

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 admit it.

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.

Prison Fellowship Announces Seminar At Butner July 29-31

WASHINGTON — Prison Fellowship, the International Christian ministry to inmates, ex-offenders 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.

The series will be Dr. Bob Lupton, Decatur, Georgia. Dr. Lupton is a psychologist by profession and is president of Family Consultation Service in Decatur. He holds the Ph.D. degree and is a graduate of a Bible college.

Those graduating from the seminar will be among 10,000 prison inmates across the nation who will graduate this year. Prison Fellowship sponsors seminars on Christian living, leader-

ship, and discipleship at major state and federal prisons across the nation. The organization was recently cited by the Associated Press as one of the "fastest growing, most dynamic movements of modern times to reform prisoners — and prisons."

Recently *Newsweek* magazine cited Prison Fellowship for its impact in changing inmates' lifestyles and for rallying Christians in 35 states and six foreign countries for prison reform and inmates' rehabilitation.

Charles W. Colson, president of Prison Fellowship, said: "Prison Fellowship is changing lives through the Gospel of Jesus Christ. The ministry is making an impact where conventional rehabilita-

tion programs have failed. Lives are being salvaged and the bulk of our graduates stay out of trouble once they are released."

Thirteen Dissidents Sentenced

(Continued from Page 1)

against them. At least some of their followers, however, have not been as fortunate. Twenty-two detainees transferred from Lubumbashi to Makala prison in Kinshasa in April — accused of sympathy with the proposed party — are said to have been repeatedly tortured in efforts to have them accuse the parliamentarians of an anti government plot.

Two NCCU Authors Aid Book

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

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 in nursing. Mrs. Miller, who had been a member of the NCCU faculty since 1956, is also cited in the book for contributions as a nursing educator.

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.



My Thanks

BUFFALO, NY — World welterweight champion Sugar Ray Leonard was back in Buffalo Thursday, July 1, to thank residents for their concern, affection and hospitality. His May 14th title fight in Buffalo was cancelled due to an eye injury. Pictured to Leonard's left is Erie County Executive Edward Rutkowski, and to his right, Mayor James Griffin.

UPI Photo



By the way...

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 pride, from every mountainside, let freedom ring."

Joe Black

Vice President
The Greyhound Corporation

WE'RE THE BANK
For all these seasons of your life...

Life continually renews itself. Her happiness is reflected in your eyes. It is a day for smiles, your daughter's wedding day.

As she and your brand-new son-in-law begin their adventure together, (living happily ever after, we hope) opening up a brand new instant cash overdraft protection checking account in that new family name seems like a great wedding gift. Or, a new interest checking account plan, or any one of our several, very special, tailor-made banking services, could be one of their most favorite gifts.

Here's to health, wealth and happiness!

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