

Blacks Should Change Their Lifestyles To Help Themselves!

Special To The Post
 Dallas - "I have declared war on lifestyles that are harmful to health," said Dr. Edith Irby Jones, head of the nation's black doctors as president of the National Medical Association.

"The first lifestyle choice on the list is smoking. You shouldn't smoke and don't encourage anyone to smoke in your presence," she said to both applause and embarrassed laughter.

"The next thing is we eat too much," said Jones to more laughter, adding that she needn't elaborate on that. Jones, of Houston, also said blacks exercise too little and eat too much salt. All of these poor lifestyle choices created the ominous statistics she cited, such as the fact that blacks die five to seven years sooner than whites. Blacks also have much higher percentages of infant

deaths and heart disease, among other health problems, she said.

"We can change our lifestyles... Children catch our behavior before they hear what we say. How can we tell our children not to smoke marijuana when we smoke. It won't work," she said. Jones was the first black graduate of the University of Arkansas School of Medicine.

Her remarks came during the national issues forum of the Delta Sigma Theta Sorority 86th National Convention, being held here in Dallas recently. Other members of the panel were: Stephanie Lee Miller, assistant secretary for public affairs, U.S. Department of Health and Human Services, Washington, D.C.; Glendora Putnam, president, National YWCA, Boston, Mass.; and Atty Arthenia Joyner, immediate past president, National Bar Association, Tampa, Fla. All are Deltas.

Joyner urged the Deltas to write their Senators and Representatives in Congress to support bills in Congress which relate to funding for historically black colleges, vote fraud, abortions for poor women, and sanctions against South Africa.

"The Reagan Administration has adopted a policy called 'constructive engagement' with South Africa. Essentially they've said to South Africa, 'You've been a bad child, stripping blacks of their rights. But we're going to work with you and pray with you until you decide to change on your own,'" Joyner said facetiously, adding that the policy is unacceptable.

Those in the audience were told to write their Senators to urge support of the conference report on South Africa, bill HR 1460 which the House overwhelmingly adopted a few weeks ago. The legislation would limit computer and nuclear exports and ban the South African Krugerrand in the United States, among other sanctions.

Joyner expressed concern that civil rights gains for which blacks have fought so hard to achieve are being lost.

"As a bar association colleague so aptly put it, we are moving in a circle. When we are at the top of the circle, we call it progress. When we are at the bottom of the circle, we call it regression. But we are moving on the same ground all the time."

"The nation's soul is up for grabs," said the YWCA's Putnam. In making a strong case for the continuation of affirmative action, Putnam said, "Affirmative action helps everybody and that's the story we need to tell."

Putnam said affirmative action legislation, upheld by the Supreme Court 31 years ago, helps everybody in the workforce because it struck down use of discriminatory tests, unjob-related academic requirements, use of arrest records or garnishments and bad credit records, and the buddy system, among other items that helped eliminate certain white workers from the workforce as much as they discriminated against blacks.

"The buddy system had not worked for all because some don't have buddies in all companies," she said.

"Affirmative action is not the job of EEO (equal employment opportunity) professionals alone," she continued. "Affirmative action is everybody's business. We must stop the lies and put truths in their places. We must tell who has been helped by affirmative action, how and why," she declared.



Coca-Cola USA donated \$25,000 to the National Association for the Advancement of Colored People (NAACP) last month to help support its 76th annual convention held recently in Dallas, Tx. "Our company is proud of its longstanding relationship with the nation's oldest civil rights group and supports the NAACP's quest for equal opportunity for all Ameri-

cans," said Eugene McCullers, manager, Community Affairs, Coca-Cola USA. Making the check presentation were, from left, Raleigh Parks, administrative manager, Coca-Cola USA, Dallas; McCullers; Benjamin L. Hooks, executive director, NAACP; and Chuck Morrison, director, Black Consumers Markets, Coca-Cola USA.



This young gent looks like he could take on the world! Actually, Nicholas Watson is only on the way to the store with his mom, Wanda Watson, of 525 West Boulevard. The three year old takes a break from the midday heat in the shade of a tree on S. Tryon St. (Photo by Audrey Lodato)

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