

Becoming A Vegetarian Isn't As Difficult As It May Seem

Becoming a vegetarian isn't quite as difficult as it may seem. The key, according to some natural food literature, suggests that the process be taken gradually. In fact, many of the dishes you already prepare can be computed into any vegetarian diet. All you have to do is change a few ingredients.

For instance "The Deaf Smith Country Cookbook," a natural food family kitchen cookbook, suggests that instead of cake flour use whole wheat pastry flour; omit all purpose flour and use whole wheat flour or other whole grain flours; instead of boxed cereals buy granola or whole, flaked or cracked grains. White sugars can be substituted with raw honey, pure maple syrups, unsulphured molasses or fruit juices. Even chocolate has a substitute called carob. And instead of cocoa use carob powder.

Refined oils can be replaced with unrefined oils, use sea salt, sesame salt, kelp powder, or tamari soy sauce instead of salt, and instead of hydrogenated fats and shortenings use unrefined oils for deep frying.

This is just one beginning to becoming a vegetarian. There are probably many other routes one may take - but the gradual process of substitution seems to be rather sensible. And sooner

Bits & Pieces

With Teresa Burns



Teresa

or later as "The Deaf Cookbook" explains, "You may be surprised after a time to find your tastes changing."

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Lance Jeffers is a natural poet. Reared in San Francisco, he attended high school there and later Tuskegee Institute. He graduated from Columbia University cum laude. He has been a professor of English at Tuskegee Institute, Howard University and Florida A&M University. As of 1977 he was still a professor at North Carolina State University, the same year his "O Africa Where I Baked My Bread" was copyrighted.

This book of poems, by Jeffers, was illustrated by Beverly Rose Enright. Other books by Jeffers include "My Blackness Is The Beauty of This Land" (1970) and

"When I Know the Power Of My Black Hand" (1974). He is married to Trelle Jeffers, and they have four children.

The following poem can be found in the "O Africa Where I Baked My Bread" collection:

The Sledgehammer Does Not Believe

The sledgehammer does not believe in tenderness and the knife turns away from the kiss. The gun does not have loving fingertips; the rope does not groan in bliss.

The pyre cannot birth to a child, and the grave does not have a womb; malice does not weep for love's piteous pleading and death has no need of the tomb.

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People who have Hodgkin's disease (cancer of the lymph tissue) were expected to live

only two years. But this was sixteen years ago. Today this type of cancer is considered to be curable according to Dr. Vindent T. DeVita Jr.'s report. Dr. DeVita and colleagues at the National Cancer Institute in the Annals of Internal Medicine set up a trial to determine the effectiveness of four drugs - mechlorethamine, vincristine, procarbazine and prednisone - (called MOPP). By 1976, 198 Hodgkin's disease patients had been treated. Eighty percent has complete remissions after an average of three months of MOPP treatment; of this number 68 percent or 107 patients have remained free of the disease for ten years after treatment was terminated.

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According to Jane Goodwill of Press Associates, these are the "World's Worst Questions": Will you promise not to get mad if I ask you something?; You don't remember me, do you?; Have I kept you waiting?; You asleep; So what: When are you going to grow up?; You don't honestly expect me to believe that, do you?; Haven't you any sense of humor?

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One of the secrets of a long and fruitful life is to forgive everybody everything every night before you go to bed. -Ann Landers.

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Hunt Meets With Blacks

continued from Page 1 employment opportunity."

Hunt cited the primary reading program, annual and competency testing programs, a greater emphasis on technical colleges and the \$40 million appropriations to the predominantly black colleges as ways his administration had promoted education.

He said the goal during the next term would be keeping more students in school.

In the area of housing, Hunt noted that the N.C. Housing Finance Agency

had just issued \$65-70 million in bonds to be used for mortgages on single-family and multi-family housing. In response to a question from Hoyle Martin of the Charlotte Post, Hunt said a larger percentage of those funds would be targeted to urban areas and the multi-family housing than in the past.

Winston-Salem Chronicle publisher Ernest H. Pitt offered that the solution to solving chronic black unemployment lay in promoting black business. He asked what the state was

doing in that regard.

Hunt agreed with Pitt's thesis and noted that the state has been taking purchasing agents throughout North Carolina to meet with minority business.

Ben Ruffin, Hunt's special assistant, added, "Every week in the last 15 months, we've picked up at

least one contract for a minority business. For instance, a guy in Charlotte has the contract for printing all the envelopes for all the checks sent out by the Department of Human Resources."



Members of the Culp and Wilson families celebrated their first family reunion with a cookout at the home of Rev. and Mrs. Monroe Culp of Pineville recently. Mrs. Mary Culp, 80, was honored as the oldest living relative. Her eight children came from Charlotte, Pineville, Concord, Texas and Georgia to attend. They are David Culp, Edna Washington, Carrie Broome, Monroe Culp, Richard Culp, Emma Washington,

James Culp and John Culp. One hundred guests attended the reunion, including 50 grandchildren and 25 great grandchildren. Highlighting the occasion a ceremony with singing, poetry and a presentation of gifts was made to grandmother, Mary Culp. Another reunion is planned for next year in Pineville.

Barnes Family Gathered In Rock Hill For Reunion

Barnes family members from all over joined together in Rock Hill, S.C. for their second annual reunion. They came from Lancaster, S.C., New York, Fayetteville, Kannapolis, Charlotte and Gastonia August 30 gathering at the Bannon Hall.

Rev. Lloyd Reid, a member of the family and pastor of Red Hill Baptist Church in Lancaster, led the family in prayer. Professor Frontis Brooks, a close and long time friend of the family, provided a beautiful song.

James Barnes Sr., 79 years old, along with others, was given special recognition and tokens. The youngest Barnes relative is three-month-old Keosha Gherhan Mavnard of New York.

The city with the least amount of participants was Fayetteville and James Smith Sr. was the chairperson. The city with the most relatives attending was Charlotte. Glenda J. Leath was the chairperson.

The person with the most vital education major was announced. It was Anita Smith who is attending Shaw University and majoring in Psychology. And the person who ate the most was John Bankhead of Kannapolis.

The Barnes family traced their roots back to the late Willie Barnes, Mattie Perry Barnes, Janie James and Mary Thompson Barnes of Lancaster, S.C. They had 21 children; James, Lillie, Rosie (deceased), Adam, Bessie, Sally, Viola (deceased),

Willie Mae, Beatrice, Ruby (deceased), Elloree (deceased), Mattie (deceased), Louis, Andrew Lee, Doretha (deceased), Virginia and Macie. Four died during childbirth. The second annual family reunion was coordinated by Rose L. Barnes with the assistance of Mr. and Mrs. Adam Barnes Jr. Family members could explain the gathering in no other way than stupendous. Next year the family bond will be even greater.

Black Social Workers Will Meet In Raleigh

By Susan Ellsworth Post Staff Writer

"Black Interventions: Making a Difference" will be the theme of the sixth annual conference of the North Carolina State Association of Black Social Workers October 3-4 in Raleigh.

The association began in 1968 when Black social welfare groups nationwide merged and formed a coalition.

Member groups that had separately confronted the Social Welfare System of racism and poverty in the Black community banded together and formed the National Association of Black Social Workers, to combat racism in a national, unified force.

In 1975 local chapters formed the North Carolina State Association of Black Social Workers. It served as a supportive base for organizing local chapters statewide.

Workshops at the conference will include a discussion of Blacks in the criminal justice system, Black business, Black education, Black politicians,

Black health, Blacks and media and Black employment.

The role of the Black human service providers and the Black minister in the church will be examined.

Each workshop will have a moderator and four or five participants from across the state who will present their viewpoints.

Judge Karen Galloway will lead a round table general session.

Keynote speakers will include Rev. Ben Chavis, Commission for Racial Justice; Henry Frye, member of the N.C. General Assembly and Social Services Study Commission; H. M. Michaux Jr., U.S. Attorney; and Cenie Williams, Executive Director, NABSW.

Among the local chapters is the Metrolina Association of Black Social Workers serving Charlotte-Mecklenburg with Irving Moore, president.

Travel Tip

When traveling, carry large safety pins for pinning skirt tops to the bottoms of hotel hangers.

