

Recognizing Everyone

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throughout society. As we watch these brothers and sisters advance and grow, we must applaud their advancements and encourage them to continue. For with every success, we as a people continue to dispel myths concerning our race.

Moreover, successful black individuals are the type of role models our children need to see more of and have the opportunities to emulate. So often, though, upon seeing a black beginning to rise, we let petty jealousies

and backstabbing take over. Many times, our own brothers and sisters become the most critical of one's growth instead of saying, "Right on; continue to climb." Let us work at being supportive of one another so

we can begin to move our train of freedom forward once again. Though a small step, many small steps together equal a giant leap.

Charles L. Davis
Winston-Salem

Keep The Dream Alive

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and ideologies are forced to coalesce against the common enemy of Reaganism, or perhaps more appropriately, the forces which created and sustain the Reagan right-wing, radical, reactionary renegades. Clearly, people of good

will be realizing that, as Malcolm X once said, "The enemy of my enemy is my friend." Many criticized the march for being too broad and outdated to be effective. Perhaps they are correct. But in order to prove

the critics and detractors wrong, those of us who marched must commit ourselves to hard work, hard work and some more hard work if we are to keep the dream alive and to make the second March on Washington a turning point in the ongoing struggle for

political parity and economic equity, a turning point in the history of America. Keep the dream alive. Clifton Graves is affirmative action officer at Winston-Salem State University.

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. Change 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.

Naomi's View

NAOMI McLEAN



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 judgment, 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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A Health Plan For Blacks

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meals, which, he says, will reduce excess weight, high blood pressure, heart 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 network of convenient, pre-packaged foods is the hottest new marketing plan in the country. The plastic pouches, originally designed by NASA to feed the astronauts, need no refrigeration, contain no preservatives or additives

(chemicals) and average only 180 calories. In addition to benefiting from NASA's technology, the food product also benefited from a history of obesity and diabetes. It just so happened that the idea came from a rich Beverly Hills businessman named Jack Zuckerman, who, at 292 pounds, feared diabetes. His father had died at the premature age of 56 from heart disease and other complications of diabetes. Zuckerman became a "professional dieter," but couldn't keep 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 pre-packaged food line that resulted in weight loss, yet satisfied dieters' cravings.

You simply put a vacuum-sealed plastic pouch into a pan of boiling hot water for three minutes or in the microwave oven for half a minute and out comes such delights as "Chicken Oriental" (200 calories), "Deep Ocean

Cod 'N Sauce" (190 calories), "Molly's Old Fashion Brand Beef Stew" (140 calories), "Delta Bayou Shrimp Creole" (130 calories) and "Vegetables Oriental" (90 calories).

With 75 million Americans buying vitamins and aging (for the first time, the average American is over 30) in an increasingly nutrition-conscious country, this might be the next food merchandising revolution. Genesis just started in April and has already made \$49 million in net earnings

for the first quarter. Lightner wants to help black people and sufferers of degenerative diseases to stop killing themselves at the table and to make money doing it. And he wants existing black businesses, churches or home-based individuals to get in on the ground floor of this new bonanza.

This funeral director wants you alive -- and rich. "Tony Brown's Journal," the television series, can be seen Sundays at 6:30 p.m. on Channel 26.

The Irony Of It All

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teach a black person to white parents, is, "Would you want your daughter to marry one?" Well, gee whiz, if we're so despicable and inferior, why would your daughters ever want to marry us in the first place?

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