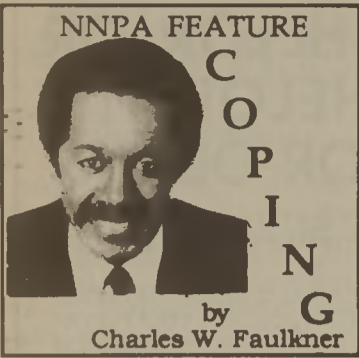


Is It A Crying Shame For Men To Let Their Tears Flow?



NNPA FEATURE

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by Charles W. Faulkner

Lonesome seems like a nice man but I don't want a man like him because I don't think that men should cry."

Why do men cry? The reason can be found in the upbringing of the African American male. His mother is almost always the model woman whom he tries to copy. So, in effect, you are his partner, you are the re-incarnated spirit of his mother. He needs your sympathy and

compassion. But more than anything else, he needs you to reaffirm his manhood (even some mothers don't do this).

Why is this reaffirmation necessary? Listen carefully. The white male's parents tell him what to do to be successful in this difficult world. "Be tough, be assertive and don't take any stuff from anybody. If you are tough, you will succeed because people will respect you and hold

you in high esteem."

The African American male's mother tells him what not to do to be successful. Don't talk back to the white man. Be courteous. Always smile. Don't disobey him. Don't be a smart aleck. If he likes you, he might be nice to you and let you work for him."

I, your writer, am going to tell it like it is, no matter who doesn't want to hear the truth. The truth is that our men are taught from

birth how not to be men. Everybody talks about how assertive a male should be in this society but our men know that normal male assertiveness might get them a punch in the eye and a possible arrest. The normal expression of maleness by African American men can get them fired from their job. The key to success for our men in this society is restraint even if he is angry, he must not show it. Even if

he wants to punch the man who calls him a "nigger" in the mouth, he had better not do it because of the likely negative consequences that could ruin his life.

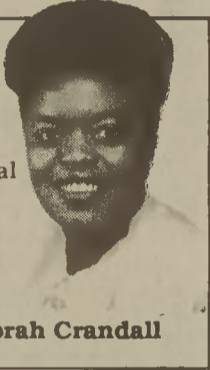
I have seen the biggest, most masculine African American male cry like a baby when no one was looking. Because of the enormous anger, frustration and need for acceptance that had built up within in him over the many years of his unhappy life.

Several weeks ago I showed you a letter that I had received from a reader who called himself, "Mr. Lonesome." He said that he wanted a lady who would be sweet and gentle and would let him rest his head on her chest and "just let the tears of love flow down my face." He said he felt that such a woman did not exist in this country.

I received hundreds of letters from readers like you who made comments similar to this comment: "I am the sweet, gentle woman Mr. Lonesome is looking for. I would let him rest his head on my chest and cry his heart out. I would hold him tight and cry with him. He is a real, sincere man. I would like to get in touch with Mr. Lonesome."

However, one reader said, "Mr.

Expanded Foods & Nutrition Educational Program



By Deborah Crandall

A Few Good Sources Of Iron

Iron is an important nutrient for the body. Iron deficiency is the most prevalent nutritional disorder among children in the United States. Iron is a mineral calcium or iodine that our bodies need to form hemoglobin, the red substance in our blood which carries oxygen from the lungs to all parts of our bodies. Body cells must be constantly supplied with oxygen to sustain life. Iron is stored in the liver, bone marrow, and spleen in the body.

The best sources of iron are:

- Liver and other organ meats.
- Dried peas and beans.
- Egg yolks.
- Beef, pork, lamb, and veal.

Emphasize that other good sources of iron are:

- Enriched or whole-grain breads and cereals.
- Dark, green leafy vegetables.
- Dried apricots, prunes, and raisins.
- Molasses.

The iron content of some foods can be increased by cooking in cast iron utensils.

The Expanded Food and Nutrition Program (EFNEP) is an integral part of the Mecklenburg County Agricultural Extension Service.

The purpose of EFNEP is to help limited resources families with improvement of their nutritional status. If you are interested in the EFNEP Program, call (336-4034) or write us at 700 North Tryon Street, Charlotte, NC 28202.

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<p>8 Oz. - Elbow Macaroni/Reg. Or Thin Spaghetti MUELLER'S PASTA 3/\$1</p>	<p>10 Ct. - Peanut Butter REESE'S CUPS 99¢</p>	<p>50 Ct. - 8 7/8" STURDYWARE PLATES \$1.09</p>	

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