

Merry Christmas & Happy Kwanza Everywhere



THE 'M' inority VOICE



"Your children need your presence more than your presents"
..... Jesse Jackson

EASTERN NORTH CAROLINA'S MINORITY VOICE SINCE 1981 Issue Date: Week of December 23 -31, 1998

The Mud Creek Test... Once Again, Jesse has the Right Message for America!

WASHINGTON -- Excerpts of the following speech were delivered by Reverend Jesse L. Jackson at the National Press Club monthly newsmaker luncheon Friday December 4, 1998.

I have come to learn that this is the week to try out new themes and messages for presidential campaign to come. I am pleased to be able to participate in this important exercise.

Because while I have not yet decided whether or not to enter the race, I do intend to set the pace.

And I have a test for all candidates who would enter this race, a race that is the most significant expression of democracy in the entire world.

That test is this: Do you matter to

Mud Creek, Kentucky -- a town that I visited not too long ago nestled deep in the hills of eastern Kentucky, a town populated by men and women who have helped build this nation, who have fought out wars, mined our coal, played by the rules? Do you matter to Mud Creek, Kentucky? Do you have anything relevant to say to the people of eastern Kentucky and Central West Virginia and Appalachian Ohio, where good people, working hard, have tried to break the cycle of poverty? Do you have a plan that offers hope to the proud people of this region?

We have a plan for Southeast Asia -- it consists of incentives on the front side, guarantees on the backside. Export/Import Bank,

OPIC, tax free zones, low interest loans, IMF...Now we need a plan for southeast Ohio.

When things go wrong overseas, when economic indicators take a nose dive, we blame the system. Here at home we have a nasty habit of blaming the people. We from suffer from that optical illusion called farsightedness: we have a vision for thing and people far away, but have difficulty in seeing what's in front of our noses.

And so I ask those who would run for President, at what point in your inaugural address would it strike you to mention Appalachian? Would you mention it at all?

I have spent a great deal of time in the Appalachia in recent months. The time I have spent there has

moved me, and has helped to shape and expand my views. Just as Dr. King in his final campaign, marched for justice for all Americans -- today I am driven by the moral imperative to leave no American behind. The one big tent American dream: that's what forms my world view.

That's why I am convinced more than ever that the single most important issue facing our nation as we move into the next century is the ever-widening gap between the have and the have nots in our society. The gap between those who live in surplus and those who live in deficit. A gap in income and wealth that is the widest in the world and growing wider. A gap that is more reflective of pre-



Jesse Jackson
Revolutionary societies, then that of strong, vibrant democracies. A gap that threatens to derail and

suffocate this period of economic growth.

This is America's dirty little secret. You won't hear other presidential candidates talk about this very much, if at all: their fiancee directions won't let them. But we need to talk about it; we need to confront it; we need to resolve it. There are issues facing our inner-cities and forgotten rural areas, areas like Mud Creek. There are issues facing undeserved communities of all colors, whether they be in East Los Angeles, the Navajo reservation in Arizona, the Bronx or Appalachia.

Continues on Page 2

Millennia... A Bank for the Future

By Stephen Johnson
Staff Writer

Black America needs many things schools, a voice in the media, our own businesses banks and networking groups. We need to make a statement as the new

today's work force and create our own financial institutions dedicated to supporting the needs of the community.

Millennia Community Bank is striving to pave new roads in this very direction. Thanks to the

of 5% of the aggregate shares subscribed.

In addition, those who purchase 5% retain the right to purchase future stock at 11 dollars a share for the next seven years.

Local businessman, Earl Garner

Hazel Brown, Robert Davis of Rocky Mt., Moses Matthews of Williamston, Kimberly Moore Asst. District Attorney, Pitt County, Dr. Theodore Muchetini, attorney Darrell Whitley, Muye Akinkuto, Dr. Isaac Artis, Jr. and Pastor

represent the bank with Derrick Brown serving as the lead attorney.

Attorney Brown also stressed that although Millennia Community Bank is geared to the success and empowerment of Greenville's African American community, they are not just an African American bank. The bank will be a community bank dedicated to serving the financial needs of all the people in the community. Their mission is simple and they will dedicate themselves to delivering the best banking services available, to promote community ownership and to stimulate and enhance the new business development.

growth. The commitment needed however, must be strong and clear. The Churches will play a vital role in stepping up to the plate and providing the influx of capital needed to promote this endeavor, whose need in the community is crucial." He further commented that he believes that mainstream banking institutions have been irresponsible in dealing with the needs and concerns of the Black community and their economic growth.



"We will be a friendly bank, one you can be proud of," said Butch Congleton. "We want the public to own this bank because those who own it will control it."

One thing this writer found interesting was everyone was truly committed to the success and growth of 'Millennia.' It's not everyday that Black banks are formed, especially with people in the community you know being apart of the decision making processes. County Commissioner Jeff Savage believes the bank is a wonderful idea. Impressed with it's leadership, he stated, "I've never seen Blacks with so much self determination in my life. I am optimistic we will see more Black home ownership and economic

So on the dawn of a new millennium, Blacks must once make another step forward.

In many ways this project speaks for itself, the community has been given a chance to invest in their future. They say the banking business is a business that is like no other.

When entering this business you not only enter into a partnership with colleagues and peers but the federal government and the state of North Carolina, an alliance that has been lacking in the Black community for a long time.

Pleased with the turnout on Dec. 16th, the proposed Millennia Community Bank will host similar events on Jan. 18th, and once again on Feb 23rd They are encouraging the public to come learn about Millennia Community Bank and be apart of Greenville's growth.

millennium approaches show ourselves to be the buying force exceeding billions of dollars. It is time we stop complaining about why mainstream businesses are turning us down for home loans business loans and other financial necessities needed to compete in

overwhelming support of the Black community, M.C.B. is off to a great start. After receiving their preliminary approval, initial stock offering was made available to the public at \$11 dollars per share with a minimum purchase of 100 shares not to exceed a maximum purchase

was elected Chairman, Board of Directors. Members of the board included a strong representation of the African American community as well. Butch Congleton, President and C.E.O. Raymond Carney, Chief of Greenville's Fire and Rescue Department, Ed Carter, Dr.

Randy Royal, men and women dedicated to the success of Millennia Community Bank.

"The bank will succeed," said attorney Derrick Brown. "If not what does it say about our community." The law offices of Earl Brown & Associates were chosen to

Study Finds African-Americans Ignore Early Warning Signs of Diabetes

WASHINGTON -- Although diabetes affects more than 16 million Americans, accounts for more than 187,000 deaths and another 60,000 lower extremity amputations each year, more than one-third of Americans would not visit a physician if they experienced common early warning signs of the disease. A recent survey of more than 1,000 Americans conducted by Yankelovich Partners for the American Pediatric Medical Association (APMA) found that nine out of ten respondents (93%)

considered diabetes to be a serious and costly disease, and nearly two in five (38%) say they are a family member has been affected by the condition. However, when respondents were presented with early warning signs of diabetes, as well as ingrown toenails, fungus, or aches and pains in their legs, nearly one-third (29%), stated they would not seek professional medical treatment. The statistics for minorities were demonstrably different. In fact, a much higher percentage of

minority respondents (80-85%) would seek professional medical care when confronted with the same early warnings signs. "There is a shocking disconnect," said APMA president Terry Albright. "People recognize the serious implications diabetes can have, but they fail to recognize some the most common and easily treatable warning signs." If diagnosed early, a patient's health care team, from podiatric physicians to their primary care physician--can work

together to help control the long term effects of the disease. "The Centers for Disease Control and Prevention (CDC) also found these results alarming. "One of our primary roles at the CDC is to better educate the public on preventive measures," said Dr. Frank Vinicor, Director of the Division of Diabetes Translation at the CDC.

"Diabetes is of particular importance. These alarming statistics demonstrate that we need to increase our educational efforts. The

opportunity to sponsor, with APMA, additional programs, is exceptional. Especially since many of the early warnings signs first appear in the feet."

The survey also found that, in general, Americans ignore foot problems. For example, one-third of Americans spend very little time--once a month or less--caring for their feet. Nearly two-thirds of the African Americans surveyed, however, cared for their feet at least weekly; a sign that some information may be getting through.

more likely to seek medical care if they experienced early symptoms, including tingling or pain in their feet, aches, and pains in their legs, and ingrown toenails or fungal nails.

Over the past year, APMA, through its Foot Health Foundation of America, has taken aggressive steps to educate Americans. "We've done a great deal, but this survey demonstrates we have a ways to go," said Albright.

"This initiative with the CDC is a step in the right direction. We urge other health care professionals to help us stress the importance of good foot health." Or Albright suggests: wear shoes that are supportive and fit comfortably. Take some time each day and check your feet for redness, corns, calluses, cuts, blisters, and other ailments. Wash your feet daily in warm-- not hot water and then dry them thoroughly. Keep toenails trimmed straight across and use a pumice stone to smooth corns and calluses. Apply a thin coating of skin lotion to the top and bottom of our feet, but not between the toes.

Racist Graffiti Mars Holiday for One Grimesland Family

GREENVILLE -- Racial epithaphs and graffiti has marred the holiday

season for one Black family. Bishop James L. Smith, Founder and Pastor of the First Born Holy

Church and the First Born Community Development Center in Grimesland, and his family were

recently victimized by racially motivated graffiti and hate slogans.



In a press conference held last week, Bishop Smith said he believes this activity was spawned by a fight that occurred between two of his grandsons, Kelsey and Corey Nicholson, and a young white male in the neighborhood.

After the incident took place, several racially derogatory slogans and swastikas appeared around the Smith family's home and street. Swastikas was painted on his mailbox, and the words, 'wetback,' and 'nigger' were sprayed in red paint on the street in front of the Bishop's home.

In calling this matter to the public's attention as well as contacting the appropriate authorities, Bishop Smith stated his primary concern is the welfare and safety of his family, as well that of his neighbors. Bishop Smith further went on to say that he hopes this incident will end peacefully without anyone suffering any personal harm.

The matter is now being investigated by the NAACP, and state and federal investigation agency as a possible hate crime. Story and Photos by William Clark

There remains a general neglect of foot health, that is in effect, translating into more serious problems," said Dr. Albright. "The feet are the first place where signs of circulatory problems, diabetes, arthritis, and other systemic diseases, will appear. "Yet we've found that most of our patients expect their feet to hurt and even think some pain is normal. That is not true. Foot pain is not normal. To think that nearly three-quarters of Americans experience foot problems at some time in their lives is even more tragic. "Nearly three in four respondents surveyed recognized the serious effects of diabetes, including lower extremity amputations, kidney failure, increased risk of heart disease or stroke, and vision or hearing loss.

Women were better educated about the serious implications, nearly 10% points higher than their white male counterparts, and were

Protect your feet by wearing socks and comfortable shoes that breathe. Protect your feet from temperature extremes. For example, wear socks at night if your feet get cold and avoid walking barefoot on hot surfaces. Call your doctor or podiatrist immediately if any foot problems or leg pain develops that does not begin to heal within a day.

The above photo of Bishop Smith was taken in front of their home shortly after the incident occurred. He expressed his hopes that this incident will end peacefully without anyone suffering any personal harm.

**Special Kwanzaa
Calender of Events
inside!!**

Calling on Black Churches to Set Up War on Aids

By Ronald Weatherford
Special to the M-Voice

A decade ago, the World Health Organization declared Dec. 1 as World AIDS Day. Africa has been hardest hit by the AIDS pandemic, and the date, the disease has claimed more than 3 million lives in sub-Saharan Africa alone. More than 14 million people in the region are HIV positive—the world's highest rate of infection.

AIDS has also taken a toll on Black America. AIDS is one of the most serious diseases to face the Black population since slavery. As of December 1997, over 132,221 African-Americans have died of AIDS, the leading killer of African-

Americans under 35. More than 500,000 African-Americans could possibly be infected with HIV.

Amidst reports that Blacks, who account for more than half of new HIV infections and are more than eight times more likely than whites to contract the virus, comes a new \$156 million federal minority AIDS thrust. Announcing the initiative, the government's first comprehensive minority AIDS effort, Pres. Bill Clinton noted, "The AIDS crisis in our communities of color is a national one."

Earlier this year, the Congressional Black Caucus declared that AIDS has reached a state of emergency in the Black

community, and the NAACP put AIDS on its national agenda.

The 1996 Leading for Life Summit, convened by Harvard's W.E.B. DuBois Institute, not only sounded the alarm, but called on Black leaders and organizations to combat AIDS on a grassroots level. Summit speakers lamented Black leaders' delayed response to AIDS, which was stigmatized early on as a disease of homosexuals and heroin users. While rumors circulated on the street that the virus was engineered in a laboratory for a conspiracy of racial genocide, some pastors suggested that the disease was punishment for sin from God.

Unfortunately, while AIDS reached a state of emergency, the African-American community continues in a state of denial. Nowhere has the denial been more pronounced than in the Black church. The Black institution that has played such a vital role in uplifting the Black community shunned the controversy regarding AIDS transmission. Some local ministers' groups have apologized for the church's uncharacteristic apathy.

The New York-based Balm in Gilead is leading the AIDS fight among Black religious groups. Endorsed by all major Black denominations, Balm in Gilead provides training and sponsors an

annual prayer vigil to encourage prevention and intervention efforts. Few congregations, however, go on to develop AIDS ministries or education programs.

Perhaps, U.S. Surgeon Gen. David Satcher will enlist more Black churches in the war on AIDS. As part of a federal initiative to reduce disparities in the health status of minorities, Satcher is urging Black churches to promote healthy lifestyles. At last summer's convention of the Southern Christian Leadership Conference, he appealed to Black clergy.

"We need the church to help us deal with the prejudice and the bias that we face as we're trying to fight this epidemic," said Satcher.

Despite reluctance to lead the

AIDS fight, Black churches can't help but witness the disease's impact. In 1995, Rev. Jeremiah White, pastor of Chicago's Trinity United Church of Christ (which has had an AIDS ministry ever since 1992), asked his parishioners to stand if they knew someone who had died of AIDS. One-third of the 2,000-member congregation stood up.

The church must stand up against this disease, which is ravaging the Black community. Saving souls and saving lives are the same thing. The Black church helped spur the Civil Rights Movement. The church should respond in similar spirit to the AIDS epidemic.

Honor, Duty and Loneliness....

by Trey Bankhead

As I was writing this, American missiles were falling on Iraq for the second time in my life. As in "Operation: Desert Storm" six years ago, this new "Operation: Desert Fox" scares the hell out of me. Because, once again, it's not just happening on television for me. Once again, I have two friends over there.

And, I finally realize that, no matter how attractive I find the military, I couldn't do it.

I can't remember a time when I've not been tempted to enter the military. My father was a Master Sergeant in the Army's 101st Airborne Division. An uncle served in the Navy. I grew up in the era of G.I. Joe comic books, television programs, movies, and action figures. The hottest movies were "Top Gun," "Iron Eagle," and, of course, "Rambo." My favorite television programs were "M.A.S.H." (in reruns), "Airwolf"... well, you get the idea.

The military was so glorified that I couldn't wait to turn eighteen, so I, too, could "fight for freedom

wherever there's trouble." I studied military history as a hobby, vehicles as a passion, and weaponry as an obsession. While my friends voted me "Most Likely To Take Over a Small Country" (I'm still not sure if they were serious or not), I think my parents were more concerned that I'd end up on "America's Most Wanted." Still, when I did eventually hit eighteen, I decided to wait until I graduated college, so that when I graduated, I could enlist as an officer.

My rose-colored glasses shattered in 1992, with the advent of "Operation: Desert Storm." Two of my friends went to Iraq, but only one came back and even he was a changed man. That was the turning point. I knew, for the first time, that the "good guys" don't always come back. It shook me badly; enough for me to rethink the whole idea of military service.

Tonight, six years later, I watched the strike updates on television. At one point, I found myself scanning the faces of all the American men serving in Iraq. I half-hoped I would catch a glimpse of my

friends, some reassurance that they are safe. At the same time, I prayed I did not see them, for fear of seeing their lifeless bodies loaded into body bags. Just as I realized what I was doing, what I was thinking, the thought hit me square between the eyes: If it was this bad for me, how much worse is it for the wives, husbands, children, and parents of those serving America over in Iraq?

I can't imagine what they're going through and, as selfish as it sounds, I'm thankful that I don't know. The people that routinely deal with the absences of their loved ones, and the people gone to protect American interests... they are far stronger than I. They uphold the honor of America in fulfilling their duties.

That's why I couldn't serve. I can't imagine being separated from my wife for four, six, eight months at a time. I can barely go a week without her! Oh, I still have an interest in military tactics and strategy, and I still have an interest in military weaponry. Experience has tempered them, however, into a

mere hobby, allowing me to realize my other talents, such as teaching and writing.

But, I still feel for the loved ones left behind. Because I've talked with those who are missing their loved ones. Words like "duty" and "honor" can't kiss a child good-night. The fact that her husband is "serving their country" or "is fulfilling honor of the service" won't reassure a scared wife whose eyes are glued to the television screen, much as mine were, or give her a reassuring touch in the cold and lonely nights.

Do me a favor? If you know someone whose wife, husband, or child are away in Iraq, call them. Invite them over for dinner, or take them out. Drag them to a movie. Do something with them. Because fear and loneliness can hit with far more destructive power than any missile. And being left behind is the hardest duty of all.

Trey Bankhead writes about human, social, and cultural issues for the M-Voice Newspaper. You can E-mail him at: Knightnoir@aol.com.

Finding What You Need in Heaven's Department Store

I went out shopping one Christmas Eve. It was just beginning to snow when I came upon a sign that read: "Heaven's Department Store." As I got a little closer, the doors opened, and before I realized it, I was standing inside.

The shelves were filled with beautiful gifts, and the lights were shining brightly. My problem was that I didn't have much money to really do things right.

I was about to leave when suddenly an angel came over to me and said, "Take this basket, my child, and you will find the best things in this store are free." Everything a Christian needed was in this department store, and all you couldn't carry would be waiting for you the next day.

First, I got some "Patience." "Love" was in the same row.

Further down was "Understanding"—you need that wherever you go.

I got a box or two of "Wisdom", a box or two of "Faith".

I just couldn't miss the "Holy Ghost", for it was all over the place. I stopped to get some "Strength" and "Courage" to help me run this race.

full, but I remembered I needed some "Grace."

I didn't forget "Salvation", for salvation... that was free; so I tried to get enough of that to save both you and me.

Then I started up to the counter to pay my credit bill.

For I thought I had everything to do my Master's will.

As I went up the aisle, I saw "Prayer" and I just had to put that in. For I knew when I stepped outside, I would run right into sin.

"Peace" and "Joy" were plentiful—they were on the last shelf.

"Songs" and "Praises" were hanging near, so I just helped myself.

Then, I said to the angel, "Now, how much to I owe?"

He just smiled and said, "Just take them wherever you go."

Again, I smiled at him and said, "How much to I really owe?"

He smiled again and said, "My child, Jesus paid your bill a long time ago!"

Remember, Christmas is the celebration of Christ.

The above poem was paraphrased and based on the original poem, "Heaven's Grocery Store." Author unknown.

By then, my basket was getting

The Mud Creek Test... Once Again, Jesse has the Right Message for America!

Continue from Page 1

When I think of Appalachia, I think how "besides the point" so much of our political dialogue has become.

And not just because of the freak show that is going on in Washington, D.C. right now. Because even on those rare occasions we get a glimpse of what passes for substantive debate in our nation's capital, it fails to meet the test of Appalachia --

where a coal miner dies every six hours --- by a country mile.

Take HMO reform, for example. A good thing to do. The next Congress will undoubtedly pass some version of it, as it well should. But no one should think for a moment that by doing so, Congress has made a dent in the major health care challenges facing our nation. HMO's won't provide universal care; they can't.

When I traveled throughout Appalachia, I visited one county

where the newest elementary school had been built 60 years ago. I came across kids being taught by unbelievably dedicated teachers in tiny trailers. I came across schools that had no cafeterias. I came across schools with text books that were hopelessly outdated. This is America and it should not be. But it is. At a time of such great prosperity this is unacceptable.

And so while Congress and the media focus obsessively on im-

peachment, our nation continues its great retreat from the dream of quality universal public education.

When I travel in Appalachia, I can't help think of the miracles wrought by the extraordinary success of our Social Security system. It virtually eliminated poverty among the elderly -- in Appalachia and across the country. Working people can retire in dignity. Those who are disabled, widowed or orphaned are inured

against destitution. Social Security matters in Mud Creek. And it matters in a big way.

And while people under the ground have to have the confidence, capacity and strength to pursue their dreams, we must ask our leaders to motivate the country to do better and be better.

That's the sort of bold leadership that our nation requires at this point in history. That's the sort of bold leadership that will be required of a President who will fight to make life better for all Americans, the sort of a President who will be President for Mud Creek.

AKA Ban on Dreadlocks: What a Joke...

The Raleigh, N.C. Chapter of the Alpha Kappa Alpha (AKA) Sorority Inc. recently declined to allow Michelle Barskile the right to participate in the AKA debutante ball.

Ms. Barskile is an academically gifted student who is very active in school where she's a member of her track team and drama club.

Ms. Barskile's desire was only to attend a function that her mother was a part of when she was in college. Unfortunately, that will not happen.

Under normal circumstances, you would think that the AKAs would allow a Black woman to wear her hair in any style that is befitting to her.

Now, the opposition is not to Ms. Barskile, but to the representatives of the AKA sorority for insisting that Ms. Barskile conform to their unwritten rules which resemble Black-on-Black racism.

Co-chair of the debutante ball,

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Gale Issacs said, "Decisions were made in accordance with our rules and regulations."

Does this mean that the AKA's decision not to allow Ms. Barskile is right? Of course not!

Since there is no policy on how to wear your hair as an AKA, there should not have been an issue on her hair style of choice for the debutante ball.

African Americans are very unique. We come in many shades

and colors. Our hair texture comes in a variety of textures that would even fool the most notable African American. We are fortunate to have such a design as a braid or cornrow to help men and women add spice to their personality.

Ms. Barskile is not alone in her quest to wear dreadlocks. The question comes to mind, "Does hair make the woman or man?"

Many young people today wear dreadlocks. You will not see many

upper middle class professionals wearing such a style because it does not conform to their White environment.

Dreadlocks is a style derived from Africa. These styles reflect various cultures. To say one cannot reflect upon their own culture is ethnically incorrect. Some may remember the reggae artist Bob Marley, who was known for his music as well as his style of hair. He wore his dreadlocks of Rastafarians, whose religious beliefs command that, in "The Book of Numbers," the faithful should never comb or cut their hair.

However, he was associated with and accepted by many. The parents of Ms. Barskile agree with their daughter. Mike Barskile has his family values in tact. The AKAs need to clean their house up and take a stand for justice. This society is not all about who is cute and who isn't.

Ms. Barskile, you are better off without the AKAs. Don't let this minor setback stop you from pursuing your goals. Who knows, maybe it was meant for you to be a Delta.

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Diabetes

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Ask your doctor or health clinic
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A message from the Pitt County Care Project and Pitt Partners for Health. The CARE Project is funded by the Kate B. Reynolds Health Care Trust.

from the Desk of Mrs. Beatrice Maye



**Mrs. Beatrice Maye
TEACHING OUR
ELDERLY**

On Tuesdays of every month, The "M" Voice Newspaper's own Ms. Beatrice Maye teaches "Retirement Living" classes to the senior citizens of Pitt County.

This past Tuesday, Ms. Maye's class had the pleasure of having of Wintergreen Intermediate's fifth and sixth grade music class perform them some nice selections of classical and some christmas music. The kids enjoyed themselves as well as the senior citizens.

Its nice when the young ones can come out and show our senior citizens some appreciation by



spending time with them, and doing something very special for them. We all need to at least once a day, let that grandma or grandpa know how they mean to us and the knowledge and advice that they give will always remain with us. Shown in the above left hand



picture is Mrs. Beatrice Maye with one of her students along with members in her "Retirement Living" class in the remaining



ANGELLA CHRISTIE

**ANGELLA CHRISTIE
HYMN & I**

Gospel Saxophonist, Angella Christie, recently released her latest release *Hymn & I* at Evangel Temple in Washington, D.C.

The CD is a compilation of both studio and live performances. Her music comes from the gut. Just like the raw singing of a gospel vocalist, Angella's saxophone reaches deep down inside and screams of testimony.

She is contemporary gospel music at its best. She has won numerous awards for her superb performances, as well as her debut project "Eternity," which moved her to the forefront of gospel music.

Merry Christmas & Happy Kwanza and have a Safe Holiday!

"A Place to Worship Your Creator..."

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Missionary
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**Dt. Howard Parker, Pastor
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Ofc. 252-756-4869 Fax: 252-756-4439**

Up the Chimney He Rose, Is it Magic or Physics

'Twas the night before Christmas and all through the house, not a creature was stirring, not even a mouse." So begins the much loved poem by Clement Clarke Moore about Santa's visit to a household where "the children were nestled all snug in their beds, while visions of sugar plums danced in their heads." The poem has inspired generations of children and grown-ups alike with the wonders and the magic of Christmas. Much of the Santa Claus story invokes magic--but there's physics involved too!

Take just one aspect of Santa's visit: at each household stop he parks his sleigh, goes down the chimney and delivers presents under the Christmas tree for the

good boys and girls of the house. According to the poem--our definitive source for Santa facts--the trip down the chimney is described as something of a free-fall: Down the chimney St. Nicholas came with a bound." After dropping off the gifts and taking a quick snack of milk and cookies, he leaves: "laying his finger aside of his nose...giving a nod, up the chimney he rose."

Santa's trips both down and up the chimney pose puzzles from a physicist's point of view: If the typical household chimney is 30 feet tall, simply dropping down the chimney would be dangerous indeed. More than 350 Yuletide's ago, Galileo examined the motion of bodies falling under the constant acceleration of gravity. From his results, it is easy to calculate that in free-fall, Santa's descent would take about 1.4 seconds and he'd hit the hearth at about 30 miles per hour. (As Galileo showed, aside from air resistance, the drop time and impact speed do not depend at all on the mass of the body.) So let us assume that Santa probably slides down a rope tied to his sleigh on

the roof top.

Also, as we know, he is "chubby and plump", with a "little round belly, that shook when he laughed, like a bowl full of jelly." No doubt, by dumping his tummy on the bricks during descent he would further brake his downward plunge, while rappelling down the rope like a mountain climber. In a chimney, this would be messy, so its no surprise that "his clothes were all tarnished with ashes and soot"

Going back up the chimney offers a much more challenging physics problem. Santa could just climb, hauling himself hand-over-hand up his rope. But for such a chubby fellow that would be slow and strenuous--much too demanding in view of his incredibly busy schedule. Even if Santa could leap like Michael Jordan, a quick jump up the chimney is also not feasible.

With no room for a running approach, the jump would have to be from a standing start, and the world record for a vertical high jump is only 4 feet. In order to exceed that, and reach 30 feet, Santa would have to have a means

to "blast off", like a human rocket. Simple calculations show that, in order to exit in a second or so, he'd would have to be subjected to uncomfortably strong forces: Santa would emerge not merely tattered but fractured. Surely, "laying his finger aside of his nose," is a telling clue. Our conclusion is that in his cap he has a little electrical device of a kind that would have delighted Ben Franklin, who pioneered the understanding of electricity. The device evidently must be triggered by his finger, probably by interrupting a faint light beam near his glowing cheek. That would generate a photo electric signal in a way described by Einstein in 1905. The device could then send a radio signal to activate a winch on the sleigh thereby winding up Santa's tether and enabling him to rise effortlessly.

So up the chimney he goes--with a little help from physics--and into the night he flies in his reindeer--driven sleigh--with a lot of help from magic !!

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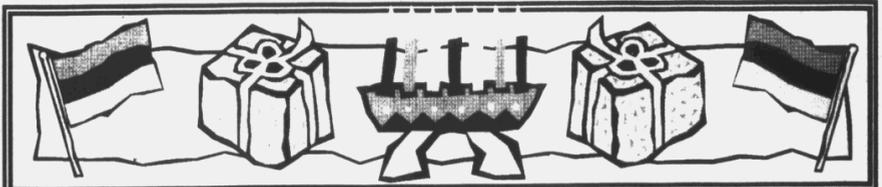


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Kwanzaa-- A Celebration for Us!!

GREENVILLE -- Kwanzaa (Kwan-zah) is an African word meaning "first". The word is derived from those parts of Africa where a celebration of harvesting the "first fruits" is a tradition of our Kwanzaa celebration is a tribute to our ancestors, who have struggled and achieved before us to you, the Black living, who just continue to struggle and achieve; and to our unborn, who will benefit from our struggle and carry it forward. Kwanzaa addresses the need of African people to establish and adhere to our own cultural identity instead of adhering to alien cultural traditions.

Kwanzaa is celebrated for Seven days beginning on Dec. 26th. It is a time when African families and the African community come together to assess and celebrated the progress made in the past year and to reestablish our commitment to the total liberation and development of African people.

On the 26th of December decorations are put up and arranged using the Red Black and Green color scheme --- Red for the blood, that has been shed in our struggle to achieve the liberation of our people; Black is for the people; and Green is for the land of Africa.

On the 26th of December decorations are put up and arranged using the Red, Black and Green color scheme--Red for the blood that has been shed in our struggle to achieve the liberation of our people; Black for the people; and Green for the land Africa) that will be liberated. During Kwanzaa, the main table in the home should contain a centerpiece with fresh fruits and vegetables. On a low table the Mkeka (M-Kav-Kah), or straw mat, is placed.

The Mkeka symbolizes tradition as the foundation on which all else rests. On the Mkeka you will place the Kinara (Kee-nar-ah), or candle-

holder, which holds the Kishumaa (N-shu-mah), or 7 candles. The kinara represents the stalk from which we sprang. The Mshumaa represents the seven principles which form the basis for just and humane society that benefits all African people.

The Seven Principles are: (1) Ujima (Oo-mo-jah)-- Unity; (2) Kujichagulia (Koo-gee-cha-goo-lee-ah)--Self-determination; (3) Ujama (Oo-gee-mah)-- Collective Work and Responsibility; (4) Ujamaa (Oo-jah-mah)-- Cooperative Economics; (5) Nia (Nee-ah)--purpose; (6) Kuumba (Koo-um-bah) -- creativity; (7) Imani (Ee-mah-nee) -- Faith. One Mshumaa is lit each day. The first day of Kwanzaa is a day of cleansing and therefore that day we will fast from sun-up to sundown. After sundown, the food intake should be minimal consisting of only fruits, vegetables and nuts. Fruits and vegetables are for cleansing and the nuts contain proteins for growth and development. On each day of Kwanzaa when asked, "Habair Gani?" (Hah-bar-ree-Gah-nee), the answer will be one of the Seven Principles--depending on whether or not it is the first onto the 7th day; e.g. on the 5th day if someone asks "Harari Gani?", the answer would be Nia, which is the 5th principle.

The night of the Karamu (ka-rah-mu), the Feast, takes place on December 31st. It consists of food, drink, music, dance, conversation, laughter, and ceremony. Everything is prepared according to the 3rd Principle, which is Ujima.

In brief, this is our holiday celebration of Kwanzaa based on our African tradition, our creativity, our reality. It is a celebration of self-determination and self-respect. Kwanzaa is a combination of things that we do anyway--gathering our families and friends together, look-

ing over our past and planning our future, having fun and joy among our people--let us use our Kwanzaa celebration as part of our foundation for further growth and cooperation among our people.

"KWANZAA"

Sponsored by The Eastern NC Regional Chapter of the association of Black Social Workers Since 1983

Saturday: December 26, 1998 UMOJA
 Place: South Lee Street Neighborhood Improvement Bldg. Ayden Arts and Recreation Building 511 S. Lee Street
 Time: 5:30 pm
 Contact: Sherridan Brown at 746- 7003 for more info

Sunday: December 27, 1998 KUJICHAGULIA
 Place: Delta Sigma Theta, Pitt County Chapter
 TIME: 7:00 PM
 Contact: Lucille Sayles for more info.

Monday: December 28, 1998
 Place: Joy 1340 Am Radio Station 405 S. Evans Street
 Time: 11:00 a
 Contact: more info
 Jim Rouse and staff at 757- 0365 for

Tuesday: December 29, 1998 UJAMMA
 Place: West Greenville CDC 706 W. Fifth Street Greenville, Nc 27835
 Time: 5:30 pm
 Contact: Barbara Fenner at 752- 9277 for more info

Wednesday: December 30, 1998 NIA
 Place: 1441 Fleming School Road Greenville, NC 27835
 Time: 5:30 pm
 Contact: Jeff and Angel Savage at 758- 5770 for more info

Thursday: December 31, 1998 KUUMBA
 " Family Kwanzaa Celebration "

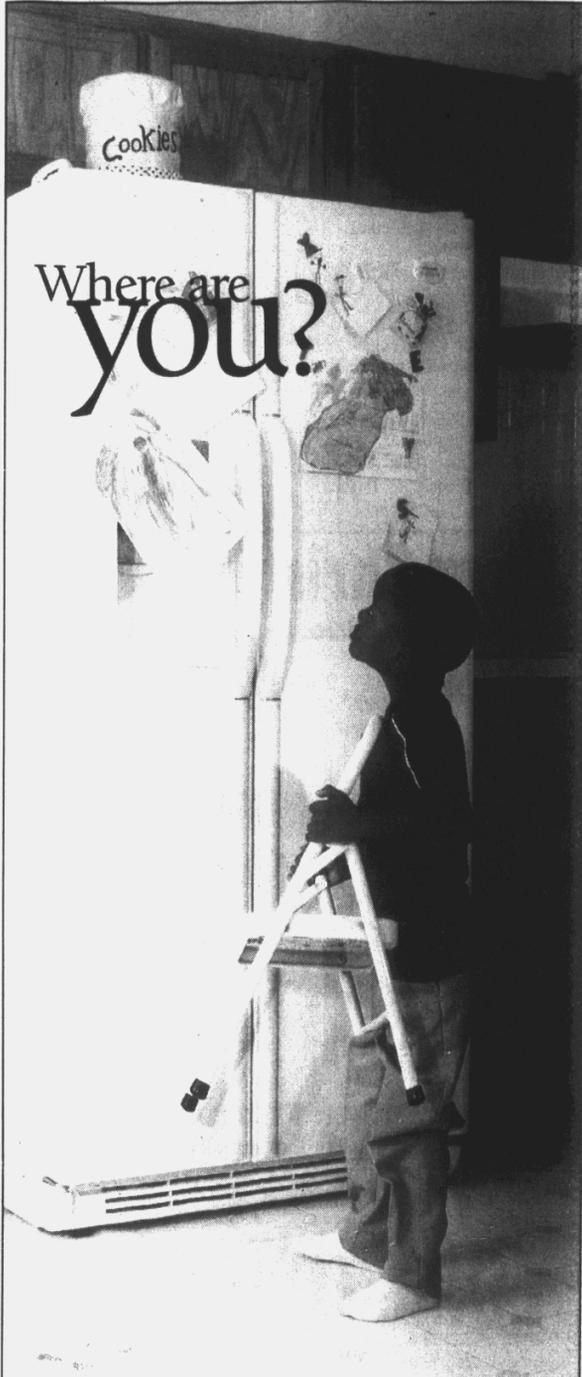
Children (ages 3- 12 years old) are invited to engage in art projects commemorating our African American holidays.
 Place: Greenville Museum of Art 802 S. Evans Street Greenville, Nc 27835
 Time: 11:00 am - 3:00 pm

Fee: \$ 5.50
 Contact: Stacey Ash at 931- 9532
 Place: Flanagan Funeral Homes 1026 W. Fifth Street Greenville, Nc 27835

Time: 7:00 pm
 Contact: Mr. & Mrs. David Hammond, Mrs. Esther Hammond Simpson, or Mr. & Mrs. Ernest Perkins at 752- 3530.

Friday: January 01, 1999 IMANI
 Place: 363 Tarhill Road (Old River Road) Greenville, NC
 Time: 3:00 PM
 Contact: Ann Speight at 757- 0549 for more info. Place: Hair Condition II 1726 W. Fifth Street Greenville, NC
 Time: 1:00 - 4:00 PM
 Contact: Marsha Henderson, Proprietor - 757- 2929
 Hosts: Rev. Curtis and Mrs. Shelly Moore at 355- 7011.
 For more information concerning these events please call Laurretta Lewis or Mildred Council at (252) 757- 1037. Bring a Cover dish or something to share.

See Next Page



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Classes Begin January 12

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Public Announcement

In an effort to keep the total Pitt County community aware of the increasing educational opportunities and ever-changing technological methods of delivery its services, Pitt Community College has launched a community-based volunteer effort to help ensure that each of the respective areas of Pitt County receives from the College the services that are unique to its needs. Area Outreach Council Leaders will direct this effort along with Ms. Neill Lewis, Pitt Community College Outreach Coordinator. The Outreach Council Leaders are listed below:

Falkland/Greenville/Winterville
 Mr. & Mrs. Wade Johnson
Bethel/Robersonville
 St. Willy T. Neal
Farmville/Fountain
 Ms. Amina Shahid-el
 Rev. Dorothy J. Josey
Ayden/Grifton
 Ms. Sherrian Brown
 Ms. LaVonne Moore
Grimesland/Simpson
 Rev. A. C. Batchelor

5 A DAY Take the Challenge

THE FACTS ON FIVE

There are lots of good reasons for choosing fruits and vegetables. You probably already know that fruits and vegetables:

- taste great
- are LOW in calories and fat
- are HIGH in vitamins, minerals, and fiber

But, did you know that

- eating lots of fruits and vegetables as a part of a low-fat, high fiber diet may help reduce cancer risk

AND, did you know that:

- fruits and vegetables are the original FAST and EASY food

Getting 5 or more servings of fruits and vegetables a day is important to help you maintain your health. It's also as easy as counting to five!



A message from the Pitt county Care Project and Pitt Partners for Health. The CARE Project is funded by the Kate B. Reynolds Health Care Trust

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Anyone interested in more information, please contact the Area Outreach Council Leader in your area or Ms. Neill Lewis at Pitt Community College (321-4329).

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Other Kwanzaa Workshops
Saturday, December 12, 1998
Place: SOS Program
Cornerstone MB Church
Greenville, NC
Time: 9:30am - 10:45 am
Contact: Virginia Gaynor at 355- 3446 for more information

Tuesday, December 15, 1998
Place: Women of Distinction
EB Aycock School at 8:20 am- 9:15 am and JH Rose High School
at 11:30 am - 1:30 pm

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Welfare, Many Families Fare Worst....

New Report Urges Steps to Take as Families Take Extremely Low Paid Jobs

WASHINGTON, D.C. The Children's Defense Fund and the National Coalition for the Homeless today released a joint report showing that despite drops in welfare caseloads across the country, up to half of the families leaving welfare rolls don't have jobs. Among recipients who do find jobs, 71 percent earn less than \$250 per week, less than the poverty level for a family of three.

The report, Welfare to What: Early Findings on Family Hardship and Well-Being, is a compilation of over 30 state and local studies, plus recent local findings, and a new analysis of the latest national Census Bureau data. It is the most comprehensive look to date at the well-being of the over 3.8 million parents and children leaving welfare since the signing of the 1996 welfare law.

The report finds that: Many families leaving welfare report struggling to get food, shelter, or needed medical care. South Carolina found that these hardships increased significantly after families left welfare. Even when former recipients found jobs they had significantly more problems buying food than before, an indication of their very low wages.

Many families who leave welfare are losing income or not finding steady jobs at all. In Wisconsin's lauded 1996 welfare experiment, for example, nearly 2 out of 3 former recipients had lower income after they left the welfare rolls, researchers found.

Extreme poverty is growing more common for children,

especially those in female-headed and working families. The number of children living in families earning below one-half of the poverty line (\$6,401 a year for a 3-person family) increased by 400,000 nationwide in 1997, despite strong economic growth.

Many families are not getting the basic help they need to find and keep jobs such as child care, transportation, food stamps, medical coverage, and housing. Further, many families are being inappropriately pushed off the rolls. In Utah, half of families cut off from welfare had barriers that under state policy should have been identified and addressed but were not, according to a retired state welfare administrator. One mother who was cut off for not participat-

ing in welfare to work activities reported she could not participate because she had back problems, no transportation, and her 4-year-old son had neurofibromatosis.

However, the report finds that some states and communities have created innovative and supportive programs to help families find stable above-poverty employment. These include:

A Rhode Island program that provides child care help for all families with incomes up to 185 percent of the federal poverty line.

An Illinois policy that reduces but does not eliminate cash assistance to recipients who work at very low wages.

An Ohio program that locates child care at convenient transportation hubs; and

A California program that provides access to community colleges for job training.

"Why can't other states replicate these programs? They work," said CDF's Weinstein.

The report outlines a series of federal, state and community recommendations, including:

Allowing education and training to count towards the work requirement.

Giving states the flexibility to use federal welfare funds to pay partial benefits when families work at least half-time, without those months counting towards the family's time limit.

Investing more federal and state funds in child care.

Investing in more federal housing subsidies, to address the

housing needs of a record 5.3 million households who pay more than half their incomes for rent and/or live in substandard housing.

The mission of the Children's Defense Fund is to Leave No Child Behind and to ensure that no child is left behind and that every child has a Healthy Start, a Head Start, a Fair Start, a Safe Start, and a Moral Start in life and successful passage to adulthood with the help of caring families and communities.

The National Coalition for the Homeless is a national advocacy network of homeless people, activists, service providers, and others committed to ending homelessness.

"We must face the fact that families with extremely low wages do not earn enough to raise their children out of poverty. Without help like child care, transportation, training, and wage supplements, families are one crisis away from joblessness or hunger," said CDF Family Income Division Director Deborah Weinstein.

According to Mary Ann Gleason, Executive Director of the National Coalition for the Homeless, "Families moving from welfare to unstable and inadequately paid jobs need far more support if they are to succeed. States also must stop driving families off the rolls when there are no jobs available for them. These measures will become all the more urgent when federal time limits and the next economic recession take hold."

Gleason added, "In many cities, easily one in 10 families in homeless shelters say they are there because of welfare cuts."

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East Carolina Chrysler-Plymouth-Dodge Has Been Named A Five Star Dealer by Chrysler Corporation

Chrysler Corporation has announced that East Carolina Chrysler - Plymouth - Dodge has earned the Five Star designation by successfully establishing a rigorous set of processes designed to ensure the highest level of customer satisfaction. The new Five Star performance processes, quite possibly the most comprehensive in the industry, are designed to make dealerships displaying the Five Star sign the most desirable places to buy or service a vehicle. The new Five Star program is designed so dealers continually examine and reevaluate the way they do business. To maintain their Five Star status, dealers are encouraged to think of ways to constantly improve the way they conduct business and to put the customer first in every interaction with the dealership.

We at East Carolina Chrysler-Plymouth-Dodge are very excited and proud of this recent accomplishment. We would like to take this opportunity to say "Thank You" to our "Family" here at the dealership. Without their hard work, dedication and professionalism, this award would not have been possible.

Thank You!

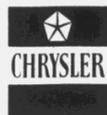


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|--------------------|-------------------|
| Matthew Anderson | Joe McLawhorn |
| Wayne Banks | Clark Murray |
| Byron Blake | Dennis Norville |
| Steve Barr | Percy Pair |
| Thomas Bryant | Timmy Patrick |
| Wesley Bowers | Alonzo Peterkin |
| Frank Calfee | Ken Ragan |
| Johnnie Cannon | Fred Riesdorff |
| Kevin Collier | George Rightmyer |
| Sherry Craft | Bucky Roebuck |
| David E. Davis | Jim Rogers |
| John Deaver | Larry Rogers |
| Chris Drummond | Marie Sawrey |
| Jamie Edwards | Emily Seyfried |
| Ashley Enlow | Temus Smith |
| Bonnie Eubanks | Lynn Smith |
| Jamie Faulkner | Sandy Smith |
| Chris Gaddy | Jennifer Sperling |
| Reid Gaines | JR Stafford |
| Donnie Garris | Ken Stallings |
| Mitch Garris | Herbert Staton |
| Glen Gardner | Buck Taylor |
| Charlie Goff | Jim Terrell |
| Byron Guthrie | Lynn Thigpen |
| Michael Inman | Gary Thornton |
| Erin Jehn | Scott Tout |
| Johanna Jones | Howard Tucker |
| Steve Jones | Walter Underwood |
| David Kozup | Peter Vas Nunes |
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SEASON'S GREETINGS

from the Staff at Ted Parker Homes

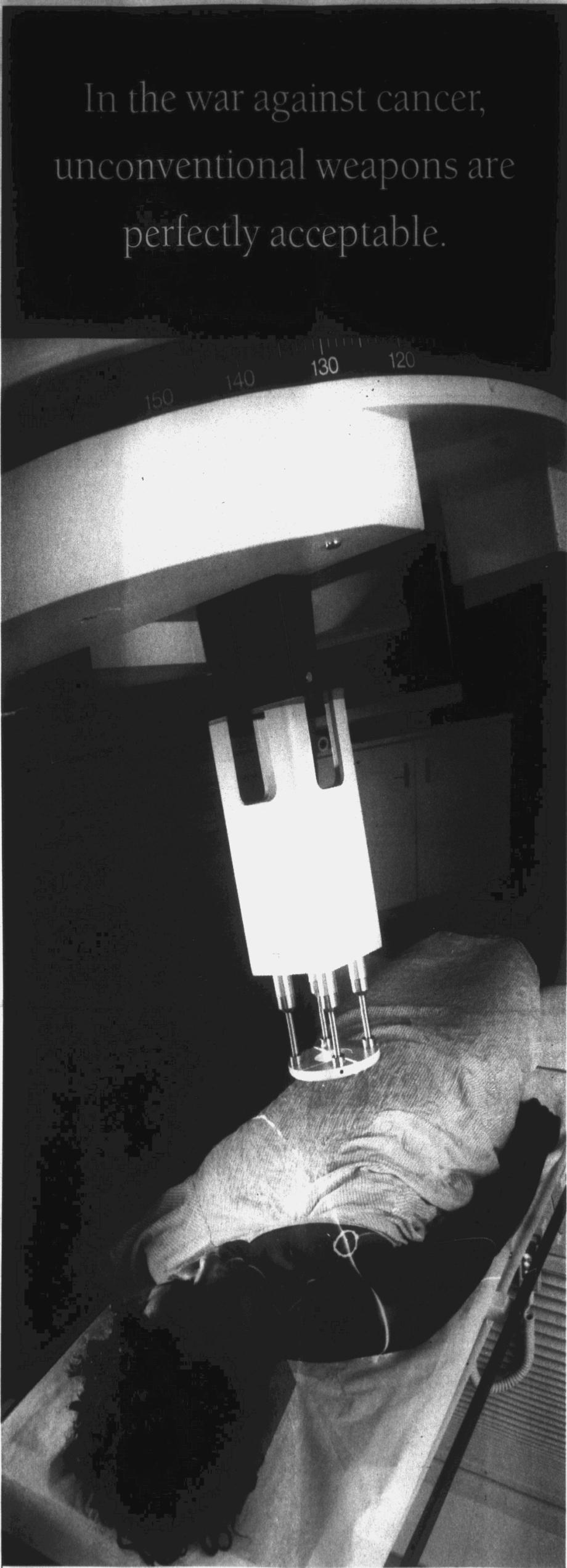


We're located at 1105 Greenville Blvd. - Greenville, NC
Phone: (252) 321-1553
At Ted Parker, our goal is to make you smile!

Hear the word "cancer" and your mind probably turns to thoughts of pain, suffering and fleeting time. But here's another word for you: Hope. And at the University Health Systems of Eastern Carolina's Leo W. Jenkins Cancer Center in Greenville, we're using leading-edge technology, breakthrough surgical treatments and innovative clinical trials to give cancer patients more and more hope each year.

Leading-edge technology such as our new linear accelerator, which uses high energy radiation beams to target only affected areas, leaving the surrounding healthy cells intact. This advanced technology can deliver higher-dose treatments with fewer side effects. And that means our patients feel better sooner.

New surgical procedures include cryosurgery, which involves shrinking liver tumors by freezing, a simpler and safer treatment than physically removing them. Then there's sentinel node biopsy, a promising new treatment that can help many women avoid extensive surgery by more accurately detecting the spread of breast cancer.



In the war against cancer, unconventional weapons are perfectly acceptable.

HEALTH TIP

There is no doubt that overexposure to sunlight, especially when it results in severe sunburn and blistering, is the principal cause of skin cancer. Experts agree that your best defense against this all-too-common disease is to cover up, use a sunscreen and avoid staying out in the sun for too long. As with many things, moderation is the key.

LEO W. JENKINS CANCER CENTER
University Health Systems of Eastern Carolina

A new, state-of-the-art bone marrow transplant program allows those patients with certain types of cancer to receive higher, stronger and more effective doses of chemotherapy and radiation than they would otherwise have been able to tolerate.

There are many more weapons in the Leo W. Jenkins Cancer Center's arsenal. And a host of educational and support services. And now, people throughout our region have access to the high tech equipment and special expertise offered at our Cancer Center. As well as vital services offered at our community hospitals - Roanoke-Chowan in Ahoskie, Heritage in Tarboro, Bertie Memorial in Windsor or Chowan in Edenton. So no matter which of the University Health Systems hospitals is nearest you, you can be assured that you and your family will receive the most sophisticated and compassionate care available. And that means that, today, where there is cancer, there is also a tremendous amount of hope. For more information, please call 252-816-4526. Or simply visit us at www.uhseast.com.