

Reginald Church ...practices on universal machine

"We are interested in

designing more fitness pro-

grams for men and women

geared at increasing the

output. We don't see our

Universal Machine de-

signed for body building. It.

is there to make people

trim up, tone up, and firm

Already streamline con-

scious women come on

their lunch hours to work

out on the Universal Ma-

chine he said. Times for

work out at the fitness

check with the YMCA.

Shinhoster announced.

advantage of them. So

ness or flab? Just think, if

you become disciplined to

sound exercise three times

a week, according to Shin-

hoster, within 6-21 weeks

you will feel the results of

up," Shinhoster said.

cardiovascular respiratory

McCrorey 'Y' Has

Activities To Help

by Teresa Burns Post Staff Writer

Some of you may be tired of others pushing physical fitness as a means of making you look better, feel better, and making you less prone to illnesses plaguing many Americans-

But if you realize that these three reasons have validity, then why just sit there? Jog (or ride) to the neighborhood YMCA or YWCA. There, you will find programs benefiting the youth, the middle aged, and the elderly. In essence it doesn't matter who you are, the Y has an activity to help you achieve physical fitness and physical attractiveness

For example the McCrorey Branch Y on Beatties Ford Road recently installed a Universal Machine. It has 15 stations including weight lifting and forms of sit-up benches.

According to George E. Shinhoster, executive director of McCrorey Y. the Universal Machine possesses the potential to better serve the adult popu-

Name Changes

For Council On

Aging Office

The name of the Charlotte-Mecklenburg Council on Aging office, which is located at 316 E. Morehead St., has been changed to the Charlotte-Mecklenburg Senior Access Service

The location and telephone number, 374-3200, will remain the same.

The office will continue to provide information, referral and related services as required under the conditions of the federal grant that funds the operation.

A new advisory and advocacy function has been established by the Board of County Commissioners, the Charlotte City Council and the United Community Services, and this will be called the Council on



Nothing brings the TRAFFIC regulations to mind quite like spotting a POLICE CAR in the REARVIEW MIRROR.

Homecoming Celebration To

Welcome Rev. Ben Chavis

Crime

Prevention

Week Set

Governor Jim Hunt has proclaimed February 10-16 as Crime Prevention Week in North Carolina.

"I firmly believe that it is only through the support, cooperation and involvement of the citizens of North Carolina that we can effectively combat crime in North Carolina," Hunt said. "To do so, we must all participate in proven crime prevention programs such as Community Watch."

Hunt issued the proclamation in support of the National Exchange Club and the Exchange Clubs of North Carolina who sponsor a crime prevention week annually as part of their "Count Your Blessings, Counter Crime" campaign, and in support of the efforts of concerned citizens and law enforcement

center are 9-9, M-F. There in crime prevention. are also classes to work on Crime Control and Public the specific needs of the Safety Secretary Burley individual, according to Mitchell joined the Gover-Shinhoster. For a schedule. nor in calling for citizen involvement in crime pre-The Y, Shinhoster said. vention. "There are over wishes to provide year 3000 active Community round programs for adults. Watch programs in North The addition of the fitness Carolina center's Universal Ma-"which shows that people chine, the building of the can get personally involved baseball field and the re- in the fight against crime. modeling of the locker Our new Crime Prevention room facilities, are just a Division is now actively few ways of trying to get seeking citizen and law the adult population more enforcement suggestions involved with physical about the kinds of things we can do in crime prevention, "In the immedite future such as the crime preventwe plan to have the football ion committees we have field, soccer field, and helped establish in over jogging trail completed," half of the 100 counties in North Carolina, and such The Y may provide these as the current statewide services, but they are not media campaign to edugood to you unless you take cate the public about individual and community what is your fate in the crime prevention responsiphysical department -- fit-

bilities. Mitchell added, "We are proud to support the Exchange Clubs in this effort. We think they are a vital resource in both state and local crime prevention



Governor Hunt with award recipients at the N.C. Human Relations Council Annual Recognition Banquet and Workshops. From left to right: Jim Bowser of Fayetteville, receiving the Citizen Award for his father, the late William Bowser; Shirley McLamg-Edwards, director of the Goldsboro Community Affairs Commission, receiving the Commission

Award; Governor James B. Hunt, Jr.; Paul Sticht, Chairman of the Board and Chief Executive Officer of R. J. Reynolds Industries, Inc., receiving the Business and Industry Award; and Durham County Commissioner William V. Bell, receiving the Community Leadership

To Bowser , Bell

Governor Jim Hunt

Presents Special Awards

Special To The Post

RALEIGH--Governor Jim Hunt today presented special awards for valuable contributions to human relations in the state during a luncheon in Ra-

Those honored were the late William Bowser of Fayetteville, William V. Bell of Durham, the Goldsboro Community Affairs Commission and R.J. Reynolds Industries, Inc. of Winston-Salem.

The ceremony concluded a two-day session of workshops sponsored by the council and attended by approximately 400 persons from all across the state.

"The fine contributions made by these dedicated folks have set an example for all of us," said Governor Hunt. "The spirit of good human relations and fair treatment of all our citi-

ing that kind of voluntary community spirit here today," he added.

Governor Hunt went on to praise the accomplishments of the Human Relations Council over the last two decades and to talk about the challenges ahead. "I think one of the best ways to build on the foundation we have laid is to work vigorously in the area of economic development." he said.

"Providing jobs -- and providing the skill training people will need to work at those jobs -- goes to the very heart of what we are trying to accomplish in the areaof human relations. We are investing in families, because there is nothing more important you can do for a man or woman than provide the kind of job that carries a decent income

munities and we are honor- Governor Hunt continued. He stated that there is nothing more important we can do for a child than give his father or mother meaningful employment, and that we must continue to see that citizens are employed in an environment that is free of discrimination and oppressive working conditions as we move ahead in industrial growth.

Durham County Commissioner William V. Bell was honored with the Community Leadership Award for his involvement in local activities. Some of his efforts have been with Operation Breakthrough, Durham Chamber of Commerce, UDI Community Development Corporation, and the Durham Committee on the Affairs of Black People. He is an engineering manager at IBM Corporation in the Research

> lotte's human rights struggles for years.

duced to combat. He agrees with Carter's defense increase (up 15.3 billión from 142.7 billion in Carter's budget). about the draft.

activities

Service And Rally Set

For Sunday Afternoon

by Eileen Hanson Special To The Post

There won't be any pompoms or cheerleaders, no football heroes or brass bands. The Homecoming celebration for Rev. Ben Chavis on Sunday, February 17 will be more like an old-time freedom rally, celebrating the victory of one political struggle, and inspiring support for the next round of battle.

The service and rally will be held at University Park Baptist Church, 2156 Senior Drive, beginning at 3:30 p.m. The public is invited.

Rev. Chavis, member of the Wilmington 10 and director of the Washington, D.C. office of the United Church of Christ Commission for Racial Justice, will be the keynote speaker. Other speakers will be Rev. Leon White, head of the Commission for Racial Justice in Raleigh; Ms. Ann Braden, co-chair with Chavis of the Southern Organizing Committee; and T. J. Reddy, local poet and

member of the Charlotte 3. Samuel Stevenson will lead the singing of the Negro National Anthem. Choirs from University Park Baptist, Gethsemane AME Zion and East Stonewall AME Zion Churches will sing. Local clergy participating include Rev. James Palmer (University Park Baptist), Rev. Ravmond Worseley (First United Presbyterian), Dr. Harold Diggs (Mayfield Memorial Baptist) and Dr. N. C. Calhoun (New

Emanuel Congregational United Church of Christ). It will be Chavis' first public appearance in Charlotte since his release on parole from Hillsborough prison Dec. 14, 1979. Chavis

is currently working in

Washington, D.C. 'We are calling this a 'homecoming rally' because Ben's roots are in Charlotte," said Carrie Graves, member of People United for Justice which is sponsoring the rally. "Ben is one of those instrumental in opening doors for blacks. He was involved in Char-

The 32-year old Chavis grew up in Oxford, N.C., but came to Charlotte in 1967 to attend UNCC, one of 8 black students and the first black in the chemistry department. Within a short time Chavis was involved in campus politics, the antiwar movement, and was counseling black youth

Together with Dr. Jim Grant (member of the Charlotte 3) he organized the Black Cultural Association which opened up Black House near Oaklawn and Statesville Aves. The BCA organized rent strikes, boycotts of white merchants, pickets at the housing authority and black cultural

In 1968 Chavis founded the Black Student Union at UNCC and became its first president, Grant, a VISTA volunteer, became the "faculty advisor" because there were no black faculty at that time. After much protest by the BSU, the University agreed to estab-



Rev. Ben Chavis, speaking at the Greensboro Anti-Klan rally. (photo by

Eileen Hanson) lish a Black Studies program and to recruit more

black students and faculty. Chavis saw the acute need for the black community to exercise its political muscle so he helped form the Black Political Organization which ran an all-black slate for City Council in 1968, with Rev. George Leak for mayor, Chavis, Graves and 5 other blacks for council. The slate called for stricter housing code enforcement, resident control of public housing, and district

We saw the need at that time to be independent of the Democratic and Republican parties, which never kept their promises to us. said Chavis in a recent Charlotte Post Interview.

representation.

Chavis and Grant also worked with the Black Panther Organization and the Southern Christian Leadership Conference. They saw that civil rights meant nothing without economic power, and began working with the American Federation of State. City and Municipal Employees AFSCME). organizing Charlotte's sanitation workers. They led a militant strike in 1969 that eventually won a contract and dues check off for the largely black workforce.

When' the Federal District Court ordered Charlotte-Mecklenburg schools desegregated. Chavis worked to keep the black schools from being shut down. He was arrested for trespassing while speaking to students at the all-black Second Ward

That was the first of several arrests which followed as Chavis went around the state organizing black communities. Following graduation in 1970 he went to work for the Commission on Racial Justice, which sent him to Wilmington in January, 1971 to help quell racial unrest in the high school. The rest is history

For 9 long years the Chavis family and thousands of supporters all over the world have been working to free Ben and 9 others from convictions stemming from the Wilmington unrest. Many believe they were imprisoned more for their political beliefs and activism, than for the charges of unlawfully burn-See SERVICE on Page 2

zens begins in the com- and a degree of dignity," Triangle Park Black Leaders Have Varying Opinions

About President Carter, Ted Kennedy

by Teresa Burns Post Staff Writer

Recent polls show that the public generally approves with the way Carter handles foreign affairs and higher defense spending. On the other hand the public's disapproval of Carter's economic solutions is quite evident.

Between Carter and Kennedy who would be the best candidate? This question is facing America, and slowly polls reveal that Kennedy will lose the race for presi dency. Or will he?

Three Charlottean leaders have varying opinions about Carter and Kennedy the seemingly two front runners for the Democratic

Primary. Robert Davis, principal of Street Academy, feels that Kennedy doesn't stand

"Right now he does not.



..St. Academy principal

Before the Afghanistan crisis, I would have told you he had a very good chance. But the crisis made a fierce difference. We have a sense of loyalty to our nation and the president. Any negativism towards Carter would be considered Anti-Americanism," Davis commented.



Charles Dannelly ... City Councilman Davis feels that no matter who the candidate is, Blacks should not commit

themselves too early. He said that in the past, 'We have committed ourselves early and sold short to programs meant to benefit the poor and Black. We should get commitments -

those who can't work for us

pasture," Davis contended. As for who would make the better president, Davis admits he is not sure, but he added, "Not a great deal has happened in the Carter's administration. We are not naive enough to believe he can wave a wand and make something happen, but he has not pushed strongly enough for programs, for Blacks.'

need to be turned out to

But, Davis said, whatever Carter asks for, Congress does not always comply. He also said that he is not sure if Kennedy could do a better job if he were the president. Today, Kennedy stands

against the draft, while the administration is seeking registration for the draft. Davis is "...in accord with registration in case a draft is needed." He believes that American wo-

Kennedy opposes the defense increase. He recently said, "Needless weapons drain the resources to pay for needed ones. But Davis feels that, "In a time of crisis America

must be strong. The increase is necessary to make sure America is defensable. You can have both guns and butter. America is wealthy enough to have both."

Davis is an advocate of increased defense spending, but he also feels that the monies alloted for Human Health Services should be applied more

efficiently See BLACK on Page 6