

Chronicle Profile

The Court Wizard

"He's a miracle worker! That man has probably shaved more time off his clients' sentences and won more cases than ten average lawyers!" This praise for local attorney R. Lewis Ray is even more impressive because it came from one of his fellow lawyers.

Mr. Ray's large criminal and civil practice has included quite a few interesting cases. "I once defended a deaf mute accused of trespassing," he recalls. "He was dating this girl, also a deaf mute, and her mother told him to keep off their property.

"When the case went to court, we had to

have an interpreter in sign language. My client drew a diagram of where he stood. He had a friend with him, and the friend went up on the porch and made the date. He had little footsteps drawn to show the friend going to the house and coming back.

"We won the case," he smiled, but we forgot to ask if the silent partners lived after happily ever after.

Much of Mr. Ray's own movements can be diagrammed by a visit to his office. A wall studded with forty-one assorted plaques trace the attorney from Carver High, to Winston-Salem State, to

North Carolina Central Law School, the U.S. Air Force, Northwestern University, and various other honorary highlights in his career.

Several years ago, Mr. Ray was in charge of the criminal division of Legal Aid, a branch which no longer exists. Of Legal Aids recent clash with the Local Bar Association, Mr. Ray said: "I have all the cases I can handle, and I would be the last person to want cases from Legal Aid, but I do know that some of their clients misrepresent their financial status."

"The main issue is the divorce cases," he went on. "And I feel

that quite often a divorce is a luxury. Many times the person is planning to remarry right away. They could get together the money for a private attorney. I've had clients come to me after qualifying for Legal Aid because they said that Legal Aid moved too slowly for them." What makes a good trial lawyer, we wondered.

"First of all," said Ray, "A lawyer must realize that the judges and the district attorney are the people in power, and he must be accepted by them. If they trust his credibility and respect his professional ability, then he

will be more successful in court."

But recognizing the authority figures in the system and gaining their respect does not mean that one must believe the system is perfect. It is now, warns Ray.

There is a great deal of error in the justice system, part of which, he feels, could be eliminated with more liberal use of polygraph tests. "If a man is accused of a crime, he and the prosecution witnesses should take polygraph tests. If the tests show that the accused man is telling the truth, and the

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R. Lewis Ray

African Director Leads Fitness Center

Patterson Avenue has a new director of its fitness center. Manuel Osei-Antwi, of Kent State University in Ohio, specializes in exercise physiology. He is a Ph.D. graduate at Kent State University in Ohio, specializing in exercise physiology.

A few men and women are using the center, says Mr. Osei-Antwi. Most of the members are men in their thirties, although the center is open to anyone at an annual membership fee of \$150.

People should not try the fitness center if they are really out of shape, says Mr. Osei-Antwi. "They should give themselves a 'tune-up' first," he recommended that a person uses the center, he should get on his own to get in shape--otherwise he might overdo it at the fitness center. People have a lot of

misconceptions about exercise," he commented. "They believe that when a person gets older, he does not need to exercise. That is not true."

"People also think that they can get back in shape in a few days after years of inactivity. It takes the body quite a while to become fit--it must be done gradually."

The third popular belief that is inaccurate is the idea that strength equals fitness. Not so, says Mr. Osei-Antwi, one can be fit without being strong.

Mr. Osei-Antwi is writing his doctoral dissertation on the subject of blood lactic acid removal following exercise.

He explained that when a person does strenuous exercise, the muscles produce lactic acid as a by-product. Too much lactic acid can prevent the contraction of the muscles. When one finishes exercising heavily, the

body begins to disperse the lactic acid--and physiologists have found that the lactic acid is removed more quickly if one continues to be active after a workout, instead of lying down for a complete rest.

Mr. Osei-Antwi hopes that more people will use the fitness center. He confirmed our suspicion that Americans are out of shape.

"American society has so many labor-saving devices that there is very little need for people to exert themselves." But this luxury of inactivity takes its toll in cardiovascular problems.

He also advises exercise physiology as an excellent career opportunity for blacks.

"I would encourage blacks to go into this field," he said. "Counting myself, I know of only three black exercise physiologists. It is a wide open field."

Agency Offers Advice

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Mrs. Hope, but that is not sufficient to meet the needs of all children six and under. Parents who wish to put their children in day care should follow certain guidelines in order to ensure a safe, enriching environment for the child. The association recommends that parents check that the center is

properly licensed, that the teachers are qualified and that there are enough of them to provide children with individual attention. The center itself should be sanitary, spacious, safe, and well-equipped.

Parents with questions about day care, or persons interested in providing day care services may contact Mrs. Hope at the

headquarters of the Early Childhood Development Association at 601 North Main Street, or call 724-3955.

The Association will hold its annual membership meeting on September 29 at 7:30 p.m. at 1615 Miller Street. Membership is free, and all interested persons are invited to join.

World Scene

FOCUS ON UNFRIENDLY FOREIGN PICTURES OF HUMAN RIGHTS IN AMERICA

Massive CIA aid for Pinochet's blood stained regime
Agencies became active in the fascist coup against the unlawfully elected Popular Unity government in Chile. In 1976 they paid 357 million to Pinochet. Acting openly or through "operations they are carrying in the affairs of states, organizing and the murder of dissident political leaders

on 4 December, 1975. The actions of the USA against the Allende government were the most comprehensive and most intensive covert operations ever undertaken by the USA.—A spokesman for the Senate investigating committee in December, 1975. The CIA has spend more than 300,000 pounds on the recruitment of British mercenaries sent into action against the lawful MPLA government in Angola.—Former CIA agent Philip Agee in the Daily Express, London, 24 November, 1976. The CIA will also in future carry out covert operations abroad.—Former CIA Director William E. Colby in an interview with the CBS television network in January, 1976.

The CIA supplied the virus that led to an outbreak of swine flu in Cuba in 1971. This is borne out by evidence presented by secret service agents and members of terror squads of Cuban exiles in the USA and in the Panama Canal Zone.—From the

Washington Post, 10 January, 1976.

At the first meeting of a special group discussing a secret programme for the murder of Fidel Castro, the CIA Director said on 13 January, 1960, that the USA could "not tolerate developments in Cuba indefinitely."

—Courtesy "Facts Bespeak Themselves," GDR

Key Questions for World Scene:

1. What are three main issues raised in this article?
2. What does this article suggest that you can do about our world situation today?
3. How many words did you look up in the dictionary? (If we do not use a dictionary daily, and for every word whose FULL meanings we may not know, we cannot grow individually and assure the best use of our resources for group freedom and a better America.)



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

16 mg. "tar," 0.9 mg. nicotine av. per cigarette, FTC Report Aug. 77