

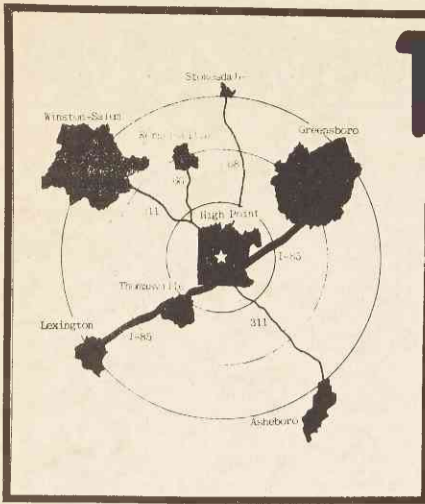
THE TRIBUNAL AID

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PAPER BOMBER GETS LIFE

WILMINGTON, N.C. -- A former Marine was sentenced to life imprisonment here Saturday when an all-white jury found him guilty of bombing the offices of a black newspaper -- The Wilmington Journal. Little, 19, no evidence in his own defense, has been identified as the self-styled minister of propaganda of the ROWP (Rights of White People), a far-right organization. The bombing of The Journal occurred last May. David H. Smith, another defense witness, told the court and jury that he had served its 29th year of publication only last week, was heavy but shortly before there was no one inside the plant at the time of the explosion. Damage to the newspaper, which ob-

Andrews Basketball Coach

Foree Selected 'Coach Of Year' In District 7

HIGH POINT -- George Foree, head basketball coach at T. Wingate Andrews High School, has been selected for Coach of the Year, for district 7, 4-A High Schools.

"You feel good when other coaches vote you as Coach of the Year." "I've had a lot of awards and it doesn't mean that much." "I'd much rather for my players to win awards than myself," explained Foree.

Foree's wish was granted. Three members of his ball club were named as All Conference players.

Seniors Willie Williams, Johnny Evans and Roger DeGrande received All Conference honors.

The head coach feels that the players themselves more than anything else influenced his selection.

"The record we had would be nothing without them [the players]," notes Foree.

The Red Raiders, coached by Foree, experienced an added attraction in practice - mime steps and dance steps.

Sandra Epperson, drama instructor at High Point College, taught the basketball players basic pantomime and dance steps which helped in body control which is important on the court.

The idea of athletes dancing is not a revolutionary explained Foree. Winston-Salem State University's basketball coach had his team taking karate lessons. "Dance and karate are so closely related to what you do in basketball" said Foree.

Though the basketball season is over, Foree is looking forward to next year.

Foree, unlike coaches in other school systems, has only one sport to oversee.

"I am dedicated to basketball. After basketball season, I'm worn out. "I don't think I'd enjoy coaching anything else for I'm not sure I'd put everything in it and I would not want to short change the students," said Foree.

Foree was also chosen Coach of the Year in 1972.



A&T Trustees Seeking New Buildings

GREENSBORO - Appropriations for nine major capital improvement projects will be asked of the Board of Governors by A&T State University for the 1975-77 biennium.

The requests, including a pre-school laboratory, humanities center and social science building, were revealed by Chancellor Lewis C. Dowdy at the meeting of the university's board of trustees Wednesday morning.

The board approved the request for submission to the Board of Governors.

Funds are also being the Department of Health, Education and Welfare.

Dowdy said the state's new desegregation plan, to be submitted to Washington around March 15, "will have more information about how the higher education system works in North Carolina."

Dowdy said funds for the pre-school laboratory will be asked as a top priority.

In his report to the board, Dowdy discussed implications of A&T's new affirmative action program and the new plans being developed by the board of governors as required by

"You have to be realistic about what can be done," said Dowdy. "We have to study the pool of available college students and try to increase this pool as rapidly as possible." Dowdy said A&T cur-

Continued on Page 8

From The Kernersville News

'IF YOU TRY, SOMEBODY'LL HELP'

BY JOHN STAPLES

He calls himself a "third-grade scholar" but he knows the Bible backward and forward. By his own admission, he "could carry you back 75 years and tell you every president and what they've done."

Walter W. Friende is 81 years old, a lifelong Kernersville resident and a Negro. He is a reader, a thinker and an amateur philosopher. But more than that, he is an unquestionable authority on the subject of raising children. He needs nothing more than his own, and his wife's success to prove it.

With a steady, but sometimes meager income, Walt and Leone Friende have raised seven children, put them through college, sent three or four on to graduate schools and have lived to settle back and admire the fruits of their love and their labor.

Two of the Friendes' sons have become school principals (one is now retired, the other is an assistant superintendent of Winston-Salem-Forsyth County Schools); the third has a management position with the Ford Motor Co. in Detroit, Mich.

Three of the four Friende daughters are school teachers and the fourth, a former teacher, operates a successful florist business with her husband. Several of the couple's grandchildren have already finished college, the latest received an engineering degree from Howard University last spring and entered Emory University Law School in the fall.

Grey-haired now, Walt Friende cannot bend over as far as he used to, his eyes are clouded with glaucoma and he claims to remember things that

happened 75 years ago better than those of 75 minutes ago. But if age has narrowed his physical abilities, it has not narrowed his mind. His only regret in life is that he himself never had the opportunity to get a better education.

Friende never let the lack of opportunity get him down. An intelligent man, he has gotten an education from life. He went to work at an early age and was making 80 cents a day - \$9 every two weeks - when he got married. Residing with his brother, he had saved \$150 and owned a cow and a calf when he asked Leone to marry him. The daughter of a school principal, she was a church pianist and a college student. She told him she would marry him if he would sell the cow and the calf (she had no intention of learning to milk the cow, she says). Walt agreed and Leone accepted his proposal.

That was in 1913. Walt was 20 years old and Leone was 17. He was a machine operator in a local furniture factory and she had been playing the piano for Saint Paul's Methodist Church for two years. By 1929 their family had grown to include all seven children. Also by then, Walt had built a house and had paid for it. Two years later the depression hit Kernersville hard. The furniture factory closed and Walt lost the job he had held for nearly 20 years. With no work available here, he went to Detroit for a while to work at Ford Motor Co. But soon his health began to fail and he returned home to Kernersville. Shortly thereafter he went to work for the town where he stayed until he retired 16 years ago.

Friende's formula for success is clear positive. He says: "If a person can't lay brick (there's

good money in that), then he should stick to making the mortar (they do pretty well). Or if you can't teach school, be a good secretary or grab a broom or a dust rag.

"That's what I done," he says. "I took what I had in my hand and I worked with it and it paid off. It was slow but it paid off!"

Walt thinks things could have been better when he and Leone were growing up. He would have liked more money and more opportunities and, particularly, he would have liked to have gone on to school.

But in spite of not having those things, he had what he now considers most important - "the love of a mother and the care of a father."

"Head your children in the right direction; that's the main thing," says Friende. "If you head them in the right direction, your job gets harder and harder to keep them there...but that's the biggest thing."

In order to do that Friende says parents must start out as soon as their children are big enough to know anything. "The Bible says 20 years before they're born. We won't go back that far but you got to get a good seedbed," says Walt, adding philosophically that "honest, decent parents, as a rule, raise decent children."

Walt and Leone endured hardships to provide for their children. Although she had been to college, Leone spent years doing domestic work, because it was the only job she could get. At home at night she made most of her children's clothes.

A local mill owner once said when he saw her sewing for his wife. "You don't need to be working here, you need to be

working at my mill." It was a compliment to her until he added, "but you know I can't hire you."

When one of her daughter's wrote home from college that she needed money for tuition, Leone and Walt decided they could do without electricity for a month to pay for it.

The results were worth the hardships, the children have not forgotten their parents' sacrifices.

Walt and Leone put their children's education above everything - except their religion. Walt became a Sunday School teacher at Saint Paul's United Methodist Church when he was 20 years old. He stayed at it until he became the Sunday School superintendent, a job he kept nearly 20 years.

Leone was the church's first pianist. This Easter she will have held the position for 62 years.

Through enduring its hardships, the Friendes have learned much about the art of living. Walt believes that in the long run God is just and that right will ultimately prevail. He is convinced, however, that man must do his part to help.

As he says: "You got to think about the short runs once in a while. God gives you health and strength, but you've got to take it from there."

Envy of one's fellow man will not help man overcome his adversaries, Friende believes. He says:

"If somebody else's got more than you got, they just got it. The Bible says there's always gonna be somebody who's poor, but it don't have to be you, and it don't have to be me. If you try, somebody'll help you."



MR. AND MRS. WALTER FRIENDE

"We must give our children a sense of pride in being black. The glory of our past and the dignity of our present must lead the way to the power of our future."

ADAM CLAYTON POWELL