

MRS. BEATRICE MAYE'S
This Week In
GREENVILLE

BY BEATRICE C. MAYE
CHECKLIST FOR FAMILY GROWTH
Successful families need to grow in many ways. Has your family overlooked any of these important areas?

Does everyone in your family...
Physical
1. Eat an intelligent diet?
2. Get enough rest and sleep?
3. Exercise regularly?
4. Respond to stress in healthy ways?
5. Maintain neat personal appearance?
6. Help keep your home in order?
7. Help manage family finances wisely?
8. Enjoy regular, balanced fun and recreation?

Mental
1. Communicate constructively and constantly with each other?
2. Consider the needs and desires of every family member when decisions need to be made?
3. Read regularly?
4. Make learning a lifetime activity?
5. Make wise use of television and other media?
As a parent, do you...
1. Show interest in your children's schoolwork?
2. Guide your children into positive hobbies and recreational pastimes?
3. Teach your children to make wise decisions?

Emotional
1. Openly show love and concern for each other daily?
2. Support, encourage and comfort each other?
3. Show respect for each other's ideas and concerns?
4. Share each other's innermost hopes and dreams and work toward them together?
5. Trust each other, and act in a way that earns trust?
6. Resolve problems constructively, with tenderness?
7. Praise each other's achievements, especially those of children?
8. Provide warmth, encouragement and, when possible, physical assistance when others need help?

Social
1. Maintain strong relationships, especially with other members of God's Church?
2. Know neighbors and show friendship toward them?
3. Visit and serve friends and relatives, especially when they are sick or discouraged?
4. Know what is going on in your community, and strive to be a model citizen within God's law?
As a husband or wife, do you...
1. Spend plenty of time with your mate?
As a parent, do you...
1. Know your children's friends?

Spiritual
1. Pray regularly?
2. Study the Bible regularly?
3. Meditate regularly?
4. Fast regularly?
5. Concentrate on fulfilling the "four mandates" (come out of the world, simplify your life, prepare to teach, emphasize the family)?
6. Support church activities?
7. Develop and display the fruits of God's holy spirit (Galatians 5:22-23)?
8. Celebrate all of God's festivals and holy days, including the weekly sabbath, in positive, special ways?
9. Maintain a positive, cheerful outlook on life?
10. Base every thought and action on God's law and God's plan?
As a parent, do you...
1. Teach your children about God and God's way?
Let's concentrate all our thoughts and energies on helping our families grow in every way God intends. As God's called-out people, let's strengthen our families so that they may truly glorify God!

8. Put your fork down between each mouthful.
9. Be particular about what you eat. No junk food.
10. Don't drink alcohol while dieting.
11. Don't eat late at night. Your body won't burn off these calories.

Proverb for today: Stick with it! Learn something from a postage stamp. It's called perseverance.

Asbury

LINCOLNVILLE AME CHURCH AND COMMUNITY NEWS
BY REV. ANNIE PERRY

ASBURY—Church School began at 9:45 a.m. with the superintendent, Ms. Nellie Penny, in charge. The opening selection was "I Must Tell Jesus." The Apostles' Creed was recited by the school. Prayer was offered by James Brown.

Classes were then arranged. Subject of the lesson was "Moses Institutes Religious Festivals," Exodus 12:14-17, 21-27. The key verse was taken from Exodus 12:14. The lesson was reviewed by the school. Everyone got involved in the lesson. Superintendent is Ms. Nellie Penny. Pastor is Rev. Allen Terrell.

Morning worship began at 11 a.m. with the pastor, Rev. Allen Terrell, presiding and the local elders assisting. For the first quarter, the presiding elder, Rev. Gaylord, was present to bring the message.

The Senior Choir furnished the music. Doxology was performed by the choir and congregation. Invocation and opening scripture sentence was given by Rev. Terrell. The opening hymn was "My Hope is Built."

Morning prayer was offered by Rev. Collins Ridley. The selection, "I Need Thee Every Hour," was followed by the responsive reading and Decalogue by Rev. Terrell.

Announcements and recognition of visitors were done by Ms. Nellie Pennington. The selection, "Free at Last," was followed by the mission and general offerings, taken by Melvin Hooker. The offertory selection was "All Things Come of Thee, O Lord."

After the singing of "Nearer To Thee," the children's altar call and Bible verses were given. Silent prayer for the congregation was followed by the sermon selection, "Come On, Let's Spread the News." The message was brought by the presiding elder, Rev. Nathaniel Gaylord. He took his topic from John 9:9 on the subject, "The Ability to See." The chanting of the choir brought the congregation forward for the invitation to Christian discipleship. The invitational hymn was "Amazing Grace."

After the offering for the sick was lifted, the hymn of preparation was "I Know it Was the Blood." Holy Communion was served, followed by the prayer of thanksgiving and the Apostles' Creed. After the benediction, the congregation was asked to be seated for a moment of silent prayer.

ANNOUNCEMENTS
Church School is supposed to begin at 9:30 a.m. You are doing great, so just continue to come out and bring someone with you.
Our regular pastoral days are every Sunday at 11 a.m., with the pastor, Rev. Allen Terrell, presiding and the local elders assisting.
Bible study is held every Wednesday from 7-8:30 p.m.
Please don't forget the Gospel Choir's anniversary on July 17.
Annual homecoming will be July 31. Each member is requested to make a contribution of no less than \$100. You may make your contribution anytime to Ms. Bessie Ridley, Ms. Ruth Hooker, or Ms. Doris Cotton.

A happy belated birthday goes out to little Carla Hooker, June 20. She's the granddaughter of Mr. and Mrs. Jimmy Hooker. Also to Leon Baker, son of Mr. and Mrs. Leon Baker, Sr., June 22; Ray Clemmons, June 27; Grover Perry, June 30; Ms. Gwen Shaw Cotton, July 1; Ms. Pamela L. Hooker, daughter of the late Wilbert Hooker, Sr. and Rev. Annie Perry, July 2; Ms. Delores Cole, July 7; Altonia Bobbie, July 10; Ms. Mable Jones, July 5.
Happy wedding anniversary goes out to Mr. and Mrs. Willie Gye. May God bless the both of you with many more years together.
We must continue to pray for the sick and shut-in everywhere. There is no distance in prayer. We must pray for one another, and the senior citizens all over.

The sick and shut-in of the church and community are Willie White, Sylvester Brown, Zed Walker, Johnny Evans. We must keep on praying for Charles Holmes, Ms. Burnette Woods, and Glover Pennington. We thank you for your prayers for us. May God bless you real good.

THE SUPERINTENDENT'S TEN COMMENDMENTS
1. Thou shalt remember thy purpose.
2. Thou shalt consult thy guidebook.
3. Thou shalt be no respecter of persons.
4. Thou shalt follow the line of organization.
5. Thou shalt be a salesman.
6. Thou shalt outline thy goals thoroughly.
7. Thou shalt give attention to details.
8. Thou shalt look before leaping.
9. Thou shalt remember the divine dignity of human personality.
10. Thou shalt expect criticism and profit by it.
—From: "Superintend With Success"

SOME DIET STRATEGIES THAT WORK
1. Clear all fattening foods out.
2. Steam vegetables.
3. Use smaller plates.
4. Make sure you get enough sleep.
5. Drink about eight glasses of water each day.
6. Keep a food diary. Keep track of what you eat.
7. Eat only while sitting at the table.

Drive Safely



\$8 MILLION GROUNDBREAKING—Groundbreaking for a new School of Business and Economics ceremony was held recently at Fayetteville State University. Chief participants in the affair were (l.-r.) Lloyd V. Hackley, chancellor; Mrs. Maxine H. O'Kelly, chairperson, FSU Board of Trustees; and Harvey Sant, former Charlotte (N.C.) mayor and architect who designed the building which will be built adjacent to the new library. The building will house twelve classrooms, two lecture halls, two computer laboratories, six training laboratories, a resource library, media center, and an auditorium. Thirty-five faculty offices, seven administrative suites, and three conference rooms will also be contained in the structure. (Photo by John B. Henderson)

Rhamkatta

BY LUCILLE ALSTON

RHAMKATTA—Church School began at 8:45 a.m. with all classes reporting and Superintendent George Tucker presiding. The subject of the lesson was "Moses Institutes Religious Festivals," Exodus 12:14-17, 21-27. The key verse was repeated by the school. Classes had a 45-minute study period. The lesson was reviewed by Bro. Otho Kearney. After the report from the acting secretary, Barbara Burt, the school closed.

At 10 a.m., Rev. E.C. Hughes spoke from John 1:29 on the subject, "Do You Know Jesus the Christ?" Music was provided by the Senior Choir, with Ms. Hazel Hughes at the piano and Darell Washington at the organ. Morning prayer was offered by Bro. Tucker.

Announcements came from Sadie Chavis. Usher Board No. 4 was on duty for the day. Mini-church was conducted by Lee Nipper. Altar call was by Rev. Milton Battle. Rev. Hughes left the congregation with a message on how you can know Jesus and not know Jesus. We meet people from all walks of life. You can sit down on God, but God will never sit down on you. You have to know Jesus for yourself. Invitation to Christian discipleship was followed by Holy Communion, served by Rev. Hughes and the ministers.

Prayer and benediction were followed by the closing.
ANNOUNCEMENTS
We ask your prayers that Rev. Hughes, Thomas Burt, Barbara Burt, Nathaniel Hinton and others will have a safe trip to Texas and back from the annual conference.
Rev. Milton Battle will be the guest speaker for the church on July 10 at the morning service.
On the sick list are Ralph Johnson, Walter Rogers, Bertha Pierce, Ella Fletcher, and all the senior citizens at rest homes everywhere. Let us visit and keep praying for the sick everywhere. God is still in the healing business.

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Obituaries

ALBERT G. HAWKINS
Funeral services for Albert G. Hawkins, 76, of Bronx, N.Y., formerly of Raleigh, who died June 26, were held Friday at Greater Zion Baptist Church, Bronx, N.Y.
Surviving are his wife, Ms. Helen Hawkins of Bronx, N.Y.; daughters, Ms. Peggy Hawkins and Ms. Phyllis Hawkins, both of Bronx, N.Y.; sons, Sterling Hawkins and Larry Hawkins, both of Bronx, N.Y.; sisters, Ms. Roberta Allen and Ms. Mannie Manuel, both of Raleigh; brothers, Lewis Hawkins of Bronx, N.Y., and Major Guthrie of Raleigh.
Arrangements were by McCall Funeral Home, Bronx, N.Y., and Lightner Funeral Home, Raleigh.

DOLLIE DUNN
Funeral services for Dollie Dunn, 81, of 1710 Oakwood Avenue, who died June 29, were held July 2 at Martin Street Baptist Church. Burial followed in Carolina Biblical Gardens.
Surviving are a wife, Ms. Margaret Dunn; daughters, Ms. Odessa Stratford and Ms. Elsie King, both of Philadelphia, Pa.; brother, Wayland Dunn, of Raleigh; five grandchildren and seven great-grandchildren.
Arrangements were by Lightner Funeral Home.

THEY SAY
(Continued from page 9)
During Jordan's speech, the lieutenant governor told the audience he is proud of North Carolina's credit unions and is proud of not only what they represent as far as the services they provide to their members, but their community involvement as well. He commended the NCCUL and its member credit unions for their efforts to raise \$300,000 for a bone mar-

SOCIAL SCENE
(Continued from page 9)

Ms. Alexina Coleman Anderson, Ms. Ann Hicks, and Ms. Willie Petey Hicks held a baby shower for Ms. Adrienne Mitchell Blalock on Thursday, June 30, from 6-8 p.m. at the home of Ms. Petey Hicks. There were beautiful decorations of pink and white. Adrienne received many gifts, and her mother, Ms. Eleanor B. Mitchell, was on hand to get the appropriate photographs. Guests were served delicious refreshments as they fraternized and admired the gifts. Adrienne and her husband Steve can hardly wait.

The following family members and friends were present: Ms. Shelley T. Armwood, Ms. Cindy Bazron, Ms. Janet Bell, Ms. Adrienne M. Blalock, Ms. Daphany Branch, Ms. Ida Brower, Ms. Elsie Cooley, ...s. Gay Cooley, Ms. Jean Cooley, Ms. Jennifer Deloatch, Ms. Barbara Edwards, Ms. Lillian B. Hunter (San Antonio, Texas), Ms. Primrose Jackson, Ms. Joannie Coburn Jones, Ms. Inez Lee, Ms. Alberta M. Livingston, Ms. Eleanor B. Mitchell, Ms. Allie M. Peebles, Ms. Brigitte M. Peebles, Ms. Dorothy C. Thomas, Ms. Victoria Walters, Ms. Catherine Wilkins and Ms. Blonnie S. Williams.

Dr. Janet Peebles Gamble and Floyd McLin of Chicago visited her mother, Ms. Inez Peebles, of Lincoln Court. They were here to attend the Peebles family reunion on Friday, July 1-Sunday, July 3.

There were several events planned this weekend for the descendants of Edward and Nora Ella Peebles of Wake County. On Saturday, family members and friends attended a picnic at Camp Durant. Activities consisted of swimming, canoeing, playing games such as basketball and others. The theme was "Our Love is Here." Presiding was Millard "Pete" Peebles. Ms. Sara Sweeney gave the welcome and John Lassiter of Cleveland, Ohio gave the response. The family newsletter was written by Ms. Mae Pearl Snelling. On Sunday, the family members worshipped together at Baptist Grove Baptist Church where Rev. Paul H. Johnson is pastor. The group honored its oldest member, Ms. Mildred Peebles, who is now 95 years old.

Committee members who planned this 19th Peebles family reunion were Ms. Gladys Bridges Jones, Ms. Cathy P. Brown, Ms. Clara P. Fort, Ms. Catherine Peebles, Daniel Peebles, Millard Peebles, Jr., Millard "Pete" Peebles, Ms. Toni Pope, Ms. Mae Pearl Snelling, Ms. Sara Sweeney, and Ms. Natalie P. Wimberley.

Congratulations to Ms-Madeline E. Keith who retired from ITT on Thursday, June 30, after working for more than 20 years. Ms. Keith was among the first minorities to receive employment when the company first opened in Raleigh. A retirement luncheon was held at Ballentine's at 11:30 a.m. There were many tributes given on this grand occasion. Ms. Keith now has the time to travel with her husband Jimmy.

The brothers of Alpha Phi Alpha Fraternity's Phi Lambda Chapter just could not see Dr. Julius Nimmons leave this city for Texas without giving him a big send-off. They sponsored a reception for him recently at the home of Bro. Cecil Goins. Dr. Nimmons was presented a plaque honoring him for years of service to the local chapter.

Aphas are planning to have their picnic on Saturday, July 16, at the Biltmore Hills Park from 2-5 p.m. When they hold their regular meeting on Saturday, July 23, at 8:30 a.m., in the Shaw University Student Union, final plans will be discussed for persons who will be attending the 82nd annual convention scheduled for Kansas City from Aug. 4-10.

Several of the area colleges have held freshman orientation sessions recently. Congratulations to Wanzo Hendrix, director of admissions at St. Augustine's College. They seem to be quite impressive. Of course, there will be two other groups visiting soon. North Carolina Central University in Durham and North Carolina State University in Raleigh both have had their prospective students aboard.

Coach Harvey Heartley of St. Augustine's College still has his eyes on the CIAA basketball championship, and 1989 just might be his year. It appears that CIAA ticks are up for grabs.

Monday, July 4, found many persons celebrating Independence Day. Flags were seen on many houses. It is a tradition for residents of Rochester Heights to hold their neighborhood picnic. Residents in this area met as neighbors when E.E. Phillips, a local developer, purchased the property from the Young family. For more than 20 years now, the neighbors usually remain in the city and relax and entertain each other. Of course, other friends help make it a memorable event. Monday was no exception. We cooked our favorite dish and took it to the home of Bruce and Alexina Coleman Anderson of 701 Calloway Drive. There was food everywhere! It was a great day! Many thanks to Bruce and Alexina.

When one celebrates July 4, he thinks of Independence Day, and that brings us to think about it from another dimension. "Freedom is not free," is the slogan we use in the NAACP's Life Membership program. It comes with a price tag. Are we as Afro-Americans willing to pay? When the NAACP holds its national convention in Washington the week of July 10-14, a special tribute will be paid to the late Medgar Evers for his struggles in the pursuit of freedom.

Some of the widows of Omega men have expressed their thanks to the Iota Iota Chapter for remembering them this year when they sponsored the annual Spring Ball. According to one person, the widows were driven to the dance in limousines. They were so happy and so appreciative of this gesture from Basileus Antonio Knox and his committee.

Keep your heart free from hate,
Your mind from worry,
Your body from abuse.

row transplant research laboratory at Duke University Medical Center in Durham.

During his talk, Jordan discussed hazardous waste disposal sites, the aging population of North Carolina and that as businesses change, state government must also change. "We need to help small businesses," Jordan said. "We have that challenge and you're a part of it—in trying to satisfy your members' needs as time goes on."

Martin stressed the need for road improvements and both speakers addressed the need for improvement in education, with Martin pointing to the career ladder program and Jordan saying that more needs to be done to prevent high school dropouts.

ENDOWS
(Continued from page 9)

She also was a member of the board of trustees at Temple University from 1989-90.

A former teacher in Philadelphia's public schools, she became the system's first black principal in 1966 and rose to area superintendent in 1963.

Temple University, which will manage the fund, will hire a coordinator to counsel the students through their years of junior and senior high school and provide faculty assistance for the program, according to Temple spokeswoman Kathy Gosliner.

The program will be called "Tell Them We Are Rising," in honor of a statement made after the Civil War by Richard Robert Wright, Ms. Hayre's grandfather.

Asked by Gen. Otis Howard what message he should take back to the North about the newly freed slaves, young Wright said, "Tell them, sir, we are rising." The Wright Elementary School is named after Richard Wright.

Ms. Hayre, who said she initially intended to give the money anonymously, refused to say how much she donated.

ON THE HILL
(Continued from page 9)

the oppressor white supremacist/terrorist South African government and reactionary elements in America whose sole aim is to keep black Africa supine and a source of cheap labor. And they use your tax dollars and mine to carry out the scheme!

It was never about communism, that convenient bugbear they use to frighten U.S. citizens into compliance with wretchedly racist policies. Just witness Nixon's trip to China and Reagan's most recent detente with Russia! And how Dr. King and his movement was tarred by this same handy brush. Perhaps Dr. King is right: hate the sin, but love the sinner. But, O, Dr. King, it gets increasingly difficult to do that when the sin is so huge and the sinner is Jonas Savimbi!

US National Baseball Team To Play Taiwan

The USA national baseball team will be in exhibition against the Taiwan national team July 15 at the Durham Bulls Park in Durham. Both teams are currently ranked in the top five in the world. The game is one of a 40-game tour of the United States for the national team.

The USA national baseball team will represent the United States in September in the 1988 Summer Olympics and has 26 of the top collegiate players in the country. The team has four Atlantic Coast Conference representatives: Mike Milchin of Wake Forest, Jim Poole and Ty Griffin from Georgia Tech.

Game time is 7:30 p.m. Tickets are \$7 for reserved box seats, \$6 for reserved seats, and \$5 for general admission. Tickets are available at the Durham Bulls box office or by calling 1-800-223-8763.