

Rev. Lyons Gets Vote Of Confidence At Meet

DENVER, Colo.-The contro- cob on the inside." versial head of the nation's largest black denomination said last Thursday he is a better man because of his struggles and said his detractors cannot hurt him because his salvation is assured. net... they killed me," he told thou-

tional Baptist Convention, the Rev. bers. Henry Lyons, under investigation "Go on and kill me, because you

But he said his sins have been forgiven, and said "God's strength is manifested in my weakness."

"They put my name on the Inter-In his annual address to the Na- sands of cheering convention mem-

for use of the group's funds, com- can't kill someone who is already pared himself to the biblical Jacob, dead," he said. "I know resurrec-"a smooth-talking crook," and said tion is already there. I'll rise "I discovered I had to deal with Ja- again," he said to shouts of "Amen"

and "Praise the Lord.'

The annual speech came a day after Lyons survived his third noconfidence vote in three days over allegations he misused church funds. Lyons has promised immediate reforms within the 8.5-million-member National Baptist Convention U.S.A.

Governing board members voted to drop the internal investigation of Lyons, who is still the target of state and federal investigations.

Lyons, whose five-year term ends in 1999, has been accused of using church money to buy real estate, cars and jewelry for a woman not his wife. He has denied having an affair with the woman or misusing funds

Lyons survived his latest no-confidence vote Wednesday, after business, and elect our own officabout 150 dissidents tried to mount ers, we come together as one.'

Serious threat To U.S.

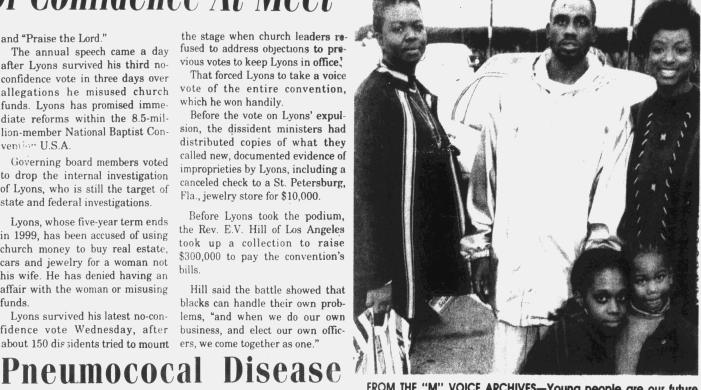
the stage when church leaders refused to address objections to previous votes to keep Lyons in office.

That forced Lyons to take a voice vote of the entire convention, which he won handily.

Before the vote on Lyons' expulsion, the dissident ministers had distributed copies of what they called new, documented evidence of improprieties by Lyons, including a canceled check to a St. Petersburg, Fla., jewelry store for \$10,000.

Before Lyons took the podium, the Rev. E.V. Hill of Los Angeles took up a collection to raise \$300,000 to pay the convention's bills.

Hill said the battle showed that blacks can handle their own problems, "and when we do our own



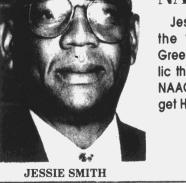
FROM THE "M" VOICE ARCHIVES-Young people are our future and we caught the Henderson sisters and friends at the Plaza doing some shopppping for their parents. Keep growing children, we love you! (Jim Rouse Photo)

Black War Memorial Seeks Community Aid

of the 27th annual Congressional Black Caucus Legislative Conference, the founder of the Black Revolutionary War Patriots Founyear-old project to build a memorial to runaway slaves, soldiers and freedom-seekers of the Revolutionary War era will not bear fruit unless black institutions take collec-

ALEXANDRIA, Va.-On the eve rial could elevate America and represent one of the most effective symbols and organizing tools for the unfinished work ahead," Barboza said. "No generation has had a better opportunity to resurrect African-American history."

Located near the Lincoln Memorial, the site was approved in 1988 after a four-year struggle, which many black institutions helped wage. It is just steps from where Marian Anderson, in 1939, and Dr. Martin Luther King, Jr. in 1963, inspired millions. "Instead of speculating on the future, black Americans coming to Washington (Sept. 10-13) to meet the fruit of the black family's 221year journey should be showering their spirits in this long overdue national landmark," Barboza said.



Running For **NAACP Office**

Jessie Smith dropped by the "M" VOICE Office in Greenville to inform the Public that he is a candidate for NAACP State Office. Don Forget He's running too!

Williamston Whistlings

By Joyce Gray

the lodging industry for 1997 is alone. Ms. Wallace, now a, retired tainly is a problem in the county in of people 65 and older have been dation said that he fears that a 12available in the Martin County employee of Martin Community getting volunteers to serve on any NAACP Branch's possession. A 63page booklet listed as "NAACP boards with the county. Consumer Choice Guide" gives howhether it they are agreeing to mailing list, including reporters; above age 55. work with the NAACP or not.

Contributing Writer turning to school and it was de- a half hours, would have made Action, Inc., had served on various committee, and especially African-

however, they, too, along with ev-Hotel ownership and operations, eryone not on the hospital board,

ing her grandparents before re- the corridor for more than one and

On Sept. 27, the Eastern North

ATLANTA, Ga.-Pneumococal say health officials. Each year, it causes the deaths disease, including pneumonia, bacteremia and bacterial meningitis, of approximately 40,000 Ameriis a serious threat to Americans, cans, most of them over 65 years of age. U.S. Public Health Service data suggest that nearly half of those deaths could be prevented if people 65 and older and others in high-risk groups were given pneumococcal vaccine.

CDC surveillance indicates that WILLIAMSTON-The report on cided she should not be left home other arrangements. There cer- nationwide only about 30 percent immunized against these diseases.

For African-Americans that fig-Americans who are busy being full- ure is 25 percent. "This is far short A mailed notice was sent to sev- time employees if young enough, or of the 60 percent national goal set tel grades and rankings, as well as eral persons on the (requested) have multiple health problems if by the U.S. Public Health Service for the year 2000," said Dr. Robert tive responsibility for promoting Breiman, director of CDC's Na- the project in the black community.

including charitable giving to the was asked to leave at the conclu-African-American community, is sion of Item No. 1-Resolution Desincluded in the rating methodol- ignating Authorized Representaogy. Travel and tourism ranked as tive for Martin County Water and the first, second or third largest Sewer District No.'1. employer in 34 states in 1992 and by 1994, 120,000 new jobs had on the agenda, with the first rebeen created.

of Commissioners in the Martin go into a "closed" session. County Governmental Center Superior Courtroom, Williams.

Since there were only two items quiring less than five minutes, I, too, was surprised that monies Newly appointed Hospital Board would be spent in postage/lettermember Ms. Doris Wallace, an writing informing everyone there Everetts resident, was highly upset would be a special meeting without Aug. 25 when she was refused the adding that before Item No. 2, Furight of her 13-year-old grand- ture of Health Care In Martin daughter to remain in a meeting County, with Strategic Partnering called by the Martin County Board Steering Committee, that it would

Maybe, Ms. Wallace, the concerned grandparent, who refused Seems the grandchild was visit- to allow the 13-year-old to sit in

Carolina Civic Group will for the first time honor the following persons at their 21st Banquet:

George C. Bailey, Beaufort County; Ms. Alice Ballance, Bertie County; Ms. Nancy McAllister, Camden County; James E. Taylor, Chowan County; Johnny Sampson, Craven County; Buford Dunlap, Currituck County; Ms. Virginia Tillett, Dare County; Abram Saunders, Gates county; Sang Hamilton, Hertford County; Rev. Cozelle Wilson, Lenoir County; Ms. Joyce Gray, Martin County; Ms. Janett Walker, Northampton County; Ms. Edna Tutt, Pamlico County; W.C. Witherspoon, Pasquotank County; Ms. Estell Felton, Perquimans (See WILLIAMSTON, P. 2)

tional Vaccine Program Office.

which vaccines are available."

CDC's Advisory Committee on Im- Maurice A. Barboza. munization Practices issued new No longer associated with the and stronger recommendations for Patriots Foundation, Barboza marthe use of pneumococcal vaccine, vels at why this group cannot excalling for vaccination of the follow- cite black churches and fraternal ing high-risk groups:

• Persons aged 65 or older. diovascular disease, chronic pulmo- land.

(See VACCINE, P. 2)

"Only the mass of African-Ameri-"Pneumococcal disease is the cans can generate the enthusiasm leading cause of what we call vac- to raise the necessary funds and cine-preventable deaths, that is, appropriately imbue the memorial deaths attributable to diseases for with its message of the black family's perpetual defiance of big-To reduce these deaths, the otry and yearning for justice," said

organizations, which date back to the Revolutionary War era, to me-•Persons aged 2-64 who have morialize their enduring achievechronic illness such as chronic car- ments on the nation's most visible

"In the next century, this memo-

With barely a year remaining before the land he sought is forfeited, Barboza said there is no time to raise the estimated \$9 million cost without the black community's support.

"This was to be a people's gift to the nation, not a product of govern-(See BLACK MEMORIAL, P. 2)



FAMILY TOGETHERNESS-East Carolina Lincoln's number one salesman, Brother James Wilson (far left) is shown with his sister and her husband and family at Philippi Church in Simpson, N.C. at the church homecoming service where Pastor A.C. Batchelor is the pastor. The Wilson family lost their mother and we send our prayers out to the family. (Jim Rouse Photo)



YOUTH DIVISION AT NAACP CONVENTION!-Rev. Jamal H. Bryant, left, Director; NAACP National Youth and College Division, presents the Association's Corporate Award to the Pepsi-Cola Company "for its consistent support over the years." Vern Stanfield, center, Pepsi's Human Resources Representative in Pittsburgh, accepts for the company during the association's Roy Wilkins Youth Leadership Luncheon at the NAACP's 88 Annul Convention. At right is the luncheon's keynote speaker, Rev. Joseph Carlos Robinson, pastor of the Allen African Methodist Episcopal (AME) Church of Hartford, CT, and former Youth Director for Boston's Urban League. Luncheon promoters, using Wilkins' writings, detailed the involvement of NAACP youth and college groups who were in the forefront of anti-discrimination demonstrations since the 1940s in Washington, DC, Wichita, KS, Oklahoma City, OK and Greensboro, NC.

2-THE "M" VOICE-SEPTEMBER 11 - 18, 1997

from the desk of Mrs. Beatrice Maye)

Poet's Corner: "The Black Man"



Mrs. Beatrice Maye BLACK MAN

Black Man, Black Man, "What's

the matter with you?" Why do you do the things you

do? You fight your father, you kill your them. bother.

- You sell your sister and steal differently.
- from your mother. Black man, Black Man, "What's
- the matter with you?"
- Why do you do things you do? Why do you think making babies make you a man?
- When you won't even take care of the child, I don't understand. Being a man doesn't start between your legs.
- Being a man starts in your head. Black Man, Black Man, "What's wrong with you?"
- Why do you do the things you do?

You blame the white man when you don't succeed.

- Don't you know God has all you need?
- The white man didn't make you rape, kill, or steal.
- You did that out of your own free will.
- Black man, Black Man, "What's wrong with you?"
- Why do you do the things you do?
- You misuse the woman of your own color.
- You take the drugs and sell them to one another,
- You'd rather pick up a gun and start a fight,
- Than to lay them down and/ what's right. (do)
- Black Man, Black Man, "What's teach.
- wrong with you?" Why do you do the things you
- do? Why do you wear your pants hanging down so low?
- Don't you know people are watching you where so ever you go. Pull those pants up and stand up straight.
- Look like somebody, it's not too late.
- Cut that hair, maybe shave,

- HEALTHY COMMUNITIES **HEALTHY YOUTH**
- 1. Notice them.
- 2. Smile a lot.
- 3. Acknowledge them. 4. Learn their names.
- 5. Seek them out.
- 6. Remember their birthday.
- 7. Ask them about themselves.
- 8. Look in their eyes when you
- talk with them.
- 9. Listen to them.
- 10. Play with them.
- 11. Read aloud together.
- 12. Giggle together.
- 13. Be nice.
- 14. Say yes a lot. 15. Tell them their feelings are
- okay
- 16. Set boundaries that keep
- them safe.
- 17. Be honest.
- 18. Be yourself.
- 19. Listen to their stories.
- 20. Hug them. 21. Forget your worries some-
- times and concentrate only on
- 22. Notice when they are acting
- 23. Present options when they seek your counsel.
- 24. Play outside together.
- 25. Surprise them.
- 26. Stay with them when they are afraid.
- 27. Invite them over for juice. 28. Suggest better behaviors
- when they act up.
- 29. Feed them when they are hungry
- 30. Delight in their discoveries.
- 31. Share their excitement. 32. Send them a letter or post-
- card
- 33. Notice when they are absent. 34. Call them to say hello.
- 35. Hide surprises for them to
- find.
- 36. Give them space when they need it.
- 37. Contribute to their collections
- 38. Discuss their dreams and nightmares.
- 39. Laugh at their jokes.
- 40. Be relaxed.
- 41. Kneel, squat, or sit so you're at their eve level.
- 42. Answer their questions.
- 43. Tell them how terrific they are.
- 44. Create a tradition with them and keep it.
- 45. Learn what they have to
- 46. Use your ears more than your mouth.
- 47. Make yourself available. 48. Show up at their concerts.
- games, and events. 49. Find a common interest.
- 50. Hold hands during a walk. 51. Apologize when you have
- done something wrong. 52. Listen to their favorite music
- with them. 53. Keep the promises you make.
- 54. Wave and smile when you

more often in the morning, now says that Monday mornings are the rickiest, at least among those who begin their workweek then.

Long-term risk factors for coronary disease - smoking, obesity, high blood pressure, high cholesterol and lack of exercise are well documented.

Monday-morning culprits could include physical or mental stress, hormonal and other body rhythms, behavior patterns and changes in food and drink.

MICKEY MANTLE: "Go back home and hug your kids, no matter how old they are. I'm very proud of my sons despite my shortcomings. Merlyn, my wife, instilled in them many admirable traits. I'm going to spend more time with all of them show them and tell them I love them." From: "My Time in a Bottle" - readers's Digest, Dec. '94

WILLIAMSTON

Continued from page 1

The banquet is hosted by Perquimans County at 1 p.m. in Perquimans High School, Hertford.

On the sick and shut-in list: James Moore, Ms. Leda M. Duggins, Kelvin Rodgers, Arnard Lyons, Ms. Betty S. Lanier, James E. Smithwick, Ms. Janice Moore, Ms. Clara Jones, Ms. Pearl Nichols, Willis Williams, Jr., F.L. Joyner, tors and corporations." Ms. Novella J. Bonds, Ms. Nonie Smallwood, N.W. Slade, Nathaniel Hardison, Ms. Marie Jones-McNair, Grady Moore, Ms. Lucy P. Brown, George A. Perry, Ms. Zenner Midgett, Ms. Rosa Moore, William E. Boston, Sr., Jesse Allen Bell, I.B. Cordon, Ms. Reba Reddick, Andrew Marriner, Ms. Mattie H. Perry, Melvin Moore, Ms. Clara R. Owens, Robert Lloyd, Ms. Lillian Peel, Ms. Delia Lloyd, Ms. Isolene Roberson, Ms. Gladys Joy Duggins, Ms. Annie Lee Harris has been moved out of the IC unit at Martin General Hospital and we are told she has been sick for weeks following surgery; Ms. Minnie Chambers, Ms. Lela C. Bond, Ms. Eula Cotanch, Herbert Everett, and James Rodgers.

In the nursing homes: Ms. Martha Cherry, William Ellison, Ms. Courtney Johnson, Ms. Madgeline Respass, Alexander Hodges, Ms. Annabell Best, Adrian Wallace, George Peel, Alton Bell, Noah S. Nicholson, Luther Perkins, Ms. Ruth Ollie Perkins, Robert J. Duggins, James A. Jones and Charlie Wilder.

Today is Aug. 27, five weeks since the secretary mailed by return receipt/certified letters to the state's then-interim president, the CEO and a copy to the regional office, from Martin County NAACP, requesting approval for a branch constitution/bylaw's petition.

VACCINE

Consumer Corner

New Law Boosts Educational Travel

A law taking effect in 1996,

requires all California travel com-

panies that conduct educational

trips for students to enter into a

contract with the school disclosing:

maintains insurance;

the students on the trip;

ed that program; and

25 years experience.

Get Your "M" Voice

by Mail

• whether the travel company

• the qualifications, experience

and training that are required to

be met by the educational travel

organization's staff accompanying

cational program being contracted

for, including a copy of all materi-

subject of the contract has been

conducted by the company and the

number of students that complet-

als to be provided to students;

• a written description of the edu-

• the number of times that the

For more information about how

this law will protect you and your

family, call 1-800-233-1463 and

speak with the Legislative Division

at Educational Field Studies (EFS),

a student travel company with over

(NAPS)-You count on your

child's school officials to be informed

buyers when it comes to student

travel. Many times, however, prob-

lems arise when school officials rely

on the navel ompany arranging the trip to be truthful and fair. Imposing a disclosure standard on companies that set travel services to schools enhances the educational value of such tips, prevents trips from being interrupted and/or can-celled due to travel company fail-

celled due to travel company fail-

pointment.

lions of dollars on student travel

for such things as educational

field trips, performing trips, or

senior class trips. Parents often

don't ask consumer questions

because they assume the school

guidelines for selecting travel ser-

vices, decisions are often made

without important information

about the educational travel pro-

gram and the travel organization.

To get your "M" Voice by mail write to:

Name

City_

Address

The "M" Voice Newspaper

PO Box 8361

Greenville, NC 27834

SUBSCRIPTION PAYMENT MUST BE INCLUDED WITH ORDER

State

The 'm' Voice

□ Yes, I'd like a 6 months subscription by mail \$15

Yes, I'd like a 12 months subscription by mail \$30

Zip___

While many schools have

has already done so.

Each year parents spend mil-

Continued from page 1 nary disease (but not asthma), dia-

betes, alcoholism, chronic liver disease, or cerebrospinal fluid leaks. •Persons aged 2-64 who are living in special environments in

which there is a higher risk of severe pneumococcal disease (Alaskan natives, certain American Indian populations, residents of nurs ing homes and long-term care cilities).

•Persons aged 2 or older with

compromised immune systems in-

Pneumococcal vaccinations gen-

cluding those with HIV infection

erally need to be given only one

However, persons at highest risk

for this disease and complications

should receive a second dose at

least five years after the first,

To speak to an information spe-

cialist or to receive information

about pneumococcal vaccines and

other vaccine-preventable diseases,

contact CDC's National Immuniza-

tion Information Hotline at 1-800-

232-2522 (English) or 1-800-232-

BLACK MEMORIAL

Continued from page 1

ment-minted commemorative coins

and corporate largesse sought in-

stead by the Patriots Foundation,"

"For it to have real meaning in

the eyes of black children, African-

American institutions deserve the

chance to earn the credit for build-

ing the memorial-not coin collec-

FREE THINGS TO SEND FOR

(NAPS)-For exciting menu

ideas, call 1-800-DUCKLING and

ask for the consumer recipe

brochure, Look What's Been

Hiding Under The Orange Sauce,

or write to Maple Leaf Farms,

Consumer Recipes, P.O. Box 308,

For information on how to

enter the All-American IronKids

Bread Team contest, call 1-800-

709-9990. Essays must be post-

For information and answer to

questions about substance abuse,

call 800-448-7717 or write to Jeff

Jay, 1143 New Hampshire Ave.,

N.W., Suite 100, Washington, DC

20037. Include a self-addressed,

grams addressing teen drinking

and for the Alcohol, Drugs,

Driving and You Guide, spon-

sored by Coors Brewing

Nowadays people know the

-Oscar Wilde

price of everything and the

Company, call (800) 972-4636.

For information about pro-

marked by December 15, 1995.

Milford, IN 46542.

stamped envelope.

value of nothing.

health officials say.

0233 (Spanish).

he said.

Put those guns down and turn from your wicked ways, Black Man, love your brother,

Show more love one to another, Give your life to God, He will help,

Accepting Christ is your first

step.

Black Man, Black Man, you can't fight out your pain.

Give your life to Christ and you'll never be the same.

Dr. King said, "We shall overcome some day".

I say, "The Word of God is the Only Way"

BY ERNESTINE LYNCH Tarboro, North Carolina Given to Mrs. Beatrice Maye by Mr. & Mrs. Eugene Faison WAYS TO SHOW CHILDREN **YOU CARE**

The Minority Voice Inc.

310 Evans St. Mall, P.O. Box 8361 Greenville, NC 27835 919-757-0365/Fax: 919-757-1793

> Joy 1340 AM WOOW Radio Station Greenville, NC 27834

Joy 1320 AM WTOW Radio Station

Pictures received by The 'M Voice Newspaper become the property of The 'M' Voice Newspaper and we are not responsible for lost pictures. All articles must be mailed to the above address. If you have a complaint, please address it

Publishers, ASCAP, BMI,

part.

home 56. Thank them.

them **10 DANGER SIGNALS THAT** YOUR CHILD IS HEADED

FOR TROUBLE From: EBONY, Dec. 1994

1. Your child starts hanging out with known toublemakers.

2. Your child receives strange miliar to you.

3. Your child starts acting se- post office and secure copies. cretly, hiding his or her friends and activities from you.

suddenly.

5. You find evidence of alcohol and/or drug usage among your child's personal possessions.

6. Your child experiences behavioral problems in school.

7. Your child's eating and/or sleeping patterns change abruptly. 8. Your child starts experiencing

extreme mood swings. 9. Your child starts committing petty thievery and exhibits other anti-social behavior.

10. Your son or daughter routinely breaks curfew and other established house rules.

"Know who your kids are runknow who they're running with, how are you going to know when they're running with the wrong Manager, Haymarket House, Chicago.

Unhealthy Body Weight...

People who are significantly overweight are more susceptible to heart disease, diabetes, rheumadebilitating diseases.

Time For A Heart Attack? Reader's Digest, Dec. '94 Dr. Stefan N. Willich, who along with other researchers determined that heart attacks tend to occur

Someone had to sign to receive. 55. Display their artwork in your The answer didn't arrive yet. What has Min. Curtis E. Gatewood got going for him that Martin County 57. Point out what you like about can be ignored? Are we unwanted stepchildren, or is there no threat to anyone's position? And 137 outstanding cards?

Durham is a large city but every branch should get equal treatment and in small branches persons often spend out-of-pocket monies to do those mailings, use their own telephone calls from people unfa- gas, and when I was secretary, paid someone to drive me to the

If there was time found to read and reply to one letter regarding a 4. Your child's grades plummet commitment made to a branch, and to do so publicly with another, it does not sit well with this individual.

Especially when someone placed my name on the mailing list of public schools of North Carolina, State Board of Education, Department of Public Instruction-and I have read the overview of student performance in North Carolina as well as "A Profession in Jeopardy-Why Teachers Leave and What Can Be Done About It.'

The survey clearing list: "Black [not African-American] Males Far Below White Students in Every Grade Level." An amazing point ning with. Because if you don't since these same students can and do exceptionally well in mastering whatever new game machine is put on the market, keeping up with people?" James Parker, Program scores in major football, basketball and baseball, and can read the lyrics in any top tune.

They can also memorize those lyrics and recognize the beat to the music whenever and wherever it is heard. Proving something is basitoid arthritis and a host of other cally wrong with our school system today.

> To read a poem in January is as lovely as to go for a walk in June.

> > -Jean Paul





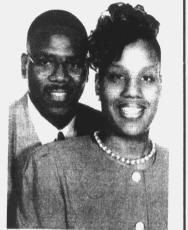
MARRY FOREVER--Brother Jim Rouse's longtime childhood friend, who grew up in the Bronx River Housing Projects with him, is shown at his recent marriage at the Astoria Manor in Queens, N.Y. Brother Rodney Andre Sandford and his lovely bride capture the moment. (Jim Rouse Photo)

Pastor Ella Elizabeth Grimes Profile

Pastor Ella Elizabeth Grimes was born on June 18, 1944 to Mary completed her nursing training at Bridges and the late Ceasar Crandall, Sr. On April 16, 1962, she married Eddie Lee Grimes, Sr.; they are parents of six children: Eddie Jr., Billy, Lindsey, Alvin, Darlene, and Joyce; and proud grandparents of ten grandchildren.

Pastor Grimes preached her initial sermon on June 10, 1987, at the St. Luke True Born Church, where she had served as an usher, a member of the Sick Committee, and a Trustee. She began her evangelism under the leadership of the late Pastor Hattie Mae Cobb. She became an ordained preacher on November 24, 1987 by Pastor Doretha Bernard; and, on Sept. 8, 1991, she began pastoring the Miracle Deliverance Church.

Now a full-time, 24-Hour-A-Day Pastor, Pastor Grimes believes in being led by The Spirit ... fasting, praying, and paying tithes and offerings. She teaches her flock to stay in The Word. She cares very much for her flock, but most importantly, she is concerned about winning lost souls.



On April 23, 1988, Pastor Grimes Pitt Community College. Previously, employed at the Greenville



PASTOR ELLA GRIMES

Villa Nursing home for seven years, she continues to do private duty nursing. Most of her adult life has been spent caring for the elderly...showering them with compassion and love, praying for them, attending to their personal care needs, running errands for them, providing transportation for them when they have somewhere they need to go. Pastor Grimes, we love you and

pray that God will bless you to celebrate many more Pastoral Anniversary observances as you strive to help the up-building of God's Kingdom here on earth. "The Harvest is great, but the laborers are few"...We are truly blessed that God chose you to labor among us.

Church Briefs

BY FAYE WHITE Associate Editor

EDITOR'S NOTE: If you would like to have your church's special event included in this column, please submit it to Faye White, 'M' Voice Church Calendar, at least two weeks prior to the event.

St. Rest United Holy Church, 202 Hammond Street in Winterville, will celebrate the 32nd Anniversary of their Pastor, Rev. W.C. Elliott, Sept. 12-14. A Pre-Anniversary Service will be held 7:30 p.m. Friday, Sept. 12. Ministering in music will be: House of Worship, Everlasting Harmony, Minister Jackie Payton, Lily of the Valley, the Singing Deacons of Greenville, The St. Rest Male Chorus and the St. Rest Choir #2. Sunday Services include: Sunday School, Morning Worship at 11 a.m. Pastors Frederick and Mamie Hopkins of the Faith & Truth Christian Center in Washington will be special guests. Immediately following the morning worship service, dinner will be served at the W.H. Robinson School

Revival Services will be held at the Sweet Hope Free Will Baptist Church, located at Galloway's Crossroads, Sept. 15-19. Bishop Randy Royal, Pastor of the Philippi Church of Christ, will be the preacher for the week. Music will be rendered by different choirs nightly. The Philippi Church family will close out the revival.

Deacon Donald Anderson will be honored at an Appreciation Service at the **Progressive Free Will** Baptist Church, 1301 Cotanche Street in Greenville, at 4 p.m. on Sunday, Sept. 14. This service is sponsored by Bishop T.L. Davis, Pastor of Progressive.

Christ Temple Missionary Baptist Church, Robersonville, will celebrate its Annual Homecoming at 11 a.m. on Sunday, Sept. 28. Elder Lester Andrews will be the guest speaker.

The Ebenezer Seventh Day Adventist Church, 119 Redman Avenue, Greenville, will hold a "Youth Week Of Prayer", September 14-20. Pastor C. Clayton Varner, of New Bern, will be the guest speaker. Services will begin at 7p.m. Sunday through Friday. 18, and 19. Services will begin at Lunch will be served following the 7:30 p.m. Rev. Elbert Lee Kil-11 a.m. Divine Worship Service of patrick is the Host Pastor. Sabbath, Saturday, Sept. 20. A concert is planned for your afternoon enjoyment immediately following the meal. Please come, bring your families and friends, and let's support our youth.

THE "M" VOICE-SEPTEMBER 11 - 18, 1997-Greenville, will i's Day at 3 n Sept. 14. Rev. Greg Bi the guest spe

Elder William Daniels, P of the Christian Guidance Ce will hold a two-night "Healing Ser-vice" at the Philippi Church of Christ, 1610 Farmville Blvd., Greenville, on Friday and Saturday, Sept. 26 and 27. Services will begin at 7:30 p.m. nightly. The public is invited to come and witness a great move of God.

Pastor Eric D. Reynolds, of the House of Prayer Church of Deliverance in New Castle, Delaware, will conduct Revival Services at the Kingdom Tabernacle Church, 618 Lincoln Street in Kinston, Sept. 17,

Attend The **Church Of** Your Choice!

New Vision Faith Free Will Baptist Church, 106 Ficklen

HEALTH

PITT COUNTY GOVERNMENT JOB OPPORTUNITIES

PROCESSING ASSISTANT III (50%) (Salary Grade 57 - \$8,765) (BCCCP) High school graduation and one year of clerical experience. A high school equivalency certificate or experience on a year-for-year basis in clerical work may be substituted for formal education. Must have a valid NCDL, a good driving record & proof of rubella immunity. Grant funded position and funds have been secured through 6/30/98 with tentative funding approved through 6/30/2003

Apply on Pitt County of N.C. application form (*request special application for law enforcement) to:

Human Resources Department 1717 West 5th Street Greenville, N.C. 27834 Telephone: 919-830-6317 http://www.co.pitt.North Carolina.us./Pitt/jobs.htm

CLOSING DATE: September 12, 1997



TELFAIRE & MACK The Macks Tell Of Engagement

Mr. and Mrs. Bennie A. Mack, Jr. of Raleigh announce the engagement of their daughter, Courtney LaTanya Mack of Raleigh to Darius Karlyle Telfaire of Grimesland, N.C. The wedding is planned for November 1st at Martin Street Baptist Church in Raleigh.

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-THE "M" VOICE-SEPTEMBER 11 - 18, 1997

NIONS



RED CROSS REPORT

When It Comes to Blood, All Types Are Special

By Richard J. Davey, M.D. Chief Medical Officer **American Red Cross**

(NU) - Many people believe that their blood type is either too rare or too common for them to donate blood. Nothing could be further from the truth.

People who need blood come in all types, every day. They depend on having enough of their type tested and ready for transfusion in the hospital when they need it — whether in an emergency, for a scheduled surgery or treatment for cancer.

Do you know your blood type? If you are a Red Cross blood donor, it is on the donor card you received

after your first donation. Blood Guest type is inherited **Commentary** and is deter-



mined by the antigens on red blood cells. Although over 300 antigen markers have been identified, the "ABO" system is the most important. In the United States, about 45 percent are type O and 40 percent are type A. Another 10 percent are type **B** and 5 percent are type AB.

You may know about the "Rh factor" — which also determines the compatibility of blood from one person to another. Approximately 85 percent are positive for this factor and the other 15 percent are negative.

No blood type is inherently better than another. But it is critical that a patient receive a transfusion of blood which is compatible with his or her own type.

Did you know that the white cells and platelets in our blood as well as many of the cells in our body have a different typing system? These cells have antigens that are much more complex than the red cell antibodyantigen system.

This system, called the Human Leukocyte Antigen System, is extremely important for successful organ and tissue transplants. People with leukemia or other cancer often receive massive transfusions of platelets to enable them to survive toxic chemotherapy. Their immune systems may increasingly reject these transfused platelets unless they are also "matched" in the HLA system.

Matched platelets can be donated by pheresis — a process that removes only those cells and returns the red cells and plasma to the donor. This special type of donation has greatly improved the effectiveness of cancer treatment.

Whether your blood and tissue types are common or rare, it's important that you donate blood regularly so that the right type will always be available. If you are at least 17 years old, weigh at least 110 pounds and are in good health, you can probably be a blood donor. Giving is easy, and you'll know you're special.

To make an appointment to donate blood through the American Red Cross, call 1-800 GIVE-LIFE (1-800-448-3543).

YOUR CARING COMMUNITY



TEN

POLITICIANS AND PROSECUTORS ALSO PERPETUATE POLICE ABUSE By Linn Washington, Jr.

Contributing Writer New York City Mayor Rudy Giuliani's fingerprints are not on the toilet plunger handle that police rammed up the rectum of a suspect during a recent vicious assault inside a Brooklyn station house, but his heated anticrime rhetoric has contributed to a climate in which police feel they have

"permission" to use a certain degree of excessive force. Civil rights groups in New York City have long criticized Giuliani for sidestepping the issue of brutality, particularly by police officers pursuing a priority of the mayor's first term-cracking down on petty crime.

During the assault on Abner Louima, one policeman allegedly yelled, "This is Giuliani time..."

A frequently overlooked factor in the equation of police brutality is the tacit support this misconduct receives from elected leaders, police officials, prosecutors and judges.

The support leads officials to turn a blind eye to excesses, including abuse of law-abiding citizens. This is a particularly troubling problem in black communities.

The degree of brutality in the torture/assault on Louima is clearly unique.

However, Mayor Giuliani's assertion that this is an isolated incident, not indicative of abuse afflicting the entire police department, flies in the face of repeated reports docu menting both pervasive abuse among New York's police and persistent failures by city officials to penalize officers involved in incidents of brutality. Police brutality in New York City is a "widespread problem, with a pattern of similar abuses occurring over many years," stated a 72-page report issued in June 1996 by Amnesty International, the respected human rights organization.

BACK INTO SLAVERY

BY TREY BANKHEAD

Okay, let me ask you this, right now: What would YOU call a situation when you borrow money and, no matter HOW hard you try, you can never quite get the loan paid off? Slavery, yes. A different type of slavery, but slavery, all the same.

Look at it this way: This society has pretty much arranged it so that you can not survive without credit. People want to check your credit history. Companies are forever sending me and my wife credit cards we never requested, and have no intention of ever using. It seems the credit card companies are trying to take over America...well, maybe they already have. They certainly start young enough.

Look at it this way. If someone approached you for a loan, and wanted \$10,000.00, would you give it to them? What if they had no job, no bank account, and had never shown any history of responsibility? If you're anything like me, you'd tell them no.

So, why is it that, shortly before and after their eighteenth birthday, our youth are bombarded with applications for credit cards, all promising their "pre-approved" cards for a "low introductory" percentage rate. OF COURSE the kids are going to use them! That's what they're there for, right? And, of course, when that day arrives and the first h in the mail, THAT's when it will hit them how much trouble they are in This country loves to put people into debt. I mean, I ended being eighty-one THOUSAND dollars in debt, thanks to my five years of college. And, of course, all an undergraduate (Bachelors) degree will do these days is get you ready for the next step, the graduate (Masters) degree. Which, of course, means even more money. Amazing: for the supposed "land of the free," getting an education seems to be moving more and more into the realm of the rich, only! Even with grants and other forms of financial help, the average student still ends up being several thousand dollars in debt after they graduate. Which, of course, means they have to pay all that money back, generally before they've had the time to find a job that pays enough to pay all that money back ... never mind worrying about rent, utilities, phone, and, of course, credit card bills! Credit is an extremely subtle form of evil. You never know you are in trouble until it is too late. When I noticed that our bills seemed to slowly be growing higher, I took a hard look at our finances. Imagine my surprise when, without warning, more than one credit card company had changed their



Who Gives the Most to **Help Others? You Do**

By Patricia F. Lewis, ACFRE For News USA

(NU) - When it comes to our patterns of giving, the old saying is true: Charity begins at home.

Because they widely promote their philanthropy, the general public is very aware of the charitable efforts of large corporations and foundations.

They are indeed generous, but individuals are, by far, the most important source for charitable funds.

Studies reveal that individuals were responsible for 88 percent of the total charitable giving in the United States last year.

In 1995, for example, total giving nationally ran to almost \$144 billion. Who made those donations? Let's take a look:

• Corporations, \$7.4 billion.

• Foundations, \$10.44 billion.

But that only accounts for about \$18 billion of the total. Who gave the rest?

• "Average people" including bequests, \$126 billion.

The people who think of themselves as "average" are likely to be approached by fund raisers representing the major charitable movements.

Once they've made their donations, the dollars individuals give to charity will go to a wide variety of causes:

• Religion, 44.1 percent annually.

• Education, 12.5 percent.

• Human services, 8.1 percent.

• Health, 8.8 percent.

• Arts, 6.9 percent.

• Public and society benefits, 4.9 percent.

• International affairs, 1.4 percent.

• Other causes, 5.0 percent.

And it's not only the affluent who are willing to dig deeply into their pockets in a time of need: Households with below-the-poverty-line incomes of \$10,000 a year give about 5.5 percent of their gross income to charity. Compare that to wealthier households which donate about 2.9 percent of their gross income.

Through NSFRE, members support research into philanthropy and promote the Donor Bill of Rights to assure that donors and prospective donors can have full faith and confidence in the not-for-profit organizations and causes they are asked to support.

The Donor Bill of Rights asserts, in part, that donors have a right to be assured their gifts will be used for the purposes for which they were given — and to have access to the notfor-profit organization's most recent financial statements to make sure:

Society's deep reservoirs of generosity have barely been tapped. Half of the people in our great society have not even been asked to give - and they will indeed respond by giving when they are asked.

The brutalities cited by Amnesty International included assaults with fists, flashlights and fatal shootings.

The 1994 Mollen Commission probe into widespread corruption in New York's police department found excessive brutality in police districts with large minority populations.

Both reports found that errant officers most often receive only minor sanctions or no discipline at all. One of the first two officers arrested for assaulting Louima had been suspended in 1992 for striking someone and were the target of three other complaints, including excessive force

Another alarming aspect about brutality in the Big Apple and elsewhere is the Amnesty finding that abuse is routinely "covered up" by police officials and prosecutors.

This finding of inaction by authorities is consistent with the conclusions of the official report into the March 1991 beating of Rodney King by Los Angeles police.

The Christopher Commission stated that L.A. police routinely used excessive force against nonviolent citizens, L.A. police consistently failed to discipline errant officers and the city's district attorney's office failed to prosecute civilian claims of police violence.

Another important factor in perpetuating police brutality is the role of judges.

Last fall, New York City Judge Gerald Sheindlin acquitted a policeman charged with fatally choking a Hispanic man whose football inadvertently hit the officer's patrol car.

Sheindlin freed this officer despite saying he did not believe the "defendant is innocent" and finding a "nest of perjury" in the testimony of the defendant's fellow officers. Sheindlin refused to consider the 11 major complaints filed against this policeman or the fact that he was awaiting trial for fatally choking a teenager he caught driving a go-cart on the sidewalk.

Fatal shootings of blacks by police in 1996 triggered serious disturbances in Leland, Miss., Paterson, N.J. and Petersburg, Fla.

Last year, both National NAACP President Kweisi Mfume and National Urban League President Hugh Price called on the Clinton administration to take strong action against police brutality. These requests were politely accepted by the White House but not implemented.

The laissez-faire attitude to police abuse by elected officials like Mayor Giuliani, judges, prosecutors and police officials is a key reason for the persistence of police brutality as a major problem nationwide.

Washington, a graduate of the Yale Law Journalism Fellowship Program, is writing a book on police brutality in Philadelphia.

Annual Percentage Rate (the percentage of money they charge you for borrowing) from between 11% and 16% to between 19% and 27%. I was shocked! Never mind the added costs of all the little "finance charges" they stack in there.

A few months ago, I called all of our creditors and asked them why they had raised the APR's without notifying me first. Silly me, when my wife and I had signed the paperwork, we though it was a legal contract, and that BOTH parties (us and the credit card company) had to agree before any changes could be made. Ocoops. Turns out they can make whatever changes they like, while WE are supposed to stick it out and put up with it.

For some reason right now, none of our creditors are very happy with us. It COULD be because I consolidated all of our credit card bills into one lower, monthly payment, meaning that the credit card companies will get a lower payment. Or, it could be that, because I made that change, they can't make as much money off of the accounts, since they are forced to lower the APR. I'm guessing they are not happy because, for several weeks, they kept calling us, trying to get us to try this plan or that plan. The representatives tended to get a nasty edge to their voices when we decided to stay with our decision, despite their best efforts. Now, they've (almost) all stopped calling.

So, for us, the journey into the mostly debt-free life had begun. I have to wonder: what WILL it be like to be able to KEEP most of the money we make, rather than throw it to hungry others?? Tell you the truth, we're enjoying it already! We just wish we'd been smarter years ago, and never gotten into the credit trap. Because, as the Rev. Earl Little (father of Malcolm X) said: "Credit is the first step back into debt, and back into slavery."

I don't know about you...but I want to stay free.



COMMUNITY CHRISTIAN CHURCH 15TH ANNIVERSARY BANQUET— Shown with pastor James Corbett and his lovely wife, Pastor Delores Corbett and Pastor Corbett's sister from Washington, D.C., is national recording artist, Gary Oliver, who was in town for a concert at Faith & Victory Church. Community Christian Church invites you to visit Wednesday night or worship with them on Sundays. (*Jim Rouse Photo*)

Creating an Estate Plan: It's Time Well-Spent

(NU) - Do you think about your financial future when you're frantically organizing your files or searching for those missing receipts for your income tax appointment? As the end of the year approaches, you can do something meaningful.

The Browns found several benefits in spending just a few hours reviewing their finances.

Ages 65 and 67, the Browns own stocks, bonds and a commercial building that has grown greatly in value, yet the rental income is declining because of high tenant turnover and maintenance is increasingly expensive. Selling the building, however, would only bring another problem capital gains taxes.

One simple step will create a life income plan that dramatically improves their financial future.

The Browns contribute the property to a charitable remainder trust. The trust can sell the property and reinvest the proceeds without the Browns paying any capital gains tax. The Browns receive monthly income from the reinvested funds — for the rest of their lives.

Their favorite charity receives the remaining balance in the trust after they die, which removes it from their taxable estate.

Mrs. Greene, age 84, has a different concern. Her 77-year-old sister relies on her for financial support. Mrs. Greene wants to be sure that her sister is provided for in the future and is concerned about low interest rates on her savings and certificates of deposit.

A perfect solution is a charitable gift annuity.

Using savings or CDs, or appreciated stocks, Mrs. Greene creates an annuity. (Based on her and her sister's ages, the annuity rate is 7.5 percent.) She receives a monthly income for life, then the payments continue for the life of her sister. Mrs. Greene also receives an immediate income tax deduction.



Cold Medicine, Blood Pressure: The Facts You Need to Know

Cut Your Risks

(NU) - High blood pressure cannot be cured, but it can be controlled. Here are some things you can do to help prevent or control high blood pressure:

• Cut down on salt by restricting its use at the table and when cooking.

• If you are overweight, follow a low-fat, low-cholesterol diet.

Exercise regularly.
Limit alcohol consumption.

• Stop smoking.

 Take steps to reduce excess tension, anger and frustration.
 See your doctor regularly. (NU) - If you have high blood pressure, also known as hypertension, everything changes.

You have to watch your intake of salt, you have to watch your weight and what you eat and drink, and you have to make other vital lifestyle changes.

Even the kind of cold medication you take can affect your condition, because oral decongestants can raise blood pressure levels. That's why doctors advise hypertension sufferers against taking cough and cold products that contain decongestants.

At this time of year, a significant number of the 50 million Americans suffering from high blood pressure may also develop cold and flu symptoms.

What can you do? You don't have to suffer without help. A cough and cold medication that's specially formulated for people with hypertension has been developed by Schering-Plough Health-Care Products. Coricidin Cold & Flu and Coricidin Cough & Cold are the only major brand of cold tablets that do not contain a decongestant and are available without a prescription.

The Cold & Flu formula provides effective relief from minor aches and pains, fever, sneezing, runny nose, and itchy, watery eyes.



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1

HERE'S TO YOUR HEALTH

Tips for Parents Help Keep Autumn Appetites **Children's Backs Healthy**

(NU) - Does your little boy slouch at the dinner table? Does your daughter carry a neavy backpack on one shoulder? Does your toddler cry a lot? Is something wrong?

A doctor of chiropractic may be able to tell you. He can determine if the crying is indicative of pain, if the slouching is a bad habit or a warning signal, if the backpack has put undue pressure on one side of the spine.

"Early spinal exams are important in identifying many developing weaknesses," says Dr. Michael D. Pedigo, a California chiropractor and vice president of the American Chiropractic Association.

Just as a child should have his teeth checked regularly, it's a good idea to have his spine checked at least once or twice a year, or after significant falls or accidents.

When you take your child to a chiropractor, the doctor will ask about your child's health history and conduct a physical exam, focusing on posture and movements, reflexes and the spine. The chiropractor is trained to diagnose any abnormal curvature or loss of flexibility in the spine, and joints or bones that are not moving properly.

If there is a problem, the chiropractor can treat it with natural methods, without drugs or surgery. He may, for instance, recommend adjusting the spine, a gentle treatment that helps free your child's body to operate at peak efficiency.

As they learn to walk and run,

children fall and can suffer strains and sprains as a result. Periodic checks by your doctor of chiropractic can identify such problems and detect developing weaknesses in the child's spine. If necessary, the chiropractor will direct a course of gentle treatment.

The chiropractor may also offer advice on exercise and nutrition, or, if needed, refer you to another medical specialist such as a pediatrician.

Tips for Parents

To encourage a healthy spine, follow these tips: • When you lift a baby, always

support his back and neck with your hands. Pick up an older child by grasping his body under both arms. • Use an approved car seat that

supports your baby's head and neck. Provide a firm bed and chairs,

and a well-balanced diet. • Make sure your child carries a

backpack over both shoulders, not just one.

• Schedule regular spinal check-

"A healthy spine is key to a healthy child --- and a healthy adult,"

Hegetschweiler. For more information about chi-

ropractors in your area, contact the Amerigan Chiropractic Association, 1701 Clarendon Blvd., Arlington, VA 22209, or call 1-800-986-4636.

Pioneer of Lifesaving Heart Device Celebrates Second Anniversary

News USA

(NU) - For the thousands of Americans who succumb to heart failure every year, heart transplantation historically has been the only lifesaving option. However, the need for donor hearts far exceeds the scarce supply — only about 2,000 heart transplants are performed in the United States each year.

A 38-year-old man recently has proven that heart transplants are not the only hope for those with failing hearts. In July 1996, Reiner Hege of Germany, a former roofer, celebrated his two-year anniversary with a ventricular assist device (VAD) --- a mechanical blood pump designed to take over the workload of a failing heart. Two years is the longest any one has ever had a VAD implanted.

This device saved my life," Hege said. "The most amazing thing is that I can walk around freely. I live a fair-Iv normal life and can even go to ice hockey and football games, take my dog for a walk, or go shopping.

Hege also is pleased that he doesn't have to take medications to suppress his immune system, which transplant recipients must take for the es to prevent their hodest of their liv

• Teach your child not to slouch. ups with your chiropractor. says ACA President, Dr. Kurt

ropractic health care and a list of chi-

ket leader in Europe. The Novacor VAD is implanted in the recipient's abdomen and supports the heart's main pumping chamber, the left ventricle. In the United States, VADs primarily are used to keep patients alive while they await a donor heart, but in Europé VADs also are being used as long-term alternatives to heart transplants.

Unlike some other VADs that are powered by air and require large air pumps, the Novacor device is powered with electricity, runs on batteries and is compact, enabling recipients to move about freely.

Robert L. Kormos, M.D., associate professor of surgery, Division of Cardiothoracic Surgery at the University of Pittsburgh Medical Center, is using the Novacor device in a clinical trial in the United States. where no electrical device has yet been cleared for marketing by the Food and Drug Administration.

According to Dr. Kormos, "This two-year anniversary is a very exciting benchmark and gives me confidence that one day VADs will routinely be used as alternatives to transplant. There is a critical need for new ways to treat terminal heart failure in America, and Mr. Hege's experience confirms that the Baxter Novacor device is a very promising option."

Eggceptional Ideas For Baking

(NAPS)-Lowering the fat and cholesterol in your diet doesn't have to mean new heights of eggless boredom when it comes to baking.

In fact, you can dust off your favorite recipes calling for eggs and use ¼ cup Egg Beaters Healthy Real Egg Substitute for each whole egg. You'll be enjoying your favorite recipes in no time, while reducing fat and cholesterol without sacrificing any taste.

Here are a few eggs-amples of some delicious baked goods from the Egg Beaters Kitchen.

APPLE SNACKING CAKE **Makes 9 servings**

¹/₄ cup margarine, softened ³/₄ cup firmly packed brown sugar

1/2 cup Egg Beaters Healthy Real Egg Substitute

1¹/₂ cups all-purpose flour 1 tablespoon baking powder

¹/₂ cup skim milk 1 unpeeled medium apple,

sliced Crumb Topping, recipe

follows

Powdered sugar glaze, optional

1. Blend margarine and sugar in large bowl with electric mixer at medium speed until creamy. Blend in egg substitute until smooth. 2. Mix flour and baking pow-

der; blend into creamed mixture at low speed alternately with milk. Spread batter into greased 9-inch round baking pan. Top with a single ring of apples overlapping slightly. Top with Crumb Topping.

3. Bake at 375°F for 30 to 35 minutes. Cool slightly in pan on wire rack. Drizzle with powdered sugar glaze if desired.



Serve warm.

Crumb Topping: Combine ¹/₄ cup flour, 2 tablespoons firmly packed brown sugar, 1 teaspoon ground cinnamon and 1 tablespoon margarine until crumbly.

Nutrition Information per serving (without powdered sugar glaze): 247 calories, 7 g total fat, 1 g saturated fat, 0 mg cholesterol, 110 mg sodium, 1 g dietary fiber.

> **PUMPKIN CAKE** Makes 12 servings

1 (18.25-ounce) package yellow cake with pudding

- ¹/₂ cup water
- 1 tablespoon ground
- ¹/₄ cup fat free sour cream
- supported by donations to Christmas Seals and other voluntary contribu-

tions The Asthma and Allergy Foundation of America is a private not-forprofit organization dedicated to helping people with asthma and allergic diseases through education, support for research and an array of services offered by a national network of chapters and affiliated support groups. For more information, call 1-800-7-ASTHMA (1-800-727-8462).

As Kids Head Back to School, Lice Go, Too

News USA

(NU) - Many parents await "back to school" time with both a little anxiety and a little relief. For the school nurse, however, planning for the opening of school is more like preparation for war.

Every fall, primary schools face an onslaught — not from the kids, but from lice sneaking in with them. If the nurse can find the few attacking lice early, she can control the problem and keep the other children from many lost school days.

The problem is that summer provides a good time for lice to build families and export them to other heads. The weather is nice and warm, the kids get to go places and meet new friends.

That's why you, as a parent, will receive a notice of head lice policy with other back-to-school materials. Don't panic — they need to tell you how they handle head lice outbreaks. They screen for, identify and send home any infestation they find. Most likely, you won't be able to send your child back until the child is lice egg ("nit") free.

It is much easier to catch an infestation early. But closely inspecting 25 bobbing heads at a time isn't easy. If successful, the school nurse can bring the problem under control. If not, lice can gain the upper hand.

If you want to be prepared, call 1-800-783-1919. Care Technologies. the makers of Clear Total Lice Elimination System, offers a free "Head Lice" parents' guide.

3. Cut into squares to serve. Sgt. K.C. Porter **Receives Promotion**

Marine Gunnery Sgt. Keith C. Porter, whose wife, Brenda, is the daughter of Carlton and Pauline Wooten of Greenville, N.C., recently was promoted to his present rank while serving with Marine Aviation Logistics Squadron 14, 2nd Marine Aircraft Wing, Marine Corps Air Station, Cherry Point, N.C.

Porter was promoted based on sustained superior job performance and proficiency in his designated specialty

The 1980 graduate of Edward Bok High School of Philadelphia, joined the Marine Corps in September 1980.

JOB OPPORTUNITIES PITT COUNTY GOVERNMENT SOCIAL SERVICES

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Asthma Patients Support CFC-Free Inhalers

News USA

(NU) - The 24 million Americans with persistent respiratory diseases like asthma and chronic obstructive pulmonary disease can breathe a sighof relief.

The inhaled medications they rely upon to treat their breathing conditions will continue to be available even as the United States and other United Nations countries move to end the last major exception to the worldwide ban on chlorofluorocarbons by switching to CFC-free inhalers to treat asthma.

Inhalers use CFCs as propellants to create the very fine mist of medication that is inhaled deep into the lungs. But CFCs also destroy the ozone layer, located 10 to 30 miles above the earth, which shields us from the sun's cancer-causing ultraviolet rays. It is not the same as the ozone or smog which is found close to the ground and can worsen some people's asthma. To protect the good ozone layer. CFC use was banned Jan. 1, 1996, by an international treaty called the Montreal Protocol, which was signed nine years earlier by President Reagan. In this country, CFCs are no longer used in spray cans, refrigerators or air conditioners

and the environment.

Since March 1995, new technologically advanced CFC-free inhalers containing the most commonly prescribed bronchodilator medication, albuterol, have been introduced to patients in nearly 25 countries, primarily in Europe.

In February, a physician-patient advisory panel to the U.S. Food and Drug Administration recommended approval of this country's first CFCfree inhaler. FDA is expected to approve the product for marketing later this year. Approvals of CFC-free versions of other asthma medications are expected in 1997 and 1998. Cost of CFC-free inhalers is expected to

be comparable to CFC versions. AAFA and ALA will be distributing educational materials to help ensure that the shift to CFC-free inhalers is simple and straightforward for patients. Until then, patients should continue to use their inhalers as currently prescribed by their doctor.

Top with prepared whipped topping and sprinkling of cinnamon. Nutrition Information per

pan.

serving: 212 calories, 4 g total fat, 2 g saturated fat, 0 mg cholesterol, 311 mg sodium, 1 g dietary fiber.

3/4 teaspoon ground ginger

Ground cinnamon, for

1. Mix cake mix, pumpkin,

egg substitute, water, sour

cream, cinnamon, nutmeg and

ginger in large bowl, with

mixer at low speed until moist-

ened. Beat at high speed for 2

minutes. Spread batter into

greased 13 x 9 x 2-inch baking

minutes or until done. Cool in

2. Bake at 350°F for 30 to 40

1½ cups prepared fat free

whipped topping

garnish



pan on wire rack. in the mix 1 cup solid pack canned pumpkin ³/₄ cup Egg Beaters Healthy **Real Egg Substitute**

ies from rejecting their donated heart.

In July 1994, Hege was implanted with a state-of-the-art VAD manufactured by Baxter International's Novacor division, the mar-

FOOD TRENDS

Sales Show Organic Foods Aren't Just a Flash in the Pan

Drive Safely

(NU) - Look around your supermarket and you'll see a category of products that wasn't there just a few years ago. Organic veggie burgers in the frozen food section, organic tortilla chips on the shelf with the snack foods — the list of organic foods making their way into mainstream groceries could go on and on.

Years ago, organic foods were associated with long-haired hippies and a few parents who were determined that their children would eat only the safest foods the good earth could provide. Even in the early 1990s, skeptics were predicting organics would be no more than a flash in the pan.

But consumers have embraced the idea of foods that are grown without the use of toxic, persistent chemical herbicides, pesticides and fertilizers. Today, organics are a growth industry with record earnings of more than \$2 billion in 1995 for the second year in a row

When Organic Harvest Month rolls around in September, the industry will, indeed, have some thing to celebrate. For each of the past six years. sales have increased more than 20 percent. Growing Naturally Organic

farmers eschew pesticides and herbicides; instead they use timed cultivation, insect traps and such naturally derived pest controls as soap sprays and beneficial insect release.

Livestock producers raise animals in uncrowded, healthy conditions without the routine use of antibiotics, growth promoters or the plastic pellets which are sometimes used by conventional ranchers to add roughage to meat and dairy animals' food.

At the processing plant, organic foods are prepared for market without the addition of sulfites, nitrates and nitrites.

But it's not just the ingredients that have caused organic food sales to blossom. Producers have responded to consumer demands for foods that are easy to find and prepare. Today's organic offerings include everything from natural dog biscuits to frozen meals, juice spritzers and baby food. You'll also find organic ice cream, coffee, tea and more

During Organic Harvest Month, producers are getting the vord out to even more people. Their message: Organic foods are good for people and for Mother Earth.

CFC-containing inhalers are the one major exception to the ban in order to allow pharmaceutical companies time to develop CFC-free inhalers. Worldwide, more than 450 million CFC-containing inhalers are expected to be produced this year. That represents more than 6,750 tons of CFCs to deplete earth's protective ozone laver.

In July, a U.N. committee proposed that steps be taken toward a major reduction in the use of CFCcontaining inhalers by the year 2000 without compromising patient health. The U.N. committee suggested that each country develop a policy to ensure patients are switched to a CFC-free version of their inhaled medication once it becomes available. Currently, there are 11 inhaled medications used to treat asthma in the United States:

The committee also set the year 2005 as the target date for CFC-containing inhalers to no longer be used. U.S. environmental experts anticipate that signers of the Montreal Protocol will approve the proposal in November.

The patient advocacy groups, the American Lung Association, and the Asthma and Allergy Foundation of America, hailed the recommendation as balancing the interests of patients.

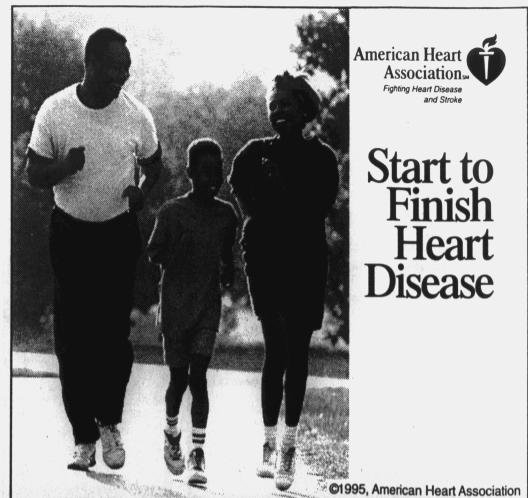


Sandra Day O'Connor, the first woman appointed to the U.S. Supreme Court, was sworn in as an associate justice in 1981.

A survey of people with asthma conducted by ALA found patients have little anxiety about switching to new CFC-free inhalers as long as the medication in the inhaler remains the same. Most were willing and eager to change to an inhaler that will help protect the environment.

The American Lung Association has been fighting lung disease for 90 years. Along with its medical section, the American Thoracic Society, ALA provides programs of education, community service, advocacy and research. ALA's activities are Apply on Pitt County or N.C. application form (*request special application for law enforcement) to:

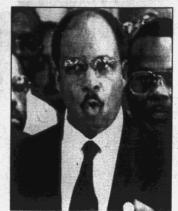
> Human Resources Department 1717 West 5th Street Greenville, N.C. 27834 Telephone: 919-830-6317 CLOSING DATE: September 12, 1997







Emerging Artist Grants Offered



STILL IN CHARGE-At press time, Rev. Henry Lyons, president of the National Baptist Convention, had won a vote of confidence from 8.5 million member denomination's Board of Directors Monday evening. Tuesday, before hundreds of delegates at the National Baptist Convention, U.S.A's Annual Meeting in Denver, Colo., Lyons asked for forgiveness of his 'errors

Qualifying artists can apply for from the Pitt County Arts Council Regional Emerging Artists Grants to help further their artistic careers! A total of \$12,000 in grant money will be awarded. Project awards generally range from \$250 to \$1,000.

The program is open to all artists developing a professional career who are at least 18 years old, current residents of the participating counties and not currently enrolled in a degree or certificate program. Basic education in the applicant's art form must be completed.

The deadline for submitting applications is Oct. 10, 1997. Participating counties include Beaufort, . Bertie, Carteret, Chowan, Craven, ... Dare, Duplin, Edgecombe, Greene, Halifax, Hyde, Jones, Lenoir, Martin, Nash, Onslow, Pamlico, Tyrell, Washington, Wayne or Wilson.

For more information phone The Pitt County Arts Council at 757-1785 and leave your name and number

A hero is no braver than an ordinary man, but he is braver five minutes longer.

-Ralph Waldo Emerson



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Celebrates 15th Church Anniversary Fifth Annual Dunn **Reunion Held**

Community Christian Church

The fifth annual Dunn family renated by Delores Daniels and the committee.

The reunion is held annually in They are still active. Rolesville on the Dunn plantation every Labor Day weekend.

Isaac Dunn and Lucinda Jones were ancestors. The family traces its history back seven generations (1700). Some of the descendants were slaves.

The plantation still has some of the original artifacts that existed on the property. The two-day celused by their ancestors.

The family has a history of long Walter "Babe" Young (brother) was 92, Nannie Young (sister), to 98.

tives are Florence Wiggs, 97; Euunion was held recently, coordi- nice Jones, 94 (sisters); Bert Horton, 90; and Johnsie Ligon Prevott; 92. Florence still travels along.

home.

Participants enjoyed games and activities. The menu included oldfashioned retreats. Church services were held Sunday on the plantation, as their ancestors did during their lives

Members of the family came from Philadelphia, New York, Washington, Baltimore, New Jerebration centered around some of sey, Connecticut, California, Virthe old customs and traditions ginia, Greensboro and various other places

Some of the offspring of the life. Marcus Young lived to be 104, Dunn family include the Ligons, Youngs, Hartsfields and Joneses.

New family members can contact Some of the oldest living rela- Delores Daniels at 266-3581.



Ted Parker





(NAPS)-An all-in-one indoor herb planter kit from the Mike Childs Company can make a great gift.

Business should breakout of the cycle of downsizing and move to more growth, advises Dwight Gertz, vice president of the Mercer Management Corporation.

An Intel-A-Play remote is like having an assistant to do all the button pushing when operating your VCR.

Binkykids, makers of the Musical Pacifier, wants to know which tunes their products should play. Send suggestions in the public domain to The Binkykids Lullababy Contest, 519-523 Paterson Ave., P.O. Box 3307, Wallington, N.J. 07057.

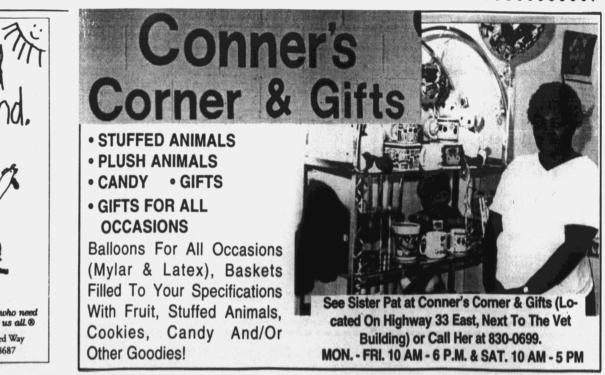
When purchasing a next-generation videogame system, seek one



that not only looks good graphically, but delivers speed, control and a proven library of top-notch software, such as the Sega Saturn.

To make sure that you get your "5 A Day" even during the hectic holiday season, stock up on canned products such as pineapple slices and pineapple juice, sugests Dole.





TO PROVIDE DENTAL SERVICES-Colgate-Palmolive Company and the national Dental Association join forces with the Boys & Girls Club of America to provide dental services to underserved Children: As part of America's promise, the Alliance for America's youth, the National Dental Association (NDA) and Colaate-Palmolive Company have joined forces with the Boys & Girls Club of America-Headquarters in Atlanta, GA) to provide dental services and education to its youth members, who would otherwise not receive dental care. The partnership presented to Judith Carter (center), Senior Vice President of program services, Boys & Girls club of America, was announced by Lois Julliber (at right), Executive Vice president and Chief of Operations for Developed Markets, Colgate-Palmolive Company, and Dr. Hazel Juanita Harper (at left), President National Dental Association, at the 84th Annual National Dental Association Convention held in Scottsdale, AZ. (Photo/Cal Fischl)

Consumer Corner

Save Your Shoes The S.M.A.R.T. Way

(NAPS)-Imagine if you had to go through life barefoot. Sounds appealing, perhaps, until you begin to factor in hot pavement. rain, mud and all the other calamities our shoes weather. Footwear protects your feet. They also help define your personal style and say a lot about who you are. They are an important yet often overlooked part of your wardrobe. Luckily, you can help prolong the life of your shoes and boots with a little shoe S.M.A.R.T.S. (Shine, Maintain, And Repair Those Shoes).

Whether your footwear needs to be renewed or repaired, your local shoe repair shop is the place to go. To keep shoes and boots looking their best:

• Ask a shoe repair professional to replace your worn down soles and heels

• Protective soles can extend the life of a shoe threefold.

• Weatherproof shoes and boots to protect them from the elements

• Don't let dirt build up. Clean shoes and boots regularly. Maintain the leather luster: polish, polish, polish.

• Keep your shoes' shape. Use a shoe horn and loosen laces or buckles before removing.

• Don't suffer with tight shoes. Your shoe repair professional can stretch and adjust shoes for increased comfort.

Bunions? Hammer toes? Corns? Shoe repair professionals can adapt shoes to fit unique feet. • Prevent knee, hip and back problems by keeping shoe heels

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Apply on Pitt County of N.C. application form (*request special application for law enforcement) to:

> Human Resources Department 1717 West 5th Street Greenville, N.C. 27834 Telephone: 919-830-6317 CLOSING DATE: September 12, 1997

Tedi Bear Program Becomes Part Of Statewide Prevention Agency

The Board of Director of Prevent Child Abuse North Carolina (PCA) recently approved the Tedi Bear Children's Advocacy Center as a professional affiliate for Pitt County. As an affiliate of PCA, the Center joins a growing statewide network of agencies working toward the common goal of the prevention of child abuse. The Center serves children who are victims of neglect, sexual abuse, and physical abuse, and their non-offending family members. The Center's Hyman Reports team of pediatricians, social workers, a nurse practitioner, and a child life specialist has provided Child Medical Evaluations (CME), therapy, and forensic interviews for eastern North Carolina since March of 1992 and has served over 1100 children in 29 counties since that time.

"We are excited about our new affiliation with PCA," says Rebecca Coker, MD, Medical Director of Tedi Bear. "Prevention has been a concern and interest of the Center for a long time. Becoming a PCA Affiliate is an important step in strengthening our efforts to prevent interpersonal violence in our community.'

PCA, the North Carolina Chapter of the National Committee to Prevent Child Abuse, is a private nonprofit organized in 1979 on the belief that no child should be abused. PCA helps to prevent abuse and neglect through training December 1996.

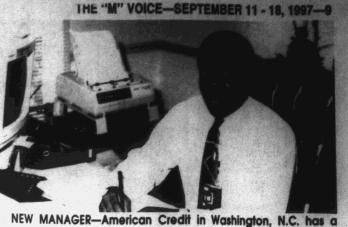
for professionals who work with fragile families, an annual statewide conference on child abuse prevention, two toll-free statewide hotlines, statewide advocacy efforts for children and families, and an affiliate network of 19 agencies across the state that provide services to families

Pfc. Harold D. For Military Duty

Marine Pfc. Harold D. Hyman, a 1996 graduate of Southeast Halifax High School of Halifax, N.C., recently reported for duty with 2nd Battalion, 8th Marines, 2nd Marine Division, Marine Corps Base, Camp Lejeune, N.C.

Hyman's new assignment is an example of how Navy and Marine Corps men and women are assigned to ships, squadrons and shore commands around the world. Whether serving in the Persian Gulf near Iraq or in the Adriatic Sea near Bosnia, people like Hyman are making a difference as they work to improve their knowledge and skill as part of the most highly technical naval force in history

He joined the Marine Corps in

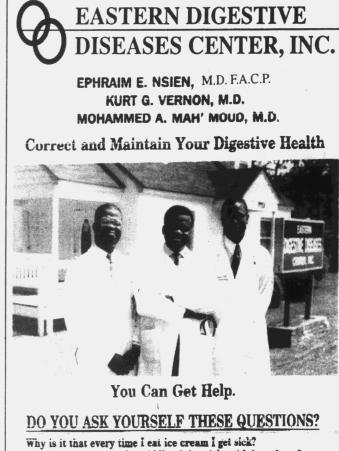


new manaager, Jeff Cox, shown posing for our camera. Jeff is a Christian Brother, who has worked hard with the help of the Lord and his wife and family to attain a position where he can help others with loans for vacations, new automobiles, used cars, or if you just need some cash. Drop by and let Brother Cox approve your loan today. He grew up in Washington. (Jim Rouse Photo)

Why You Need A Good Night's Sleep And How To Get One

(NAPS)—According to the Better Sleep Guide, a new con- cise, sleep is essential to feeling sumer resource put out by the your best. A poor night's sleep can Better Sleep Council, it can be easier to get a good night's sleep than many people ever dreamed. The guide offers information about the connection between sleep and good health, including tips on how to tell if your mattress is the sleepstealing culprit and what you can do about it.

Like proper nutrition and exeraffect both productivity and quality of life. While some factors that disturb sleep are difficult to control, the sleep environment—including the mattress-can be controlled. Too often, people are unaware of mattress wear and tear until their bodies notice for them.



Why do I wake up in the middle of the night with heartburn? Should I increase the amount of fiber in my diet? Why do I have this burning sensation in my stomach? Why do I have so much gas all the time? What makes my hemorrhoids flare up?

> 796 B. Moye Blvd. Greenville, NC 27835 (919) 754-2400

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For More Information Call: (919)-830-0057

Countdown Entertainment presents the **Biggest Talent Search of the year** with Amateur Night at the **Roxy Theater** (629 Albemarble Ave) Sat. Sept. 13, 1997 at 9 p.m.

Greenville and all surrounding areas are invited to participate in this live video taping of the newest and hottest show to be aired this fall on cable t.v.

(Countdown Entertainment's "All The Way Live") Also The ECU Steppers

Special added attraction A live performance by G-T.A.C (Greenville Theater of the Arts) This event will be hosted by the hottest D. J. in Eastern Carolina "B. Vick" of

Soul 92 (92.1)

This is an event for the entire family

For more information about registration for amateur night call 752-3690

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