



Black Mind Rhythm

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PART 4

How does one know or how can one "prove" that Africans living in the Western world, and in contemporary times, still have or maintain an African philosophical definition. To determine whether - and to what extent - the African orientation has persisted, one must ask, "What mechanism or circumstances allowed it to be maintained?" An orientation stemming from a particular indigenous African philosophy could only be maintained when its cultural carriers were isolated (and/or insulated) from alien cultural interaction and if their behavioral expression of the

orientation did not openly conflict with the cultural-behavioral elements of the "host" society. If the circumstances of the transplantation of New World Blacks met one or both of these conditions, then it is highly probable that the African orientation was retained.

The rigidly enforced isolation of blacks allowed New World Africans to retain their definition (orientation). Thus, the oppressive system of slavery indirectly encouraged the retention, rather than the destruction, of African philosophical orientation. Throughout America, large numbers of blacks lived segregated in given areas. Lorenzo Turner notes

that "whenever Negroes were in the majority, African cultural elements had a better chance of surviving..." In the United States, the policy of racial segregation must have often aided in keeping alive the African influence.

The experiential communalism of African peoples can be subdivided into periods: (a) the African experiences (prior to 1600), (b) the slavery experience (1600 to 1865) and (c) contemporary black America (1865 to present).

The oral tradition has clearly been transmitted throughout the three periods. That is, because oral communication was the only acceptable system - laws prohibited slaves from being taught to read and write - slavery unknowingly permitted the cultural transmission of the African tradition and its consequent effects on the mind or memory to remain intact.

Another aspect of the oral tradition is the naming ritual. In traditional times, a child was named after an ancestor to symbolize his (the ancestor's) return. The name often typified a special event, in the child's life. One needs only to examine the names of black

people to reveal historical tenacity in this orientation - for example, Wilt-the-Still, The Ice Man, Dr. J. Super-Fly, The Juice, Red Fox.

With certain modifications, tribalisms have been transmitted in the form of Africanisms throughout the American experiential periods. Funerals in contemporary black America are very symbolic of the custom of reaffirming the bonds of kinship. Morality was taught in traditional times via the use of animal tales. Parables were widely prevalent during slavery - the most notable being the "Brer Fox, Brer Rabbit Tales". In contemporary times, one may note the use of animal names to denote certain qualities. In the black communities throughout the United States men, women, boys, and girls are referred to as "foxes, birds, insects, cows" and so forth.

The concept of time is clearly illustrative. The notion of CPT (colored people's time) has been translated to mean thirty minutes to an hour later than the scheduled meeting time. However, in the minds of blacks, time is flexible and the event begins when

Senior Citizens Can Sign For Medicare "B"

"March 31 is the deadline for certain people over 65 or disabled to sign up for Part B Medicare," according to John Ingle, Manager of the Durham Social Security Office. In-

cluded in this group are those individuals who did not elect to sign up for Part B, or Supplementary Medical Insurance as it is called, when it was first available to them. Both Hospital Insurance

(Part A) and Medical Insurance (Part B) are available to most people at age 65 and to disabled people who have been receiving monthly benefits for twenty-four consecutive months. There is no additional premium for Part A so no choice has to be made. However, the current premium rate for Part B is \$7.20 per month, matched by funds from the U. S. Treasury. Some people feel they do not need, or cannot afford Part B and therefore pass up the opportunity to enroll when first available. If they later decide they DO want Part B, they may enroll between January 1 and March 31 of any succeeding year with coverage becoming effective the following July. The premium rate will be advanced

10% for each year they could have been enrolled but did not choose to be.

Part B helps with reimbursement for physician fees, certain part-time skilled nursing delivered by an approved Home Health Agency, physical and speech therapy, outpatient hospital visits, durable medical equipment, certain ambulance charges, and many other related health care costs.

Call or visit your local Social Security Office before March 31 if you wish to enroll or need more information about Medicare. Leaflets are also available explaining Medicare coverage. The office in Durham is located at 2022 Guess Rd. Check your local telephone directory if you wish to call for information.

NCCU Center For International Studies Schedules Conference

The North Carolina Central University Center for International Studies will sponsor a conference on China and Southern Africa April 21-22. The two themes of the conference are "Sino-American Relations in The Post-Mao Era" and "Southern Africa: Civil Wars or Majority Rule?" Scholars from a number of research and foreign policy institutions, including the Brookings Institution, Johns

Hopkins University, George Washington University, Hunter College, and the Massachusetts Institute of Technology, have accepted invitations to participate.

Representatives from the National Security Council and the Department of State are also expected to attend, as are staff members from African embassies and United Nations Missions.

one gets there. Nobles suggests that a more appropriate enunciation of CPT is "communal potential time."

The director of the Center for International Studies is Dr. G. W. Choudhury, professor of political science and a former member of the Cabinet of Pakistan.

[To be continued]

INFOGRAMS

By Mary J. Whitmore,
Home Economist



BUDGET MEAT BUYS

If living expenses and taxes are raising cane with your budget and you are trying to cut food costs, here is a reminder. Beef is plentiful and should be a good food buy.

Hamburger, of course, is a versatile basic for macaroni or vegetable and meat casseroles - for chili, for meat loaves, meat balls or stuffings.

And you can buy that hamburger, together with tender steaks as a bonus, at the price just above what you'd normally pay for just the ground beef. You can do it by buying first cut blade chuck roast.

This is a roast that has a sizeable extension of the tender ribeye muscle that runs through the adjacent rib section of the beef carcass. If you cut out this ribeye extension, you will have tender steaks at chuck prices. The rest of the cut can be ground into hamburger.

An average roast that weighs three to four pounds will give you two adult size steaks and plenty of other meat that can be ground or used as stew beef.

When you buy the first cut blade chuck roast, you will want to select prime or choice grade beef. The first cut chuck roast in beef grades lower than choice must be cooked with moist heat which eliminates barbecuing or broiling. This versatile cut of beef is not usually labeled "first cut", so you will probably have to ask the meat cutter for it. Then have him cut off the steaks and grind up the rest of the meat or, if you wish, do the job yourself.

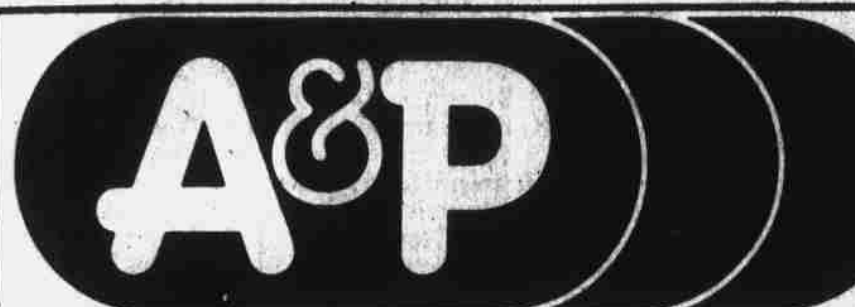
Another versatile budget stretcher is meat round steak. In fact, with round steak, what you see is pretty much what you eat. It is a cut of meat that has very little waste and plenty of lean. Round steak has the lowest percentage of fat of all beef steaks.

It is true that round steak usually is thought of as a less tender cut of meat, but it does have its tender spot - the top round. If the top round is graded Prime or Choice, it can be broiled or pan-broiled, just like more expensive steaks. But in the lower grades - such as Good - top round steaks will have to be braised.

The eye of round is not as tender as top round, but if it is graded Prime or Choice, it can be pan-broiled if cut into thin slices.

The bottom round is the least tender - cut and must be cooked with moist heat - no matter what grade of meat you buy. The bottom round is often sold with the eye-of-round attached.

Wise food shoppers always try to get the most of their money. Since meat takes the larger portion of the food dollar, perhaps keeping these facts in mind will help you try even harder.



ADVERTISED ITEM POLICY

Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

PRICES EFFECTIVE THRU SAT. MARCH 19 AT A&P IN DURHAM

WIN UP TO \$1000 - PLAY ALL NEW SERIES IV

36,331 CASH PRIZES
\$141,784

TOTAL PRIZES

Super Cash Bingo Game is available in 83 Eastern North Carolina Great Atlantic & Pacific Tea Company Stores. This promotion is scheduled to end on May 14, 1977. Super Cash Bingo will officially end, however, when all game tickets are distributed.

ODDS CHART EFFECTIVE MARCH 7, 1977	
NUMBER	ODDS
1	1000
2	100
3	10
4	5
5	2
6	1
7	1
8	1
9	1
10	1
11	1
12	1
13	1
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39	1
40	1
41	1
42	1
43	1
44	1
45	1
46	1
47	1
48	1
49	1
50	1

WEXFORD CRYSTAL
BY ANCHOR HOCKING
FOOTED WINEJUICE EACH
49¢

FEATURE OF THE WEEK

FRESH FRUITS & VEGETABLES

FLORIDA GROWN
ORANGES 5 LB. BAG **79¢**

CALIFORNIA GROWN FRESH
BROCCOLI LARGE BUNCH **78¢**

EASTERN WHITE
POTATOES 15 LB. BAG **1.48**

CALIFORNIA GROWN SUNKIST (140 SIZE) FOR ONLY
LEMONS 10 **1.00**

WASHINGTON STATE
D'ANJO PEARLS 3 LBS. **1.00**

PLASTIC HANGING BASKETS (WITHOUT PLANTS)
CRISP CARROTS 3 1 LB. PKGS. **1.00**

10 INCH SIZE EACH ONLY **99¢** FLORIDA U.S. #1 WHITE OR RED GRAPEFRUIT 32 OZ. CAN SIZE 5 FOR ONLY **1.00**

WELCH'S GRAPE JELLY 2 LB. JAR **88¢**

KEEBLER
ZESTA SALTINES 2 LB. BOX **99¢**

OUR OWN
TEA BAGS 100 CT. PKG. **1.00**

AMN PAGE ELBOW MACARONI OR REGULAR OR
THIN SPAGHETTI 1 LB. PKG. **39¢**

NABISCO
NILLA WAFERS (SAVE 12¢) 12 OZ. PKG. **53¢**

HUNT'S
TOMATO SAUCE 15 OZ. CAN **39¢**

HUNT'S
TOMATO PUREE 3 10 OZ. CANS **1.00**

THROZEN FOOD FEATURES

MORTON-BEEF, CHICKEN, TURKEY
POT PIES 4 PKGS. **1.00**

CHEESE, PEPPERONI, HAMBURGER, SAUSAGE
JENO'S PIZZA 13 OZ. PKG. **88¢**

BREYER'S (SAVE 50¢)
ICE CREAM 1/2 GAL. **1.59**

MEALTEST
SHERBET QUART **59¢**

DAIRY FEATURES

PILLSBURY BUTTERMILK
BISCUITS 4 10 CT. CANS **59¢**

KRAFT PARKAY
MARGARINE 1 LB. PKG. **49¢**

MEL-O-BIT SLICED
AMERICAN CHEESE 12 OZ. PKG. **99¢**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

CHUCK ROAST

BONELESS ROAST 88¢ LB. CUT FROM THE CHUCK

BLADE CUT 55¢ LB.

U.S.D.A. INSPECTED FRESH

FRYER BREAST QTRS. OR LEG QTRS. LB. **59¢**

JAMESTOWN BRAND
COUNTRY HAM SLICES 12 OZ. PKG. **1.99**

SHENSON
CORNEBEEF BRISKETS LB. **1.99**

ANN PAGE
SLICED BACON 1 LB. PKG. **1.19**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

RIB EYES CUT FREE INTO STEAKS LB. **1.99**

WHOLE OR HALF

HEAVY WESTERN GRAIN FED BEEF
CHUCK STEW BONELESS LB. **1.19**

HEAVY WESTERN GRAIN FED BEEF
SHOULDER ROAST ARM LB. **88¢**

A&P QUALITY CORN FED

PORK CHOPS RIB HALF OR WHOLE PORK LOIN SLICED LB. **99¢**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

GROUND CHUCK LB. **99¢**

A&P QUALITY TENDER FULLY COOKED

SMOKED HAM BUTT PORTION LB. **78¢** SHANK PORTION **68¢** WHOLE LB. **88¢**

SEAFOOD FEATURES

FRESH FROZEN DRESSED
FLOUNDER OR TROUT, CROAKERS, PORGIES LB. **99¢**

CONTAINS RICH BRAZILIAN COFFEES

EIGHT O'CLOCK INSTANT COFFEE REG. 2.89 SAVE 40¢ 10 OZ. JAR **2.49**

LIMIT ONE WITH ADDITIONAL 7.50 ORDER

A&P COUPON

WESSON OIL 48 OZ. BOTTLE **1.39**

LIMIT ONE WITH THIS COUPON AND ADDITIONAL 7.50 ORDER

SAVE 40¢

LIMIT ONE COUPON. GOOD THRU SAT. MARCH 19 AT A&P C-662

VAN CAMP'S
PORK & BEANS 16 OZ. CANS **4.10**

LIMIT 4 CANS, PLEASE

BOUNTY TOWELS 2 JUMBO ROLLS **1.00**

LIMIT 2 ROLLS WITH 7.50 ORDER

PANTRY PLEASERS

KRAFT'S
1000 ISLAND DRESSING 16 OZ. BTL. **88¢**

ARMOUR
VIENNA SAUSAGE 3 5 OZ. CANS **1.00**

MT. OLIVE KOSHER DILL
PICKLE STRIPS 24 OZ. JAR **69¢**

CHICKEN OF THE SEA
TUNA 2 6.5 OZ. CANS **1.00**

BAKERY FEATURES

MARVEL SANDWICH SLICED WHITE
BREAD 3 24 OZ. LOAVES **1.00**

JANE PARKER
APPLE PIES 22 OZ. PKG. **69¢**

JANE PARKER ORANGE
CHIFFON CAKE 16 OZ. RING **89¢**

JANE PARKER
DINNER ROLLS 4 9 OZ. PKGS. **1.00**

PILLSBURY'S READY TO SPREAD
FROSTINGS VANILLA LIGHT CHOCOLATE CHOCOLATE FUDGE LEMON 16 1/2 OZ. PKG. **89¢**

IRISH SPRING
SOAP 3 1/2 OZ. PKG. **19¢**

BOUNCE FABRIC SOFTENER
SHEETS 20 CT. PKG. **87¢**

LEMON WHITE 48 OZ. BOTTLE
OCTAGON LIQUID DISHWASHING DETERGENT **89¢**

PILLSBURY PLUS
CAKE MIXES BUTTER RECIPE - YELLOW - WHITE 18 OZ. PKG. **59¢**

ORANGE GRAPE FRUIT TROPICAL FLAVOR
FRUIT DRINKS 16 OZ. CANS **2.88¢**

cooking hints

ROSALIE SCOTT, STAFF ASSISTANT

from CARNATION FOOD SERVICE CENTER

Try something new, but still simple, with fish fillets. Wrap them around a tasty cheese flavored stuffing. Velvetized evaporated milk gives this stuffing moisture without making it sticky. So, compliment and enhance fish tonight in a way everyone will love.



- ROLLED FISH FILLETS WITH CHEESE STUFFING (Makes 6 servings)
- 1/4 cup chopped celery
 - 1/2 cup finely chopped onion
 - 2 cups dry bread cubes*
 - 3/4 cup undiluted Carnation Evaporated Milk
 - 1/2 cup shredded process American cheese
 - 1/2 teaspoon ground thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 1/2 - 2 pounds (6 to 9) white fish fillets
 - 2 tablespoons butter

Combine celery, onion, bread cubes, evaporated milk, cheese, thyme, salt and pepper in medium bowl. Mix thoroughly until evaporated milk is absorbed. Place about 1/4 to 1/2 cup stuffing on each fish fillet. Roll each fillet and secure with a toothpick. Place seam side down in a 12 x 7 1/2 x 2-inch baking dish. Dot fillets with butter. Bake in moderate oven (350 F.) 30-35 minutes or until fish flakes easily with fork. Serve at once with your favorite fish sauce, if desired.

*Dry bread or toasted bread may be cut into cubes for stuffing.

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