

Coping

Racism: Black Psychological Destruction

By Dr. Charles W. Faulkner

The evaluation made of an individual that is based solely upon the color of the person's skin is, at its base, illogical. Such a judgment arises out of a person's need to perceive of another individual as inferior rather than out of a logical evaluation of that person's capabilities.

This illogic and emotionalism that whites apply to their judgment of blacks is more representative of their social insecurity than it is of their intelligence and stability. A clear case can be made for this when one realizes that whites judge each other by far different standards than they do blacks. There is a need for whites to make the negative judgment that they do about blacks.

Perhaps the most profoundly distasteful effect of these prejudgments is that many blacks actually believe themselves to be inferior. This judgment becomes a self-fulfilling prophecy in that blacks actually believe themselves to be inferior to whites after having been told all of their lives that they are inferior.

When a person begins to believe that he or she is inferior, the behavior is modified to match the judgment. It is as if a frustrated black person says

"Since I am inferior there is no point in going to school and trying to learn anything." Thus, the person who thinks that he is inferior actually becomes inferior.

Many blacks reason thusly:

- (1) All blacks are inferior.
- (2) I am black, my friend is black; so are my teacher, minister, coach, mother and her friends.
- (3) Therefore, all black people are inferior.

Although few blacks ever reason out the racial issue in this conscious syllogistic manner, their behavior represents the internalization of this

belief. It becomes an automatic response to others: Black people are often treated with contempt and disrespect by blacks as well as whites, and blacks feel a sense of stress and inferiority in the company of whites.

Racial discrimination has caused, in many black Americans, the circle of psychological self-destruction which begins an emotional trip for which there is no return.

When whites are present blacks immediately become conscious of their presence. Whites can never melt into the scenery or are blacks ever

oblivious to them. It is as if the black subconscious mind asks, "Is the white person judging me? I wonder what there is about me that he doesn't like? Are my clothes dirty, is my hair combed, do I sound intelligent? I know that he is evaluating me and silently calling me dirty names because I know that he thinks he is better than I. Boy do I dislike him!"

Blacks who see the illogic of white supremacy often feel a need to strike back at the unfairness of discrimination. The initial approach is to utilize the legal system as a means of redressing grievances. However, it is the logical-thinking, law-abiding black who becomes militant and a violent activist when no other logical approach to racism is effective.

Your suggestions are welcomed. Suggestions for future articles will be appreciated. Cassette tapes of this and other articles are available for individual use, discussion groups and classroom use. All letters and inquiries should be sent to: Dr. Charles W. Faulkner, P.O. Box 50046, Washington, DC 20004.

WILPF Opposes Production of Neutron Bomb

The Women's International League for Peace and Freedom vehemently opposes the Reagan Administration decision to begin assembling the lethal neutron bomb. We add our voices to the growing opposition world-wide of those who realize that production of this tactical nuclear weapon brings us all closer to a full-scale nuclear war.

The neutron bomb, with its enhanced radiation warheads, kills people while inflicting minimum damage on property; it is the most grotesque of weapons. It is designed as a first-strike nuclear weapon for use against conventional forces, ostensibly giving the U.S. power to wage a "limited" nuclear war. Yet it is clear, with the already overwhelming balance of nuclear terror, there can be no "limited" nuclear war. To introduce such weapons into a conflict will certainly lead to retaliation and a full-scale nuclear exchange, in which the U.S. would be the aggressor and, with the rest of the world, the loser.

Far from making the U.S. more secure, this decision weakens our security and our position among nations. It jeopardizes our relations with our NATO allies who flatly refused the neutron bomb when Jimmy Carter attempted to produce it for Europe. Especially now, as thousands of people abroad are protesting the decision to U.S. Pershing II and Cruise missiles in Europe, it adds weight to the fear that the U.S. plans to use Europe as its bat-

tleground and first line of defense. As the Reagan Administration continues to rebuff Soviet attempts to negotiate arms reduction, it is another act of belligerence which heightens dangerous tensions.

Instead of continually adding to our arsenal of nuclear overkill, WILPF urges the Reagan Administration to heed the protests from around the world and implement our commitment to our allies by making immediate plans to negotiate with the Soviet Union and to stop production of the neutron bomb.

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A View From Capitol Hill

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Mobil, Standard Oil, Coca-Cola Westinghouse, Union Carbide, Caterpillar, and International Harvester.

Remember this when buying their products at home. Remember this, because International Harvester, for example, pays into South African apartheid but objects to paying into pensions for its former American employees of the Wisconsin Steel Company in Chicago.

Remember what I have written in this column this week and last week, because I will continue reporting on what I learned in South Africa next week in this newspaper.

See you then, telling it like it is.

United Nations

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Santos and Angola, adroitly said this in his concluding remarks before the Council:

"... The nation of Angola, which daily suffers acts of racist aggression of one kind or another, takes strong exception to those views expressed here by the representative of the United States of America that sought to give an erroneous impression of the military invasion and occupation of southern Angola by the racist armed forces of South Africa. There is an intimate connection among oppression, racism and colonialism. But there is only one response: resistance, and a war of liberation by any and all means, and support for such a war. In this, Angola is doing no more and no less than what is enjoined on us by resolutions of the United Nations, of our own regional organization, the Organization of African Unity (OAU), and of the Non-Aligned Movement."

The racist regime is in illegal occupation of the Territory of Namibia. That has been the issue before the Security Council.

That veto can be seen by Africa and by the Third World as nothing short of support for South Africa's racism, South Africa's flouting of United Nations resolutions, and South Africa's disregard for human dignity and life. With that veto, the Council's potential for action in southern Africa has again received a blow.

At this point, I must warn the international community that I am empowered by my President and my Government to state categorically that, in the face of continued inaction and the increasing destabilization of the situation in our region, the Government of the People's Republic of Angola may have no option but to invoke, however unwillingly, Article 51 of the Charter, to which President Jose Eduardo dos Santos made reference in his letter of 25 August 1981 addressed to the Secretary-General."

The explanation given by the United States in defending its veto is no match for the reasoned

statements of the Africans and their friends, world wide.

The invasions of Angola by South Africa are in violation not only of this sovereign state's rights but crosses the borders of Namibia which they illegally hold in defiance of the U.N. Charter and international law. South Africa is trying to prevent SWAPO from its destiny of leading the Namibian people.

The truth is the United States along with South Africa and certain nations in the West feel the vast natural resources of Namibia would be more accessible to our major corporations if the Bothas and their ilk control them forever. But if the Reagan people could realize that access could be as equally possible with President Sam Nujoma if they helped him now. Angola is a rich nation in many things we need. Friendship with President dos Santos could be equally rewarding.

As the Special Session of the U.N. General Assembly gets underway, our Secretary of State Alexander Haig, claims he almost has a solution to independence for Namibia. South Africa which has just been barred from this session is Secretary Haig's solution. Until he stops colluding with this renegade government of South Africa, World War III looms over all of us.

In that case, black America will side with its African kin.

Right now I am ashamed of my country.

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You might send us a church bulletin that would indicate noteworthy news of your church happenings.

How to get the most from your bank

NSF CHECKS

by Randall Johnson

A check stamped with the bold letters "NSF" (for non-sufficient funds) is a painful reminder that something has gone awry with your checking account, that your check has "bounced."

Perhaps you simply forgot to record one of your checks after you wrote it. Or, you added when you should have subtracted, or you used the automated teller machine one night and didn't record the transaction. Whatever happened, you have a returned check on your hands, and because many banks and businesses add charges for handling worthless checks, that check has also cost you money.



Randall Johnson

Once you've learned, either from the bank or the payee, that a check is worthless, you can avoid additional charges if you immediately make a deposit to cover it. Some businesses automatically send a bad check to your bank a second time to try to collect on it. If the money is still not there to cover the check, the bank, and possibly the business, will charge you again.

Some banks have a certain time of the day — 2 p.m., for example — before which most transactions will be recorded for that day. If, for instance, you must write a check which your balance can't cover, it would save you money and aggravation to make a deposit before 2 p.m. rolls around again.

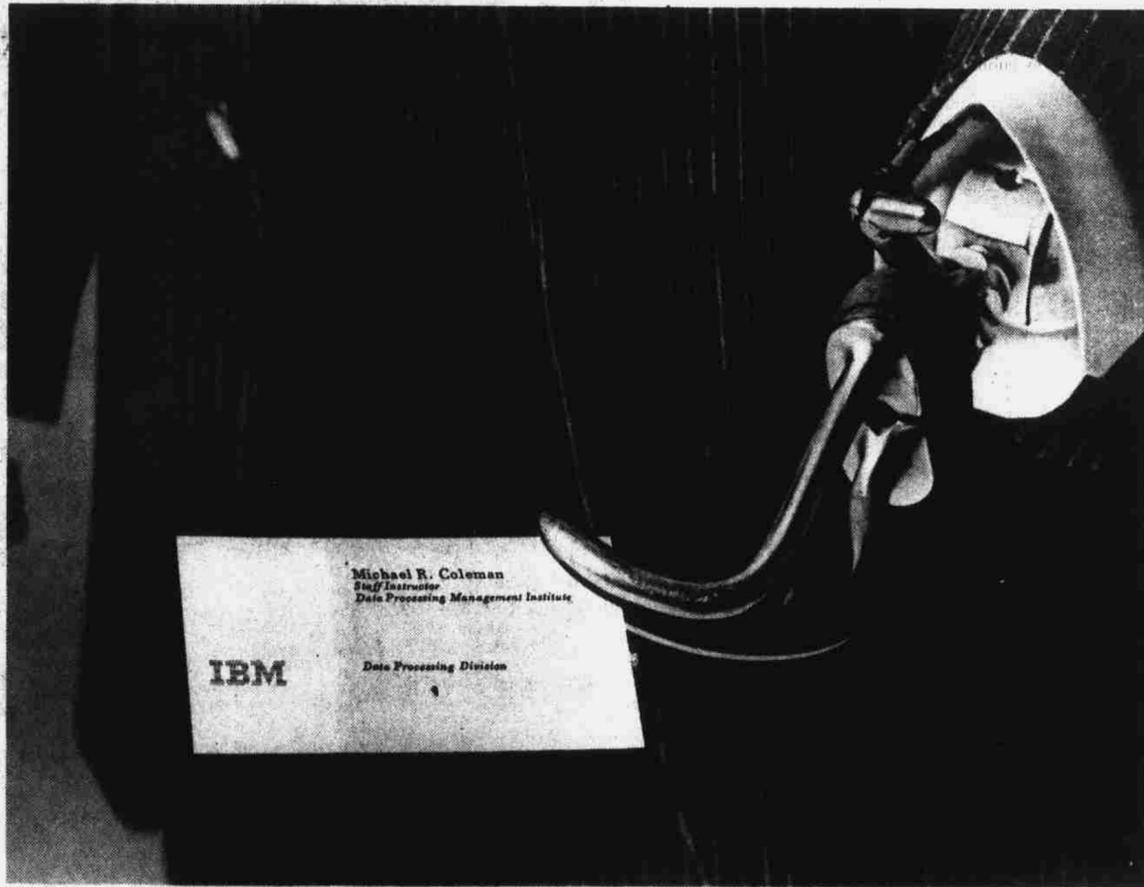
The best policy is never to write a check for more than you have in your account. Worthless checks are as embarrassing as they are costly. Here are some other suggestions for avoiding them:

- Keep enough money in your account to cover outstanding checks.
- Use only one checkbook for each account.
- Figure the balance in your account each time you write a check or make a deposit and make sure your arithmetic is correct.
- On the first day of the month deduct all the automatic payments which will be charged to your account that month.
- Immediately record all transactions made at automated teller machines in your checkbook. If you are too busy at the moment to record the transaction, stick the machine-issued receipt in your checkbook as a reminder to record the transaction later.
- Consider applying for an automatic loan reserve or similar overdraft protection to provide extra funds when you need them.
- You can use your bank charge card to obtain a cash advance to prevent an overdraft if you know you do not have enough money in your account to cover checks you have written.
- When you get your monthly statement, promptly check it against your records.
- If your bank statement and checkbook do not agree, get help from your banker who should be able to find the error and assist you with your records.

If you follow the simple precaution of always keeping your checkbook accurate and up-to-date you should never see those three unwelcomed letters on any check.

Randall Johnson, a banker for four years, is branch manager of a Wachovia Bank and Trust Company office in Charlotte.

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