

Attorney Named Chairman Of The EEOC By Nixon

What's Your Bag?

BY REV. JEROME LEDOUX

WATCH ME GROW

Jesse Owens is quite a public relations man nowadays, traveling far and wide to address youth groups, civic groups and sundry community gatherings. Naturally, his strength lies in his track background, but his direct, common-sense delivery would stand on its own merits. Few of the people who hear him suspect even remotely that Jesse was once so shy that he could not utter more than a few words in public without trying his tongue in knots.

A similar surprise befell me about a half year ago. The disk jockey of a local radio station had invited Bill Withers to be his special guest on an evening show. His questions to Bill became more and more personal until he asked: "Is it true that you had a severe stutter until you were 27 years of age?"

"Yes, that is true," Bill answered. "Sometimes I just didn't know what to do. I felt like giving up. But, somehow, I was determined to keep on trying, and finally good things started happening."

Everyone grows, but at times the reality of it is shocking. I certainly found it mildly jolting to learn at the beginning of the year that Japan Air Lines had instituted a refresher course for all of its pilots. The shock of the situation was not eased by the fact that the course was born of fear generated by a rash of air tragedies that seemed related only to human error.

However, that remains a partial puzzle, for the opposite usually true of the operator of a machine keeps an open mind for learning. Ordinarily, drivers or pilots improve with experience and age—at least up to a point. That is why we don't hear of astronauts much under 40. Evidently, pilots can drift into spells of mental laziness and blase, sloppy execution.

But, wherever the mind is open and willing, one can perceive a gradual blossoming of skills and know-how in most things that we do with frequency. Years after learning to drive, little refinements keep coming into focus. For instance, the timing so necessary for passing another car safely in two-way traffic improves over the years. One learns ever better the intricacies of switching lanes gracefully and of coping with the sudden, and sometimes hair-raising broken patterns of city traffic.

With a twinge of pride, one slowly masters doing a curve on the highway without breaking stride, with fingertip control, and often without letting the passengers feel that a change of direction is taking place. There are many other minute subtleties of using one's gears for brakes, of driving defensively and of conserving gas as well as one's own energy.

Every activity, especially every sport, reveals a similar progression. Young pitchers start out with strong arms and a wealth of raw talents, but their performance is seldom outstanding. By the time they have learned all the secrets of their fingers, their muscles and their coordination, the smoke is gone from their fastball and the sudden plunge from their curve.

Batters, quarterbacks, fielders and all other highly skilled performers in sports, music

J. Powell, Republican, Gets Post

BY LOUIS E. WYCHE
National Black News Service
WASHINGTON - A 42-year-old veteran civil rights attorney has been named chairman of the Equal Employment Opportunity Commission by President Nixon.

John H. Powell, Jr., long active in Republican politics before coming to Washington, will succeed William H. Brown III who reportedly is in line for an ambassadorship.

Since 1970, Powell has served as general counsel to the U.S. Commission on Civil Rights and he has been involved in six major commission hearings, most recently those in New Mexico and Arizona discussing Indian rights.

The Howard University and Harvard Law School graduate said he would accept the \$40,000 a year post "because I believe in the general thrust of the administration" in the field of equal employment opportunity. His nomination requires Senate confirmation.

Saying he feels the commission has already "gotten off to an excellent start" under its new authority to enforce its findings of job discrimination by employers, Powell pointed out that EEOC has filed more than 100 lawsuits against employers in the last four months.

He said this power would enhance the commission's chances under his chairmanship "to reach settlements without having to press for decrees."

An unsuccessful candidate for a post on the Federal Trade Commission last year, Powell was pushed for the new job by Republican Senator Jacob Javits of New York. Powell was formerly counsel to former New York state Assembly speaker Joseph A. Carlini and chairman of the political action committee of the NAACP state branches in New York.

Powell agrees with much of the thrust of the Civil Rights Commission in opposing President Nixon's position of school busing.

He said he believes that the finding of the U.S. Sixth Circuit Court of Appeals in the Detroit busing cases is a correct one. In that case the court ruled that political boundaries should not be a bar if school children are bused a reasonable distance to effect desegregation.

The Civil Rights Commission has also taken a strong supportive stand of the court's action.

Powell, who went to Harvard with the late Dr. Martin Luther King, Jr., defended lunch counter sit-ins in North Carolina in the early 1960s and served as special counsel for King's Southern Christian Leadership Conference.

He is married and has two children.

and drama tell a like tale. "Seventy-five percent of hitting is from the shoulders up," says Ted Williams, perhaps the best exponent of hitting that the game has seen.

Marriage is a regular fish-bowl for observing such growth - or its absence. And, of course, marriage is but a mini-view of our whole life: how we gradually refine our social skills, our ability to be unselfish and considerate, our tolerance of others, our willingness to leave ourselves vulnerable by reaching out with an open mind.

extended their family by one. I think I am the true beneficiary."

Nikki indicated that her mother and aunt are both Deltas and that she was "excited to follow in the family tradition."

She went on to say that Delta has a strong history of concern in civil rights and social involvement and that the organization has undergone some changes to put more emphasis on sisterhood, while expanding its programs in response to needs in the black community.

In what Delta delegates described as "a super session," Ms. Giovanni and State Rep. Julian Bond "rapped hard" at the same public session. Said one Delta soror following the meeting, "It was mind blowing!"

Delta national officers re-elected were, Lillian P. Benbow, president; Thelma Daley, first vice president; Gloria Scott, secretary; Betty Williams, treasurer. Ms. Mattie Lewter, of Hampton Institute, was elected National Second vice president.



STUDENT GOVERNMENT PRESIDENT GREET'S RALEIGH FRESHMEN - Standing left: Julius Whitaker, a senior of Rocky Mount, president of the St. Augustine's College Student Government Association, greets freshmen from Raleigh. Front row, seated from left to right: Cheryl Vandergriff, Michele Boddie, Judy Leak, Linda O'Neal, Bessie Burt, Teresa Robertson, Sylvia Jones, and Phyllistine Lyons. Second row: Cornell Hinton, Brenda Faye Smith, Elizabeth L. Constant, Vanessa Perry, Shelly Clinton, Albert Mason, Howard Griffin, Dianne Jones, Mary Colley, Lelois Patterson, James C. McCoy, Charlene Perry and Gwendolyn Bates. Third row: Michael Robinson, Charles Whitaker, W. D. Wright, Bernard Hilliard, Robert D. Baker, Alphonza Carpenter and Lorraine Cannady.

New Nixon Plan For Poor Being Prepared

BY PAUL H. WYCHE, JR.
National Black News Service

WASHINGTON - A sweeping package of programs designed to aid the poor is expected to be proposed by President Nixon shortly which would shift federal aid payments from governments and institutions to individuals.

"The basic idea is to let people have more choice," said Health, Education and Welfare Secretary Caspar Weinberger, one of the two architects of the plan.

The plan, which is being refined now, is expected to go to the President this fall. Nixon is likely to send all or most of the plans to Congress for its approval.

This plan would parralel former President Lyndon Johnson's "Great Society" programs for the poor and disadvantaged.

Weinberger admitted that the primary objective of the program will be to increase the freedom of choice and get more of the money to those who need it, rather than bureaucrats who

take most of the money as in many programs in the past.

As part of the overall plan, Weinberger said he expected food allotments under the food stamp program to be increased substantially in light of skyrocketing grocery costs.

Food stamps have been increased substantially over the past four years.

In addition, the President is planning to pay about \$1 billion in scholarships to 1 1/2 million needy students next year, and a number of other students would get part of another \$1.6 billion in federally guaranteed loans approved by the Congress.

The government is also taking a look at compulsory national health insurance system. One plan is modeled after the Federal Employees Health benefit plan and the other is patterned after the National Health Insurance program the President proposed in 1971 but was rejected by the Congress.



African Report

NAMBIANS ASK FOR MAJOR REFORMS - Johannesburg - Various tribal delegates from Southwest Africa (Namibia) have asked South African Prime Minister John Vorster for major reforms in the political and social conditions for natives, as well as increased impetus in the development of the homelands. The requests by delegates for the relaxation of pass laws that restrict the movement of Africans and for moves toward equal pay for equal work came at a meeting of the advisory council for Southwest Africa.

Vorster, who presided over the meeting, established the forum so that representatives of the region's various groups could discuss their grievances and put suggestions to the South African government. The feeling, at the time, was that the council meeting would help defuse criticism of the government's apartheid rules.

BLACK REVOLUTION IN RHODESIA INEVITABLE

SALISBURY - Black African majority rule is inevitable if the government continues to promote hatred and hostility between black and white Rhodesians, the opposition party warned the ruling party here.

The ruling Rhodesian Front Party would rather bring the country "crashing in ruins" than face the fact the only outcome will be a revolution by the Africans unless the hostilities cease and the Africans be permitted to rule the nation.

BLACK LEADERS TO ADDRESS S. AFRICAN OPPOSITION

JOHANNESBURG - The opposition United Party in South Africa will be addressed by three

black leaders at their annual congress. It will be the first time in the party's history.

DROUGHT AID TO AFRICA - STOCKHOLM - The Swedish International Development Agency will buy up that country's surplus grain crops to aid drought-stricken nations of Africa. The Swedish government has approved the plan.

U.N. AGENCY ABOUT TO OPEN IN KENYA - NAIROBI - The assistant executive director of the United Nations Human Environment Program has arrived here to prepare for the opening of a secretariat here in October and open up residence.

Robert Frosch, in hailing the U.N. decision to have one of its specialized agencies based in "developing Africa," said it was his hope to make Nairobi become a world center for human environmental consciousness.

NAMIBIA RIOTING CONTINUES - WINDHOEK, Namibia - Part of the Katutura township has been sealed off by South African police following a night of rioting.

Police arrested 265 Ovambo tribesmen during the night of rioting when police were stoned and their barracks set afire. Two officers were injured in the clash.

The rioting occurred after police raided a meeting of 40 members of the militant Southwest African People's Organization, which has maintained that the South African controlled territory of Southwest Africa (Namibia) become independent, has been supported in the effort by the U.N.'s agreement that the government should not rule the African majority.

Kittrell Seeking A New Community Rule

KITRELL - Kittrell College's new president, Dr. Haywood Strickland, announced today that one of the first tasks of his administration would be to develop a ten-year plan of operations. Dr. Strickland emphasized that a careful review would be made of the college's mission, goals and objectives. After the review, a new statement of the colleges mission will be made that will take into consideration the needs of the college, its students, faculty, staff, and the community which it serves.

As part of Kittrell College's desire to be of greater service to the community, Dr. Strickland is asking the people of the community to contribute to Kittrell's long range plan of operation. Any input that the community cares to make, that

will help Kittrell College play a greater role would be greatly appreciated.

This may be in nature of adult or continuing education, higher education, or as an assisting agency to other development plans of the community.

Any such ideas, plans, or other help to Kittrell College's Decade of Progress Plan be sent to the school.

The teenager labor force, which increased from 5.2 million in 1960 to over 7.6 million in 1970, is expected to reach 8.3 million by 1980, according to the U.S. Labor Department.

Go To Church



"HAPPY BIRTHDAY PRESIDENT ROBINSON" - Wiley Davis, vice president for administration, presents a birthday gift to Dr. Prezell R. Robinson, president, St. Augustine's College. The presentation was made August 25, during the President's Banquet for Freshmen and New Students.

PREGNANCY PLANNING AND HEALTH
BY GLORIA RIGGSBEE

Dear Mrs. Riggsbee: I just finished reading a booklet on family planning and understood most of it, but I have one question. In a paragraph headed "Improper use of a method," it says, "The woman may douche too soon after the sex act, even though there is no need to douche at all." I don't understand this. I thought the sooner you douched the better, as far as protection against pregnancy is concerned. And why would there be no reason to douche at all? Thank You.

Mrs. C.H.
Dear Mrs. H.: First, let me state that it is the accepted opinion of a large majority of physicians that douching is not a necessary part of "feminine hygiene" at all. In fact, it may deprive the vaginal mucous membranes of their normal secretions and thereby invite irritation. Douches should be taken on the advice of a physician only, for specific reasons - such as a vaginal discharge due to infection, etc.

Douching after intercourse has, according to most medical opinions, no contraceptive value. If a woman wishes to douche after intercourse for personal reasons, the douche should be postponed at least six hours after intercourse so that no sperm cells might be washed up into the uterus. I hope this answers your questions.

Dear Mrs. Riggsbee: I read your column every week and have learned a lot from it. I am not married yet, but when I am I will plan my family.

Right now I am writing to ask you if it is possible to have "female trouble" if you have never had sex relations with anyone? Sometimes I have such pains in my abdomen. Do you think I have these pains because I don't have sex relations?

J.T.
Dear J.T.: It is possible for a woman or girl to have female trouble (disease, pain, or discomfort

associated with any of the female organs) whether or not she has had sex relations.

In reply to your second question: Deliberately entering into a sexual relationship in order to attempt to improve your health would be a very foolish course of action, in my opinion. The wise thing to do is to see a doctor, preferably a gynecologist (female specialist) if possible - and find out what is causing your pain. Don't worry and suffer in secret, and don't prescribe your own remedies, either. That's what doctors are for.

Dear Mrs. Riggsbee: Is family planning only for people with large families already? I asked my doctor about birth control after my baby was born and he said I had plenty of time before I had to worry about that.

Even though we only have one child, we want to wait a few years before having our second, and we don't want more than two. Isn't that what "Family Planning" means?

Mrs. S. DeV.
Dear Mrs. DeV.: "Family planning" does mean the spacing of children as well as the limitation of family size. If you and your husband prefer to wait before having your second baby, you certainly have every right to do so.

Unfortunately, some doctors - for religious or other reasons - not only do not suggest a method of birth control after a mother has a baby, but they actually discourage using one even when she asks about it, as your doctor did.

If you wish to postpone having your next baby, you should see a doctor about a birth control method before resuming sex relations. If your own doctor will not prescribe a method for you, make an appointment at your health department.

Address letters and requests for a free booklet on birth control to: Mrs. Gloria Riggsbee, 123 West Franklin Street, Chapel Hill, North Carolina 27514.

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Nikki Giovanni 'Thrilled' To Become A New Delta

ATLANTA, Ga. - Nikki Giovanni described her induction into honorary membership of Delta Sigma Theta as "one of the crowning jewels" of her life.

Ms. Giovanni, well-known as a poet and author and social commentator, was inducted into Delta at the sorority's recent 32nd national convention, along with actress Ruby Dee, civil rights activist Unita Blackwell, and journalist Ethel Payne.

Speaking at a Delta public meeting, Ms. Giovanni said: "Many good things have been happening to me lately, but I can think of nothing which has happened that has given me more pleasure than becoming a member of Delta Sigma Theta."

Earlier this year, I was selected one of the women of the year by Ladies Home Journal through a national poll. That was quite an honor, but I feel greater about the honor of joining the sisterhood of Delta. This has extended my family by 65,000, and 65,000 black sisters in Delta have