

FROM BLACK

By John Huggins



John Huggins

For those of us who read the other paper on Sunday, we certainly could have not missed the full page article on the mayor's race.

What is even more shocking, but understandable is the fact that the true colors of Jim Hawkins are finally coming forward. Already we are getting to the point where Hawkins is attacking his opponent by name calling. This is normal in some political campaigns. In a city which is supposed to have such a non-partisan city government, such an attack amounts to more than just those of us who are familiar with mayoral campaigns that involve a Black challenger know that when the going gets to the point, the incumbent white candidate resorts to racism to arouse the majority of prejudiced white voters. This is the same thing that is happening in Durham. Of course at this point Hawkins is a little too smooth to come out and call his opponent a "Nigger-out-of-his-place" so instead he resorts to high sounding words which say the same thing.

Reverend Lorenzo A. Lynch is anything but an "obstreperous little siss." As a fine religious leader and pastor to one of the largest churches in Durham, it is an insult to the Black community to have a sorry cracker like Jim Hawkins belittle such a man.

The word obstreperous means according to Webster, unruly, uncontrollable, stubbornly defiant. The other part of the phrase you can figure out for yourself. While Rev. Lynch may be uncontrollable or unruly, we must ask what is Hawkins trying to say? Controlled by whom, ruled by what? Any Black man who can stand uncontrolled and unruled is certainly a credit to the Black community. For this Hawkins unintentionally gave his opponent a compliment. That is unless we look at the rest of the statement. Then it becomes clear that the meathad probably did not know the meaning of the first word or he intended some other interpretation of it.

We can only assume based on the history of how white people act and how they think, that Hawkins wants to disregard Rev. Lynch by name-calling and hiding behind fancy words. It is clear to this writer that Rev. Lynch is certainly bringing more of the issues into the campaign. It is clear that Hawkins is being driven closer and closer to the wall. Like Yorty, and Massell, if the campaign lasted any more than another week, he would be donning his claim to experience and expertise, and starts calling names, it is clear that his next move is to the garbage can of race-baiting, and demagogery.

As Black people should not in any way tolerate this arrogant racist bastard. Black people in this city are more responsible for the progress of this city than anyone else but the Dukes and most of them are dead. The money that North Carolina Mutual, Mechanics and Farmers Bank, NCCU Durham College, Mutual Savings and Loan, and a host of other Black institutions bring into this town cannot be ignored. What Black people put into this town cannot be forgotten, and we certainly ought to take issues with a man who belittles Black folk. He has not stopped this low against any white man in this city or anyplace else. If he cannot be decent in the campaign, you know what to expect if he is elected. Besides what has he done for you anyhow. If he calls us the above in public, imagine what he does in his office. **DEFEAT HIM.**

Durham College Tigers Cage Coach Resigns

Reginald N. Terry, Athletic Director at Durham College, has announced that he is relinquishing his position as basketball coach at the institution in order to devote his full attention to supervising the total athletic program. Taking over the reins to the highly successful basketball



TERRY

program will be former assistant coach, Gary E. Wall. During the four years that Coach Terry has been at the helm of the basketball program at Durham College, he has made the local school a national power in junior college ranks.

In compiling a 91-33 record, teams playing under the guidance of the Norfolk native have made appearances every year in regional tournaments. Only a few points prevented his team of 1971 from capturing the National Little College Athletic Association Championship as the squad finished second nationally in both tournament play and the polls.

Coach Terry received a Bachelor of Science Degree from Norfolk State College and holds a Master of Arts Degree in Counseling from North Carolina Central University.

He is a member of the Kappa Alpha Psi Fraternity, Who's Who in the South and Southeast, Personalities of the South, National Association of Basketball Coaches of the U. S., N.J.C.A.A., Basketball Association, National Association of Directors or Athletics and many others.

NEEDED AT ONCE --A GOOD BLACK FOSTER HOME

WON'T YOU PLEASE HELP US TO FIND A FOSTER HOME FOR 2 LOVELY 18 months old children, a boy and a girl. We need your help for placing these two children in a good black foster home. Their present situation is extremely dangerous and we must remove them from the home as soon as possible. All applications will be received and carefully evaluated. Flat rate fee, plus clothing allowance and medical care will be provided by the Agency. Please help us to

DAILY LIVING

Relaxation; Can be Helpful



William Thorpe

Several years ago, a good friend of mine owned a radio and television repair shop. While watching him one day working on a TV set and the way he used so much time and energy, plus a deep mental strain in his work caused me to become impressed and deeply concerned. The way he was perspiring and his depressed and nervous look, forced me to tell him to stop and relax.

He quoted: "I've been working on this television for hours, and only have gotten the sound, but I can't seem to understand why it won't show the picture, although I have checked out the high voltage system that goes to the picture tube and etc." He also said, "the customer wanted his TV that evening, and he wanted to have it ready."

My sympathy toward him forced me to say: "why not stop for a few minutes and ride with me over to a snack bar and get some refreshments, and come back and finish the job."

He agreed, went with me, and we both ate a sandwich and drank a soda pop.

After we returned to his repair shop; in less than five minutes working on the same television, he had found the trouble, and had a clear picture on the television screen. You should have seen how his tense and depressed feelings vanished like vapors of steam from boiling water.

He said, he had over-looked a simple little thing that caused him to waste all that time and energy, plus a mental strain that had given him a slight headache.

This is an example of how many of us can put too much emphasis on thinking about or doing things, which punishes us mentally and physically by not taking time out to relax ourselves, which can easily cause us to become unbalance in our ways of actions and thinking.

Another example: No one enjoys being under pressures or lying awake nights worrying about their conditions, and circumstances they have to face the next day. Therefore, taking things or life too serious only makes conditions worse.

Now, to bring the facts down front and express it in my way of thinking; we probably, at times, create our own circumstances. We are the architects of our life, our character and deeds build our foundation, and if our foundation has some weak spots, it is left up to us to correct it. Keeping in mind how important it is of knowing how to relax as a means of throwing off the tension of present day living.

Yes, the ability to relax and make light of a situation which has magnified itself in our minds, could be a great aid towards over-coming it. When we have been so worried, or too close to our problems to see how to solve them; by relaxing our body and mind, it produces ideas and attracts conditions to us in which we considered hard to confront with.

remove these children from this most critical situation immediately.

You may call either Mrs. Gloria Green or Ms. Susan Purdy at 688-6351 or Carolina Times at 682-2913 or 688-6587.

A NUTRITIOUS SNACK
Eating habits are changing. An increased percentage of the day's food is being eaten as "a snack," therefore, these foods should help provide the essential nutrients needed each day. Cereal with milk is one snack that not only tastes good but provides carbohydrates, protein, vitamins and minerals. Cereal with milk also makes an excellent bedtime snack.

For a breakfast low in calories but high in nutrients, start the day with fruit or juice, a bowl of your favorite cereal with non-fat milk, a slice of enriched toast with margarine and a glass of non-fat milk to drink. This breakfast provides only about 400 calories but contains many of the more than 45 nutrients needed daily for good nutrition.

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For

City Councilman
(At-Large)



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1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
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41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64

A CROSS
1 - Roman 100
3 - Stage action
7 - Iron (chem.)
9 - Preposition
10 - Fish eggs
11 - Writing substance
12 - Preposition
13 - A factor in blood
15 - Color agent
17 - Aquatic vessel (abbr.)
18 - Restaurants' list of accomplishments
21 - To get along
22 - Italian weight unit
23 - Exude
25 - Longshair
27 - Surprisy
28 - Goal
29 - By way of
30 - Samaritan (chom.)
32 - Not good (abbr.)
34 - Roman 500
35 - Krypton (chem.)
36 - Herpic
38 - Contracted
40 - Mental image
47 - Introductory

DOWN
1 - The thing
2 - Animal enclosure
3 - Pastry preparation
4 - Brings to maturity
5 - Less important
6 - One who is opposed
7 - Geological finding
8 - Printer's unit
14 - Leander's sweetheart
16 - Separate article
17 - ... colon
19 - Punishment of penitence
20 - Decorations of an officer
21 - Spurious
24 - ... firma
26 - Ship captain's boat
27 - Help
31 - To place side by side
32 - ... tasse
35 - Adjusting speech to a certain theme
37 - To vex
38 - Act affectionately
39 - Type of floors
41 - Arid
43 - Beastly den
44 - Tidings
46 - Exist
52 - Either

RE-ELECT WADE L. CAVIN City Councilman 5th Ward

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NOVEMBER 6

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