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People are always good company when they are doing what they really enjoy. -Samuel Butler

EASTERN NORTH CAROLINA'S MINORITY VOICE-SINCE 1981

AUGUST 28 - SEPTEMBER 4, 1997

Farrakhan Makes Akron Stop On 90-City Tour

AKRON, Ohio—Nation of Islam leader Minister Louis Farrakhan stopped here to ask residents to help mark the second anniversary of his Million Man March on Washington, D.C.

Farrakhan was in Akron last week as part of a 90-city tour promoting the Day of Atonement-Day of Absence scheduled for Oct. 16.

"We would like to lead the city of Akron to the spirit of atonement because we believe God will heal us if we atone and God will heal America if she atones," Farrakhan said at a news conference before his speech at an Akron high school Wednesday night.

The aim of the Day of Atonement is to focus on prayer, fasting, conflict resolution and absence from work, school and play, he said.

During the news conference, Farrakhan said it appeared that a "decree of death" has been set on the black community, citing what he

said were declining health conditions among blacks.

Farrakhan also said there is a conspiracy among certain whites to keep the growing black population

from becoming the majority in the "anti-everything" United States.

The outspoken Farrakhan denied he was anti-Semitic, anti-Catholic, anti-gay or, in his words, a hate crime.



TAXI CAB DRIVERS ARE UPSET WITH THE CITY!!—Shown above outside of the City Hall building are taxi cab owner Frank Peterson and his lovely wife, Deacon Boyd and Eagle Cab driver Israel. The city has required cab drivers to have their rates posted in their cars, insurance will increase, have air conditioning installed in their cars, no broken fenders, and more regulations that will be mandatory throughout the city. There has not been a rate increase for the cabs since 1981, they have every right to be upset! (Jim Rouse Photo)

Bone Marrow Foundation Sets Oct. Event

The Bone Marrow Foundation, INC., which was established in December, 1996 to assist patients who have received a Bone Marrow Transplant or on the waiting list, will be having their Second Annual MarrowThon Walk on Oct. 4, 1997 at J.H. Rose Track & Field. The MarrowThon Walk will increase awareness for people to get on the National Registry to be marrow donors for patients with fatal blood diseases. We are encouraging people from churches, businesses, groups, youth or individuals to come together as a team to raise money and walk on that day. All proceeds will benefit Bone Marrow Recipients and their families. We will accept any donations if groups or individuals cannot walk. Letters and sign up sheets have been sent out through the mail but if you did not receive one and you are interested in walking as an individual or if you have a group, please contact Marlene Anderson 756-7297 or

(See WALK, P. 2)

Young African American Woman Challenges Tax Question In Court

A young American woman of Black Slaves' descent, who with the support of the entire black population of both North and South Carolinas, have not only refused U.S. indictment for not paying taxes to the Internal Revenue Service (I.R.S.), but has challenged in U.S. Court, the right of the U.S. Government and the IRS to force Jurisdiction and Venue of a legislative nature on U.S. Slaves, descendant of African Origin for any reason.

Carolyn Yvonne Worsley, of Tarboro, N.C. with the Status of Aliens of U.S. Slaves' Descent, now under indictment by the U.S. Government went to trial on Monday Aug. 25, 1997 at 9 a.m. in U.S. District Court, located on Evans Street in Greenville, North Carolina.

The challenge to U.S. Jurisdiction and Venue over U.S. Slaves' Descendants is the suit in the form of Judicial Notice of Association and Citizenship, and the legality, under International Law, of the manner of such association, with said association being unverified.

Carolyn stated that the indictment should be abated for the following reasons:

That based upon the laws and statutes of the United States, Negro slavery, the unilateral conditions under which Carolyn's ancestors and antecedents before them were brought under the U.S. Constitution and its Amendments, as well as observable racial discrimination, violation of treaty obligation of which Carolyn, as a third party, is the beneficiary, that Negro slaves' descendants are not citizens of the United States, but under the guise of law and order and law enforcement continue as Physical Slaves. Thereof within the meaning of that phrase as contained in the provisions for self-determination and association with the United States in Article 73 in the Charter of the United Nations.

The U.S. Government cannot legally force the taxing and the payment of taxes by its Agency, the IRS, upon its black slaves' descen-

dents, especially in view of the several allegations in Carolyn's Complaint, stated Robert Brock, Counsel and Advisor to Carolyn Worsley is what Brock called a "pretended" arraignment before Judge Malcolm J. Howard on July 7, in Greenville. At this legislative Court arraignment. Susan Seahorn, Assistant Public Defender was present during the entire arraignment. At this arraignment Brock, President of the Black Nationalist Organization the Self Determination Committee, addressed the Court and stated that Carolyn Worsley was not a "tax protestor" but was challenging U.S. and Court Jurisdiction on the basis that she, Carolyn and all 49 millions of U.S. Slaves' Descendants are slaves descendants. As of this date Carolyn has not received the transcript of the arraignment.

The challenge was based on well founded principles of law: "How

can African Nationals, here of slaves' decent, be associated with the United States when they never agreed to be governed by the United States?" Blacks forced association (now, a violation of Article 73 of the Charter of the United Nations), as well as forced enlistment as U.S. citizens under the 14th Amendment, along with forced integration at gun point is just another continuation of physical slavery, according to Brock. Brock outlined the following four main issues and two rules on which the refusal of all 49 millions of blacks of U.S. Slaves' Descent to pay taxes to the IRS is based:

A. Mutuality—There was no MUTUALITY of agreement to partake in the association with the United States through the use of the citizenship of the 14th Amendment.

(See TAXES, P. 2)



CELEBRATES 100TH BIRTHDAY—Pastor Eldress Lucinda C. Moore of Blount's Creek N.C. celebrated her 100th birthday Saturday, Aug. 23, 1997 at her church, St. Cindy's Holiness Church. By the way! Eldress Moore is still pastoring the church. Pictured (Top) is Pastor Moore, and (bottom) a host of family and friends. Happy 100th Birthday, and may God bless you with many more. (Haywood Johnson, Jr. Photos)

"This Award Is Yours, Community, Not Mine"

From Staff Reports

Moments after accepting the North Carolina Black Publishers Association 1997 Excellence in Journalism Award, Cash

Michaels, CAROLINIAN managing editor/chief reporter, symbolically gave it back to his community,

saying his "best," represents the best that the African-American community has given him.

"I cannot accept this award, because it does not belong to me," Michaels told the 250 gathered at UNC's William and Ida Friday Center in Chapel Hill last Thursday for the NCBPA's first annual Awards Banquet. "It belongs to you."

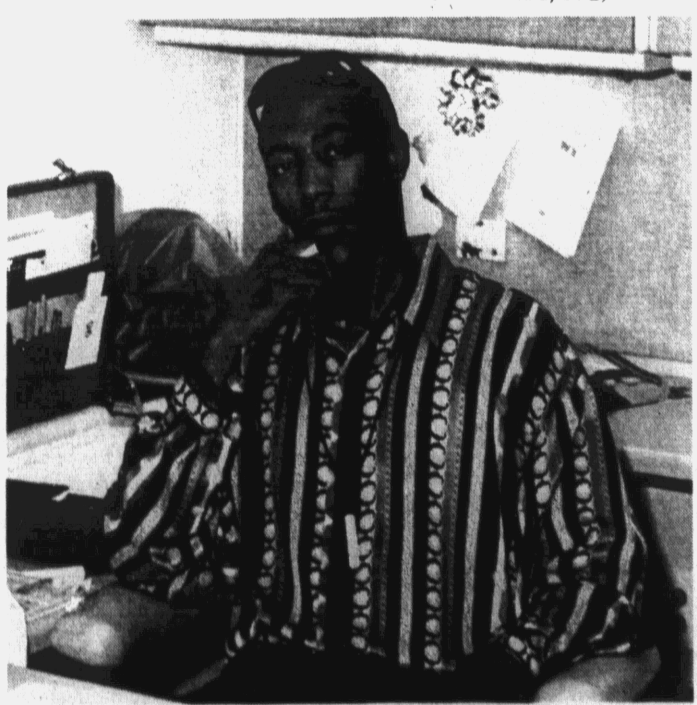
Likening his 16 years of broadcast and print journalism in the Triangle's African-American community,



MICHAELS



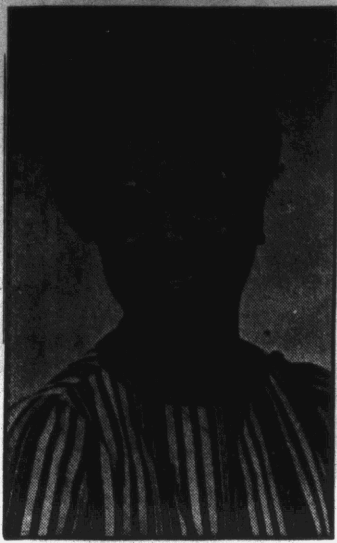
PARTNERS IN BREAST CANCER EDUCATION HOST GRADUATION—Partners in Breast Cancer Education hosted a graduation ceremony for the Partner's educators on Saturday. The graduation was held at the Willis Building on First and Reade Streets in Greenville. The guest speaker for the occasion was Minister Annie Suggs of Philippi Church of Christ. The program was open to the public. Partners in Breast Cancer Education is designed for African American women between the ages of 40 and 60. The educators, Pitt County nurses and lay health advisors, will deliver breast health information to women through the local churches. The education sessions will begin in September 1997. For more information, call Sharon Edwards Brown at 328-6650. Pictured above from left to right: Cynthia Patrick-Manning (graduate), Sharon Edwards Brown, Project Manager, Tonya R. Bizzell, Asst. Project Manager, and Earnestine Haellig, graduate. (Haywood Johnson, Jr. Photo)



GOSPEL WARRIOR OF WELS AM & FM—Shown above is the general manager of WELS AM & FM, L. Israel Murvin. Brother Murvin brings joy to our ears in the Kinston area and also glory to God. Brother Murvin is a born again Christian and is truly motivated by the word of God. (Jim Rouse Photo)

from the desk of **Mrs. Beatrice Maye**

Problems Facing Today's Black Church



Mrs. Beatrice Maye

(The Black Perspective)

From: Lincoln and Mamiya's THE BLACK CHURCH IN AFRICAN AMERICAN EXPERIENCE

The problems are:

1. Sin
2. Lack of evangelism in fulfilling its religious role
3. Secularization (loss of respect for church, dwindling membership)
4. Problems with young people (loss of young people due to dominating elders, loss of interest)
5. Criticism of church's leadership.
6. An uneducated, trained clergy
7. Lack of adequate finances
8. Racism in the larger society
9. Social conditions and the problem of Black people
10. No response

Rev. Dr. Thomas Kilgore, former president of the Progressive National Baptist Convention, pastor, theologian, and a college chaplain at the University of Southern California's comments: I see rough days ahead for the Black church because of the following:

1. Selfish expectations of Black preachers (what he called "the anniversary syndrome", of preachers wanting to receive money for whatever they did for people
2. Failure of the Black church (as a whole) to work for the renewal of the Black family
3. Church leaders and pastors who are always seeking ways of raising money instead of just being good stewards
4. Failure to understand the importance of supporting the educational institution
5. Poor planning in evangelism

A Black pastor of a rural church in Mississippi said: The need in the rural area is to have only one pastor to be shepherd and steward to one local congregation so that instead of having one man pastor 3 or 4 churches, let him pastor only one church, to give special attention to that one congregation.

Black churches remain strong and viable institutions and they still can ligate the central institutional sector of most Black communities. This does not however obscure the fact that there are major challenges and problems confronting these churches. The most serious one concerns the growing class divide between the coping sector of middle income Blacks and the working poor, and the crisis sector of the dependent poor.

Today's Black Church is struggling for relevance in the resolution of today's problems: racism, drug abuse, child care, health and welfare, housing, counseling, unemployment; teenage pregnancy, the false malaise with which society in general is burdened. It must address all these social challenges without abandoning its distinctive mandate to assist human beings in

their efforts to find conciliation and comfort with their Creator. There is no moratorium on the human need for spiritual and moral nurture.

RECOMMENDATIONS

If we were asked to make a single policy recommendation that we consider critical for the future of Black churches, it would be the need for more, better-trained, and better-educated Black clergy (preachers).

The ministry of the Black Church is the only profession where only one out of every four or five practitioners has graduated from professional school. Professional education could help enhance the skills and effectiveness of Black clergy, not only in the areas of spiritual nurture, theological understanding, biblical interpretation, preaching, and counseling, but also in record keeping, and political awareness and moral responsibility.

BLACK FAMILIES

The Black family is the primary unit of the Black Church. An important concern is the escalating problems of Black teenagers and young adults in the crisis sector of the Black community, the independent poor or underclass.

Black teenage females have among the highest pregnancy rates in the world, and Black males have the highest homicide and incarceration rates in the United States. There are short term strategies and steps that Black churches can take to help poor black teenagers and young adults toward meaningful survival. High-profile role models, community organizers, street workers, teachers, coaches, recreation leaders, and clergy who are sent specifically to work with Black youth and their families could play a significant part in the revitalization of poor communities.

Black churches could also establish mission churches, beginning with "house churches" in the apartments of larger housing projects or

TAXES

Continued from page 1

B. Disclaimer—There was no opportunity for DISCLAIMER on the part of Blacks who wished to decline forced citizenship under martial law, not even the use of the "Expatriation Act," 15 Statute 223.

C. Domicile—The 14th Amendment only granted slaves and their black slaves' descendants 'residence' in the states wherein they reside, however, the legal DOMICILE of all Blacks of slaves' descent was and now continues to be in Africa, according to all rules of legal construction, it follows and Dr. Brock states:

1. The domicile of origin is the domicile of every person of every person until it is abandoned freely,
2. The domicile gained by free birth in Africa cannot be changed by a slave birth in the United States, Peters Reports, XV, 593.
3. Jurisdiction—The present JURISDICTION and VENUE of all 49 million of U.S. Slaves; Descendants of African Origin, is as in the Dred Scott Decision 60 U.S. 393, and Cato v. U.S. 70 F3d 1103 that of martial law 12 Statute 1268 and Negro slavery.

Brock's legal analysis is as logical as his conclusion is inescapable. The forced association of Blacks into the United States to perform the burdens of citizenship and the exaction of allegiance by point of gun to pay taxes was the product of completely unilateral acts by others against Blacks. No vote was ever taken, no petitions were ever signed, and no polls were ever conducted to indicate that African Nationals in the United States wanted to live under White-created U.S. Constitution.

George Muench, Dept. of the U.S. Treasury and IRS Agent, along with the assistance of John R. Starkey, the overlord IRS Director, put his grisly white hands on Carolyn and like his ancestors of 500 years ago who put Blacks in chains, put Carolyn in chains and handcuffed her and drugged, brought, carried her to jail without warrant for her arrest. The 95 pound Carolyn was forced by this 200 pound Muench to sign and submit to U.S. Jurisdiction in order to get out of jail with a bond in the amount of \$100,000 and all of this was in violation of Carolyn's human rights said Dr. Brock. In other words, the chaining of Carolyn's female ancestors by white men such as Muench and Starkey to capture and bring Blacks from Africa as slaves without mutuality and without jurisdiction was continued by these two white males, now again with mutuality and jurisdiction.

other areas where the poor reside. Churches could undertake meaningful prison ministries.

Remember: It's not what you hear in church of Sunday that makes a difference; it's what you practice during the week.

Our greatest need today is for more home-builders and fewer home wreckers.

More homes are destroyed by fuses than by funerals or fires.

Juvenile delinquency is like charity - it often begins at home.

Money can build a house but it takes LOVE to make it a home.

Happy homes are built with blocks of PATIENCE.

The most essential element in any home is GOD.

A CHRISTIAN'S ABC'S

Attend church faithfully.

Be careful what you say.

Consider carefully every decision.

Do right; fear to do wrong.

Endure hardships without complaint.

Forsake not your family and friends.

Go no place that would harm your influence.

Hate no one; do good to every person.

Ignore no person; practice hospitality.

Join hands with other righteous people.

Keep your mind pure.

Lie not; always tell the truth.

Minister to the needy.

Never try to appear what you are not.

Oppose evil.

Pay your debts promptly.

Question not the motives of others.

Remember all of God's gifts.

Sacrifice money rather than principle.

Think before you speak.

Use your time wisely.

Value the bible above all books.

Watch your temper.

X-ray your thoughts.

Yield not to temptation.

Zealously labor for the Lord.

To be heard by the U.S. Court, before the U.S. and IRS can enter any "law and motion" against Carolyn is a 201 Rule, Federal Rules of Evidence Manuel Article II, Judicial Notice Request and Order for Judicial Notice of Status of association and citizenship which Carolyn states not verified and requests the United States, Starkey, and Muench and Janice Cole, U.S. Attorney to verify, with records and physical proof as to the mutual association of Carolyn with the United States and their laws and tax laws.

This case of Carolyn raises the Black Tax Rebellion to a new level and the following seven slave clauses in the U.S.. Constitution must be overcome by the U.S. as denying Mutuality and jurisdiction, and the two following rules on jurisdiction must also be overcome by the IRS and the United States as well as an Affidavit of Facts Opposing Venue filed by Carolyn. Dr. Brock can be contacted by writing for your petition at P.O. Box 15288, Washington, D.C. 20003.

AWARD

Continued from page 1

munity to the old African adage, "It takes a village to raise a child," Michaels said his hard work was only a reflection of the love and nurturing he's received.

"The village gives its best in the nurturing of that human being, in the expectation that that child will give [his best] back to the community," Michaels 41, noted. "In honoring me, you're honoring you."

The Brooklyn, N.Y. native also thanked his "professional family" at what he called "a small, but powerful newspaper," The CAROLINIAN, for the trust they have shown in him, and members of his personal family who were present, for their support.

Michaels also took time to pay tribute to former Durham Carolina Times photojournalist Ray Trent, who died more than a year ago of a heart attack "in service to his community," and asked the NCBPA to name a special award in his honor for future occasions.

Joking that he was truly "humbled" by the honor because it forced the usually casual journalist to wear a suit, Michaels also warned that the black press must stay vigilant and on the front line in "the struggle" for equal rights, and be honest in its reporting about what black leadership and the black church are and are not doing, to advance their people.

Thanks to the community's support, Michaels said, The CAROLINIAN would continue to stay on

point, bringing stories of importance and relevance to our readers' attention.

WALK

Continued from page 1

connie Gorham-Walston 355-7012. Please help us to be a blessing to others in need. For tax deductible donations: Bone Marrow Foundation, Inc., P.O. Box 8163, Greenville, N.C. 27835-8163.

PIMPAC Meet Set For Monday Sept. 15th At Noon

Mark your calendars!! The next PIMPAC meeting has been scheduled for Monday, Sept. 15th. We will meet at 12 Noon at the Pitt County Public Health Center in conference rooms A & B.

Remember the challenge... Those of you who attended the August meeting know that the challenge is to help increase community involvement in PIMPAC. Please bring a community member, who is interested in infant mortality reduction efforts, to the September meeting.

Lunch will be provided...PIMPAC Treat! It will be necessary for you to RSVP for this meeting in order to help us plan for the luncheon. RSVP forms will be mailed to you soon, along with the minutes from the August meeting.

During the September meeting, we will be welcoming Sheila Bunch, ECU School of Social Work, as our new Chair and Zenobia High, East Carolina School of Medicine, as our Vice-Chair. We will also recognize Minerva Freeman of Pitt County Public Health Center for her past leadership as PIMPAC Chair.

First Annual Art Auction Set By Habitat For Humanity

On Thursday, Aug. 28th, Habitat for Humanity of Pitt County will sponsor a fund raising Art Auction at St. Peters School on 5th Street. The auction will feature both local and international artists. All funds raised will benefit Habitat for Humanity of Pitt County.

Previews begin at 7 p.m. The auctioneer's gavel will start the auction at 8 p.m.

Admission for this event is \$5.00 per person. Refreshments will be served. Guests are invited to come early, partake of refreshments, and intend the offerings. Several door prizes will be awarded.

The auction is under the direction of Marlin Art, Inc., of Deer Park, New York.

Administrator Cited For Leadership



MS. HELGA A. GREENFIELD

Ms. Helga A. Greenfield, vice president for institutional advancement, was nominated recently by Region IV (SASFAA) to receive the National Association of Student Financial Aid Administrators' Leadership Award.

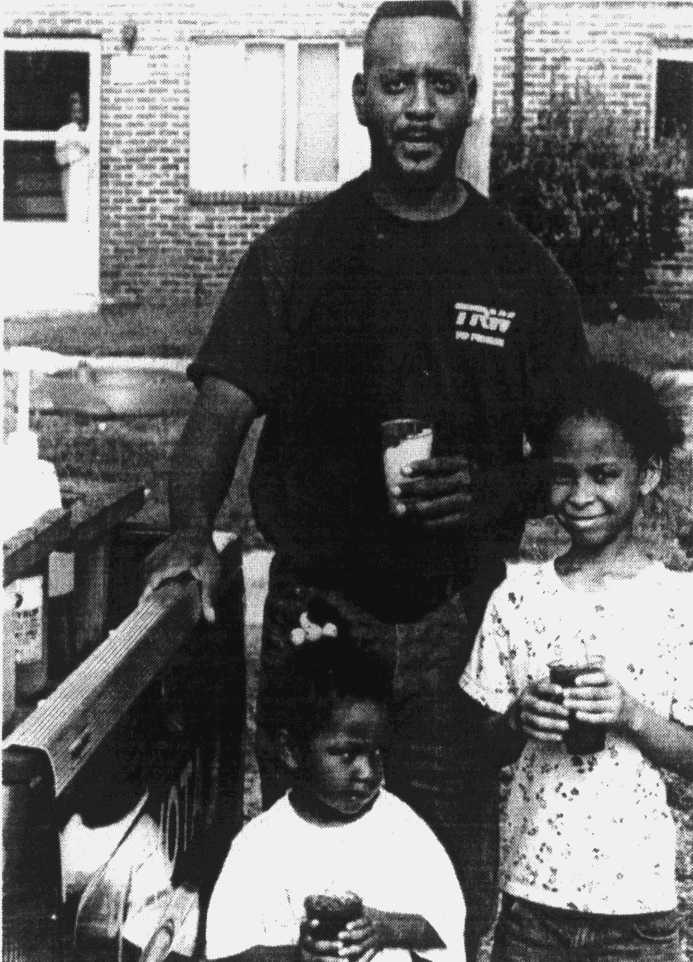
Individuals selected for this award must have made outstanding contributions in the area of financial aid over an extended period of time.

In order to qualify, one must exhibit high integrity, show creative leadership, encourage others to participate in development activities, continue to be actively involved in professional organizations after holding office; and give support to the goals of the NASFAA.

Ms. Greenfield has more than 25 years of experience in the area of financial aid, having served as director of financial aid at Shaw, Norfolk State and Old Dominion universities.



TOWN & COUNTRY CLEANERS—Shown above is the owner of the Town & Country Cleaners located in Williamston, N.C. For all your shirts, dresses, pants, and suits, to be cleaned, just drop them off at Town & Country Cleaners and they will do the job. (Jim Rouse Photo)



COLD ICE ON WHEELS—There is a new brother in town and you can see him in your neighborhood real soon. His name is "Stan the Icee Man." Brother Stan who works at TRW, but his first love is to his community serving places and going places where others won't go. Check him out in your neighborhood. (Staff Photo)

FREE THINGS TO SEND FOR

- (NAPS)—For information about eating disorders and other health issues that affect young adults, call the College of American Pathologists at 1-800-LAB-5678.
- For information on a vacuum that can help control pet allergies, call Nilfisk of America, Inc. at 1-800-241-9420, ext. 2 for Customer Service.
- For your astrological forecasts, visit Astronet on America Online.
- For free AOL software, call 1-800-827-8364.
- For information about a unique football statistics program on the Web, PowerPlayer, call 1-800-4COGNOS.
- For information about what many consider a better mouse pad, call 1-800-3M-HELPS (1-800-364-3577), send e-mail to innovation@mmm.com, or visit the 3M Web site at <http://www.mmm.com>.

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Member of the NC Black Publishers, ASCAP, BMI, SEASAC, ASB, N.C. ASB

Dr. Edwards Named To Howard U. Post

WASHINGTON, D.C.—Howard University President H. Patrick Swygert recently announced the appointment of Dr. Cecile Hoover Edwards as interim dean of the new College of Pharmacy, Nursing and Allied Health Sciences for the 1997-98 academic year.

This new college is composed of three divisions, representing each of the program areas.

Edwards, who has more than 43 years of research experience in the fields of nutrition, biochemistry and human ecology, is professor of nutritional sciences in the university's College of Allied Health Sciences. Her primary responsibility as interim dean will focus on organizing the three distinct faculties into one unit, while strengthening each individual program area. A national search for a



DR. CECILE H. EDWARDS

permanent dean will begin this fall.

"Dr. Edwards is respected nationally and internationally as a scholar and advocate in her field," Swygert said. "Not only will she bring wisdom and perspective to the search for a permanent dean, but is clearly capable of advancing the academic pursuits in each area of the college in the interim."

Prior to this appointment, Edwards served in roles of increasing responsibility at Howard University, including professor, department chair, research project director and dean.

From 1974-86, she served as dean of the School of Human Ecology. From 1986-87, she served as dean of the School of Continuing Education. From 1985-91, she led a Howard University team as principal investigator in a \$4.5 million, five-year National Institutes of Health study of factors affecting pregnancy outcomes in African-American women.

Edwards earned the bachelor's degree with honors in home economics with minors in nutrition and chemistry, and later earned her master's degree in chemistry from Tuskegee University.

She then earned a doctorate in nutrition, with minors in physiological chemistry and microscopic anatomy from Iowa State University. In addition, she has studied at the Institute for Academic Deans of the American Council on Education.

A consultant to governments, agencies and universities around the globe for more than four decades, Edwards is a diplomate of the American Board of Nutrition, and a fellow of both the American Society for Nutritional Sciences and the Institute for Human Ecology.

Her memberships include: the American Institute of Nutrition, the National Institute for Science, the National Council for Family Relations, Sigma Xi and Iota Sigma Pi.



LOCAL AIR FORCE RECRUITERS BEGIN '98 CAMPAIGN—Many High School Graduates are entering the USAF today as stated by Master Sgt. Carmelita E. Wesley (center). Master Sgt. Carmelita is in charge of recruiting here in Eastern North Carolina and has done a fine job. Shown with here are: Technical Sgt. William T. Bailey (left) and Staff Sgt. Michael t. White (right). Keep up the good work Airmen! (Haywood Johnson, Jr. Photo)

Take The Easy Road To The Superhighway

(NAPS)—You hear IT at the office. You come home and your kids talk about IT. Your friends rave about IT. You can't even get through dinner without someone mentioning IT. "IT" is the Internet and everybody seems to be connected but you! For those of you who have been thinking about getting on the Net, there's good news! Today's technology manufacturers are making it even easier and more affordable than ever before to access the Information Superhighway. Following are some simple tips and essential tools to help you get connected to the Internet, the World Wide Web, or an online service.

• Determine Your Needs
Before you decide to travel the Information Superhighway, determine your needs. For instance, do you simply want electronic mail? If so, a 14,400 bps fax modem will be adequate. Do you want to surf the Internet, particularly the World Wide Web? Then a 28,800 bps fax modem is the right choice. Will other members of your family go online? Then you'll probably want to try America Online, which has services for the whole family and a friendly graphical interface.

• Purchase an Internet Access

System
If you've decided to get connected but don't have the time to research the different components to get online, don't worry. Manufacturers are making it easi-

er than ever before to access the Net. Products such as Internet Complete from Zoom Telephonics offer simple Internet access all in one box! This includes a high-speed Zoom/Fax Modem.

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ATTENTION GREENVILLE RESIDENTS BECOME INVOLVED IN CITY GOVERNMENT

The Mayor and City Council will soon be considering appointments to the Advisory Council on Drugs and Crime, Board of Adjustment, Human Relations Council, Parking Authority, Pitt-Greenville Convention & Visitors Authority, Public Transportation Commission, and Sheppard Memorial Library Board. If you live inside the city limits of Greenville and would like to be considered for an appointment, please call 830-4423 to obtain a resume form to indicate your interest or send a written request to the City Clerk's Office, P.O. Box 7207, Greenville, N.C. 27835.

You Are Encouraged To Volunteer Your Participation In City Government

B U S I N E S S B A N K I N G

We believe community banking starts with investing in the spirit of a community.



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OPINIONS

COMMENTS

Editorials

Credo of the Black Press

The Black Press believes that America can best lead the world away from racial and natural antagonisms when it accords to every person, regardless of race, color or creed, full human rights. Hating no person, fearing no person in the firm belief that all are hurt as long as anyone is held back.

What About Reparations?

Recently, race relations made it to the forefront of national debate once more, with President Clinton's announced dialogue on race and a proposed formal apology for slavery working its way through Congress.

John Conyers isn't impressed. He says the gestures, whether well-intentioned or not, are meaningless without concrete action.

Conyers is a Democratic congressman from Michigan, and what he means by action is twofold. First, he wants programs. The type of programs that are being dismantled on the national and local scenes.

But what he wants most, in the area of an apology and atonement for the evil of slavery, is reparations.

Conyers has been pushing the issue of reparations since the mid-1980s, when it first came up. It has received little attention and has gone away periodically, but always comes back.

The idea, if you are one of the many who hasn't been paying attention, is that the descendants of slaves are entitled to compensation for the free labor their forefathers contributed toward building this nation.

Though long ignored, it is a fact that black slave labor literally built much of America, a brick at a time.

This was especially true of the South, where slaves' contributions were given an inadvertent compliment by those arguing for the preservation of slavery.

In debate after debate, it was argued that the Southern feudal system would collapse if they were forced to pay for the labor performed by their black conscripts.

That this was essentially true was acknowledged during the Reconstruction period, when Radical Republicans (it still sounds like a bizarre concept, doesn't it?) made the famous pledge of "forty acres and a mule" to each of the "freedmen."

However, once the war was won, and all the spoils had been bled out of the former Confederate territories

by enterprising "visitors" from up north, blacks' benefactors moved on to more interesting preoccupations.

They had discovered that there were an awful lot of freed slaves, and not that many acres (or mules, for that matter) to go around. So the issue was just forgotten.

But not forever. The money paid to Japanese detainees was a start. And most recently, the decision by the Florida legislature to pay the victims of the Rosewood rampage gave courage to those like Rep. Conyers who say that it is only fair.

How should blacks view the issue of reparations? Two questions need to be answered. First, is it fair and right? And second, is it likely to come about?

The answer to the first question is, of course it's right. Generations of Africans were enslaved, brutalized and forced to work with no compensation, benefitting their tormentors in ways that they are still enjoying even today.

Of course their descendants deserve to share in some measure in the wealth their own ancestors' hands created.

The fact that this totals hundreds of millions of dollars now should be irrelevant.

But it isn't. The answer to the second question, in modern-day America, is "not in a million years."

As the American courts made clear in their decision in the '70s not to give back land which had been stolen from the real Americans (Indians), there comes a point at which it is just too costly, confusing and disruptive to "do the right thing," even when it is undeniable that it is right.

If America won't give the Indians back any of the land it stole from them, there is no way on Earth it pay Africans for the labor it stole from them.

Yes, reparations are deserved. But the energy being expended on trying to get them could probably be better used on other projects.

A Dangerous Game

Min. Curtis Gatewood fired the opening volley in his bid to become state NAACP president recently.

It is a game that could backfire, both on the charismatic young minister and on the organization he wants to run.

In what seems to have been a calculated move, Gatewood, recently promoted to district director from his Durham NAACP presidency, sent a letter to Durham Schools Superintendent Ann Denlinger in which he said, basically, that he was still calling the shots.

Gatewood told Denlinger that, talks with current Durham NAACP officials notwithstanding, she was still bound by the requirements he set forth while he was president if she wanted real progress.

That was news to the Durham NAACP board and its new president, Harry Monds, Jr. Although Monds declined comment, preferring to keep any disagreement private, a Durham board member complained to the state office.

North Carolina NAACP President "Skip" Alston immediately issued a

statement that Gatewood had overstepped his authority and, district director or not, had no right to dictate the positions of local branches.

It is easy to imagine that Gatewood is positioning himself, as he often has, as the strident voice demanding change, juxtaposed to the more "timid" positions of the powers that be, particularly Alston, whom he wants to replace come October.

It is a persona that has won him a lot of support, particularly among younger members.

But it could come back to haunt him, as NAACP delegates ponder their choices. Quite a few may not much like the idea of electing someone who thinks he can take charge of their individual branches and tell them what to do.

Also, if a number of folks line up on either side of the issue, the rift could boil over into the public arena, costing the NAACP badly needed credibility and support.

To be sure, we think Min. Gatewood knows what he is doing.

Whether what he is doing is right remains to be seen.

POINTS TO PONDER

BY PROFESSOR HARRIS

WHEN WILL WE STOP USING THE BEAUTY STANDARDS OF OTHER RACES AS OUR OWN?

GIRLFRIEND... YOU SHOULD USE SOME SKIN BLEACH

HONEY... I'M GLAD MY LIPS AIN'T AS BIG AS YOURS...

BABY... IT'S TIME TO HIDE THAT BAD HAIR AND GET A HAIR WEAVE

HARRIS
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#HARRIS#
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Parents Need To Ask, Why Aren't Our Kids Succeeding?



BY TREY BANKHEAD

FINAL PART OF A TWO PART SERIES

Parents need to see themselves for the role models they are. I'll never forget it: I was driving home, with my little brother in the back seat. A car swerved in, and cut me off. As I slammed on the brakes, I cursed, something I'd never given any thought to. Imagine my surprise when a few weeks later, my little brother proudly greeted my father with the same words I'd used then? Parents are always complaining about how their kids "don't act right" and how they are "just born bad." I'm twenty-seven years old, what many would call a "Generation X-er." When people twenty years older than me tell me that my generation is messing up the world, that we're lazy slackers who have no values, I ask them, "Didn't Baby Boomers raise Generation X?" The same things apply to this newer generation. If parents are going to complain about their kids, then they should DO something about it, because they're the ones that raised their kids! Here are some suggestions for parents, presented by Eddie Davis III, a member of the North Carolina State Board of Education:

- 1) We must do a better job making kids understand that they must defy negative expectations of them.
- 2) Please allow kids to connect with positive role models in our communities.
- 3) We must ask our children to avoid negative language.
- 4) Ask our children to read! We must, in turn, read to them!
- 5) Ask our children to stand for justice for themselves, and to stand against all injustice.
- 6) Ask them to dream about a world where they can make a difference.
- 7) Please live ethical lives in front of children. Kids remember not what you say, but what you do!
- 8) Complain upward. If you have a complaint, talk to people that CAN make changes.
- 9) Please ask our kids to ask for Excellence without Excuse. They should always strive for excellence without making excuses as to why they can't succeed.
- 10) Stand up and be proud of the wonderful things you do. Modesty is good, but too much of it is destructively limiting.

There are a lot of reasons why our kids, on the average, are not succeeding in school. I've just named a lot of them. I've also just gotten a LOT of people angry with me. It doesn't matter. If you're angry with me, then you're thinking about what I've said. If you're thinking about it, then you can do something to make a difference yourself. So, instead of complaining to your friend "Did you see what that guy in the paper wrote," see if you can do anything to change what I'm making a fuss about. I'm trying to change things. Are you?

BACK-TO-SCHOOL SHOPPING IS NOT AS EASY AS IT LOOKS FOR PARENTS

I have to wonder what kids really are learning in schools today. As a teacher, I know what I am trying to teach in the classroom. But, I'm not a fool. I also know that kids are more effective in teaching kids than teachers are effective in teaching kids. Why else is peer pressure so powerful?

Parents need to take a hard look at what type of school their child is attending. I am not just referring to the curriculum. What type of population does the school serve? How diverse, in terms of race and religion, is the school? Are the kids exposed to other cultures, other religions, other races? Or, are they kept isolated in an environment that is supposedly "religion-free" and "race-free"?

I ask this because many parents just assume that their child is getting a well-rounded education. However, parents must remember that not everything their child learns in school comes from their instructors. If parents want to pick the best educational environment for their child, then they need to know how to shop.

Shopping is one area in which every parent has a great deal of experience. How do I know? Every time I head for one of the local malls, I have a hard time finding a parking space. Especially now, with all the "Back to School" sale insanity going around (Not that I'm immune: my wife and I saw this fantastic desk we're going to get very soon. It'll look

great in our office). Everyone's looking for the best deal on clothes, food, furniture...you name it, there's always a battle to find the best price on it. But many parents tend to take their children's education for granted. No shopping around for the best deal, just a kind of "this is the best one because it's the only one" mentality. You wouldn't shop that way for a car; why shop that way for your child's future?

The point I'm trying to make is this: A school is responsible for far more than just "book learning." Kids learn a great deal more: about themselves; how to interact with older people; how to interact with younger people; how to form opinions about issues such as race, religions, sexual orientation, and gender; how to operate in a new environment; and how to be responsible. As a result, parents should take these things into account when choosing a school. There are a lot of things a parent can do to make certain their child receives a quality education.

VISIT the school. Talk with the principal, as well as with all the teachers your child will have. By doing this, you will begin to forge a partnership with the school, letting them know that you are interested in your child's education. Also, many teachers love talking with concerned parents. I had a parent visit my classroom last week because she wanted to see what was going on in her son's class. Another parent dropped by the next day to ask about her son's progress. Personally, I love dealing with concerned parents; it means that they're going to help educate their children. Since they see them more than I do, they usually have good suggestions about what their child needs.

RESEARCH the school, as well as the school system. Public schools are required to report to the North Carolina State Department of Public Instruction. Because of this, they can usually answer any questions you may have about the history of a particular school. For that matter, go to other parents who have children in the school. Ask them what they think of the school. Has the school been in the news? If so, for what reason?

LOOK at the student population in your child's school. What do you see? Is it racially diverse? Do you see gang colors? Are you comfortable with who you see entering the same school your child is attending?

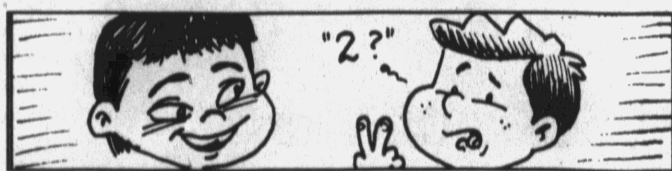
ASK questions. Remember, you are, in one form or another, paying the school for a service. As such you are entitled to know what you are paying for. You should have full access to your child's records, as well as his/her teachers. If you are concerned, visit the school during school hours and ask to sit in the classroom while class is in session. Do not be shy about asking about an instructor's background.

GO to anything that gives you more insight into the school. Both Parent-Teacher Association (PTA) and school board meetings are open to the public. For that matter, many schools have some form of informative meetings scheduled at various points during the year. Don't wait for your child to bring home a flyer; call the school and ask. Ask for regular conferences with your child's teachers, in order to make certain you know what's going on with your child.

SHARE information. You'd be surprised how much information you can get just by sharing information with other parents. Everyone has a friend of a friend of a friend who has a cousin who's married to someone who knows someone who works for the education system. Share any information you get with other concerned parents. You'll end up creating a wonderful resource for parents new to the area, as well as making certain that your child (and their classmates) have a resource network concerned with their welfare.

COMMUNICATE with your child! This does not mean asking "How was school?" everyday. Good communication involves finding out not only how your child is doing in class, but how they are doing in their relationships with classmates. Is your child learning anything? If so, what? Have the child explain his lessons to you in his own words. Play games that relate to the subjects being learned. That way, you know not only what they are learning, but how well they're learning it. Encourage your child to invite classmates home. This gives you a look at who your child is associating with, as well as shows your child that you care what is going on in his her life. Everyone wants to feel as if someone cares about them. Make sure your child understands that you care about them.

You see, contrary to what some people think, shopping is a lot of work! In this case, you are shopping to see what manufacturer (school) makes the best product (education). Every consumer knows that they have rights. As a parent, you have rights as far as your child's education is concerned. You also have more power to get things done than you may realize. Remember this one thing: SCHOOLS EXIST TO PROVIDE A SERVICE, AND YOU DESERVE TO BE SATISFIED WITH THAT SERVICE.



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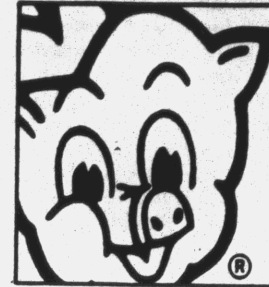


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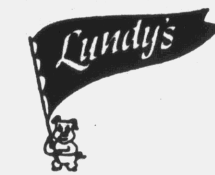
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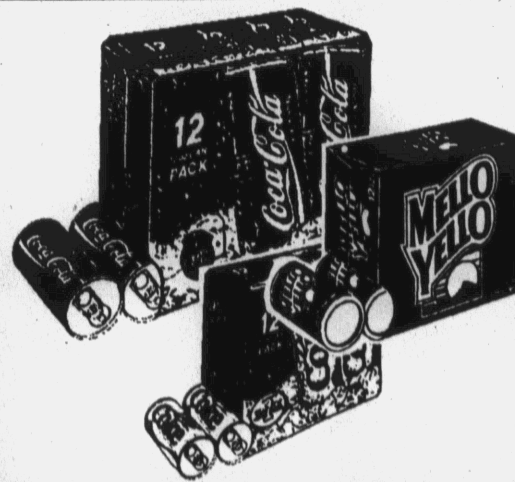


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HERE'S TO YOUR HEALTH



spotlight on health

Hope For Chronic Back Problems

(NAPS)—"He really gave me hope. He came through," Jon Anger said, speaking of Dr. Kenneth Light, Founder and Medical Director of the San Francisco Spine Center at Saint Francis Memorial Hospital. Dr. Light is known as the "doctor of last resort" because he sees patients who have chronic back and spine problems other physicians consider hopeless.



Patients with chronic back and spine problems have found hope with a San Francisco surgeon who specializes in back problems.

Over 300 thousand "laminectomies" are performed in the United States each year, according to the National Center for Health Statistics. And it is estimated that 20 to 30 percent of them result in failure. That need not be so, says Dr. Light. "Most failed back surgeries can be avoided and are usually caused by a well meaning surgeon. While no operation is guaranteed, by selection of the proper operation and by meticulous technique, surgery can be successful." Light says fifty percent of his practice is repairing former failed back surgeries. "It's a happy specialty. When you can take people who can't walk and make them walk again, it gives enormous personal satisfaction."

Jon Anger was 41 when an accident at work ruptured a disc in his back. Three surgeries later he was still in chronic pain and barely able to walk, much less work. As many as 17 doctors said nothing could be done to repair the damage. Then Anger went to see Dr. Light.

"I don't believe in giving up on patients until I've tried everything possible to help them," says Light. Light fused Anger's spine using bone from the hip and moved bone chips from the nerve canal. Two months later Anger was walking. Now, says Light, when Anger's not climbing ladders or repairing roofs, he's water skiing.

For more information, call (415) 353-6464.

Managing Diabetes For Life

News USA

(NU) - Diabetes is an unwelcome lifetime companion and the fourth leading cause of death by disease in the United States. Diabetes can eventually affect many organs and systems of the body: cardiovascular disease, foot disease, stroke, blindness and end-stage renal disease are among the complications of diabetes.

People who best prevent the complications are those who observe a good exercise program, adhere to a proper diet, practice good hygiene, follow medication instructions carefully and undertake regular foot care.

Ideal management of diabetes requires a team approach by physicians, including a podiatrist for foot disease. It is estimated that more than half the amputations among people with diabetes can be prevented.

Even if complications have not yet surfaced, there are warning signs. A yearly visit to a podiatrist is recommended where specific diagnostic tests can assess the presence or progression of diabetes complications of the feet.

For information on proper foot care for people with diabetes, or for answers to other foot-care questions, call the American Podiatric Medical Association at 1-800-FOOTCARE (1-800-366-8227).

Herb Supplements Grow in Popularity

(NU) - Man has looked to botanicals for centuries for relief from illness and injury. In fact, a Gallup poll showed that last year 37 million Americans used herbal supplements.

"The herbal market is exploding, and is now the fastest-growing nutritional-supplement segment," says Staci Glovsky, brand manager for Nature's Resource, the nation's leading herb brand.

Here are some of the exciting products that the experts at Nature's Resource predict will be among tomorrow's best-sellers in the supplement market: Kava Kava, Valerian, Bilberry, Cranberry, Echinacea, Goldenseal, Evening Primrose oil, Grape seed, Milk Thistle and St. John's Wort.

To educate consumers about the benefits of herbs, Nature's Resource has created the Nature's Resource Herb Healthline. Call 1-800-314-HERB (1-800-314-4372).

Shriners Hospitals' Research: A Labor of Love for Children

(NU) - There may be nothing more sad in life than a sick or injured child with an ailment for which science hasn't found a cure.

But medical research is gaining ground in the treatment of children with orthopaedic problems, burns and spinal cord injuries.

At Shriners Hospitals for Children, what began as a token allocation of money in the 1960s has grown into a multi-million dollar international research program for the hospital. The 1997 research budget totals almost \$21 million.

A recent discovery at the St. Louis Shriners Hospital, for instance, resulted in the improvement of tendon repair in the hand.

In 1997, a pilot study is planned to evaluate the effectiveness of the oral drug Fosamax when it is used in children with osteogenesis imperfecta (brittle bone disease). The drug, which is used to treat osteoporosis, may help increase bone mass, decrease fractures and reduce the pain associated with osteogenesis imperfecta.

Shriners researchers also are examining how gene mutations disrupt bone growth; developing more effective ways to diagnose and manage metabolic bone diseases; searching for the causes of juvenile rheumatoid arthritis; improving treatment for children with congenital limb deficiency problems; seeking more advanced prosthetic and orthotic devices for children with missing, injured or



News USA

Shriners Hospitals are committed to helping children with orthopaedic problems and burn injuries by finding solutions through ongoing research.

weakened limbs; and enhancing the use of functional electrical stimulation to help children with spinal cord injuries and cerebral palsy.

Other ongoing research at Shriners Hospitals holds promise for the future of burn victims.

Scientists are studying the effects of smoke inhalation, pain management, sleep deprivation, psychosocial recovery, immunological and metabolic responses to the burn, as well as evaluating a device to promote the exchange of oxygen and carbon dioxide during respiratory distress syndrome caused by severe smoke inhalation and burn injury to the skin.

Shriners Hospitals are committed to finding solutions to the many orthopaedic problems and burn injuries faced by children.

For more information about the free medical care offered at Shriners Hospitals or Shriners Burns Institutes, or to refer a patient, call 1-800-237-5055. In Canada, call 1-800-361-7256.

Cut Health Insurance Costs With Medicare Select Plans

News USA

(NU) - If you're a senior citizen and find yourself living on a limited income, you don't have to sacrifice good medical coverage to make ends meet.

Medicare will cover a portion of medical expenses, but with increasing government pressure to cut back on Medicare reimbursements, Medicare alone won't do it. Today, Medicare supplement insurance is more important than ever, but Medicare supplement premiums can still take a good-sized bite out of a fixed income.

One way seniors can cut their health insurance costs is by buying a kind of Medicare supplement insurance called Medicare Select. Medicare Select is Medicare supplement insurance that typically costs between \$150 to \$300 less per year than standard Medicare supplement plans.

People who purchase Medicare Select plans agree to use a specific hospital or group of network hospitals. Insurance companies selling Medicare Select plans can offer the coverage at a lower premium because they have negotiated with hospitals to waive the Medicare Part A deductible. The insurance company passes on this savings.

The Medicare Select program was approved by Congress in 1994, according to Cindy Luther, a spokesperson for Pioneer Life Insurance Co., a company specializing in Medicare supplement insurance

and other insurance for seniors. The program was designed to help people on Medicare save money on their Medicare supplement insurance. It began as an experimental program in a few states and was later expanded to all 50 states.

Like Medicare supplement insurance, all insurance companies must offer identical Medicare Select benefits.

"A plan 'C' Medicare Select plan has the same benefits as a plan 'C' from another company. That's required by law," said Luther. "However, there are still some important features that may mean one company's Medicare Select plan is a better choice," she says.

Luther offers these tips for selecting a Medicare Select plan:

- Medicare Select plans encourage you to use a specific hospital, or hospitals, in a specified network. So make sure the network includes the hospital you prefer or substitutes a hospital you would use if it meant saving money.

- If you select a hospital outside of the network, benefits will be reduced. Some companies reduce benefits by just the Medicare Part A deductible. Others will also reduce Part B benefits. Select a company that has the fewest restrictions.

- To ease your mind about traveling far from home, select an insurance company that has a large network and that allows you to use alternate hospitals in other states.

Herb Supplements Gain Consumer Confidence

More People Are Reaching for Botanical Solutions

News USA

(NU) - A hundred years ago, medicine consisted of flowers, roots and herbs that were boiled and made into teas and tinctures for healing.

Life was simpler and medical lore was merely passed down from one generation to the next.

Today, people pick up the phone and call a doctor and ask few, if any, questions about the medicine they are prescribed, let alone which plant — if any — it originally came from.

Yet many modern medicines are derived from plant sources. For example, the heart medicine Digitalis comes from the Foxglove plant.

A Gallup poll showed that 37 million Americans used herbal supplements last year alone. Indeed, man has looked to botanicals for centuries for relief from illness and injury.

"The herbal market is exploding, and is now the fastest-growing nutritional-supplement segment," says Staci Glovsky, brand manager for Nature's Resource, the nation's leading herb brand.

Here are some of the exciting products that the experts at Nature's Resource predict will be among tomorrow's best-sellers in the supplement market:

- Kava Kava comes from the South Pacific islands and is known for its relaxing properties.
- Valerian is used to help enhance nighttime rest.

- Bilberry fruit was first studied for its helpful effects after British pilots in World War I ate Bilberry fruit to enhance their night vision.

- Cranberry juice extract may help promote a healthy urinary tract.

- Echinacea helps maintain immune function and may help stimulate natural resistance.

- Goldenseal root has an enduring reputation as a useful supplement during the cold winter season.

- Evening Primrose oil is an excellent source of polyunsaturated fatty acids needed for healthy cells.

- Grape seed extract is popular in Europe for its antioxidant properties.

- Milk Thistle also has antioxidant properties and may help maintain healthy liver function.

- St. John's Wort is gaining a reputation for enhancing mood.

Today, many people are looking for ways to help themselves feel better by using natural products. While herbal manufacturers make no specific claims of what supplements can do for you, there are many good books you can buy that explain the traditional uses of different herbs.

To educate consumers about the benefits of herbs, Nature's Resource has created the Nature's Resource Herb Healthline. Call 1-800-314-HERB (1-800-314-4372).

Winterville '97 Watermelon Fest



YOUR HEALTH

Fight Aches Along With Weeds — Stretch Muscles Before Gardening

(NU) - A word of advice to gardeners: Think of yard work as a sport.

All the bending, stooping, digging and pulling you do to care for your flowers and veggies can be tough on your body — if your muscles aren't prepared.

"You need to condition your body to do gardening and yard work just as an athlete conditions his or her body to participate in a sport," says Dr. Robert P. Lynch Jr., a Portland, Maine, chiropractor and member of the American Chiropractic Association.

To make garden and yard work as enjoyable as possible, warm up before doing extended chores, Lynch says. And when you're finished with the chores, do cool-down exercises. "Stretching the major muscles of the back, upper legs, shoulders and wrists can be essential to avoiding injuries."

Here's How

Most gardeners either bend or kneel to work. Kneeling puts less "load" on the body, but whichever way you choose, Lynch recommends the following for both warming up and cooling down:

- While sitting, prop your heel on a stool or step with your knee straight. Bend forward until you feel a pull at the back of your thigh. "You want to feel pull, not pain," Lynch cautions. Hold the position for 15 seconds, then relax. Do it once more, then switch and do the exercise twice with the other leg.

- Stand up straight and grab your ankle from behind. Pull your heel toward your buttocks. Hold that position for 15 seconds, relax and do it again. Repeat with your other leg.

- Weave your fingers together above your head with your palms up. Lean to one side for 10 seconds, then reverse. Repeat two or three times.

- Wrap your arms around yourself and rotate to one side, as far as you can go. Hold it for 10 seconds. Then reverse. Repeat two or three times. (This exercise is called "Hug your best friend.")

Too Late?

If this advice comes too late and your back already hurts from gar-

dening without warming up, options include: nonprescription medicines — they have fewer side effects than prescription drugs; applying cold within 48 hours of symptoms, or heat after 48 hours; and spinal manipulation.

"Your goal is to avoid hurting your muscles, but if you do, doctors of chiropractic are trained to manip-

ulate your spine and help your body work toward healing itself," says Association President Dr. Kurt Hegetschweiler.

For more information about chiropractic health care and a list of member doctors in your area, contact the American Chiropractic Association, 1701 Clarendon Blvd., Arlington, VA 22209, or call 1-800-986-4636.

HEALTH MATTERS

Hope for Anxiety Sufferers

National Anxiety Disorders Screening Day Is May 7

News USA

(NU) - Tom sat at his desk, completely unable to concentrate. Senseless worries consumed his thoughts and made it impossible for him to work. Tom couldn't explain the reason for his persistent worries, but feared that if he didn't pull himself together soon he would lose his job. If only he could figure out what was wrong with him.

Tom is one of nearly 24 million Americans who suffer from an anxiety disorder. Although anxiety is one of the most prevalent illnesses in the United States, it often remains untreated and undiagnosed. Most people like Tom do not recognize their symptoms as a sign of a treatable mental illness.

Screening Provides Answers

After years of suffering from troublesome symptoms such as excessive worrying, restlessness, muscle tension and irritability, Tom went to a local screening site on National Anxiety Disorders Screening Day.

At the screening, Tom filled out a questionnaire, spoke with a professional and viewed a video tape.

"The screening made me realize

that I had anxiety," Tom said. "I felt relieved because, until that point, I didn't know what was wrong with me. After the screening, I knew that my illness was very real and very treatable."

Today, Tom controls his anxiety with medication and therapy. He says he still experiences symptoms of anxiety from time to time, but now he knows how to deal with the situation.

'I Feel Like Myself Again'

"The fact that I didn't know what was wrong with me was adding to my anxiety," Tom said. "After my illness was identified at the screening, I was able to get the treatment I needed to feel like myself again."

If you think you or someone you know may be suffering from anxiety, consult with a physician or come to National Anxiety Disorders Screening Day on May 7 to get a free screening and to speak with a professional who knows what you're going through.

For more information, or for the site nearest you, call toll free 1-888-442-2022.

The closing years of life are like the end of a masquerade party, when the masks are dropped.

—Arthur Schopenhauer

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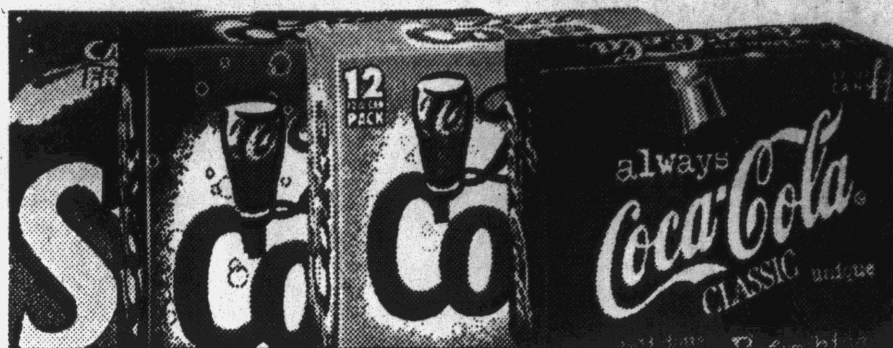
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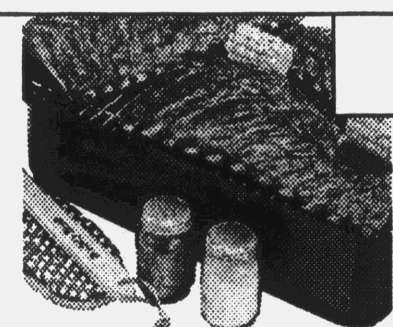
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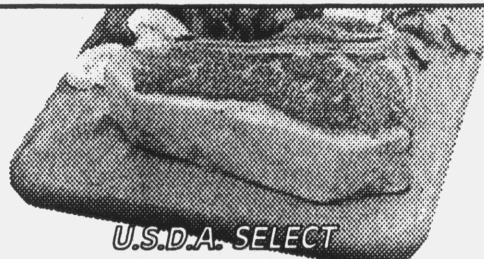


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Williamston Whistlings

By Joyce Gray

Contributing Writer

WILLIAMSTON—According to the data I was able to gather, St. James Missionary Baptist Church was built during 1908. It was called the "new" church by those within the Will Siding/Bethlehem area, and was located on what is now named the Jones Road.

That house of God was founded by the James family and the first pastor was Minister Abner James.

Over the years, many of the members moved their membership to other churches but the names on the roll also lessened as death took its toll. To date, there are only seven.

Most folks, whenever given a chance to do so, ask, "Why aren't those doors closed?" And thus, it might have occurred 13 years ago had not Ms. Pearl Nichols surprisingly confessed her desire to place her name on the books there after many years of sending her four children to Sunday School each Sunday and attending the once-a-month worship service.

She also attended various churches in the neighborhood—just hadn't looked for a home church. Her husband Joseph's membership was with another church; however,

he being the driver, would take her wherever desired when she could not walk the distance.

Joseph commented for years that he was going to unite there as the crowd got smaller. "Miss Pearl" said nothing. She didn't even complain about the spider webs, dust or outdoor house. Nor did she voice an opinion as to what those "members" could/should do.

Some improvements have been made since that summer of 1984. Her husband has since been called home. Four members are no longer physically able to attend worship service and she cannot, without help.

No one has been led to date to unite there. Nevertheless, some have found love and time to share with the operation of the building. Few visitors come from various churches and so a house of worship is still in existence after 89 years.

Sometimes even the ceiling fans play a tune while the service is going on as if the spirits are receiving.

One person does make a difference in a chain of events.

Willis E. Williams and Ms. Marion Davis have filed for reelection for a seat on the Commission-

ers' Board in the Town of Jamesville.

We have come a long way and yet much more is to be accomplished as I recall the late John H. Cabarrus ran four times for a seat. He was the first African-American to serve. Where are our young men and women? Are any available for training by these two faithful and dedicated people?

Because of the tragedy in Plymouth and the desire to be as supportive in any way possible to the families of those 10 deceased youth, Ms. Ethel Council, NAACP president, postponed visiting her sick sister in Charlotte until Aug. 12.

Ms. Florence Sthresley stated that her son Larry was about to embark upon a three-year stay in Cameroon, Africa. He is taking his family with him.

It isn't the first trip for the Sthresley family. Larry's father, Charles, had to cut short his

pastorship last year when overtaken by illness. He returned to the United States for treatment. He was called home nearly a year ago by his Heavenly Father, and his widow remains in Williamston.

Since the names of the countries in some parts of Africa keep changing, I could not remember any place besides Zaire that the Sthresleys served over the past 30 years.

Prayers were offered for a safe travel and stay in Cameroon and that the holy words would be accepted.

James Rodgers' daughter informed this writer that her dad was in an apartment in Willow Acres. Misinformation had been given, and the wrong complex visited.

Another special called meeting by the Martin County Board of Commissioners for Monday, Aug. 25, at 7 p.m., will discuss: "1. Resolution designating authorized representative for Martin County Water and Sewer District No. 1, and 2. Future of health care in Martin County with Strategic Partnering Steering Committee."



Koinonia Church recently held a Church Fellowship Breakfast. Pastor is Rosie O'Neal.

A Seafood Lover's Guide To Healthy Eating

(NAPS)—Love to eat out, but trying to watch your fat and calorie intake? Here are helpful hints from a new healthy eating brochure by Red Lobster:

- *Try taste pleasers.* Low-fat appetizers, such as shrimp cocktail or peel-and-eat shrimp, appease your appetite yet add only minimal fat to your diet.
- *Can use the "dip and stab" technique.* Dip your fork into the sauce and then stab your piece of food instead of drenching the entire piece.
- *Practice the balancing act.* If you like fried fish, choose other foods low in fat to complete your meal, such as a salad with light dressing, steamed vegetables or a plain baked potato.


From good nutritional news that fish lovers may not be aware of (recent findings revealed that cholesterol levels of most shellfish are much lower than previously believed), to an extensive listing of seafood lunches and dinners containing less than 500 calories, "To Your Health, Red Lobster's Guide To Sensible Dining Out," is chock full of informative facts and sug-

gestions on how to enjoy delicious, healthy seafood meals.

The brochure also provides a comprehensive listing of the nutritional profiles of more than 130 seafood items, appetizers, sauces/dressings and desserts.

"More and more people are improving their diets by increasing their intake of seafood," said Kirk Spresser, president of Red Lobster, North America's largest seafood restaurant company. "This brochure will help seafood lovers know more about the fish they are eating, and the tremendous number of healthy choices available to them."


In the restaurant industry, Red Lobster is at the forefront of providing consumers with nutritional information, and offering them healthy menu items. On its menus, the company uses a special category called "Lighthouse Selections" to indicate items that have 30 percent or less of their calories from fat. These selections—appetizers and entrees—are marked with a Lighthouse icon. Red Lobster also offers a brochure featuring a nutritional profile of all its Lighthouse Selections.



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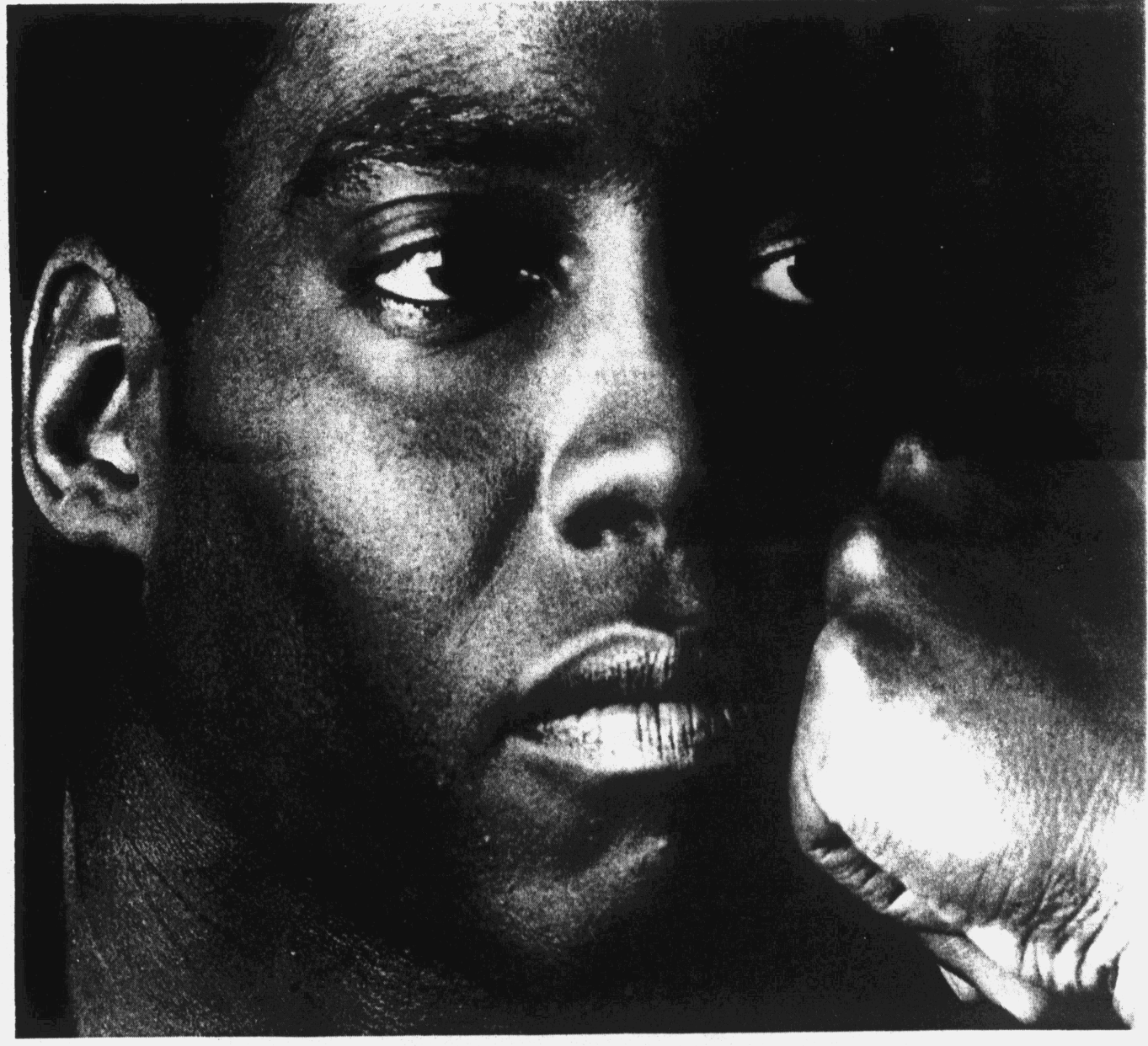
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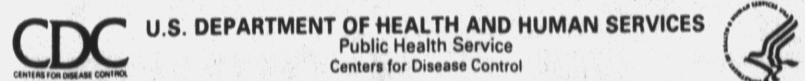


Don't just worry about HIV. Do something about it.

Just worrying about HIV infection won't do you a bit of good. But knowing whether you are infected can. Today, it's more important than ever to get tested. There are things you can do that can help you live longer. Also remember, if you are infected, you can pass the virus to others through sex or sharing drug needles and syringes, even if you show no symptoms. Talk to a doctor, your health department, or other AIDS resources within your community. Or call your State or local AIDS hotline, or the National AIDS Hotline at 1-800-342-AIDS. Call 1-800-243-7889 (TTY) for deaf access.



HIV is the virus that causes AIDS.



Presidential Melt Down

Members of the Greenville Alumnae Chapter of Delta Sigma Theta Sorority Inc. celebrated with their newly installed President. Patricia Alexander, President Elect of the Greenville Alumnae Chapter hosted the Membership with a poolside "Sip and Chat" at the Brook Valley home of Soror Annie Watts. The Sorors enjoyed a catered meal and an afternoon of sisterly bonding.

Drunk Driving Case Resumes In City

By Cash Michaels

Staff Writer

The second trial of a Cary woman charged with two counts of felony manslaughter in the June 1996 drunken driving accident, killed a Wake County student and his elderly cab driver, resumes in Wake Superior Court today.

It was July 11 when a jury of eight whites and four African-Americans ended six hours of deliberations deadlocked in the trial of Jennifer Hardin, 22. A mistrial was declared, and Wake prosecutor Jeffrey Cruden declared, "It's not over by any means," leaving little doubt that the state would try the defendant again.

Today in Wake Superior courtroom 3B, the families of victims Lacoia Laney, 18, and James Whitaker, 62, will return, hoping this time that a new jury will convict Hardin.

"I want a new trial, and I want it to be fair," Terry Laney, mother of Lacoia, told *The Carolinian* exclusively at the end of the first trial.

"Fair" to Ms. Laney, means a jury deciding that Hardin is guilty of manslaughter for allegedly getting so intoxicated on the morning of June 6, 1996, that she drove her late-model Mazda car over the center line on Tryon Road near Lake Wheeler, forcing two vehicles off the road before crashing head-on into the cab that Whitaker was driving Lacoia to school in.

Duncan McMillan, Hardin's defense attorney, said that wasn't good enough, and that his client urged the jury to consider reason-able doubt.

After a day and a half of testimony, it did, in heated exchanges that could be heard beyond the jury room doors. When they came back from lunch on the afternoon of Friday, July 11, the jury told the judge they could not reach a decision.

Ms. Laney wasn't pleased with some of the members of the first jury, though she's certain the black jurors pushed hard for the maximum charge, and is thankful for the retrial.

Because the defendant is young and white, while the victims were black, Ms. Laney and Whitaker's family say the jury was not as willing to convict on manslaughter, as they would have if the defendant was black.

Prosecutor Cruden countered with an expert witness who surmised that Hardin's blood alcohol

level at 6 a.m., the time of the accident, was probably .009. McMillan doesn't deny that.

Hardin is charged with manslaughter by vehicle, a misdemeanor with far less punishment.

McMillan pointed to a discrepancy in two blood alcohol tests taken by both the hospital and an injured was taken to, and authorities took some time later, that were questionably close to the state's legal .008 intoxication impairment limit.

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PITT COUNTY UNITED WAY KICKS OFF THIRD ANNUAL DAY OF CARING—Volunteers met co-workers and other participants at four opening sites for a short program, final registration, assignments and breakfast before the 1997 kick-off celebration of the Third Annual Day of Caring sponsored by the United Way of Pitt County. Marketing Director Myra Ross (fourth from right) spearheaded the celebration. Executive Director Jerry Johnson (second from left) said that participants were able to get hands-on experience in volunteer efforts that help agencies provide more effective services to people in need. (Haywood Johnson, Jr. Photo)

Support the Black Press Read The "M" Voice



GOSPEL SENSATION VISITS GREENVILLE—Gospel Recording Artist Nancy Cahee is seen here as she visited Greenville over the weekend in an effort to be part of the Gospel family festivities that took place on the Town Commons. On Sunday after the 8 a.m. morning worship service at Philippi Church of Christ Disciples of Christ located at 1610 Farmville Blvd., where Bishop Randy B. Royal is the pastor, Ms. Cahee took time out to pose for the M-Voice Camera. (Haywood Johnson, Jr. Photo)

Did You Know?

Successfully Shaping-Up

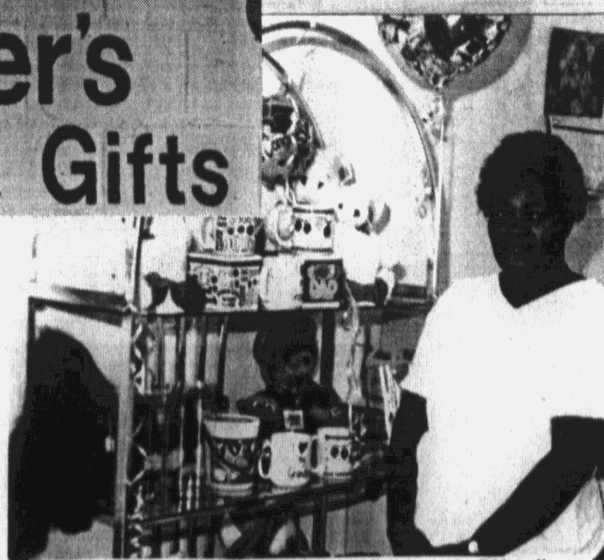
(NAPS)—Why do so many exercise programs fail? Getting organized to get in shape can be an exercise in itself. Successful shape-ups may require some warm-ups, such as deciding what you really want to accomplish:

1. **Always make a plan.** Decide what's really important to you and how you will achieve it on a daily, weekly and monthly basis. Need to exercise? Joining an exercise class may help discipline you. By increasing your heart rate as little as three times a week, you will strengthen your most important muscle—your heart. Looking and feeling good are an added bonus.

2. **Plan for the duration.** Many people start out with high enthusiasm but find it difficult to sustain. Some exercise programs are just too dull to stick with. That's why nearly half a million people worldwide take part in Jazzercise classes every week.

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Christian Format Set For WRDT-AM In Capital

LEXINGTON, Ky.—WRDT-AM 570 will bring Christian programming and national Christian talk to the Raleigh-Durham market.

Officials say the new station will seek to establish a broad-based platform for local Christian leaders and fulfill a need to develop a forum for family issues through Christian talk radio.

Offering new-to-the-area programming, WRDT will air "Jay Sekulow Live," "Janet Parshall's America" and "SRN news" which provides comprehensive Christian coverage.

In addition to the national programming lineup, Mortenson Broadcasting will bring to the market many of its own productions.

"We firmly believe that Christian radio should forge relationships with the community, the listeners and the ministries it airs," says Larry Alford, general manager.

"We'll strive to be set apart by integrity, accountability and a spirit of community that serves the region and beyond."

Mortenson Broadcasting is owned and operated by Jack Mortenson, who for 36 years has developed the company into one of the larger Christian broadcasting networks in the nation.

With the recent addition of 10 new stations, including WRDT, MBC now owns stations in many of the top 50 markets, including Washington, D.C., Pittsburgh, Dallas and Kansas City.

Cooking Corner

Hints For Cutting Sodium And Fat

(NAPS)—It's that time of year again—when dieting is a priority for many of us.

Making healthy food taste good can make a big difference in your ability to stick to a diet.

Luckily, limiting excess fat, calories and sodium is an attainable goal for all of us.

Here are a few easy ways to perk up food flavor—without adding a lot of fat, calories or sodium:

- Use a variety of herbs, spices, extracts and flavor enhancers such as lemon juice, vinegar and monosodium glutamate (MSG) to add complexity to a dish's flavor.

- Aim for contrast in food flavors, aromas and colors when planning menus.

- Use the freshest ingredients possible. Poor quality or old ingredients will compromise food flavor.

- Experiment with adding MSG. MSG contains only 1/3 the sodium of table salt, few calories and no fat. Research indicates that adding flavor enhancers to foods can make it easier for people to stick to weight-loss plans and reduced-sodium diets. See for yourself what a flavor difference MSG can make; here's a recipe that delivers lots of flavor with minimum fat, calories and sodium:

VEAL AND PEPPER PASTA SAUCE

- 1 medium onion, thinly sliced
- 2 tsp. olive oil
- 1 garlic clove, minced
- 1 lb. lean ground veal
- 2 cups reduced-sodium canned chicken broth
- 1 red pepper, seeded and sliced

into 1/4" wide strips

- 2 tsp. tomato paste
- 1/4 tsp. pepper
- 1/4 tsp. dried thyme
- 1/8 tsp. hot pepper flakes
- 1/2 tsp. monosodium glutamate

1. In skillet or saucepan, heat oil over low heat. Add onion and garlic; saute for about 5 minutes.

2. To onion mixture, add veal and cook until meat is no longer pink. Stir frequently to break up meat. Add all remaining ingredients except monosodium glutamate. Cook over low heat until liquid reduces and sauce thickens.

3. Stir in monosodium glutamate and cook another 5 minutes. Serve over pasta. Makes 4 servings.

For a free brochure on cooking healthy with MSG, send your name and address to Ajinomoto USA, Dept. NAPS, 500 Frank Burr Blvd., Teaneck, NJ 07666.



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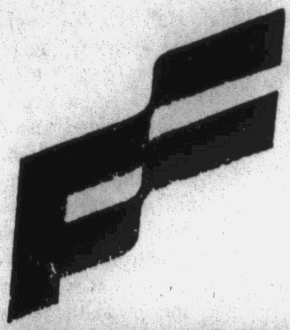
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