



FLYING FRONT KICK is executed by third degree Red Belt Hazel Holmes during Tae Kwon Do Karate Class at Kim School of Tae Kwon Do. Holmes instructor is Mr. Ju Hun Kim, Master Instructor and 7th Degree Black Belt.

## Hazel Lee Holmes Says Karate

### "Is A Part Of My Life Now"

By James Peeler  
Post Feature Writer

"Karate is something I've always wanted to take," says 25-year-old Hazel Lee Holmes. He continued, "I've been taking Tae Kwon Do Karate at the Kim School for almost 3 years and it's a part of my life now - I'm really into it."

Holmes, a 1969 graduate of Second Ward High School and a 1972 graduate of General Motors Training Center, says he practices 6 days a week at the Kim School of Tae Kwon Do and at his home at 2527 LaSalle Street where he lives with his parents Mr. and Mrs. Robert Holmes.

Hazel, who owns his own Dump Truck Company, says "I am now a third degree Red Belt and will try for my Black Belt next year." He added, "Tae Kwon Do helps to develop your power and speed,

keeps you physically fit, teaches you to believe in yourself, and I have more respect for my parents as the results of the mental discipline, courage, confidence and humility taught in Tae Kwon Do."

When Holmes speaks of his instructor, Mr. Jun Hun Kim, Master Instructor and 7th degree Black Belt, it is obvious that he has great respect and admiration. "Mr. Kim is the best there is and someday I hope to be just as good," said Holmes, adding, "We have the cleanest and best equipped school; I've been to a few other schools and they just don't compare."

Hazel has three sisters and one brother; Shirley, 30; Nancy, 18; Karen, 17, and John L., 23. He is a member of Big Pineville A.M.E. Zion Church pastored by Rev. Miles Thomas. Holmes like to hunt, play basketball and jog. He

has his own hunting dogs and says he has bagged 36 rabbits this year (56 last year) 8 squirrels, three coons, and a number of quail. He also plans to join the Mason's Unique Lodge.

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## Food Stamps Lifesaver

### For Poor People

Continued from page 1

years and 14, stated, "I can barely make it with food stamps. I know that I wouldn't make it without them. I was on the old food program. Then, you got some old can goods, that no one else wanted, and some dry beans, and sorry flour and powdered milk, which never tasted right. I don't see how anyone could say that the food stamp program is bad. I know many people who couldn't eat if they didn't get them."

"I don't like to get something for nothing, but I feel that the government should help those who can't help themselves. I just can't feed these children on the money I make. Not good anyway. I was doing pretty good one time, but since groceries have started costing so much, it's terrible. "My brother started getting them last fall and he says that if someone thinks he is chiseling they had better not tell him to his face."

A local college student said, "I had to get those stamps. My rent went up and between paying tuition and trying to keep that car running, I was down to one or two meals a day. I lost weight and I wasn't really eating properly. Now I can get some canned goods and every once in a while a girl will come by who can cook."

"I know how hard I had it, and sometimes I think about those families with eight and nine kids and I know they are catching it."

"My father is making a decent income, but he can't afford to send me food regularly, although, every chance she gets, my mother sends me a box."

"I really pay about half of what the stamps are worth. I figure that if prices were where they should be, I would be coming out even."

"There are a lot of guys getting them. They are all

trying to make it.

"If I was in Washington, I would consider it an investment: I have big plans for the future, but for now I have just got to get by as best as I can."

A young father, who has been out of work for about five months told us, "It took my wife about two months to talk me into going down and applying. For some reason, I just couldn't make up my mind to go. I guess I was embarrassed having to ask for help. But one day, I just realized that I had to do something. I couldn't get enough food at today's prices. I couldn't get enough money together to take us from week

to week. That little check was only making me mad to see it. I went into the store to get something for dinner one day. I got a pound of hamburger for a meat loaf, a green pepper, a dozen eggs, a quart of milk and some tomato paste and spent over \$4.00. That's when I decided that it was time to do something."

"Now I don't feel bad about it. Although, I do hope to go back to work soon."

"I know that there are flaws in anything. But it's not my fault that the employees of social services aren't doing their jobs and are letting people cheat the government. I read somewhere that most of the

social services. It's hard to call somebody and say, you sent me \$100.00 too much. Or, my income is really \$300.00 per month, instead of \$100.00."

"The government should be trying to stop some of those tax loopholes and stop subsidizing big business if they are having a hard time balancing their budget. I had to stop a lot of my 'recreational' spending. They should too, and provide the necessities."

Others had different ideas about what the problem was and how to solve it.

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