

arts & leisure

Television, Radio, Advice, Music

Musical Notes

Natalie's back on course after rough sailing

She was destined to be one of the brightest stars of the decade. She soared up the music charts with hits like "Sophisticated Lady" and "Mr. Melody." Natalie Cole, daughter of the late entertainer Nat King Cole, quickly established a reputation as a singer in her own right.

Then something went awry.

Last year, news reports surfaced about a petition to the courts by Ms. Cole's mother for conservatorship of her daughter's estate. Soon after, rumors circulated about the circumstances leading up to this move -- was Ms. Cole suffering from cancer, an addiction to cocaine, or both?

"I must say that I did succumb to that weakness (cocaine). At one time, I would

stay in my bedroom for hours on end. I didn't do anything but that," admitted Ms. Cole in the October issue of *Essence* magazine.

"You know, this is the first interview in which I've really talked about the problems," Ms. Cole told interviewer Jack Slater. When asked why she chose to do it now, she answered, "I feel that *Essence* is a part of me. It's a black magazine, and I do feel I have an obligation to my people, first of all. If they want to know I'm okay, then let them know I'm okay."

Among the problems Ms. Cole described was a largely unpublicized incident which greatly increased her emotional fragility at the time. Along with her bodyguard, Ms.

Cole became trapped for two hours on the 26th floor of the Las Vegas Hilton during the tragic fire that killed eight people in February of 1981. "It was a very traumatic moment for me," she recalled, "and I just started getting over it last year."

Shortly thereafter, her doctor discovered that she had developed throat polyps that would require surgery which could possibly alter her voice. Stunned by this news, Ms. Cole made the crucial decision to relinquish control of her estate to her mother.

Now, health and personal problems behind her, Ms. Cole said she has taken charge of her financial affairs again and that she has new confidence. "I have everything -- I had everything then, but I didn't know it," she said.



Calm Seas Ahead

After a brush with death in a nightclub fire, an operation on her throat and a bout with cocaine, Natalie Cole has bounced back to resume her life and career.

TV/Radio

Falwell to be interviewed by Brown

Is racism a sin? Are all conservatives racist? Can blacks and conservatives build a political coalition? Did the recent March on Washington help the fight for civil rights or hurt it by moving blacks too deeply into the politics of the Left?

These biblical and political questions are put to one of the nation's most prominent and controversial leaders of the New Right, on this week's edition of "Tony Brown's Journal."

The show, the nation's longest-running, top-rated black-affairs television series, will be televised nationally on public television and can be seen in this area Sunday on WUNL-TV, Channel 26, at 6:30 p.m.

Falwell responds candidly during the interview about politics and religion and his past and present views on segregation and the civil rights movement. He also cautions blacks about the liberal movement.

The Moral Majority was founded in 1979 to serve as a political platform for Americans who share pro-life, pro-family, pro-moral and pro-strong national defense values, and was credited with being a major factor in the election of Ronald Reagan. Its membership has grown to six million, according to Falwell, and has tripled since 1980. The organization's budget has quadrupled, up to \$1 million a month.

Falwell's other roles include pastoring the

nation's second-largest church, Thomas Road Baptist Church in Lynchburg, Va., which claims a membership of 19,000, and serving as chancellor of Liberty Baptist College and Schools.

As the leader of one of America's most powerful ecclesiastical organizations, the 50-year-old Baptist preacher has been very vocal about his views on various social and political issues, including abortion, homosexuality, prayer in schools, ERA, sex and violence in the media, national defense and the Reagan administration.

Now, for the first time, he turns his attention to race and racism in America.

What salt and pepper once did, I hope karate will accomplish

When I was in the fifth grade, I once made more enemies than I could handle at one time, which put me badly in need of some form of self-defense.

My first inclination was to talk my mother into letting me take karate lessons, but, since I needed to defend myself the next day, I followed her suggested strategy instead. She carefully prepared a mixture of salt and pepper, loosely wrapped it in wax paper and told me to carry in my pocket. "And just before they jump on you," she said, "throw some salt and pepper in their eyes." We coded the maneuver "Operation Santa Claus."

CAR TREK

By John Slade

My mother's strategy served me well during the fifth grade, recording victory after victory for me. No matter who the curmudgeon or how tough, when I went for the pocket, the victory was as good as mine.

But this is not to say that Operation Santa Claus wasn't without its drawbacks. One time, for example, when I smeared a fellow with the mixture, the pepper caused me to sneeze in his face, making him all the madder. So I had to douse him again.

Still, I wish I had learned karate because, as I got older, keys and change took the space formerly reserved for my packet of salt and pepper. So, the other day I called up Karate International on Strat-

ford Road to inquire about taking karate lessons. The owner and operator, Phil Every, invited me in for a lesson, the biggest I learned being that there's more to the martial arts than a chop and a yell.

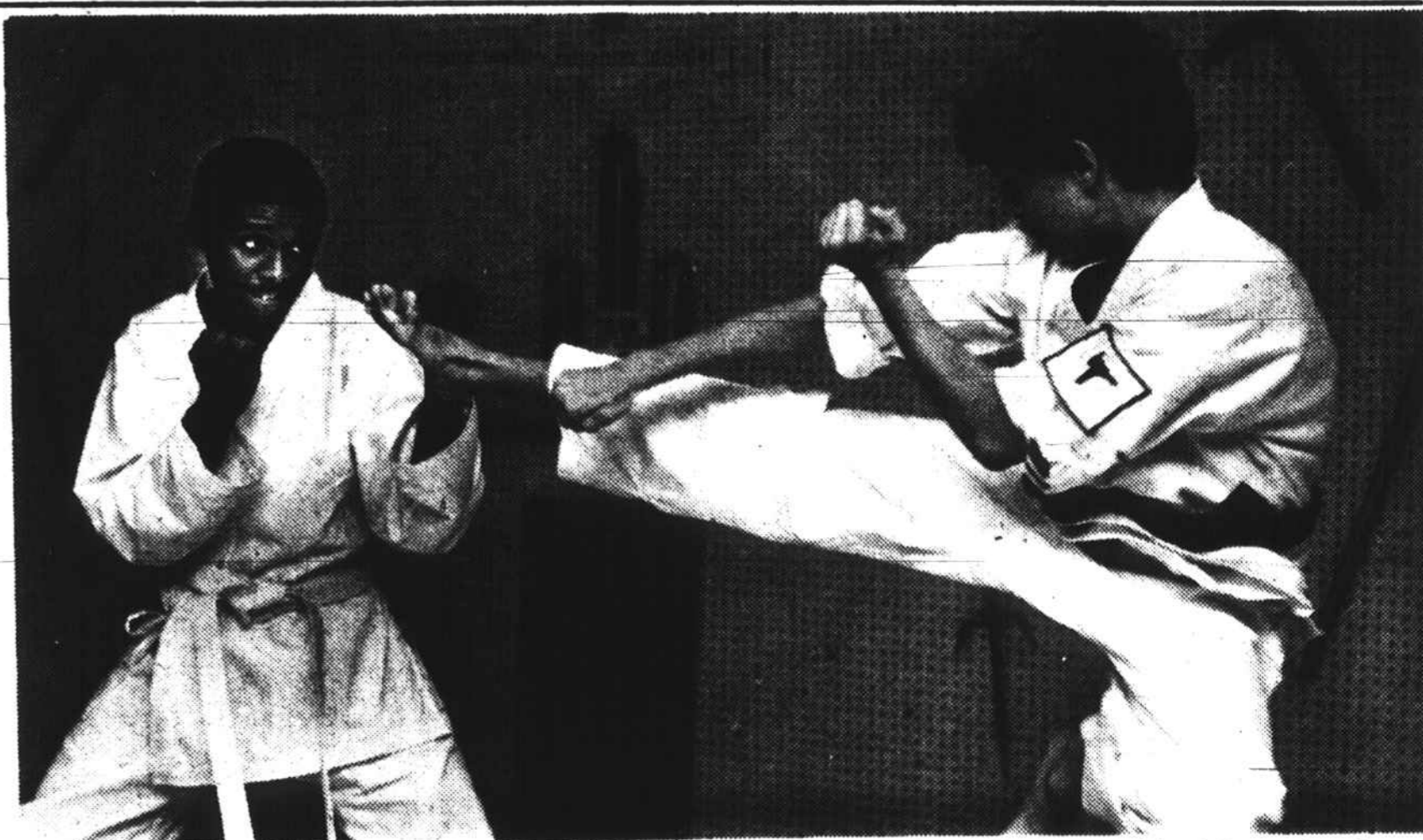
Contrary to popular belief, students of karate are dead serious about their craft. For instance, at the beginning and end of each lesson, the class gives a salute followed by a round of applause to show that each enjoyed the company of everybody else. Karate students are also particular about how they tie their belts, a process which takes some practice on the side.

Speaking of belts, they come in various degrees and colors, my favorite of which is brown. But I soon found out that I would have to be content with white, the beginner's color. From there, a student goes to gold, blue, green, purple, three degrees of brown and 10 degrees of black.

According to Chrystal Blue, assistant manager at Karate International, earning belts doesn't come easily. It takes a lot of hard work and determination to work your way up, she says, but it's not impossible, as 11-year-old Shane Williams proves.

Shane, who began his karate lessons five years ago, is now a brown belt, which didn't impress me one iota -- until he flipped me, threw me and sailed through the air with a kick that would have made Bruce Lee proud. I guess what really surprised me, though, was Shane's small size. But size is not important, says Every. "All we ask is that you try." And I did, right on down to the yell.

Despite my loud mouth, I couldn't seem to get



Though I look as if I might know what I'm doing here, I'm actually in trouble (photo by James Parker).

loud enough during my lesson. Every emphasizes relaxing the muscles and breathing a lot, and the yell helps to achieve both along with scaring an attacker during an actual attack. I'm not sure, but I think the "hiiiiii-yahhhhh!!!!" also is a trick to make an attacker think he has hurt his victim. This way the victim has more time to deliver his chop or kick in the place where it hurts the most.

But, as I found out once I began my lesson, karate is about more than self-defense. Some take lessons to learn self-discipline, some for weight control, others to develop concentration and still others

to learn a means of self-defense. My friends seem to think that I need to relax more and I am carefully considering karate lessons as the vehicle toward that achievement.

I'm considering the self-defense aspect, too, considering the increasing rate of violent crime in America. But, in the meantime, I caution any would-be attackers not to jump me just because it's now public knowledge that I don't know karate.

I have always been an ardent practitioner of the good, old American round-house right. And salt and pepper are still cheap, you know.

Ask Yolonda

Put that friendship aside for now, and resume your own life

By YOLONDA GAYLES
Syndicated Columnist

Dear Yolonda: I've been married for 34 years. Two years ago, against my desire, it came to an end. It hurt me very much. My husband left me to be with my best friend. I treated her like a sister, but she broke up my home.

I left my husband twice. The first time I left for six months, but I ended up coming back to him. But now it's for good.

I'm a Christian, and I've been born again. I know the Good Book says if you can't get along, it's best for one to live in the East, and the other in the West, but to keep friendship. But I can't maintain a friend-

ship with him. Please tell me what I must do.

Alice in N.C.

Dear Alice: What you must do is go on and live your life.

Don't worry about maintaining a friendship. Only time will tell how much your relationship will shape up. Meanwhile, you have to make your circumstances work for you. Get involved in things. Join a church social. Involvement will ease some of the hurt.



Yolonda

Wasted Time

Dear Yolonda: I'm 22 and a former college student, but now I'm serving a 10-year sentence for violating probation.

You probably think that my gripe is about being in prison, but that's not the case. My gripe is about how young blacks are repeatedly the victims of homosexual activities here.

There are so many older homosexuals who sit and wait for a new, young face to appear.

From what I see, most younger blacks go along with things because of boredom. Here at the "rock" is a typical example.

We go to breakfast around 6 a.m. Mostly everyone is off work at 4 p.m. Between 4:30 and 5:30 we eat.

Every afternoon from 6 p.m. until 8 p.m. is free time.

Just like on the streets, most blacks hang out, gamble or work out. From 8:30 until 11 p.m., television plays its part. The next day, the same thing all over again. This goes on for years.

No one here has time to think. They can't take control of themselves to see what's happening. Believe it or not, once they become involved with a homosexual, they become content with life here.

There are trades and skills offered at this institution, but none of them are mandatory, so most guys opt to spend their time gambling, watching TV or hanging with a gay.

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