

Growing Unrest In Africa

By Laura Parks
U.N. Columnist
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In recent weeks there have been growing signs of unrest in Africa. Developments on the continent are causing increasing concern among the leaders of independent Africa. These concerns have their origins in the extraordinarily difficult economic problems facing the new nations.

The magnitude of the problems and the fears which they inspire in government circles is further compounded by the fact and the realization that near term economic prospects are dismal while the long range outlook is said to be poor to fair over the next ten years.

Poor economic performance over time creates political dissent and active opposition to the established government. In most African nations the established governments were created by the heroes of the wars for independence from colonial rule. Now they are suddenly under attack from opponents within.

The government reaction to internal opposition is frequently made harsher by the general belief and fear that the multinational corporations of the former colonial powers are again trying to gain economic, if not political control. Then too, there is the generalized fear of South African ambitions on the rest of Africa.

The present world wide recession has made matters much worse in that African exports have drastically fallen and with it so have the prices of her valued commodities. This has brought several African nations to near bankruptcy.

The general trend may be illustrated by the following few examples: Rising tensions in Ghana between the supporters of former Head of State Flight Lieutenant Jerry Rawlings and the present Government of President Hilla Limann have deteriorated to the point where influential Ghanaians are voicing concern about the survival of democracy. Rawlings has bitterly denounced the present government for its failure to help the poor.

In Tanzania's recent elections half the incumbent members of Parliament were defeated, primarily for economic reasons but also because of a shortage of consumer goods. Government mismanagement and corruption together with a lack of efficient transportation and health services.

Re-elected Tanzanian President Dr. Nyerere plans to weed out corruption. In his recent speeches he pinpointed the country's economic troubles as the issue of greatest concern to voters. He stated that those elected must "deal with our economic problems" which show "no signs of decreasing in the near future."

He explained that despite his earlier predictions that the economy would improve during 1980, this has not happened because of drought, the rising cost of oil and other essential imports, and falling prices of Tanzania's export crops.

In Zambia, President Kaunda, fearing a South African backed coup against his sixteen year old independent Government, has imposed restrictions on the country. Kaunda's



Salute To Chairman

WASHINGTON, D.C.—Several of the nation's top black leaders gathered in Washington, D.C., recently to pay tribute to retiring General Motors Chairman Thomas A. Murphy, second from right. Murphy, who has worked to advance numerous minority causes during his GM career, is shown here with, from left, Benjamin L. Hooks, executive director of the National Association for the Advancement of Colored People; Mrs. Coretta Scott King, president of the Martin Luther King, Jr. Center for Social Change; and Vernon E. Jordan, Jr., president of the National Urban League. Others on hand to salute Murphy included Detroit Mayor Coleman A. Young; Dr. Leon H. Sullivan, founder and chairman of Opportunities Centers of America, Inc. and member of GM's board of directors; M. Carl Holman, president of the National Urban Coalition; and Christopher F. Edley, president of the United Negro College Fund.

fear of South Africa is well founded, but today in Zambia the real issue is popular dissatisfaction with the nation's economic performance.

For the second consecutive year, the corn crop has been poor and by the middle of next year Zambia will have to import 200,000 tons of corn probably from South Africa. Financing the corn imports will be difficult. Because of falling copper prices and problems in selling cobalt, Zambia is already short of foreign exchange. There is an eighteen month delay in payments for imports and the total amount presently owed is over \$480 million.

There are also periodic shortages of essential goods such as corn, flour, soap and salt. Long lines form daily for these items and rising prices have caused mass discontent. Today this discontent is

primarily expressed by the Zambia Congress of Trade Unions, which has led several important strikes against the government's economic policies.

President Kaunda has suggested that the strikes may have been fomented by agents working for South Africa, but others in Zambia say that the strikes were the result of real and long standing grievances of the people and the work force.

Against this background, tribal rivalries have become more pronounced in the past year, also there has been a surge of discontent among the Bemba people. The available evidence points toward increasingly difficult times for independent Africa.

For most activities at kitchen counters, a homemaker needs a work surface three inches below her elbow.

North Carolina AFT Supports Retirement Reform

North Carolina Federation of Teachers (AFT, AFL-CIO) supports the proposal to reform and improve teachers and state employees retirement program by the 1981 General Assembly. "This innovative proposal, for the state to make our retirement contribution for us and establish the program as a tax-shelter, has been a cornerstone of the NCFT legislative Program," declared president Dennis Hands.

The result of a tax-sheltered retirement system, according to NCFT research, would be a substantial increase in

take-home pay equivalent to a nine per cent gross salary increase. In addition, such an increase through the reform of the retirement system would not place teachers in a higher tax bracket.

NCFT leaders are scheduled to meet with key members of the Governor's staff in mid-December. The state teachers union hopes to discuss the retirement system reform proposal, plan and coordinate strategies for the 1981 session of the General Assembly with the Governor's office.

Clyde Moore, III Issued Funeral Service License

Clyde Moore, III, of 910 Lawson St., Durham was issued a North Carolina State Funeral Service License on December 1, 1980.

He is a 1975 graduate of Hillside High School, a 1979 graduate of North Carolina Central University and a 1980 graduate of John Tyler Community College Funeral Service Program in Chester, Virginia. While attending John Tyler he was inducted in Pi Sigma Eta National Morticians Fraternity and Phi Theta Kappa National Honor Society for Community and Junior Colleges. Moore is the son of Mr. and Mrs. Clyde Moore,



Clyde Moore, III Jr. and has one daughter, Kellie Nicole Moore. He is employed by Fisher Funeral Parlor, Inc.

COPING The Incredible Influence of Suggestions

By Dr. Charles W. Faulkner

I believe that there are "hypnotic moments" in our lives; moments when some activities force themselves into our subconscious. The activities are of such profound and exaggerated nature, that they force themselves into our subconscious regardless of the resistance we put up against them. We find as a result of this activity that spontaneous suggestion is taking hold. One who was bitten by a dog as a child will always have a subconscious fear of dogs, often without knowing the reason for the fear.

Some find that psychoanalytic treatment cannot compete with cure by suggestive treatment. An example of this would be psychoanalytic treatment by which the psychiatrist deals with a problem by attempting to get the individual to realize what the problem is, and to realize the illogical nature of carrying it out. However, most of our problems are psychological and are deep-seated in the suggestive subconscious phase of our minds where representative suggestion is often ineffective.

Dieting is a unique example of the ineffectiveness of reason for eliminating problems. Overeating is the result of the eating of food as a means of releasing tensions. Repetition of this activity has forced it into the subconscious — as a powerful suggestion. Thus, one eats without conscious control of the urge.

When one is on a diet, he must constantly think about not eating food, and therefore, thinks about food more than at any time in his life until he becomes obsessed with it and is driven to eat more than normal. Dieting must become a subconscious suggestion in order to have any great success. A hypnotically induced suggestion can relieve the intense urge to eat without the subjects' knowledge of the reasons.

A recent diet fad was the placement of a staple in the

ear with the accompanying suggestion that when hungry one should concentrate on the staple which would cause loss of the urge to eat. The success of this technique is based upon the strength of the suggestion, which must be continually reinforced. The staple was, by itself, unimportant.

The power of suggestion imposes itself upon all of us. Many of our present professions are the direct result of childhood suggestions. We can say that our lives, in a sense, were predetermined. These suggestions were implanted in our subconscious selves by an unknowing parent — perhaps during a fit of anger and frustration. The frustrations of the moment for the parent have become our life-long psychological problems.

If you have questions you would like answered, please direct them to Dr. Charles W. Faulkner, P.O. Box 50016, Washington, DC 20004.



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