

What You See Is, Is What You Get, What You Read Is What You Know & Save - Eastern North Carolina's Minority Voice

'GREENVILLE, NORTH CAROLINA 27834



MAYOR ELECT RELAXES WITH WIFE ... Newly elected mayor of Greenville and the first black to hold this position is shown with his lovely wife, Jean. Ed Carter was relaxing at the annual ball of the Daughters of ISIS last week at the Hilton Hotel. The new mayor had the opportunity to sing during the course of the night, "I'm stroking.'

(Photo by Jim Rouse)

Greetings from publisher . . .

What you see is what you get, but what you read is what you know!!

Greetings my friends, THE VOICE is published each Thursday by Jim Rouse for your convenience. My motto has always been 'What you see is what you get, but, what you read is what you know! Most of you know me from the Greenville area.

For the last seven years I have been associated with the Carolinians Newspaper out of Raleigh. My responsibility was in the Eastern part of our state. I came to Greenville purposely to put out a black newspaper, with news, views, advertisers, who was concerned with your needs.

Advertisers who believe that the black community should have its own newspaper.

Well friends, THE VOICE NEWSPAPER is yours, to talk to your community, churches, community groups, choirs, church news. I pledge to help develop a positive newspaper ready to service my community

Please let the advertisers in this edition know that you care and urge them to keep advertising. Please use the goods of our advertisers in this newspaper because they care about you.

Support those who support you. Publisher Jim Rouse & Son

Jones will co-chair Health **Care Study Commission**

State Representative Walter B. vices for North Carolinians who Jones, Jr. (D-Pitt) has been named by House Speaker Liston B. Ramsey as House Co-Chairman of the Indigent Health Care Study Commission. The Commission will study the issues of access to and financing of health care ser-

are unable to pay for their medical care. In accepting the post, Jones said "I am pleased to have been appointed as co-chair "Because of federal cuts that will insure that necessary one of three members of the will serve on the 12 member study commission. He chairs the sions and Schools for the Blind chairman of the House Commit-



THURSDAY, NOVEMBER 12, 1987

MODELS ... The Cosmetologist Chapter Annual Fall Ball last week at the Moose Lodge featured young models as well as local talent, singing, dancing and modeling highlighted the evening. Shown are two models, Mary Carol and the young and gifted Debra and Milton Leathers' daughter.

(Photo by Jim Rouse)

Letter to the Editor . . .

Congratulations to the new Mayor, Ed Carter

TO THE EDITOR: Mayor Ed Carter, Congratulations! You have made history in Greenville.



We respect your honesty, young integrity, your leadership, your morals and character You seek happiness in giving/caring and sharing for your example should prompt in others the qualities of dedication and service, and your interest in our city, totally.

We challenge to forget any "hang-ups" and give our new mayor our full support and encouragement and lets continue to make our city exemplify your slogan, "Greenville Has It All."

Some facts that will affect your life

1. Avoid cholesterol-rich foods, eggs, red meats, fried foods and rich dairy products as whole milk, cream, cheese and butter, as well as foods high in saturated fat. Choose instead lean meats, skinless chicken and turkey, fish, low-fat dairy products.

2. Three risks for heart attack persons: high blood pressure, high cholesterol and smoking. There are other risks like age and a family history of heart attacks, but you cannot change these. And if you are overweight, do not exercise and live a high-stress life, you are at greater risk too.

more is generally considered to high. The higher your ne too blood pressure, the greater your risk of heart disease or stroke. A better pressure would be 120/80. To reduce blood pressure: (a) bring your weight down to normal; (b)decrease your sodium intake, not only table salt but in snacks and processed foods; (c)take prescribed medicine regularly. Many doctors also prescribe exercise and relaxation training to lower blood pressure. 4. People who are inactive tend to have more heart disease than people who are physically active.

Regular, brisk and sustained ex-

ercise often can reduce blood pressure and help you to lose weight and may even help you to stop smoking.

5. Christians are happier. They are not afflicted with the neurotic phobias, compensations, defenses, of the selfish and selfcentered. Because of his willingness to forgive, he is not tormented with jealousy and desire for revenge. Because of the fullness of his heart, his life he feels no need for expensive, degrading diversions.

6. The first step in assuring 3. A blood pressure of 140/90 or good sleep is to clear the mind of worry, fear, and all else that wars against a peaceful spirit. 7. Anger is usually looked upon as a moral weakness.

10. Physical blindness is bad enough, but it is not as dreadful as spiritual blindness.

11. Defind a "bad man." A bad man is a man who doesn't want to be better.

12. Bitterness is a form of torture and some people actually appear to like it. We can disagree without being bitter over our disagreements.

13. Jesus said, "The kingdom of God (heaven) is within you." If a man's spirit is happy, he is wealthy.



need."

health care is available to all of its citizens,"he added. Jones is House of Representatives who House Committee on Commisand Deaf, and serves as vicetees on Children and Youth and Human Resources.





Bradley, of Rosa Bradley Nursing Home, is shown at the Vachelor Bennedict.

8. Be a faithful and useful member of the church.

9. Too many children every place else except finding the time to visit their parents. Show your love and respect while there is still time, for it's later than you

Teach your sons responsibility for pregnancy

Parents must teach their sons about responsibility for pregnancy. Teach your sons that sex is a two way responsibility. If he gets a girl pregnant, he will be just as involved as the girl who is carrying his child. Parents who don't do the same with their sons are perpetrating a grave injustice against society as a whole. I hope this statement will be the basis for some dinner-table conversation tonight and some classroom discussion tomorrow. And remember girls, just as he got you pregnant, he'll get some other girl pregnant. Where are our morals, standards, and so many folk are seemingly, gloryfying illitimacy! I read a few days ago that most 17 years old are sexually active.

AWARD RECIPIENT ... The N.C. Department of Commerce and Developement sponsored a Business Session last week at Atlantic Christian College in Wilson featured various N.C. Businesses like Du-Pont which is located in Kinston. Brother Bobby Teel is shown with Co-workers representing DuPont with Bobby. Bro. Teel received one of the highest awards in the company two weeks ago. This award is for outstanding dedication to his work and others. Hats off to Bro.

(Photo by Jim Rouse)

State Legistative Forum to be held on November 15

The Bachelor-Benedict Club will sponsor a State Legislative Forum for all of Pitt County's Senators and Representatives on Sunday, November 15 at 5 p.m. at the Bachelor-Benedict Club, 707 Wyatt Street, Greenville, featur-ing Senators Robert L. Martin, Thomas F. Taft, Representatives Walter B. Jones, Jr. and Edward N. Warren.

The purpsose of this forum is the allow the communities to

hear, see, learn, question and commend the legislators for performance in the North Carolina General Assembly.

We cordially invite you to find time to attend this outstanding forum.

Let us as a people of interest show our support on November 15.

For more information call: Raymond Reddrick-758-2900 or John Bizzell at 752-5409.

Six secrets of strong families

Is your family a strong family? All of us can contribute to family failure qualities. Some strong family qualities are these:

1. Commitment. Time, energy, spirit and heart are essential, which says the family comes first. Commitment and sexual fidelity are closely linked that an extramarital affair is regarded as the ultimate threat to a marriage. "An affair does a terrible thing to your partner's self-esteem." It says you are replaceable."

Some families have been eroded by a more subtle enemy-

work, and its demands on time, attention and energy. It's important for fathers to remember this: "If I'm a good father to my sons, they're likely to be good parents too. Someday—after I'm gone, and certainly after that report has rotted, my grand-children or great grandchildren will have a good father because I was a good father." 2. Time together. Money, cars,

fine homes, children say, don't make homes. "Doing things together" instead. Strong families work, play, attend church services and eat meals (Continued on page 2)

Scuffleton's Christmas Parade will be held on December 5th

The Community of Scuffleton is gearing up for its Fourth Annual Christmas Parade and Festival that will be held on Saturday, December 5, beginning at 10:30 a.m. According to Chuck Stokes, chairman, around seventy-five entries are expected.

This promises to be a big treat for everyone, old and young alike! Scuffleton's Parade always has a few surprises, so you don't want to miss this big

event!

Starting the festivities off at 8 a.m. will be a 5-K Footrace with an entry fee of \$10. All you runners out there are invited to participate. To enter this race, send your entry fee to: Scuffleton Rural Fire Association, Route 1, Box 359, Ayden, N. C. 28513.

Barbecue and barbecue chicken plates will be sold from 10 a.m.-2 p.m. Plates will be

Beatrice C. Maye

752-5478 Give Brother Jim Rouse your full support. He has introduced the first black newspaper in Greenville/Pitt County and now he's reaching out on his own. He has integrity, he is "Savvy," he preserves and he's responsible. I'm happy to be associated with him. Mrs. Maye



NEIGHBORS IN ATTENDANCE ... The Daughters of ISIS Rofelt-Pasha, Court #108 annual commandress ball to honor Daughters Olga M. Jones, Illustrious Commandress. Others honored were Gladys Sanders, Barbara Brown, Evone Pierce, Martha Mudd. Shown in attendance for the affair is Mayor Elect and Agricultural Agent Leroy James.

(Photo by Jim Rouse)





magic...the addition of taco seasoning mix, onion flakes and

an egg and the substitution of crushed corn chips for bread crumbs...a basic recipe is transformed into a spicy creation. See how easy it is to create

PREPARE MAGIC ... Make magic when cooking using energy and time-saving appliances such as the microwave oven or convenience food products such as mixes or frozen

For instance, by using frozen puff pastry as an ingredient in ORIENTAL TURKEY PUFFS. a tasty snack is as easy as "abra cadabra!"

'Please'' and "thank you," will be the response when guests are treated to these tasty appetizers served with Chinese hot sauce or

sweet and sour sauce. SERVE MAGIC...Last but not least, keep in mind that we eat first with our eyes. All "magic" creations are further enhanced by the last sprinkle of "stardust" just before serving. The finishing touch of a colorful or artfully arranged garnish to recipes is all that is needed to lure eager

eaters. Select recipes which include ingredients which are interesting in color and texture. For instance, GARDEN FRESH TURKEY STIR-FRY stands alone as an appetizing and colorful entree...a delight to the eye and a flavored treat to the taste buds.

There will be no need to pull a rabbit out of a black hat or wave a wand to create recipe magic for the older ghosts and goblins this Halloween season.

The NC Poultry Federation has made it simple as 1-2-3 for YOU to create easy, beautiful food. You will have eye-appealing ways to make "everyday" recipes take on new status as "Sunday" fare. Remember (Continued on page 4)

and we love you very much." One

lady informed me that each mor-

ning when her husband leaves for

work, he puts his arms around

Six secrets of strong families (Continued from page 1)

together, wash dishes together, fold clothes together, mow the grass together. Some of your closest moments are times work-

ing together. Appreciation. Feeling appreciated by others is one of the most basic human needs. Each night parents, go into the children's bedrooms and give each a big hug and kiss. Then say, "You are really good kids



"CRYSTAL CRIMSON," AN INVITATION

her and two girls, whispers a prayer, asking God to take care of his family until he returns home, hugs and kisses them, and says, "Goodbye." Such a father! God bless him. This man puts God first. This is surely a happy family; in fact, the wife says, "I love him more and more each day." Read the contrast. This couple delighted in acid sarcasm with each other. They constantly were fault finders and belittled each other. Don't visit a couple like that-their ways may rub off on

you. Always make positive remarks when your spouse comes home and do be pleasant, regardless of his attitude or mood. You arrived home safely, didn't you? You found your family still there, healthy and safe, didn't you? That's enough to make you be pleasant and agreeable.

4. Communication. Good communication creates a sense of belonging, eases frustrations as well as full-blown crises. If your son can't talk with you about cars and tennis, why should you expect him to discuss the drug traffic at school? Good communication creates a sense of belonging, I repeat; it means clearing up misunderstandings. Hinting is poor communication. When your wife says, "Are there any good movies downtown?" she is saying. "Take me to a movie." Understand her. Some of these men are so hard to talk with, yet they can go around others and be the life of the party. Some men would rather be any place else except at home. Set the example, men. Your wife, your children, your home is no more that what you make it.

5. Spiritual wellness. This is the caring center within each of us that promotes sharing, love and compassion for others. Strong families express their spiritual demension in daily life by practicing what they preach. "Our family," one person wrote, "has



Ms. Council will assume her office effective January 1, 1988; therefore from point on you will hear from her on a monthly basis as to 'What is happening in the City of Greenville." However, she will still need your support in the order of feedback for the next two years so as to effectively represent us and the City as a whole

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certain values-honest, responsibility, and tolerance, to name a few. I can't talk about honesty and cheat on my income tax. Kids know when you are a hyprocrite.

Just think! God gave you health and strength enough to work all the week and you are too lazy to get up on Sunday morning and spend an hour or two in church service. Where are your values? What kind of example are you setting for your children? Mothers, if Dad doesn't go, get your children and yourself ready and go to church. We'd have fewer juvenile delinquents if fathers took their sons to Sunday School as well as church. Who's the delinquent-father or son?

6. Coping with Crisis. These tools : focusing on the positive, skill in communication; spiritual resources and adaptability are necessary for coping with crises. "Life is troubles." When you don't set aside time for your family, time to be with your son or daughter while they snack or eat, time to hold the baby; time to take a walk with your wife; time to go on a vacation together, you'll look at your own life and cry one day. There'll come a time in your life when you'll need your family and the family will not be there. She would rather put you in a nursing home than be bothered with taking care of you in the home. The children will visit seldom, and the telephone calls be none. Think about this now, men.

A healthy family is a place we enter for comfort, development and regeneration, a place from which we go forth renewed and charged with power for positive living. Put love into your family as an investment. It's the best investment you can make. Nich Stinnett and Joh DeFrain

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Michaux will be guest speaker at GCIA banquet

Association Banquet scheduled

was done at Rutgers University Administration, Courts, including the U.S.

Elected to the House of Representatives of the North Carolina General Assembly in 1972, 1974, 1976, 1984, and 1986, of the committee on Constitu-Chairman of Judiciary II and Courts and Administration of ments relative to Finance, Education, Labor, Corrections,

achievements, Mr. Michaux is a P.A.; a licensed and practicing Real Estate Broker in the State of North Carolina; a licensed pro-

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agent and broker in the State of of North Carolina; and a licens-ed insurance broker in the States of Michigan and Maryland.

membership at St. Joseph's AME Church; membership in NAACP, Omega Psi Phi Fraternity, Durham Merchants Association,

Black Democrats, and numerous other organizations of merit. The public is urged to attend this activity. Tickets may be

THURSDAY, NOVEMBER 12, 1987-3 secured from GCIA members. This promises to be the highlight of the season!



4-THURSDAY, NOVEMBER 12, 1987 (Continued from page 2)

Thanksgiving is just around the corner and the "magic of cooking poultry and eggs" can come alive this November for you and your family. Three tricks to turkey and egg magic are...creating recipes, cooking quickly and serving with flair. Make the process fun and easy! Learn labor-saving methods to get those blueribbon dishes on the table quickly.

SHELLS (Serves 6) 6 hard cooked eggs, peeled 1 lb. ground turkey 1 oz. Taco seasoning mix 1 tablespoon onion flakes l egg 1/2 lb. corn chips, crushed 1. Combine ground turkey, seasoning mix, egg and onion, mix well.

MEXICAN CRUNCH TURKEY 2. Flatten 3 oz. of ground turkey mixture into a large patty.

3. Place hard cooked egg in center of patty and fold meat over to completely enclose egg. 4. Roll coated egg in crushed corn chips (to achieve better adhesion, coated egg may be dipped in egg wash before rolling in chips). 5. Bake in 350 degree F. oven for 25 minutes or until turkey is done. Serve hot or cold with commerical salsa.

ORIENTAL TURKEY PUFFS (Serves 8/Three appetizers per person)

1/2 lb. ground turkey 1 can (8 oz.) bean sprouts, chopped

1 can (4 oz.) water chestnuts, chopped 1/4 cup green onion, chopped

1 tablespoon soy sauce l teaspoon ground ginger

DRIVE

SAFELY!

Shonita's

pastry, slightly thawed l egg

- 11/2 teaspoon milk
- 2 tablespoon seasame seeds
- 1/2 cup Chinese hot mustard 1 cup sweet and sour sauce

1. Combine ground turkey, sprouts, water chestnuts, onion, soy sauce and ginger, mix well. Cover and refrigerate several hours or overnight, allowing flavors to blend.

2. Beat together eggs and milk.

1 (10x15" sheets) frozen puff 3. On one 10"x15" sheet of pastry evenly distribute 24 scoops of chilled mixture. Cover with another set of pastry. Press edges of pastry with fork. Using a ravioli cutter, pizza cutter or sharp knife, cut pastry into 1 1/2" squares. Press to seal edges. Place squares on baking sheet. Brush lightly with egg mixture. Sprinkle with sesame seeds.

4. Bake in a 425 degrees F. just until edges are golden, about 10 to 13 minutes. Serve immediately with hot mustard and sweet and sour dipping sauces.

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GREENVILLE



NEW COUNCIL MEMBER ... Last Saturday at the Hilton in Greenville the Daughters of ISIS, Rofelt-Pasha, Court No. 103, Rocky Mount, annual ball featured some of the city's government officials. In attendance were Mr. and Mrs. Rufus Huggins. The lovely Mrs. Huggins' husband danced the night away; Rufus who was elected in his district last week is a season community minded person.

(Photo by Jim Rouse



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those who share my vision of a world of peace. HERE, THEN IS MY LEGACY...I leave you love.

challenge of developing confidence in one another. I leave you a thirst for education. I leave you a respect for the use of

power. I leave you faith. I leave you racial dignity. I leave you a desire to live harmoniously with your fellowman. I leave you, finally, a responsibility to our young people." Mary McLeod Bethune "He who starts behind in the

race of life must run faster or

forever remain behind."

Benjamin Elijah Mays

THURSDAY, NOVEMBER 12, 1987-5

An old superstition had it that a newborn baby must be carried upstairs before it is carried down. This act supposedly guaranteed the child would rise in the world and have a successful life

God Bless You and Thank You Ed Carter, Wife & Girls Your Prayers Made It Happen! Your Vote Counted Paid for by Committee to Elect Carter Mayor GARDNER'S BAIL BONDING CO. 24 Hour Service Greenville Phone 757-1421 HERB GARDNER 757-1458 Pam Gardner 757.1421 00000000000000000 gre Culliphier's SUBARU 126.00 EAN SWEEP SAL **HURRY ONLY 10 NEW SUBARU'S LEFT IN STOCK REBATES & DISCOUNTS UP TO \$2500!**

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Faces & Places . . .





