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Jesse Jackson: Mondale Alone Blew Elections

Rev. Jesse L. Jackson publicly denounced former Democratic presidential candidate Walter F. Mondale Saturday, accusing him of running on a platform that was guaranteed to lose and sharply rapped critics who blamed the president's landslide victory on the alleged apathy of the poor.

Jackson chided those who accused the poor for not voting. "The poor made no mistake. The mistake was made at the top not at the bottom."

Jackson said the candidate did not run on a commitment for jobs, and social justice. Instead, he said Mondale ran on a promise to raise taxes.

Shaking his head in disbelief, Jackson added, "...From the day of the American Revolution on back to biblical times, folks have always run from (advocating) increasing taxes." He said when they do, "they have lost elections."

US Announces More Emergency Food

Local Development announced additional food assistance for four drought-stricken African nations.

McPherson announced an additional \$5,000 metric tons, valued at \$37.5 million, for Ethiopia, bringing the total so far this year for that country to 215,000 metric tons valued at \$96.6 million.

New amounts of emergency food assistance also were announced for Mozambique (\$5.9 million), Mauritania (\$8.5 million) and Chad (\$5.6 million).

This week's announcements, including that for Ethiopia, are for 137,000 metric tons of U.S. emergency food aid for Africa, valued at \$58 million.

Total U.S. emergency food aid for Africa so far this fiscal year, which began October 1, 1984, is 550,000 metric tons, valued at approximately \$200 million. In fiscal 1984, the U.S. contribution was 505,000 metric tons, valued at \$172.4 million. Thus, in only the first 45 days of this fiscal year, the U.S. will have committed more emergency food assistance to Africa than in all of fiscal 1984.

Luncheon Seminar Panel To Discuss Small Businesses

A panel will discuss the operation of small business during the December luncheon of the 1984-85 Professional Development for Women luncheon series.

Rachel Huggitt, business management assistant with the U.S. Small Business Administration, will address the question, "Is There an Option for a Small Business in Your Future?" The panel will include Carol Hardin, president and owner of Commtel Business Telecommunications Systems; Wanda H. Lewis, secretary and treasurer of Maintain It; and J. E. Jackson, co-owner of Just Chocolates.

Other topics to be covered at the next six luncheons include networking, professional training for women and the career profiles of successful Charlotte women.

TURTLE-TALK



The richest person is the one who finds pleasure in everyday duties.



...Has always been athletic

Gloria Kingsberry Says: Exercise Significantly Improves Her Appearance

By Jaynie Strong
Post Staff Writer

Gloria Kingsberry retains her attractive looks and good form through daily workouts at a local spa. The mother of three engages in aerobics and weight-lifting and has found that the exercise has significantly improved her appearance.

"I've seen much older people who stay in shape, they look good and seem to prolong their life in a better way," cites Gloria as one reason why she is interested in staying physically fit.

The other reason is that Gloria has always been athletic. "I played softball and during my senior year in high school, I received trophies in basketball," she revealed. Other ways Gloria stays in shape are by bowling and roller skating with her children.

She claims she divides her time between working, working out and taking care of her children, Benitta, 10, Stacy, 8, and Grasad, 3. Gloria is employed with Philip Morris and her husband, William, is a 1st Lieutenant with the Army Reserves. Her husband's work keeps him on the road and Gloria admits, "It's

difficult taking care of the children with my husband away so often. But without them I couldn't make it," she smiles.

A native of New York, Gloria first came to North Carolina when she was 15 years old. At the time, she moved to Louisburg, N.C., a small town outside of Henderson. "It was a very small city," recalls Gloria. "But the pace in New York was a little too fast for me at that young age. I got used to Louisburg. There were not many places to go. It kept me in control." Gloria's mother still resides in Louisburg.

She and her husband came to Charlotte in 1979. Gloria says, "I love Charlotte and this is where I intend to make my home." She attends Morningside Baptist Church, though she remains a member of her home church, Concord Baptist, in Kittrell, N.C.

Now that she is settled in Charlotte, Gloria states she likes her job and thoroughly enjoys her daily exercising and all her other interests are directed towards her family. Her hopes are that her children always remain close and that they each receive "the best out of life."

Continue Through Sunday

Worship Services Honor Rev. Robinson

For 39 years of ministering the Word of God, Rev. J. C. Robinson is being honored by members and friends of Mt. Moriah Baptist Church, located at 381 Crestdale Rd., Matthews.

Worship services began Wednesday (November 29) and will continue through Sunday, December 2—all a part of worshipping God and in celebration of the many dedicated years Rev. Robinson has committed to the Lord.

Wednesday, the guest speaker was Rev. W. Galmon, pastor of Red Branch Baptist Church, Mint Hill.

Tonight, (Thursday, November 29) at 7:30 p.m. guest speaker will be Rev. A. Lockhart, pastor of Morning Star Baptist Church, Derita.

On Friday, November 30, at 7:30 p.m., Rev. A. L. Jinwright, pastor of Salem Baptist Church, will deliver the message.

Saturday, December 1, at 6:30 p.m., Master of Ceremonies will be Dr. L. D. Parker, pastor of St. Luke Baptist and Moderator of Lane



Rev. J. C. Robinson
...39 years of ministering

Creek Association. Principal speaker will be Rev. W. Robinson, pastor of First Baptist Church, Gethsemane Baptist and Rose Hill Baptist Church, Kershaw, S.C.

Greetings on this evening will be given by Rev. Robert "Bob" Walton,



Rev. Bob Walton
...Brings greetings

County Commissioner and pastor of St. Paul Presbyterian Church; Dr. C. C. Craig, Executive Secretary-Treasurer, General Baptist State Convention, Inc., Raleigh; Dr. A. L. Bell, pastor of First Baptist Church, Wadesboro, and Moderator of Zion



ALEXIS STEIN AND HOWARD WINOKUER

... Executive director & President

Grief and loss experiences are a part of everyone's life, yet there is nothing in our education that teaches us how to cope with them ourselves or help friends through their grief.

So say Howard Winokuer and Alexis Stein, president and executive director of TO LIFE, an organization founded to help people learn to deal with death and the other losses to which we are all subject. Some common other losses include marital break-up, loss of a cherished pet, failure to achieve some long-hoped-for goal or dream—in short, any situation in which we must give up someone or something that has been important to us.

According to Ms. Stein, "loss is a powerless feeling. We're so used to having control. Loss is one of the things we can't control. We have to learn to understand that life can change within seconds."

Both Stein and Winokuer, who have masters degrees in counseling, agree that "you have to feel the pain." Trying to avoid the bad feelings of grief won't work forever. Sooner or later, your grief will catch up with you. "Our society doesn't believe people need grief work," Stein remarked. "We're uncomfortable with anyone who is crying or out of control. Our society doesn't believe in pain. We take pills for pain. What we're saying is, a pill isn't going to work."

The goal of grief work is to be able to remember with pleasure rather than with pain.

The TO LIFE staff cite four basic tasks that need to be completed to achieve that goal. These tasks, Winokuer emphasized, do not occur neatly, one after the other, but are simultaneous. One of the tasks is accepting the loss, dealing with the reality of it instead of denying it happened. How this is done will differ from person to person.

Another task is to feel the pain. There are physical, emotional, psychological and spiritual levels of pain, TO LIFE's president explained. Allowing oneself to cry is part of this task.

A third task involves adjusting to the changed environment and understanding how one's own role has changed. This task is action-oriented and involves doing; for example, performing a chore that used to be done by a spouse.

The fourth task is what TO LIFE calls "reinvesting in the future," or taking some forward steps.

There is no time frame in which these tasks are usually accomplished. "Most people think a year is the number," stated Stein, "but that's not true." Winokuer added, "Everyone experiences grief individually."

Some people seem to get stuck in expressing their pain. Stein

suggested that, while it may seem a person is telling his or her story over and over, what is happening is that the person isn't feeling listened to. "It's hard for friends to go through," she admitted. "Our society would rather ignore people who are grieving." Watching others grieve frightens us because it is a reminder that it could happen to us, Winokuer pointed out.

He continued, "There are no magic words to make someone feel better. The greatest present you can give someone who is grieving is your presence. Long after they forget what you said, they'll remember that you were there." Winokuer advised to be specific in your willingness to help. Don't just say "call me." If you see the grass needs mowing, do it.

In the case of death, don't be afraid to mention the deceased person's name. Well-meaning friends often think talking about the deceased will remind the grieving person, but "they're already thinking about it," said TO LIFE's president.

According to Ms. Stein, "Men have fewer sanctioned ways of grieving. Women are given more time. They're allowed to cry and reminisce. We put a lot of 'heavies' on a man. We freak out if we see tears in his eyes."

Winokuer noted that the holiday season is often difficult for people who have experienced loss, especially if it's the first year that a loved one isn't there. This time of

year is seen as a time for families to celebrate, and the absence of someone who used to be there is painful. Add to that the usual holiday pressures and December can become a very stressful time.

TO LIFE offers a bereavement group for those who are dealing with the death of someone close; a separation and divorce group; and individual counseling, either in person or on the telephone. In addition, the Charlotte agency sponsors a spring conference, "Living Til We Die."

During their last fiscal year, TO LIFE held over 40 workshops and seminars for various community groups, and four major conferences in which approximately 3,000 people participated.

Unlike some agencies, TO LIFE has no restrictions on who can call for help. Staff accept referrals from many different sources in the community, as well as individuals who simply call themselves.

TO LIFE's offices are housed at Myers Park Baptist Church, although the agency is not affiliated with the church.

CAM To Administer Duke's Challenge Heating Fund

The Crisis Assistance Ministry has been designated to administer Duke Power Company's 1984-85 Community Challenge Heating Fund in this area, Fred West, Charlotte division vice president, announced this week.

The fund, initiated by Duke Power stockholders, is designed to help less fortunate families pay winter heating bills, West said. Charlotte-Mecklenburg families will be eligible for over \$80,000 in assistance if local agencies raise a three-to-one match of Duke's contribution, he said.

"The challenge fund is just that," West said. "We are challenging local sources to come forward and triple our donation for the wake of Charlotte-Mecklenburg's needy."

The fund has the potential of raising over a half-million dollars in the company's North and South Carolina service territory, according to West.

It is not necessary to be a Duke Power customer to be eligible for the assistance. Homes may be heated with any source, including natural gas, oil and wood, he said.

Individuals or organizations wishing to donate to the fund should contact the Crisis Assistance Ministry at 704-333-0151.

"Cold weather is upon us now, and the need for assistance has never been greater," West said. "We have high hopes that local organizations will respond to that need."

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