeral services for Mrs. Denneise Mills Reaves, of 828 Hargett St., who died July 6, were held July 9 at First Baptist Church, Wilmington Street. Burial followed in Carolina Biblical Gardens. Arrangements by Haywood Funeral Home.

MRS. VIRGINIA R. WILLIAMS
Funeral services for Mrs. Virginia R. Williams, 43, of 519 Aberdeen Drive, who died July 6, were held July 10 at Lea Funeral Home. Burial followed in Carolina Biblical Gardens. Arrangements by Lea Funeral Home.

FRED SMITH
Funeral services for Fred Smith, of 613 Candor Lane, who died July 7, were held July 13 at Haywood Funeral Home. Burial followed in Raleigh National Cemetery.

Surviving: sisters, Mrs. Rubie Smith and Mrs. Pearl Shuford, both of Raleigh; brother, Johnny Smith of Raleigh. Arrangements by Haywood Funeral Home.

NOLLIE WATKINS SR.
Funeral services for Nollie Watkins Sr., 76, of 500 E. Hargett St., who died July 6, were held July 11 at Raleigh National Cemetery.

Surviving: daughters, Mrs. Loretta Watkins Irby and Mrs. Brenda Ann Johnson, both of Raleigh; sons, Nollie Watkins, James Watkins, Larry Watkins, and Ricky Watkins, all of Raleigh; William Watkins of Boston, Clint Watkins of Germany and Sgt. Bobby Watkins of Wilmington; sisters, Mrs. Rosa Burt, Mrs. Mamie Montague and Mrs. Annie Louise Stewart, all of Raleigh; brother, Charlie Watkins Jr. of Raleigh; 16

CALENDAR OF EVENTS

CULTURAL ACTIVITIES
The Sertoma Arts Center has a wide variety of cultural activities lined up for the fall ranging from painting to Chinese cooking. Drop by the center at 1900 Shelley Road to pick up your copy of the new fall brochure today.

CAR WASH
A car wash will be sponsored by the Youth Department of Ye Are the Temple Bible Fellowship, 805 E. Davie St., at Hunter's Exxon off New Bern Avenue on July 16 from 9 a.m. to 2 p.m. For more information, call 834-1141 or 779-1788.

RECORDER SOCIETY
The Triangle Recorder Society will meet Sunday, July 17, from 2:30 to 5 p.m. at the Chapel of the Cross, 304 E. Franklin St., Chapel Hill. Group instruction and playing will be offered. For more information, call 1-683-9673 or 1-631-9679.

SCHOOL OF GERONTOLOGY
N.C. Department of Human Resources Secretary David T. Flaherty announced that the ninth annual Summer School of Gerontology will be held the week of July 17-23 on the campus of the University of North Carolina at Wilmington. The summer school is sponsored by the Department of Human Resources' Division of Aging.

For more information on the Summer School of Gerontology, call or write Marian Sigmon, training coordinator, N.C. Department of Human Resources, Division of Aging, 1985 Umstead Drive, Raleigh 27603, 733-3983.

ANNIVERSARY SERVICE
Ye Are the Temple Bible Fellowship, 805 E. Davie St., will hold an anniversary for the pastor and his wife on July 17 at 5 p.m. Pastor Bruton from Victory Temple will bring the message. For more information, call 834-1141 or 779-1788.

CANCELLATION NOTICE
The July 19 Friends of Black Children meeting has been cancelled. Call 621-1746, Ext. 343, for additional information.

ANNUAL POTLUCK SOCIAL
Both members and guests are invited to attend a Women in Communications, Inc. Potluck Special hosted by fellow member Eleanor Jordan on Tuesday, July 19. The evening provides an opportunity for members to socialize and network, with no formal program or meeting planned.

Bring a dish to share; paper products and drinks will be provided. The evening starts at 6:15 p.m. and food will be served at 6:30 p.m. For directions, call Eleanor Jordan at 836-7882 or Donna Tompkins at 836-4469. Anyone interested in membership should contact Laura Ford at 836-6147.

LITERARY SOCIETY
The African-American Literary Society of Wake County will meet Monday, July 25, at 7:30 p.m. at Richard B. Harrison Library, 1313 New Bern Avenue. Discussion topic will be "Women of Brewster Place," by Gloria Naylor. For information, call 851-5686, 266-9919 or 755-6106.

SEMINAR AND BANQUET
A singles' time to share and senior banquet will be held by Ye Are the Temple Bible Fellowship at the Red Lobster, 4406 Old Wake Forest Road, on Monday, July 18, at 6 p.m. The cost is \$5 per person and covers all dinner and seminar materials.

Anyone from any church or ministry or anyone without a church home is invited to attend. Please fill out the registration form. Come by the church office or mail it in to 805 E. Davie St. For more information, call 834-1141 or 779-1788.

ENGLISH MUSIC EXHIBITION
The Sutcliffe Gallery USA is pleased to present a special exhibition, lecture and evening of traditional English music on Saturday, July 23, from 10 a.m. to 10 p.m. at the Courtyard (next to Pyewacket Restaurant, Franklin Street in Chapel Hill).

The exhibit features a selection of Victorian photographs from the masterful work of Frank Meadow Sutcliffe. A lecture given by Gallery President John Roberts and accompanied by a slide show focuses on the life of Sutcliffe in and around the port of Whitby, England at the turn of the century. A special evening mini-concert of traditional English music is planned. Lecture times are 4, 6 and 8 p.m.

grandchildren. Arrangements by Lea Funeral Home.

MRS. WILHELMIA W. BISHOP
Funeral services for Mrs. Wilhelmina W. Bishop, 311 Golf Course Drive, Raleigh, who died July 7 were held July 12 at First Baptist Church on Wilmington St. Burial followed in Mount Hope Cemetery.

Surviving: husband, Dr. David W. Bishop; sister, Mrs. Beulah W. Hill of Raleigh. Arrangements by Lightner Funeral Home.

ROBERT ALLAN LAWS
Funeral services for Robert Allan Laws, of 206 Kentucky Drive, who died July 10, were held July 13 at First Congregational Church. Burial followed in Raleigh National Cemetery.

Surviving: sons, Kenneth Laws and Chadburn Laws, both of Garner; mother Mrs. Virginia Laws of Raleigh; brothers, Elbert Laws III, Donald B. Laws and Rodney Laws, all of Raleigh; maternal grandmother, Mrs. Marl L. High of Raleigh. Arrangements by Haywood Funeral Home.

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Ms. Hemby & Ms. Smith To Atten Leaders School

Ms. Francine Hemby and Ms. Sarah V. Smith, both Y Teens, have been selected to attend the Aug. 6-13 Y Blue Ridge Leaders School, under the auspices of the Physical Education Committee of the South Field YMCA.

Purpose of the leaders' school is to further development by the home association of leadership qualities of youth and adults who are leaders in YMCA physical education; to offer training in teaching and performance skills in physical education; and to offer opportunities for clarifying, developing and strengthening human relations skills needed to transfer moral values into action.

Daily schedules will involve aquatics skills, basic gymnastics skills, basic dance, advanced volleyball, values education, beginning tennis, youth sports philosophy, CPR, fitness workout, and water polo.

Final overall evaluation will cover skill accomplishment, written test score, leadership ability, aptitude, appearance, type of involvement.

Y Teens were selected based on their involvement with the Garner Road Family YMCA and their enthusiasm regarding the Y physical education activities.

Drug Action Has "Freedom Street Jam" Here

Drug Action of Wake County sponsored a drug-free outdoor party for teens recently titled, "Freedom Street Jam." The event was held from 4-8 p.m. outside the Drug Action treatment facility at 2809 Industrial Drive, located behind the Pepsi-Cola plant on Old Wake Forest Road.

Sasquatch, a local rock band, entertained; hot dogs, snacks, ice cream, and soft drinks were provided free of charge, and giveaways included tapes, tee-shirts, and admission passes to local hotspots. Volleyball and a drug information booth were some of the other activities available.

The event was free and open to the public. This event, along with 300 similar ones in treatment programs nationwide, supported the national "Independence Through Treatment" week declared by the Alcohol and Drug Problems Association of North America's Ad Hoc Coalition on National Alcohol and Drug Issues.

Co-sponsoring the Drug Action party were the General Electric Elfun Society, 94Z radio, and the Deck. Other contributors include Canteen Division of TW Services, the Pepsi-Cola Bottling Co. of Raleigh, Inc., the Keebler Co., Pine State Creamery Co., CMC Maintenance, Inc., Colonial Life and Accident Insurance Co., Guest Associates and the N.C. State Office of Alcohol and Drug Prevention.