

She'll  
speak for you  
**MAZIE S.**

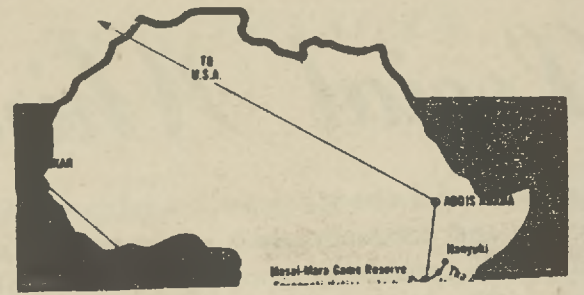


**Woodruff**  
County Commissioner

- Positive promotion plan.
- Adequate law enforcement.
- School system strengthening.
- Preventive health care programs.
- Continued, sound community growth.
- Extension of city-county cooperation.

Try the  
**Chronicle**  
.....  
you'll  
like it.

**African Spotlight**



*The Lost Souls*

The United States is often called a "nation of nations". This timeworn characterization is obviously true. It is believed that even the American Indian migrated here from Asia. Regardless, there are ethnic groups from virtually every spot on the earth who have come to still a relatively virgin land. Among the earliest people to come to this land were blacks from the African West Coast who landed in Jamestown in 1619 a year before the Mayflower came to Plymouth.

The blacks were to become an integral part of American history. More and more blacks were brought over until at the end of the colonial period in 1775, blacks made up over one sixth of the population in the then British dominated colonies.

When the blacks came over essentially as slaves, there were already many myths circulating about Africans. The other colonists did not know many truths and neither did most of them try to find out any. All many of them knew was that here was virgin land to be cleared and worked and they could not count on the native American Indian for much systematic controlled work. This was what many were interested in, the most labor for the least amount of output on their part. They were not interested in the slave's background or culture. They did not care to know about the West African territory from which the vast amount of blacks came from. They did not care about the various West African political units which ranged from village kinships groups to great empires like Mali. Many of these societies were highly complex with extensive legal systems. Although most of these societies were not literate, there were individuals who perpetuated scientific and historical knowledge through a well defined and disciplined oral tradition.

These lost souls also had numerous art forms. Art permeated the West African coastline, much of it relating to daily life. Some of it was great like the Benin bronzes and some of it was just a matter of simple basket weaving or batik none to many other cultures.

There was also among these people an appreciation of work. Since regional occupations varied, there was also a degree of talents such as boatmaking, cattle raising, weaving, shoemaking, farming, and fishing. The natives also carried on trade through barter and eventually through the use of gold and cowrie shells, as medium of exchange.

These people were also religious. Sometimes the religion tended to be a tribal affair with special and unique intimacies between the group and its exclusive deities. But among some Africans, there was also a belief in one simple God who ruled the world and his direct and good relationship to nature. But most important of all and basic to all West African ethnic groups was one unit, the family. This was not an individual household unit, this was a kinship group, an extended family. There usually was a common ancestor with numerous descendants which gave the African a unique relationship between heaven and earth. There was warmth and love, with the devotion that it takes to form a family unit. But then slavery came. And from 24,000,000 to 50,000,000, blacks were cut loose from all of this culture and tradition, their souls lost right here on earth.

Robena Egemonye

**North Carolina Fitness Center**

Sherwood Plaza Shopping Center  
Robinhood Rd. 765-7750

Mon—Fri.  
9am—9pm



featuring:

individual programming  
nutrition classes  
sauna                      yoga  
ultra violet lights      facials  
swim nastics

Sat.  
9am—6pm



Attention: All Olympic Health & fitness centers members: arrangements have been made with N.C. Fitness Centers for you to transfer your membership. Please bring your membership card to us

**Memberships good anywhere in the world!**

**Executive renewable membership 1st year**

Renewal privilege every year **\$226**

for the rest of your life. **\$48 per year.**

6 month - **\$113**

3 months **\$56.50**

●whirlpool  
- 108°, 8 airstream jets of pressure, good for arthritis, rheumatism, bursitis, stretch marks, varicose and spider veins, will totally relax the entire body.



**FREE  
BABYSITTING**

●sauna  
good for sinuses, nasal congestion, headaches, tension, excess water weight, sore throat, gets rid of impurities in the body.  
Blood circulation: Phlebitis

**Bocock-Stroud Co.**

SINCE 1921  
COMPLETE LINE OF SPORTING GOODS



- GOLF
- TENNIS
- SKI
- BASEBALL
- BASKETBALL
- FOOTBALL
- GAMES
- FOOTWEAR
- TROPHIES

RETAIL

**724-2421**

501 W 4th & THRUWAY SHOP. CTR.

WHOLESALE & TEAM ATHLETICS

**724-5310**

171 S. STRATFORD RD.