

COASTAL BREEZES FROM EASTERN N.C.

BY WM. JOSEPH BARBER, SR.

Well, my "Pore Ole Bones" have rested somewhat since our St. Louis trek to the 10th National Black Ministers Retreat of the Disciples of Christ. (Can't take those cross country trips like I used to!) The "captive" Black congregation, or any other minority congregation operating in a primarily White denominational structure poses highly visible but not insurmountable problems both for the minority group and the majority group because it forces both groups to deal with issues they could otherwise ignore. Concomitantly, such a situation presents golden opportunities for growth in both groups. At least it seems to this writer that this was the undertone at the retreat, both on the part of the lecturers (Dr. Kenneth E. Henry, associate professor of church history and the part of the two lecturers (Dr. Kenneth E. Henry, associate professor of church history and fieldperson at Interdenominational Theological Seminary, Atlanta, Ga.; and Dr. Paul Sims, associate minister for the Christian Church in the Southwest) and the "preacher to preachers" for the occasion (Dr. Harry S. Wright, pastor of Cornerstone Baptist Church, New York).



ELDER BARBER

Dr. Henry also pointed out that minority persons must look at history from their perspective and help others understand this perspective. Retreat members came from just about every state in the union and from Puerto Rico. The latter being represented by Dr. Rivera, president of the Latin America Council of Churches, and by his wife. It is contemplated that CEU credits through one of the seminaries connected with the Disciples of Christ will be given next year's attending persons.

Was reading Lewis Grizzard's syndicated column (Register and Tribune Syndicate, Inc.) in the Washington (N. C.) Daily News of Friday, March 30, 1984. He mentioned a story out of Phoenix, Arizona which told of misbehaving prisoners being fed bland meatloaf as punishment morning, noon and night.

I am neither condoning nor condemning the act, but it does bring back memories. During the 1950's and 60's I was Staff Assistant at Flanner House of Indianapolis (one of the largest and most comprehensive Settlement Houses in the country) and its parent, the Board for Fundamental Education (a Congressionally chartered organization). As such, I was in charge of its cannery and garden programs.

Our community gardens were north of Indianapolis, just outside Marion County and over in Hamilton County. Farmers in that area raised some corn as truck crop, and some Indianapolis residents had a habit of "borrowing" corn without consulting the owners. They very seldom crossed the county line. On this occasion, however, some "borrowers" were caught in a Hamilton County farmer's cornfield (i.e., across the Marion County line.) The "borrowers," thinking they were still in Marion County, expected the usual citation and fine, were surprised by being "entertained" in the local "calaboose" at the Hamilton County seat over the weekend. The sheriff's wife doubled as cook for the Hamilton County jail.

She decided that since these Indianapolis "guests" of hers liked fresh corn so well, that is what she would feed them (all they could eat, but nothing else) breakfast, lunch and dinner for the whole weekend! I recollect they swore off corn for a while!

On Sunday, April 8, 1984, the Young Adult Choir of Mt. Zion Holy Church, Williamston, N. C. will observe its anniversary.

The Refreshing Spring Church of God in Christ Caravan Revival is being held at Pentacostal Temple Church of God in Christ, Plymouth, N. C., 200 Rankin Lane. Refreshing Spring Church is in Riverdale Md. This is a "traveling revival."

BARBERISM: In looking ahead, don't stumble over what is under your feet!!

Assay Can Pinpoint Garden Soil Problem

Soil-borne nematodes may be robbing your garden of part of its potential yield of fruit and vegetables. A soil assay can help determine if you have the problem and how serious it is.

Nematodes are round worms that can't be seen without the aid of a microscope. Some of them cause large swellings on the roots of some vegetables and farm crops. These swellings are easily seen, if you pull up a plant and view the roots.

Agricultural Extension Service specialists at North Carolina State University explain that other nematodes cause injury but don't cause root knot. Therefore, the best way to determine if you have

nematodes in your garden soil is to take a soil sample and have it assayed.

The assay by the North Carolina Department of Agriculture will cost you only \$1 per sample. You probably wouldn't want to submit more than one sample from a normal size garden. This composite sample can be taken by collecting small amounts of soil from several locations in the garden, mixing it thoroughly and taking about a quart of the soil for the assay.

The soil to be assayed should be put into a plastic bag and kept cool. Forms to submit with the sample and additional information are available from your county agricultural extension office.

Oldsters May Not Get Balanced Diet

Many older adults miss out on good food because they cannot chew well. If this is true of you or one of your loved ones, some dietary deficiencies may have developed.

"A variety of foods can help ensure good nutrition and keep you feeling up to par," points out Dr. Mary Ann Spruill, foods and nutrition specialist, North Carolina State University. It is important for everyone to eat a balanced diet, regardless of age.

"Teeth or no teeth, there are still a wide variety of foods that are not hard to chew," Dr. Spruill says. Choose from these:

- Soft, protein-rich foods such as fish, eggs, meat loaf,

peanut butter, casseroles made with ground or finely cut up meat or cheese, cottage cheese, baked beans, yogurt, tender chicken or turkey.

- Finely chopped or mashed cooked vegetables.
- Very ripe or soft fruits such as bananas and peaches, oranges, grapefruit, grapes, berries and canned fruit.

- Homemade soup with chopped or pureed vegetables.
- Cooked whole-grain cereals like oatmeal, Wheatina or Cream of Rice.
- Milkshakes made with mashed banana.
- Open-face melted cheese sandwiches.



DIPLOMATS RETREAT—A ceremonial salute was held by the military science department at Saint Augustine's College last week in recognition of nine visiting ambassadors and diplomats. Dr. Prezell R. Robinson, president of Saint Augustine's, welcomes visiting diplomats to campus and International Students' Week.

Loan Program Emphasizes Role Of Private Lenders

WASHINGTON, D.C. — The guaranteed farm loans. This becomes particularly important as we enter the planting season in most areas of the country," Block said.

"Participation by private sector lenders will help the Farmers Home Administration guarantee farm loans to speed up service to farmers.

Under the program, qualified private lenders will be approved in advance to process Farmers Home Administration operating, farm ownership and economic emergency guaranteed loans. The agency is authorized to guarantee up to 90 percent of those loans made by private lenders.

"The approved lender program will speed up the processing time for

"The guaranteed loan program can be of special benefit to those farmers who are caught up in a 'credit availability gap' because they do not quite meet either the credit standards of private lenders, nor are they in serious enough financial difficulty to be eligible for consideration by the Farmers Home Administration, a lender of last resort," Block said.

"Whether it is a parable or a fable depends on oneself."
— Henry S. Haskins

THANKS

I, Gertrude Harris, am taking this opportunity to express my thanks and gratitude for the prayers, visits, cards, flowers and other expressions that helped to cheer me and brighten my stay in the hospital. May God bless you all.

IT'S THE LAW!

Jobs For The Handicapped

If you're qualified but disabled, you may be entitled to serious consideration for a job with fully half of America's some three million businesses covered by Federal laws.

The crucial word is "qualified." You must be capable of performing a particular job—with reasonable accommodation to your handicapping condition, if such accommodation is needed.

You may be disabled but not really "handicapped" unless you (1) have a physical or mental impairment that substantially limits one or more of your major life activities, (2) have a record of such an impairment, and (3) are regarded as having such an impairment.

"Substantially limits..." concerns your degree of disability. A handicapped person who has a hard time getting a job, or getting ahead on the job because of a disability, would be considered "substantially limited."

As for your "major life activities," these include communication, ambulation, self-care, socialization, education, transportation, and employment. The main emphasis is on activities that in some way affect your employment.

Home For Sale



OPEN HOUSE

3622 Rock Quarry Road
Sunday, April 15, '84

2:00 to 5:00 p.m.
Everyone Cordially Invited

REALETY CO., Inc.

PEGGY MCCARTHY

Office 787-3481 Home: 832-1408

SAVE UP TO 50% ON MEN'S CLOTHING



3-PIECE SUIT \$79.95

DRESS SHIRT 8.95

TIE 6.95

SUBTOTAL 95.85

TAX 3.83

TOTAL \$99.68

JUST ARRIVED from our own Gainesville, Georgia factory! These suits are ideal for year 'round wear. We have your size and color!

Double Breasted
BLAZERS
\$51.95

Compare at \$90
Available in Navy, Gray, Burgundy, Tan.

Boys' Suits
\$41.95 UP

Compare To '90

SPECIALIZING IN BIG & TALL SIZES

USE OUR CONVENIENT LAYAWAY

Open Sundays 1-6

Expert Alterations

Barry Mfg.

Established 1898
Mon.-Fri. 10-9
Saturday 9-6

6429-B Glenwood Ave., Raleigh, N.C. 27612

Hwy. 70W (next to Royal Villa)

787-4493

A&T Art Exhibit To Honor Century's Civil Rights Leaders

GREENSBORO — A 12-piece art exhibit honoring some of this century's major civil rights leaders will be on display at North Carolina A&T State University's H.C. Taylor Gallery of Art in the lower level of the F.D. Bluford Library from April 15-May 11.

The exhibit, sponsored by Miller High Life, is on the 19th stop of a 21-city national tour. The tour began with a three-week exhibition of the art at the Martin Luther King, Jr., Center for Non-Violent Social Change in January 1983.

The 12 oil paintings, created by noted American artist Clarence Laudric Shivers of Colorado Springs, Colo., features Martin Luther King, Jr., Whitney Young, Andrew Young, Julian Bond, Fannie Lou Hamer, the Rev. Jesse Sullivan, the Rev. Jesse Jackson, Roy Wilkins, Bayard Rustin, Medgar

Evers, Paul Robeson and A. Philip Randolph.

"We realize that those included in this exhibit represent only a fraction of the people who have struggled and continue to struggle for freedom and equality," said William Howell, president of Miller.

"However, by honoring these 12 individuals, we are paying tribute to all black Americans who have sacrificed and worked hard to achieve these objectives."

"We are honored that North Carolina A&T State University could be host to this impressive exhibit," said Dr. Edward B. Fort, chancellor of the university. "These paintings will be seen by hundreds of Greensboro residents, who I am sure will be inspired by the dignity and strength of character each portrait displays."

From Greensboro, the art exhibit will go to Richmond,

Va., and Denver.

The art has also been on display in Albany, Ga.; New Orleans, Jackson, Miss.; Little Rock, Ark.; St. Louis, Fort Worth, Dallas, Los Angeles, Chicago, Washington, D.C., Milwaukee, Detroit, Cleveland, Syracuse, N.Y.; New York City, Philadelphia and Baltimore.

The civil rights art represents the 10th consecutive year Milwaukee-based Miller has commissioned works featuring the achievements and contributions of blacks. Past art has covered a variety of subjects, including black inventors, artists, musicians, business, athletes and African scholars.

The H.C. Taylor Gallery is located in the F.D. Bluford Library, 1601 East Market St. The art exhibit hours are Monday through Friday 9 a.m.-5 p.m. and 2-5 p.m. Sunday.



Put your Coke in the best of spirits. Bacardi rum.

BACARDI rum. Tastes great mixed because it tastes great unmixed. Made in Puerto Rico.

90 DAYS SAME AS CASH

when you buy Dayton tires or car service on Dayton revolving charge

Minimum monthly payment required

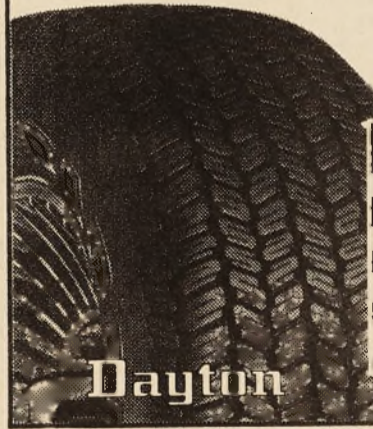
All finance charges refunded when paid as agreed



Credit established in minutes

White letter, wide tread radials!

7-rib Footprint!



Daytona Radial 60

Blemished

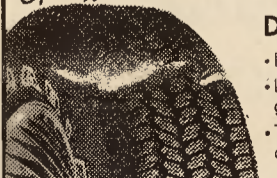
(Size) Plus \$0.00 F.E.T.

| Size | Price |
|-------------|-------|
| P235/60 R14 | 59.41 |
| P245/60 R14 | 63.16 |
| P245/60 R15 | 64.63 |
| P275/60 R15 | 70.82 |

- Bold white outline letters for that sporty look.
- Low, wide 60 series profile with road-gripping tread.
- Double fiberglass belts on a radial polyester cord body.

Blemished

White letter radial with a wide tread!



Daytona Radial 70

- Bold outline white letters.
- Low profile with wide, road-gripping tread.
- Two fiberglass stabilizing belts on a radial polyester cord body.

| Size | Price |
|-------------|-------|
| P225/70 R14 | 55.71 |
| P225/70 R15 | 61.92 |
| P235/70 R15 | 63.94 |
| P255/70 R15 | 65.94 |

Also available in 60 series.



HOURS:
MON.-FRI.
7:30 a.m. - 5:00 p.m.
SAT.
7:30 a.m. - 12 NOON

1245 New Bern Ave.
833-5553