#### Coping

### We Call This Love

By Dr. Charles W. Faulkner



A client who came to my office for counseling told me that she had had problems finding a suitable companion. She gave this example of an unsuitable companion: She was attracted to a gentleman with whom she felt she was very compatible and expressed her kind affection for him. One day when they were caressing each other, in a very sentimental mood, an emotional tear came to his eyes. This action caused her to lose respect for him and led to the eventual break-up of their relationship.

This example represents an ideal case of the deep down emotional need that each of us, male and female, has for an opportunity to completely release our pent-up emotions and to be understood and accepted by the mate.

The young lady in the above case did not understand this need that exists in each of us - even in herself. When we are rejected in our efforts to release our deep feelings, we may never have the confidence in our mate to completely release our feelings; or to allow our emotional needs to emerge;

or to let our feelings hang out with no restrictions or restraints. There is within everyone a need to be caressed, to

be understood and accepted as we are. In our weaker emotional moments, when we are troubled and in need of compassion, nothing is more wonderful than for our mate to say, "I understand. Don't be ashamed of your emotions." Nothing is more distressing and depressing than to have one's mate push him or her away at that very tender moment. The very person who pushes us away is probably expressing, with this rejective behavior, a

similar need for an opportunity to release these deeply ingrained feelings and an anger at not, himself/herself, having an opportunity to express similar feelings.

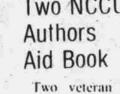
Unfortunately, our society tends to frown on males who are tender and emotionally expressive. Females are rejected also in certain situations. Unfortunately, most of us are so caught up in our own emotional needs that we lack the compassion, understanding or time to allow someone else to express their needs.

Yet, the need remains for an opportunity to express our emotions. The frustrations build up. The unhappiness becomes more and more of a burden. When one has had the opportunity to "let it all hang out" and is rejected in the effort, another effort may never be forthcoming. The fear of being rejected may haunt us for the rest of our lives. This is the very burden that confronts practically everyone in our society even though few people will

When we realize that beneath the tough outward demeanor of everyone is a need to be needed; a need to be loved; a need for an opportunity to free our emotions, a little boy or girl who will be refreshed with a "good cry", we will be a step closer to emotional happiness and stability.

If the young lady mentioned in the first paragraph had caressed her mate and said: "I understand", she would have contributed to the emotional happiness of her mate who would, later, have reached out in a kind, sympathetic manner to her when she needed to be caressed.

We call this love.



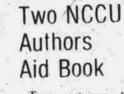
Two veteran faculty members at NCCU are contributors to the recently published Contributions of Black Women to America: 1776-1976.

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The two volume book was published by Kenday Press, Inc., of Columbia, S.C., and was underwritten by the Women's Educational Equity Act Program of the U.S. Department of Education and by the

Ford Foundation. Mrs. Helen S. Miller, who retired in June as associate professor of nursing at NCCU, contributed to the book's section on black women At least some of their in nursing, Mrs. Miller, Christian living, leader- Christians in 35 states followers, however, have who had been a member and six foreign countries, not been as fortunate, of the NCCU faculty detainees since 1956, is also cited from in the book for contribu-Lubumbashi to Makala tions as a nursing

Dr. Leroy T. Walker, professor of physical education and the 1976 head coach of the U.S. Olympic Team, wrote the introduction to a chapter on black women in sports.





# Prison Fellowship Announces Seminar At Butner July 29-31

WASHINGTON -Prison Fellowship, the International Christian ministry to inmates, exoffenders and their families, has announced a three day seminar July 29-31 at the Federal Correctional Institution at Butner.

Volunteers from the community, many of whom are active with the Prison Fellowship Care Committee, will participate in the seminar with inmates.

Instructor for the

series will be Dr. Bob ship, and discipleship at tion programs have fail-Lupton, psychologist by profession and is president of Family Consultation Service in Decatur. He holds the Ph.D. degree and is a most graduate of a Bible col-

Those graduating from the seminar will be among 10,000 prison inmates across the nation who will graduate this year. Prison Fellowship

Decatur, major state and federal ed. Lives are being Georgia. Dr. Lupton is a prisons across the na- salvaged and the bulk of tion. The organization our graduates stay out of was recently cited by the trouble once they are Associated Press as one released.' of the "fastest growing, dynamic movements of modern Ihirteen times to reform prisoners

— and prisons."

Recently Newsweek magazine cited Prison Fellowship for its impact in changing inmates' sponsors seminars on lifestyles and for rallying for prison reform and inmates" rehabilitation.

> Fellowship, said: "Prison Fellowship is changing lives through conventional rehabilita- government plot.

## Dissidents Sentenced

(Continued from Page 13)

transferred Charles W. Colson, prison in Kinshasa in educator. president of Prison April - accused of sempathy with the proposed party - are said to have been repeatedly tortured the Gospel of Jesus in efforts to have them Christ. The ministry is accuse the parliamen making an impact where tarians of an anti-



By Joe Black

The Good Book tells us: "a child shall lead them," and in the complex and changing society of today, our young people represent the future leadership of the Black Community and some aspects of our national government. However, they need some guidance, and we Black adults have a responsibility to encourage and assist these leaders of tomorrow. We must remember that a college graduate of 1979 was probably born in 1957; thus, he or she was not born when Mrs. Rosa Parks was too tired to move to the back of the bus: 6 years of age during the outrage of snarling dogs and forceful fire hoses in the park in Birmingham and the memorable "March On Washington." and 8 when thousands marched from Selma to Montgomery. As a result, too many of our young don't know, or understand, the thrust of the Civil Rights Movement. Too many of them have chosen to be guided by emotion and want to believe that it was to prove that Black can beat White or mistakenly thinking that we were to receive something just because we're Black. It's time for Black adults to forget popularity and have the intestinal fortitude to tell youthful Blacks that they are spending too much time worrying about the word-"racism." When we were young, we called it "prejudice," "segregation," and "jim crow," but we did not spend our time worrying about it. And we made some socio-economic gains despite that roadblock. Yet today, despite the fact that we have more college-educated Blacks than ever before, we also have higher unemployment. Racism is not. I repeat - is not the only reason. Too often Black college students select "sop" courses rather than those studies that will make them competitive in today's labor market. In other words, it will be a combination of a college diploma and the quality of their preparation that will enable them to take advantage of the doors opened by the Civil Rights Movement. If we get this message across to our youths. then we can all echo Dr. King and say: "This will be the day when all of God's children will be able to sing with a new meaning, 'my country tis of thee, sweet land of liberty, of thee I sing. Land where my father died, land of the Pilgrim's

he Greyhound Corporation

pride. from every mountainside, let freedom ring."

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