



Someone You Should Meet ...

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Name: Bernard E. Bell
Job Title: IBM Systems Engineer
Hometown: Greensboro
Describe Yourself in one word: "Personable"
Hobbies: Tennis, basketball and reading
Favorite Book: "Invisible Man" by Ralph Ellison
Favorite Movie: "Ghandi"
Persons admires most: The Rev. Jesse Jackson and parents, Dr. and Mrs. A.P. Bell
Career Goal: "To be financially secure"

(photo by James Parker)

NEWS DIGEST

National, state and local news briefs compiled by John Slade

Commission awards Michigan black \$1.5 million

DETROIT -- A black welder who said he endured years of racial harassment from white co-workers was awarded \$1.5 million in damages last week by the Michigan Civil Rights Commission.

The commission voted 7-0 to order Firestone Steel Products to pay the amount to Ben Citchen for failing to stop the racial harassment despite his repeated pleas. A subsidiary of Firestone Tire and Rubber Co. of Akron, Ohio, Firestone Steel Products has 30 days to appeal the ruling.

Citchen, 55, who now works for the Ford Motor Co., was not present when the decision was read, but his wife and son said they were delighted with the settlement, which is the largest ever made by the commission.

Citchen filed his first complaint in 1971, four years after he became the now-defunct plant's first black employee in Wyandotte, Mich., and a second one a year later, when the harassment grew worse.

During his tenure there, he said, he found dead rats, mice and fish in his work locker and once found nails in the shape of a cross. On two occasions, he said, nooses were hung in the plant, one with a note containing a racial slur.

After Citchen filed the first complaint, he was placed on a one-week disciplinary layoff for grabbing a white employee who had snapped him on the neck with a rubber band. The white employee was not disciplined.

Citchen was demoted and fired in 1976.

Jackson says he'll block sales of 'Thriller'

"I'll never do a video like that again," said superstar Michael Jackson of his video "Thriller." He made the statement in *Awake*, a weekly publication of Jehovah's Witnesses, Jackson's religious affiliation.

Reports of viewers being offended by the video and of charges that it is Satanic in content have caused Jackson to block further distribution of the video, which sells for \$29.95.

Jackson opens the 60-minute video, which features bodies returning from the grave and Jackson turning into a werewolf, with the following:

"Due to my strong personal convictions, I wish to stress that this film in no way endorses a belief in the occult."

However, viewers have not taken the disclaimer to heart, reports *Jet* magazine, and Jackson, a devout

Witness, has promised not to do anything similar again.

"I would never do anything like that again because a lot of people were offended by it," said Jackson. "That makes me feel bad. I don't want them to feel that way. I realize now that it wasn't a good idea. I'll never do a video like that again."

Jackson's album, "Thriller," which inspired the video, has earned him more than \$66 million in worldwide royalties, 67 gold record awards and 58 platinum record awards in 28 countries. The single "Thriller" from the album has sold nine million copies and garnered Jackson 15 awards.

"There's all kinds of promotional stuff being proposed on 'Thriller,'" said Jackson. "But I tell them, 'No, no, no.' I don't want to do anything on 'Thriller.' No more 'Thriller'."

Farrakhan predicts a race war within two years

CHICAGO -- Minister Louis Farrakhan, leader of the Nation of Islam and a supporter of the Rev. Jesse Jackson's presidential bid, predicts that blacks will soon "settle the score" with whites in race wars within two years, the *Chicago Tribune* reported this week.

In a tape obtained by the Chicago paper, Farrakhan told an audience, "I don't have evil in my heart, but I do know if I'm allowed to continue to do what God ... has put in my heart, we'll have the most awesome war machine that the earth has ever seen."

"We're going to shake the world," he said.

In other portions of the speech, taped March 11, Farrakhan told his followers, "We were born to settle the score. Some of the whites are going to live; maybe a few, quite a few."

"But (God) doesn't want them living with us," he continued. "He has called us out for His glory, and He

doesn't want us mixing ourselves up with the slavemasters' children whose time has arrived."

The speech is the same in which Farrakhan was charged with threatening the life of *Washington Post* reporter Milton Coleman, who revealed that Jackson referred to Jews as "Hymies." He also called Adolf Hitler a "very great man," which, along with the Coleman remarks, prompted many Democrats to urge Jackson to disavow Farrakhan's support.

Jackson has refused to sever his ties with the Muslim leader.

Last week, a group of Reform Jewish leaders issued a statement against Farrakhan, and the Jewish Defense League had planned a demonstration against him last Monday outside the Nation of Islam headquarters in Chicago.

Open Line

Yes, there are drugs to treat depression

Q: A friend of mine is taking medication for depression. How can an essentially emotional state be helped with medicine? Is her doctor just giving her something to make her think her depression is being relieved?

D.O.

A: Your friend's doctor is not playing games. Doctors do use anti-depressant drugs in treating depression, and those drugs have proven highly effective, says Dr. J. Ingram Walker, assistant professor of psychiatry at Duke University in Durham. What an anti-depressant medication does is increase the chemicals in the brain needed to eliminate symptoms of depression. In addition to medication, psychotherapy can help victims of depression learn how to deal with situations that bring on depression.

A treatment many depressed people overlook is thinking positive thoughts and doing positive things, says Walker, who estimates that 5 to 7 percent of the popula-

tion suffers from depression. He recommends a healthy lifestyle, including good nutrition, daily exercise and setting aside time to get together with family in a relaxed atmosphere as some ways of preventing depression.

Common-Law Marriage? No Such Animal

Q: How long do you have to live with a person in North Carolina before it's considered common-law marriage? And how do the courts look on such a marriage in settlement cases?

R.C.

A: To address your first question, common-law marriage does not exist in North Carolina, so if you live with the person six months or six years, it's still living together. Please see page A3

Some helpful hints for the job-seeker

Looking for a job is like marketing a product, says a recruitment manager for a major corporation.

"You have to package and sell yourself to be successful," says Marylou Southern, manager of college recruitment for R.J. Reynolds Industries Inc.

Southern sees hundreds of job seekers each year.

"At RJR, we believe that the way a person pursues a job is a good indication of how he or she will perform at it," Southern says. "That means those applicants who seem to be very much in control have an edge over those who do not."

Developing a personal marketing plan means defining your goals, setting target dates and establishing specific strategies, Southern says.

"And remember that many jobs are not filled through newspaper ads or head hunters," she says. "A good number of jobs are filled through campus recruiting and write-ins."

"There are numerous examples in any company of qualified people who were in the right place at the right time," she says. "So keep in touch with friends, neighbors and relatives who may be in a position to learn about openings you'll be interested in."

Southern offers the following tips for successfully selling yourself in the job market:

- Make a list of your personal achievements to gain some insight into your best abilities and, therefore, the best type of work for you.
- Develop a list of references who can support those achievements, and get permission to use their names.
- Prepare a neatly-typed and concise resume that tells your work history (name and location of company, job

title, dates employed and brief summary of major duties and responsibilities), educational background (schools, dates attended, date of graduation and degree) and languages you speak or read.

A one-page, well-written resume will get more attention from a recruiter than a two- or three-page, wordy resume. Avoid attention-getting gimmicks, and don't go to the expense of a photo.

It will be removed by the secretary before the recruiter sees it.

- Use your resume as a calling card which must speak in your absence. Remember that a resume can get you an interview -- only you can get the job.
- When you are offered an interview, show up on time and dressed appropriately. Be prepared in advance to describe your work history and accomplishments in one concise statement.
- Once in the interview, be positive about yourself. Concentrate on the interviewer's questions and be sure you understand them. If a question is not clear, ask about it before answering. Be creative, but truthful, in answering questions. Be honest about problems you may have encountered in previous jobs, but avoid negative comments about previous employers or jobs and concentrate on your abilities.
- Follow up the interview with a thank-you letter that recaps your strong points and expresses your interest in the job.
- "If you are seriously interested in getting a certain job in a given field, don't give up," Southern says. "A carefully thought-out plan will help you avoid making mistakes that cost you a job lead, interview or offer."

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