

People Can Only Hurt You Mentally If You Allow Them

It was a nightmare. I dreamed I was making an important appointment with a dynamic black businesswoman. It was odd because I was talking to her through a radio program hosted by John Kilgo... or was that Jesse Helms? I was not given an iota of respect. I asked her questions, and the radio host kept interrupting and when I finally asked the famous black businesswoman for a certain time and place suitable for her so that I could interview her in depth, the radio host rudely said, "No." What humiliation! I should not have allowed it.

It could be a sign that in some eerie way our black race, including myself is still in a dark bondage, more psychological now, perhaps than physical. This is all in spite of our potential power for knowledge and power. It's a reminder that people can only put you down and make you think less of yourself when you really don't know yourself or your capabilities. People can hurt you mentally if you allow them.

This is one reason why the Black History Month recognition is important. The month gives us a concentrated effort to find out what our ancestors accomplished, therefore giving us a better feel for our own worth in this society.

If you are about to have a little one session sponsored by the American Society for Psycho-Prophylaxis in Obstetrics, Inc., the Charlotte chapter may help you. "Nan's Class" a film

WITH TERESA SIMMONS

Bits & Pieces



Teresa

on the Lamaze method of childbirth and classes will be presented 8 p.m., February 17, at the Carolina Baby Parenting Center, Amity Gardens Shopping Center, Independence Blvd.

This session is open to the public at no charge. An ASPO Certified Childbirth Educator (ACCE) will be present to answer questions and provide information on ASPO-Lamaze. This may be of interest even if you are just thinking of having a child.

ASPO will also sponsor a "Mothers Are People, Too" coffee February 20 at St. John's Baptist Church, 300 Hawthorne Lane, from 10 a.m. until noon.

The coffees are open to the public and designed primarily for postpartum women with children from six weeks to six months.

This column revolves around many issues hopefully of interest. Recently, Howard E. McGuirt, foreman with the County Vehicle Maintenance Garage, was recognized as the 1983 "County Employee of the Year." McGuirt received a check for \$150 and a certificate of recognition from William Veeder, president of the Greater Charlotte Chamber of Commerce, sponsor of the award. His name will be placed on the "Employee of the Year" plaque which

hangs in the County Office Building. The runner-up for the award was Allegra Westbrooks, director of branch services for the Public Library.

James B. Crawford, Jr. has joined the local agency of the Life Insurance Company of Virginia as a representative, according to C. Wayne Dewar, CLU agency manager.

Eugene "Genial Gene" Potts was honored recently for his years of service and dedication by the Beta Nu Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., Charlotte.

Potts was one of the

founders of the fraternity in Charlotte and was honored at the chapter's quarterly brotherhood breakfast held at McDonald's Cafeteria.

Potts is a retired WGIV radio personality. He was presented with a certificate of appreciation and a plaque that detailed his varied contributions to the fraternity.

Alpha state director, A. Rudolph Hendricks, and Calvin Hood shared interesting anecdotes concern-

ing Brother Potts' character and determination and the personal traits that helped him overcome adversity to become a success in his field.

Geraldine N. Jordan has been named director of the nursing education program at Wingate College.

There's just no place you can go any longer and escape the global problems, so one's thinking must become global.

—Theodore Roszak.

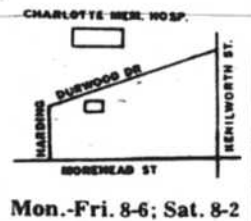
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