

# LIFESTYLES

## Mind Can Control Most Situations

Why is it that when a person begins to yawn, most people watching will yawn also? Or, when a person begins to scratch himself, most people who observe it begin to itch? Or, as soon as one sits in front of the TV set, he becomes ravishingly hungry?

Consider this: If one were to be told that the delicious pudding that he had eaten and enjoyed was actually made of rat eyes, cow spit and crushed cockroaches, he would immediately become ill. The illness would be psychological - caused by the mind instead of the pudding which he initially enjoyed when he thought it was vanilla pudding.



### Coping

**CHARLES FAULKNER**

These are cases of the most powerful, scientific form of mind control currently used by the advertising media and other legal brainwashers. It is known as suggestion.

The American Medical Association recently initiated an extensive project aimed at discovering the reason that placebos (sugar pills), when given to a patient, can actually cause a serious illness to disappear.

Patients have been cured of ulcers, headaches, colds, severe pain, and other serious illness simply because they thought that they were being given a powerful medicine.

It is now known that the mind causes actual physical changes to occur in the body. If one thinks that food eaten will make you ill, it is the belief (not the food) that actually makes you ill; that causes a physiological disturbance in the body.

If one thinks that eating a strange food will make a wound heal, the power of belief actually makes it come true. It appears that the thought process activates a healing process within the body. It causes a very real cellular change to occur.

In past years, one was quick to attribute these factors to some sort of mystical occurrence. Recently, however, science has discovered that these occurrences may be attributed to the amazing powers of the human mind --

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## Kids Get Jump Start Into 21st Century



Johnson C. Smith University faculty prepare to enroll students in the Math and Science Apprenticeship Center. From left, Bonita Ewers, assistant vice president for academic affairs; Hampton Wright, chairperson of Smith's division of math and natural sciences and John Adeyeye, math and computer science department head

By Cassandra Wynn  
THE CHARLOTTE POST

**T**alk of assembling electronic circuits, building remote controls and computer engineering is usually the stuff that students get either in the elitist academically-gifted classes in high school and applied math classes in college.

At a special program at Johnson C. Smith University, children as young as 7 are being exposed to high level math and science concepts. They are participants in the Math and Science Center established in 1989. The center's purpose is to increase black representation in science and math fields.

Youngsters in the program will not only increase the pool of black scientist but could well be getting a jump start on the 21st century.

In its Saturday Academy,

children as young as second grade learn about the basics of algebra, chemistry, electronics, computers and computer engineering.

Every other Saturday during the school year, Smith faculty members work with students, teaching, encouraging and helping to build self esteem. The goal is to put through the pipe line more young blacks who are interested in the sciences.

"As a whole there needs to be more emphasis in math

### "SOME YOUNGSTERS GET INTIMIDATED"

Godwin Mbamalu

and science," said Bonita Ewers, assistant vice president for academic affairs at

Smith. "We need to increase over all the representation of minorities in math and science."

At the outset, Kiddie Kollege was designed for boys. "We started with black males because at the elementary school level, there is not as much encouragement for black boys. They may not get as much weight time for questions and they are not encouraged to persist," Ewers said. "My thought is that students are not really turned on in math and science in the early grades when they are naturally curious. They start to feel that it's hard."

The Math and Science Apprenticeship Center consists of three components: elementary (Kiddie Kollege); middle/junior high school; and senior high/pre-college.

Last summer, an engineering component was added. Magdy Attia, who heads the component, wants to get students in the "pipeline" for the new major in computer engineering offered at

Smith. "In the summer camp, kids studied for four weeks and worked on projects in computer engineering. They built electronic remote control toys. The hands-on experience is very useful."

### WE BELIEVE IN THEM

Officials with the Math and Science Center are gearing to start the program for this academic year. Some 150 students are expected to participate.

The only requirements are motivation and interest, said Ewers. Some students have been participating in the program has been in existence. And it has made an impact.

"One boy from a nearby neighborhood has been coming for four year," Ewers said. "I can see the difference. He had a chip on

his shoulder when he came. Now he has less of a chip. He not in the academically gifted group. He walks over on his own. We look at them as diamonds in the rough. They are bumblebees - not aerodynamically designed to fly and they do it anyway."

The programs are designed to enhance and enrich what students are already doing in classes. And in some cases, students are introduced to concepts that they may not get at all in school.

"Some youngsters get intimidated," said Godwin Mbamalu, director of the Math and Science Apprenticeship Center. "If they don't talk in classes, it's hard to know where he needs help."

At Smith, the children are in an environment where the instructors have confidence in their ability to learn. "We believe in them," said Mbamalu.

## By Day, A Guard; By Night, A Poet

By Cassandra E. Wynn  
THE CHARLOTTE POST

By day Tony Ray Hargett is a helpful, polite security guard at the very upscale uptown Carillon Building on West Trade Street.

By night, Hargett is a writer, recording in poetry what he has seen and heard during the day. The 24-year-old security guard received an honorable mention from Illiad Press for his poem, "When Will It End?" The awards are granted to writers who participated in the summer Illiad Literary Awards competition.

Hargett has written about 70 poems since he was 14. His themes deal, heretofore, with his inner conflicts.

"Poetry is like my therapy. I have a lot on my mind. If I have problems, I just write and I feel better and I can smile about them."

Uptown Charlotte gets his creative juices churning. "I see a lot of interesting people. Richardson Sports (the organization trying to get the National Football League team to Charlotte) is here. A daycare center is here." And the art work, "Cascade" hanging from the ceiling of the entrance of the Carillon has given him a reason to write. I sort of day dream a little with my thoughts for poetry," he said.

One of his most compelling encounters was with a homeless man. "He was complaining he felt bad," Hargett said.

"He said, 'I wish I was never born.' He said he felt that if he died, he would still suffer."

Like many writers, ideas are precious to Hargett. "I carry a pad in my pocket and when I get an idea, I'll write down the first two lines and come back to it," Hargett said. In the middle of the night, if I get an idea, I'll get up and write it. Sometimes when I'm driving, I'll have a pad and write ideas. I've thought about getting a tape recorder."

Hargett has a special pen he writes with and uses a special pad for writing poems. "At one time, I didn't let anybody see or touch the pad. But now I'm more comfortable with it. I like critiques. If

people don't like them at least I've gotten their attention," Hargett said.

For a long while, Hargett's themes had to do with death. He admits as a teenager, he contemplated suicide. He likes to leave the readers hanging in his poems and let them make up their own minds about the meaning. "I like stuff that leaves the reader wondering. It's like when Jesus spoke in parables to his disciples."

In his poem, "Afterbirth," Hargett writes, "The day I was born was the day I started dying/The more I live, the more I die." Not surprisingly, his favorite poet is Edgar Allan Poe. Alice Walker is another writer he admires.

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Tony Ray Hargett

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