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watch these brothers and individuals are the type of we must applaud their ad- need to see more of and vancements and encourage have the opportunities to them to continue. For with emulate. every success, we as a peo-

sisters advance and grow, role models our children brothers and sisters become once again.

So often, though, upon climb." ple continue to dispel myths seeing a black beginning to concerning our race. rise, we let petty jealousies

throughout society. As we Moreover, successful black and backstabbing take we can begin to move our meals, which, he says, will over. Many times, our own train of freedom forward

> the most critical of one's Though a small step, growth instead of saying, many small steps together "Right on; continue to equal a giant leap.

> > Charles L. Davis

Winston-Salem

Let us work at being supportive of one another so

Keep The Dream Alive

coalesce against the com- Malcolm X once said, "The wrong, those of us who or perhaps more ap- friend." propriately, the forces

which created and sustain Many criticized the hard work if we are to keep the Reagan right-wing, march for being too broad the dream alive and to make radical, renegades.

Change Is Electric

Some people get the idea that they know all the answers. They begin to look at new ideas backwards. Instead of examining a new idea in the hope of finding in it something useful, they brush it off because it runs counter to their own preconceived notions. We would all do well or better if we made it a rule to judge a new idea on its merits. Anybody who continues day after day in the same old way he has followed for years has outlived any usefulness he may formerly have had. It has to be realized that change is electric in the air. Unless we are willing to modify our thinking by new developments and adapt ourselves to those new developments, there is a possibility of falling by the wayside. To achieve an aim, it is important to keep our minds open and flexible.

Chnage is the order of the day, and everyone has to meet the changes that occur by changing his attitudes and points of view. These changes are not hastily done, but studied carefully and analyzed to the point for betterment.

and ideologies are forced to will are realizing that, as the critics and detractors political parity and economic equity, a turning mon enemy of Reaganism, enemy of my enemy is my marched must commit point in the history of ourselves to hard work, America.

hard work and some more Keep the dream alive.

From Page A4

Clifton Graves is affirreactionary and outdated to be effec- the second March on mative action officer at tive. Perhaps they are cor- Washington a turning point Winston-Salem State Clearly, people of good rect. But in order to prove in the ongoing struggle for University.

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reduce excess weight, high disease and diabetes.

The products are Genesis, a wide range of food alternatives -- each low in sodium and calories, yet nutritionally complete, Lightner says, to help people with a weight problem who have another problem ("So I'm fat! So what? Everyone in my family is large."): How many old fat people do you see? Around 70 percent of all obese people may eventually develop diabetes. Moreover, medicines will not get to the root of the problem -- some diabetics have died depending solely on insulin. But if they lose weight, diabetes

mellitus will not be a problem. Lightner's Genesis net- satisfied dieters' cravings.

work of convenient, prepacked foods is the hottest vacuum-sealed plastic read. new marketing plan in the pouch into a pan of boiling country. The plastic hot water for three minutes didn't make much sense.

pouches, originally design- or in the microwave oven

preservatives or additives calories), "Deep Ocean 80s, among some fearful first place?

(chemicals) and average on- Cod 'N Sauce'' (190 ly 180 calories. In addition calories), "Molly's Old blood pressure, heart to benefiting from NASA's Fashion Brand Beef Stew" technology, the food pro- (140 calories), "Delta of degenerative diseases to duct also benefited from a Bayou Shrimp Creole" (130 history of obesity and calories) and "Vegetables Oriental" (90 calories).

It just so happened that the idea came from a rich Beverly Hills businessman Americans buying vitamins home-based individuals to named Jack Zuckerman, and aging (for the first who, at 292 pounds, feared time, the average American of this new bonanza. diabetes. His father had is over 30) in an increasingly died at the premature age of nutrition-conscious coun-56 from heart disease and try, this might be the next other complications of food merchandising revolu-

became a "professional April and has already made series, can be seen Sundays dieter," but couldn't keep \$49 million in net earnings at 6:30 p.m. on Channel 26. the pounds off. So he put

his fear of weight and diabetes together with NASA's technology, his own researchers and his money and developed a prepackaged food line that resulted in weight loss, yet

diabetes.

The Irony Of It All

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You simply put a teach a black person to white parents, is, "Would you want your daughter to Somehow, that just marry one?"

Consider also that one of Well, gee whiz, if we're ed by NASA to feed the for half a minute and out the biggest arguments so despicable and inferior, Subscription: \$13.52 per year payable in advance astronauts, need no comes such delights as against desegregation in the why would your daughters refrigeration, contain no "Chicken Oriental" (200 50s and 60s and also in the ever want to marry us in the



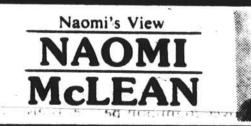
A Health Plan For Blacks From Page A4

for the first quarter.

Lightner wants to help black people and sufferers stop killing themselves at the table and to make money doing it. And he wants existing black With 75 million businesses, churches or get in on the ground floor

> This funeral director wants you alive -- and rich.

"Tony Brown's diabetes. Zuckerman tion. Genesis just started in Journal," the television



An open mind is helpful in many ways, and certainly one way -- not getting into a rut. To the person who is determined to stay out of the rut, nothing is so stimulating as new ideas. New ideas make you think, plan and produce quality, which involves quiet thinking and meditating on matters that really count. We need constantly to adapt our thinking to the new developments that bring constant changes in our environment and in the world, generally speaking.

It is quite true we learned all we could about our careers or particular field concerning our life's work, and how to attain as high a standard as possible concerning such, but it is important to keep abreast of new practices, publications and ideas. However, knowledge does not comprise all that is contained in education. The feelings are to be disciplined; true and worthy motives are to be inspired; a profound religious feeling is to be instilled and pure morality planted in the mind under all circumstances. All these are contained in education.

The open mind involves the qualities of good judgement, absolute integrity, a knowledge of human nature and an appreciation of the importance of personal factors.

Beneath all change lies the force of character -- an understanding and a practice of the common place. everyday qualities which are never moded. With an open mind, we can easily take step by step to develop the kind of character traits that will be counted as blessings.

> We lack the open eye and ear, Somehow we do not see or hear.





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