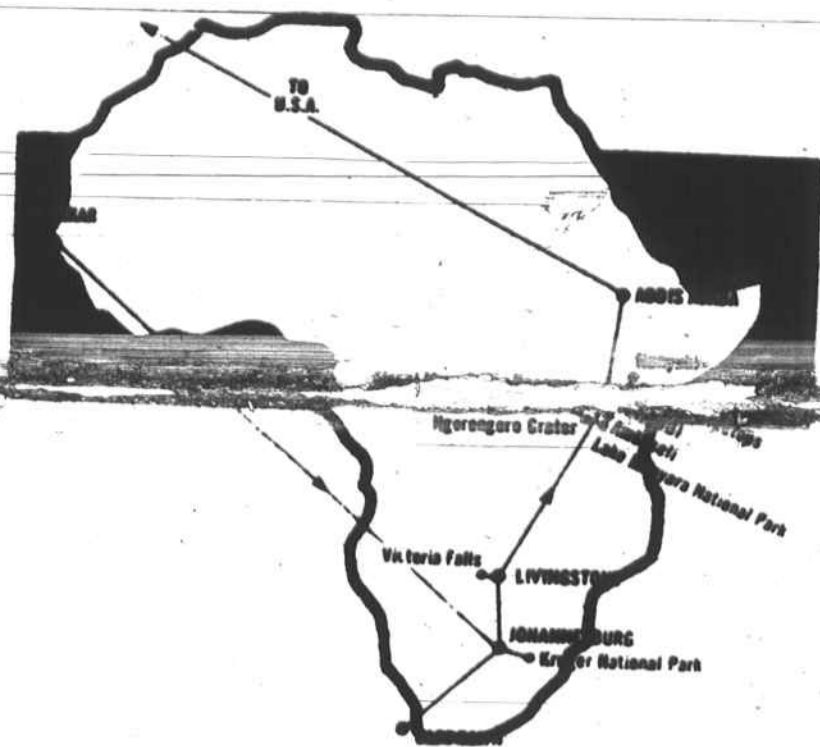


African Spotlight



Martin Luther King

On the occasion of the birthday of Dr. Martin Luther King, Jr., we look back to the life and time of one of the greatest black leaders of all times. Dr. King was the most eloquent and perhaps the most respected blackman of his time.

He believed in America and in America's capacity to solve her racial problems. When many in his time were playing politics with racial differences, he saw that in racial harmony rests the hope of all. He appealed to the consciences of men and did not hesitate to tell all the people that until the weak becomes strong, the strong cannot hope to be great. He called on all men to be brothers.

It was not his fault that he was killed by the very weapons he constantly preached against. For in his death he demonstrated that the fact that a man did not succeed is an important lesson to other people.

In his death too, he lit up a candle which show men's conscience to be without compassion and hope.

Although his life held frustration to some and hope for others, he achieved greatness in both the life he lived, the sermons he preached and the universal brotherhood which he practiced.

His assassination in Memphis, Tennessee in the spring of 1968 was not really an annihilation of all he stood for but an extension of the great hopes he brought to mankind everywhere. Who else among the many that we know today reflect in his life the hopes of Jesus, the philosophy of Thoreau and the nonviolence of Ghandi?

Dr. King did not completely remove evil from the face of the earth. And I really don't know if that was part of his mission. But he told men to be lovable, to be brotherly and to join hands with one another in a common crusade against evil.

Dr. Martin Luther King, Jr. recognized that men are sinful but he also knew that great many people know the difference between right and wrong. He warned all the people of America and the rest of the world that one day the evil in man will be imprisoned forever leaving all of us free to united in common goodness.

"The black," he said. "once a helpless child, has now grown up politically." Yet there was contradictions in some of the things he said to many people. For he suggested that closing the gap between promise and performance would solve many problems of our time but he did not say how those gaps will be closed. He stressed education but did not make provision for the unemployed educated.

But few will question Dr. King's dedication for human unity or his sincerity to the progress of mankind. In his life, many find hope and in his examples many find an ever lasting direction to the fulfilment of a worthwhile life. What greater honor can mankind show Martin Luther King than for us to follow the great examples he set in his life for all of us. May his memory live in all of us until all that he stood for become a reality.

N.E.



Someone who has never had any cavities probably doesn't mind going to the dentist. But for the rest of us, it can be an aggravation.

Visits to the dentist can be a little more enjoyable and rewarding.

choose the right one. A good dentist can save you aggravation, money, and most importantly, your teeth.

Look for a dentist who is prevention-oriented. Of course, you have to work with him to prevent dental disease, but a prevention-oriented dentist will show you how to do your part.

This dentist will explain how to brush your teeth, how to use dental floss and how to remove plaque.

A good dentist views the removal of a tooth as a major disaster and will do everything possible to help you save all your teeth. It might seem more economical to remove a tooth than to go to the expense of saving it, as with root canal work. But the consequences of removing a tooth can be great and unless removal is really necessary, it's best to save the tooth.

A new pamphlet prepared with the cooperation of the Connecticut State Dental Association states that when you go to a dentist, you should expect a full exam. If you are a new patient, the dentist should get a thorough medical history from you and then take a full-mouth set of x-rays. The dentist, and not the hygienist, should make a complete oral examination.

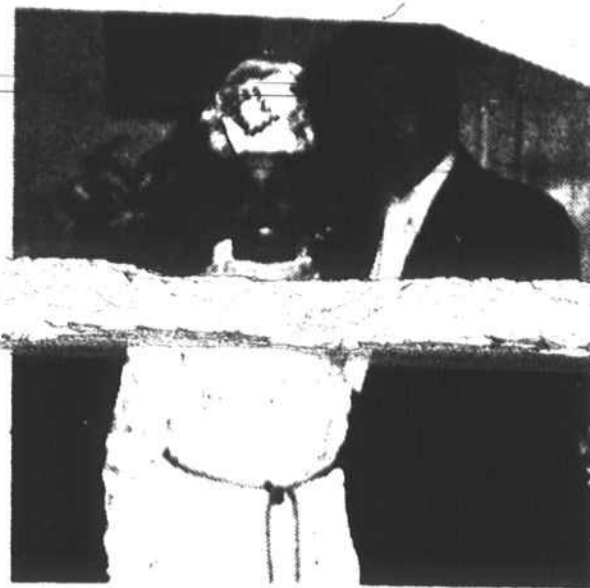
Finally, you should be given a complete treatment plan, including a discussion of the examination and x-ray findings. Make sure you understand the explanation. If the work is going to be extensive, and extend over a long period, you might want to ask the dentist for a written summary of the work to be done and the fees to be charged.

You should go to a dentist who explains what he or she is doing and why. A good dentist will explain alternative treatments to your specific dental condition and possible benefits and complications. Don't be afraid to ask questions; your mouth shouldn't be a mystery to you.

In addition, says the Better Business Bureau, a good dentist;

- *participates in continuing education programs to keep up with new developments;
- *has a clean, well-organized office (be wary if the office is always crowded and the dentist consistently spends little time with you);
- *will give you emergency treatment when it's necessary.

Our Daily Bread



By Evangelist Pat Cunningham

John was in the isle called Patmos, in the spirit, On the Lord's day. His heart burning

within him as he heard the Master say: "I am Alpha and Omega the beginning and the end." "Write this message to the churches, repent now and

Revelations, Chapter 1 - Spirit non-material self...Eccles. 12:7

Dear Ones, Jesus is speaking the same message to you today. Listen to His word and obey. They that call upon the Lord shall be saved. Jesus is our only hope in times like these. May God keep your mind til' next time.

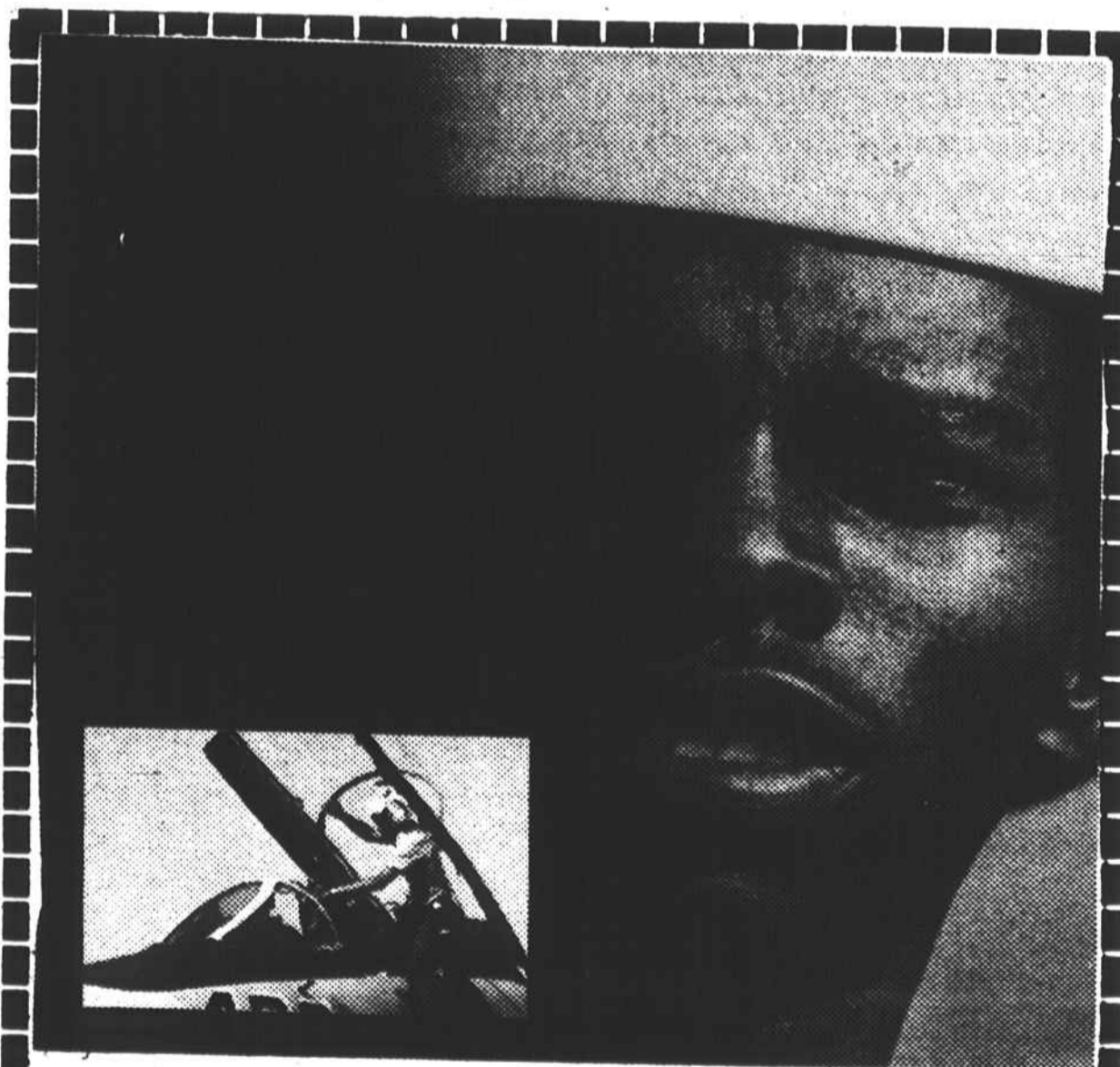
WSSU Instructors To Give Art Show

Mrs. Mitzi Shewmake and Mr. Roland S. Watts of Winston-Salem State University Department of Art, will present a "two-person" art show at Appalachian State University in Boone, N.C. - January 15 - January 31.

The exhibit consists of sculpture by Mrs. Shewmake and wood-block prints by Mr. Watts. The art will be on display in the University Art

Gallery in the Faculty Apartment Building. This gallery is open Monday Friday 12 noon - 5 P.M. There is no admission charged.

This exhibit is part of an exchange program coordinated by the WSSU - ASU Urban-Rural Cooperative Program. Additional exchanges include an Appalachian Faculty Art Show at WSSU February 3 - February 28



Jim is on his way. You can be, too.

Airman James Rush is a Plane Captain... a vital part of the Navy's air-sea team. He gets on-the-job training as well as classroom work. And Jim gets paid while he learns. The Navy has over 70 career fields that could open up a career in the future, in the Navy or out. First get your high school diploma to better qualify. Then you have to study and work hard... and be willing to do your share of the chores. But if you want the chance to put it all together, the Navy is a good place to start.

The opportunity is for real... and so are we. **NAVY**

For more information see...

U. S. NAVY RECRUITING STATION
530 SPRING STREET
WINSTON-SALEM, N. C. 27101



JOE L. HAZLIP
Navy Recruiter

Tele: (919) 723-2715