



BEATRICE MAYE'S

This Week In GREENVILLE

WHAT IS YOUR STRESS LEVEL?

Women tend to feel more stress than men.

Professionals and managers report less stress than blue-collar workers. The more educated people are, the less stress they report.

White people report less stress than blacks.

People who are married and living with a mate and those whose spouse died are less stressed than those who are single, divorced or separated.

The more stress, the more symptoms of illness, visits to the doctor and smoking.

Married people tend to be healthier than non-married people.

HOW MATURED ARE YOU?

A dictionary defines maturity as a state of perfect or complete development. Various authors have laid stress upon separate virtues included in the maturity of a human being: responsibility, independence, generosity, cooperativeness, goodwill, integrity, adaptability, and skill in separating fact and fancy.

Whatever trait is emphasized, the mature person will show skill in handling the events and tests of life in such a way as to produce the greatest possible amount of happiness with the smallest possible amount of stress.

The mature person lives significantly for himself and for mankind. He rejects the temptation to be always neutral or safe, to be a mere invalid or a minor in a protected corner. He is too busy with gratifying work to engage in trifling things, and too well balanced to pay attention to miracle workers and jugglers.

That is not a lazy life. The mature person is not passively receiving but is creatively acting. He has a sense of relative values and a feeling for consequences. He confronts life with some boldness.

One principle that marks maturity in any walk of life—business, in private life or in national affairs—is this: the determining element is not so much what happens to a person but the way he takes it. The responses to life of a mature person are of good quality and can be counted on.

The contrary state, immaturity, is marked by adult infantilism, in which a person has reached maturity of physical development, but remains an infant in his response to the problems and obligations of life.

What are mature actions? The mature person tends not to be clumsy in his association with other people. He thinks about how the thing he proposes to do will affect his neighbors' lives. He seeks to give other people room so that they, too, may mature. He has learned the important lesson that he who walks in crowds must step aside, keep his elbows in, step back or sidewise, even detour from the straight way, according to what he encounters.

It is all very well to try, once in a while, to think strictly personal thoughts, but we quickly come to see that we live in relationships. Family life helps our children to grow from stage of confidence, skill, responsibility and understanding. Our homes prepare people for the larger and more exacting relationships of a world where social and political sense have not progressed as far as have scientific and technical skills.

The mature person has graduated from home and school with some awareness of the requirements of society. He wants to share in the human enterprise of getting out of the jungle frame of mind, of building a community wherein he may grow. He develops from the stage of thinking: "Please help me," through "I can take care of myself," to "Please let me help you."

Sharing is a vital part of maturing. Most of the significance we attain grows out of our contribution to the lives of others. The person in an ex-

ecutive position, from the president of a great company down to the foreman of a small gang, puts his imprint on history through the people under his direction. He builds their struggles and reduces their limitations. He gives them opportunities to become their own most mature selves. This can be, as Stephen Vincent Benet remarked in one of his essays, the most conspicuous enterprise of the human being.

Qualities of character: some certain basic values and virtues include these—justice and truth, responsibility (the man of mature character is a man who can be relied upon). His qualities are predictable. He is a good security risk for himself, his family, his employer and his neighbors. Self-deception cannot be tolerated in maturity. We see men who will not look at things as they are, but as they wish them to be, and are ruined. Self-control. Tolstoy wrote: "There never has been, and cannot be, a good life without self-control." More recently, Lord Beaverbrook said that a man "can only keep his judgment intact, his nerves sound and his mind secure by the process of self-discipline."

Self-control in the mature person means abandonment of the childlike immaturities shown in anger, hate, cruelty and belligerency. Blustering and weight-throwing are not signs of maturity. It is not mature to push a situation to the point where it can no longer hold, but has to give way under the pressure we inflict on it. Self-control is a factor in self-confidence, one of the points by which we judge maturity. The backbone of confidence is one's faith in the validity of one's judgment.

Education plays its big part in preparing us for maturity, but education is not a thing to have and to be finished with. At whatever stage of life we may be, it is wholesome to say, "I am a student."

Open-mindedness is another mark of maturity. No one has the right to say he is mature who cannot listen to both sides of an argument. The mature person will show gentleness toward error, based upon his capacity to admit his own shortcomings. He will try to see another person's good qualities before denouncing his bad. He will try to understand other people's beliefs without necessarily sharing or accepting them.

Some people confuse principles with rules. A principle is something inside one; a rule is an outward restriction. To obey a principle you have to use your mental and moral powers; to obey a rule you have only to do what the rule says. Dr. Frank Crane pointed the difference out neatly: "A rule supports us by the arm-pits over life's mountain passes; a principle makes us sure-footed."

And now, do we wish to face the thought of being mature? There can be a certain loneliness in maturity. We have to give up much to which we have become accustomed—some idiosyncrasies, some peccadilloes, some illogicalities. We may have to give up trivialities that kept us amused hitherto. We will become aware early in our efforts of a central maxim of maturity: that every mortal being is under bond to do his best.

Mature living carries in it the capacity to accept illness, disappointment, and all that is largely beyond our control; to accept ourselves and others; to keep our balance through success and failure. It gives us a certain ability to roll with the punches, to pick up the pieces and start over.

We don't have to become mature all at once. We advance toward it little by little, always leaning toward our development as persons and as citizens. Maturity helps us to find ourselves with a new experience and expertise in handling life, a new interest in people, and a new experience to meet exasperating incidents. How mature are you?

Rhamkatte

BY LUCILLE ALSTON

RHAMKATTE—Church School began at 9:45 a.m. with all classes reporting. The subject of the lesson was "Deliverance and Disobedience," Judges 2:11-19. Bro. Otho Kearney was superintendent. Thomas Burt was the adult class teacher. All classes had a 45-minute study period. The lesson was reviewed by Bro. Kearney. After the report from Secretary Barbara Burt, the class closed.

At 11 a.m., Rev. E.C. Hughes spoke from John 11:44 on the topic: "Living Among the Dead." Music was furnished by the Senior Choir, with Hazel Hughes at the piano. Morning prayer came from Thomas Burt. Announcements were made by Phyllis Burt. Mini-church was led by Lee Nipper. Altar call was made by Bro. Brazil.

Rev. Hughes spoke spiritually on what it means to live among the dead. Jesus was sent to heal the broken-hearted. We serve a living God. We should act like we do, rejoice. You will be touched. Just wait on the Lord. Invitation to Christian discipleship was extended. Then Rev. Hughes served Communion and the service closed.

ANNOUNCEMENTS

Bible study is held every Wednesday at 7:30 p.m.

The flowers on Sunday were donated by Ms. Hazel Hughes in memory of her mother, Ms. Fiora Grant.

Family Day will be observed July 16. Everyone is asked to do their part. On the sick list are Lola McElain, George Tucker, Mary Utley, Bertha Pierce, Paul Alston, John Singletary, Margaret Kearney, Ella Fletcher, Raymond Burt, Garland Kearney, and Dennis Williams. Let us keep praying for the sick everywhere. God is still in the healing business.

The YWCA Golden Oaks met June 28. Rev. McCarter of Rocky Mount was the guest speaker for the service. He spoke from Acts 12:1-19. Sister Laura Manuel led the group in prayer and then sang "This Little Light of Mine." Rev. McCarter explained the lesson, saying the church must pray for the people. Prayer changes things. You must not let the devil rule. God will deliver you everytime. Prayer was followed by closing. Exercise class was followed by lunch.



SPORTS AUCTION—From left, Eugene Kitt, Executive Director of The Upward Fund, and Willie Fry, Jr., an Upward Fund Board member and former Pittsburgh Steeler, pose with special guests at the program's first Celebrity

Sports Auction. Inspecting the red, convertible BMW, a top 10 auction item, are Sheldon White, NY Giants Defensive Back, Len Fontes, former Giants Defensive Backfield Coach, and Mike Perez, a Giants Quarterback.

after which the group adjourned.

The Rhamkatte community is in sympathy with Mary Strickland and Louise Wilson in the loss of their father, George Bland of Bolton, who died June 27. Funeral services were held July 2. We say to the family that God knows what's best. God never makes a mistake. God still sits on the throne and He does take care of His own.

ON THE HILL

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justice. We must accept the challenge, not just to dream, but to scheme in order to finish this dream. We must not be satisfied with just being a new generation, we must fight to be a great generation. Our challenge is to finish the dream. Schwerner, Goodman and Chaney fought for the right to vote. We must fight for the ability to vote. We must remove all barriers to voters as [spelled out] in the Michigan Rep. John Conyers bill. He told the young people to "stop complaining about what you ain't got. Use what you've got" to help register people to vote.

Typical of some of the many young people attending the rally were:

Kelli A. Lewis, an 18-year-old student at Lincoln University, Pa., a native of Little Rock. When the Freedom Caravan was addressed in Little Rock, the mayor attempted to paint a glowing picture of race advancement and relations in the city. Ms. Lewis publicly disputed him. She is one of a growing number of politically aware young blacks in the United States.

Her sisters, Joyce, 21, a freshman at the University of North Carolina at Chapel Hill Medical School; and Sherri, 20, a pre-med senior at Howard University; and brother, Thomas, 18, a second-year Lincoln University student majoring in English, are also pursuing college educations, and becoming critically and politically aware of the need to shore up the vote. Their father, Dr. Robert Lewis, is chief of rheumatology at Little Rock's Veterans Hospital, while their mother, Joyce, is manager of Case Management, New Futures for Little Rock Youth.

Derek Wingate, 23, of Manhattan, N.Y., Youth Action Program. He is a pre-med student at St. Johns University. Shawn Wingate, 22 (NNPA is uncertain if they are kin), also of the Manhattan Youth Action Program, is a psychology major at Morehouse University. Belinda P. Harris, 17, is a senior at Douglass High School, Oklahoma City, Ok. She has not decided yet what college she will attend but emphatically knows she will work to secure a stronger vote for the voteless in the United States.

Then there were the young blacks of the All African Peoples Revolutionary Party, at the University of California at Davidson. Their political outlook was much more fiercely focused and radical. They said there is no way they can reform the present political system. It's rotten to the core. "We must overthrow it, violently if necessary." And they are prepared to lose their lives in the cause, if necessary, they told NNPA. They felt "this voter registration thing is nothing." But if the revolution is to come, "we must accept people where they are now, and then try to take them to a higher level. We don't expect to win in our lifetime. But one must belong to an organization if you want to accomplish anything (hence, their reason for traveling to Washington to attend the ceremonies). There are many of us everywhere, here in the United States and the world," they told NNPA. Dreadlocked or wearing African fezes, they were attractive, tough-minded and energetic. They are working quietly but with a grim determination to change the world. They asked that their names not be used.

Taste is the mark of education, imagination the sign of production, and emotional balance the sign of maturity.

SOCIAL SCENE

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Canada with members of First Baptist Church of Apex. Ritter has just retired from her work as a cosmetologist. I promised her that I would not say how long. She will be missed from her shop on West South Street.

Mr. and Mrs. Milford Taylor were hosts to Group 6 members of Martin Street Baptist Church on Tuesday, June 27, at 7 p.m. Many members commented on the celebration of the 28th anniversary on Sunday, June 25, during the 11 a.m. worship service, and on the special dinner held at the Hickory House on Hwy. 70, Garner.

The meeting was the last one planned for the summer, and it was devoted to listening to final reports. Ms. Mamie Reddick was in charge once Ms. Glodene Taylor led the group in devotions. The following were present: Rev. David C. Forbes, pastor; Eva Fields, Lillie Freeman, Geneva Highsmith, Esther Holloway, Julia Jackson, Henrietta Kay, Madeline Keith, Janie Mack, Classie Moore, Della Perry, Joella Perry, Allie M. Peebles, Mamie Reddick, Lizzie Ritter, Carolyn Rogers, and Blonnie Williams.

Don't forget to buy your tickets early for the 1990 CIAA tournament to be held at the Norfolk Scope.

Coach Harvey Heartley always thinks about the CIAA. He made it known this week when he signed papers to bring aboard a new recruit, former Broughton High School star Gary Mattison. At Broughton, Mattison scored 22 points a game his senior year. At Chowan College last year, he averaged 21 points a game. Heartley is really anxious to bring the basketball championship to St. Aug.'s.

About 165 or more descendants of Eddie and Nixie Peebles of Wake County converged on lovely Atlanta on Friday, June 30, for the Peebles' 20th family reunion. The headquarters was the Pierremont Plaza Hotel. A chartered bus and many cars left Crabtree Valley about 8 a.m. and returned on Sunday, July 2, about 10:30 p.m. They came from Virginia, Washington, D.C., Maryland, Delaware, Cleveland, Cincinnati, Baltimore, New Jersey, New York, Durham, Toledo and Winston-Salem.

Among the activities enjoyed were a 2½-hour Georgia railroad train trip from Atlanta to Stone Mountain, Ga. in an old-fashioned restored locomotive and passenger cars, a city tour to the Martin Luther King Center and Atlanta University, and a dinner dance on Saturday, July 1, at the Georgia Depot. At the dinner, the group received greetings from a representative of the governor's office, Mr. Beavers. Rev. Beavers is Gov. Harris' executive assistant. John F. Leak of Atlanta introduced the guest speaker, the Hon. William "Bill" Campbell of the Atlanta City Council, who brought a warm welcome. Bill read the proclamation from the Atlanta City Council proclaiming Saturday, July 1, the "Peebles Family Reunion Day" in their city. The dinner at the Georgia Depot was held adjacent to Underground Atlanta.

Adults who hosted the 20th Peebles family reunion were Elaine Peebles Brown, James Harold and Gloria Fort, John Leak and Claudette Fort Leak, Nettie Peebles Patterson, and attorney Pickens Patterson, all of Atlanta. Millard Peebles, Jr. coordinated the Raleigh trip.

THOUGHT FOR TODAY

The longer we dwell on our misfortunes, the greater is their power to harm us.

AUTHORS

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one time writing poetry in my mind was no more than a means of comforting myself. Over the years I have come to find my work just as comforting to others as it is to me."

The public is invited to visit the Afro-American Cultural Center and have their already purchased copies personally autographed or to pick up copies, meet and share a literary experience with black writers. This reception is being made possible by the Afro-American Cultural Center and IBWC. For more information, contact the Afro Center at (704) 372-1565.

Twenty-two Named Outstanding By IPS In Raleigh

The Institute for Paralegal Studies (IPS) in Raleigh has announced the names of 22 students who have achieved outstanding academic performance for this quarter. According to IPS School Director Roy daRozza,

IPS students must maintain a 3.5 grade point average to qualify for this academic award. The meritorious career trainees are listed as follows: Kimberly Aman, Nancy Branscomb, Kristin Cournoyer, Susan Dart, Suzanne Darvin, Donna Fryar, Leigh Griffin, Brenda Hall, Laura Hall, Danelle Hickman, Portia Ingram, Delinda Johnson, Joan Karch, Elizabeth Lindwey, Tamara Moses, Patricia Moss, Anne Rickett, Alycia Roberts, Pamela Sosa, Susan Sypniewski, Diane Vancil, and Yvonne Whitley.

The Institute for Paralegal Studies specializes in providing short, concentrated "hands-on" training. Located at 4020 West Chase Boulevard in Raleigh, IPS offers post-secondary career programs in the following fields: Paralegal, Law Office Assistant.

The school prides itself in preparing "graduates for employment within a specific occupation thus endorsing its important role in "hire" education within the community.

State Project Helps Long-Term Care For Elderly

The General Assembly has created a special statewide advocate program for patients of long-term care to help the frail and elderly resolve complaints or disputes about their care.

The new Office of Long-Term Care Ombudsman in the state Division of Aging will also promote community involvement and volunteerism in long-term care facilities and educate the public about the long-term care system.

The recently passed law establishes in statute one state and 18 regional ombudsmen, one in each of the Area Agencies on Aging, and defines their functions and duties as required by the federal Older Americans Act.

The state has tested an ombudsman program since 1978. The 1987 General Assembly mandated study of that program and the 1989 Legislature acted on that study's recommendations by formalizing the program.

In addition to supervising the long-term care program, the state ombudsman will certify and train regional ombudsmen, establish procedures for access to facilities and patients, resolve complaints, and analyze and report on complaints and facility conditions.

The regional ombudsman program will work with nursing and rest home community advisory committees to help each county develop its own patient programs, as well as help resolve residents' complaints at the local level. Each nursing and rest home in the state is required to have such an advisory committee.

The new law gives ombudsmen the authority to enter any level care facility to gain access to any resident there. In addition, they may have access to financial and medical records, with patients' permission. Ombudsmen are granted immunity for good faith performance of their official duties. Complaints to an ombudsman are considered confidential and may be disclosed only with the express permission of the person making the complaint. Retaliation against residents or their guardians, employees or anyone else involved in a complaint is prohibited.

The long-term care ombudsman program was one of a number of recommendations made by the legislative study of care levels provided to the elderly in North Carolina. Other recommendations included a nurses' aides registry and the patients' rights of notification if their facility's license has been revoked or made provisional. All three laws have passed the 1989 session.

Simply defined, a nursing home is a facility for persons who are ill. Two levels of nursing care may be provided: intermediate and skilled. A rest home is a facility for persons needing assistance with the activities of daily living.

Louis Sullivan Names Key Liaison Assistant

HHS Secretary Louis W. Sullivan has announced the appointment of Stephanie Ann McCreary-Lynch of Arlington, Va., as a special assistant to the secretary in the Department of Health and Human Services.

Ms. McCreary-Lynch, 34, will be the key liaison person in the Office of the Secretary facilitating communication between the secretary and other high-level officials both in and out of government. Specifically, she will be the secretary's liaison to the Office of Civil Rights, Office of the Assistant Secretary for Personnel Administration and the Office of Consumer Affairs.

Before coming to HHS she worked at the Department of Housing and Urban Development as special assistant (White House liaison) to the secretary from February 1987 to March 1989. She was special assistant to the HUD deputy assistant secretary for program policy development and evaluation from February 1986 to February 1987.

Her federal career started in April 1984 with the Small Business Ad-

ministration where she served until joining HUD as special assistant to the associate administrator for minority small business and capital ownership development.

Between May 1978 and April 1984, Ms. McCreary-Lynch was in state government as a research specialist and procurement specialist for the Ohio Department of Development and as a publication specialist for the Ohio Bureau of Workers' Compensation.

She was born in Tokyo, Japan, where her father, Lt. Col. (USAF Retired) Walter L. McCreary, then a pilot, was stationed. She received a bachelor's degree in organizational communications from Ohio State University in 1977.

At HUD, Ms. McCreary-Lynch received cash awards for outstanding achievement from 1985 through 1988 and was presented the Secretary's Award of Excellence in 1988.

Her husband, David H. Lynch, is political director for the National Association of Realtors in Washington, D.C.

Top Jazz Stars To Play In N.Y. Benefit Concert

A benefit concert featuring some of today's top jazz stars will take place July 20 at Manhattan's Beacon Theater, 74th Street and Broadway, to benefit City Harvest, an organization dedicated to feeding the hungry and homeless.

Jointly sponsored by radio station CD 101.9, Columbia Records and Sony Corp., this Jazz All Stars Show will feature Columbia recording artists Grover Washington, Jr., Ramsey Lewis, Hubert Laws, Kirk Whalum, Richard Tee, Steven Gadd, Eddie Gomez and Cornell Dupree, who will introduce stars of the future. Joey DeFrancesco, Takeshi Itoh, Monte Croft, Ross Traut and Anders Bostrum.

A specially priced CD and cassette sampler featuring most of the above-named artists will be released commercially in early July. There will be giveaways of the sampler to lucky CD

101.9 listeners.

"I'm proud that Columbia, Sony and CD 101.9 have banded together in this joint venture for a very worthy cause," said Ruben Rodriguez, senior vice president, Columbia Records. "I'm equally delighted that so many artists were willing to donate their time and talent to help alleviate some of the suffering in this great city of ours."

City Harvest is a non-profit organization which delivers about 6,000 meals to the hungry and homeless each day. Depending upon food donations from hotels, restaurants and cafeterias of large corporations, City Harvest distributes this surplus food to shelters and soup kitchens throughout New York City. It is estimated that by 1992, City Harvest will be serving more than 20,000 meals per day.