

**MRS. BEATRICE MAYE'S**  
*This Week In*  
**GREENVILLE**

BY BEATRICE C. MAYE  
**YOUR HEALTH**

Few of us enjoy being told what we must do. Even when the prescribed activity is obviously for our own good, like buckling a seat belt, installing a smoke detector or forgoing a cigarette on a short airplane flight—coercion is never a pleasant prospect.

Should we allow the present to rob our future? Many people seem to think so. They smoke, drink heavily and indulge in high-fat foods even though they know full well those habits could shorten their lives and bring unimaginable misery to their final years. But for them, today's pleasures outweigh tomorrow's sorrows. Other people follow a much more prudent course. They get a different kind of pleasure out of doing the right thing today, trusting that they will reap lifelong benefits.

You know that fat makes you fat. High-fat foods are richer in calories. Excess body weight contributes to diabetes, high blood pressure and heart disease.

Planning meals with less fat, including lowfat desserts, is important, too. Try angel-food cake with strawberries to satisfy your desire for something sweet without raising your fat intake. Treats like ice cream and candy bars are high in sugar, but they're also high in fat. When you do get that four o'clock yearning, have a glass of skim milk with an apple, for example.

To lower your high blood pressure, eat lots of broccoli. Or low-fat, low-sodium Swiss cheese. Start eating fish three times a week. Fresh, frozen, baked, broiled or poached (but never fried). Limit yourself to one serving of either cured meat or canned soup per week. Switch to lowfat dairy products. If you're drinking whole milk, go to two percent. If you're drinking two percent, try one percent. Increase your walking. Stop adding salt. Discover the potato. At least three times a week, have a baked spud or make a potato-based dish. Potatoes are fat-free, loaded with potassium.

Say yes to vegetables. Buy them fresh or frozen for the reduced-sodium canned variety. Steam or bake or stir-fry. Ban salty snack foods, such as potato chips, pretzels and nachos, from your diet. Low-sodium potato and corn chips are high in fat. Once a week, eat some dried beans; high in fiber, high protein food. But did you know that they are also high in potassium?

Work toward eliminating hostility, resentment, fear and other negative factors from your relationship. Trust, love and companionship are good medicines.

Explore the dimensions of deep relaxation. Train yourself to work, think and live without needless tension.

Regular moderate exercises such as walking and swimming should be part of your daily schedule.

**GREAT TRUTHS:**

1. Great trials often precede triumphs.
2. God performs what He promises and completes what He commences.
3. Don't become so wrapped up in God's gifts that you forget the Giver.
4. Don't pretend to be what you don't intend to be.

Marriage in later life is increasing due to the growing number of older people. By 2005, every sixth person will be 65 or older. Also, more people are perceiving that the companionship, sex, security and mutual care that a good marriage provides simply make life better for both partners.

In addition, changes in federal laws now encourage older people to marry by allowing widows to retain their Social Security benefits after remarriage.

Finally, a study indicates that being married in later life is good for your health, especially if you are a male. For both men and women, a good marriage in later life can have a positive effect on their health and contribute to successful aging. Since fewer older people are living with their children these days, remarriage is a way to continue living in a family setting.

Other advantages: Remarriage in later life is usually free of child-raising and career pressures. This permits the couple to spend more time together and to explore their mutual interests.

Often, older people who have been married before understand better what it takes to make a marriage work. They take a more rational, dispassionate approach to marriage and are likely to have realistic expectations of what marriage can offer them.

**THEY NEVER WENT TO COLLEGE**

Of the 38 men who have served to date as presidents of the United States, nine (but only one in this century) never attended college. They were, in order: George Washington, Andrew Jackson, Martin Van Buren, Zachary Taylor, Millard Fillmore, Abraham

Lincoln, Andrew Johnson, Grover Cleveland and Harry Truman.

Of these nine men, four consistently have been included by historians when compiling their lists of the top U.S. presidents. The 10 usually are ranked in the following order:

1. Abraham Lincoln
2. George Washington
3. Franklin D. Roosevelt
4. Thomas Jefferson
5. Theodore Roosevelt
6. Woodrow Wilson
7. Andrew Jackson
8. Harry Truman
9. James K. Polk
10. John Adams

In point of fact, the United States Constitution makes no educational requirements for the position of president. Our 17th president, Andrew Johnson, was bound by law early in life to work as a tailor's apprentice in North Carolina, and he did not attend school for a single day. When he was 18, Johnson married 16-year-old Eliza McCordle, and it was she who helped to teach the future president how to read and write.

—Parade Magazine  
Nov. 6

**Asbury**

**LINCOLNVILLE AME CHURCH AND COMMUNITY NEWS**

BY ANNIE PERRY

ASBURY—Church School began at 10 a.m. with the superintendent, Ms. Nellie Penny, in charge. The opening selection was "O Hail the Power of Jesus' Name." The Apostles' Creed was recited by the school. Prayer was offered by Ms. Nellie Penny. The subject of the lesson was "Rejoicing in God's Greatness," taken from Luke 2:1-16. The key verse was taken from Luke 2:7. The lesson was reviewed by Redrick Cotton. Secretary is Ms. Dorothy Shaw. Superintendent is Ms. Nellie Penny. Pastor is Rev. Allen Terrell.

Morning worship began at 11 a.m. with the pastor, Rev. Terrell, presiding and the local elders assisting. The Combined Choir furnished the music. Doxology was sung by the choir and congregation. Invocation and opening scripture sentences were given by Rev. Terrell. The opening hymn was "Joy to the World." The morning prayer was offered by Rev. Collins Ridley. The selection, "Come and Worship the Newborn King," was followed by the responsive scripture reading and Decalogue by Rev. Terrell. Announcements and recognition of visitors were done by Ms. Bessie Ridley. After the selection, "Anyway You Bless Me, Lord, I'll Be Satisfied," the mission and general offerings were taken. The offertory sentence was "All Things Come of Thee, O Lord."

After the selection, "Christ is All the World to Me," selections came from the pastor's notebook. The children's altar call and Bible verses were next. Altar prayer was offered by Melvin Hooker. The sermon hymn was "Jesus, O What a Wonderful Child."

The morning message was delivered by the pastor, Rev. Terrell, from Matthew 6:14-15 on the subject, "Forgiveness and To Be Forgiven." The Lord's Prayer was chanted in unison.

The invitation to Christian discipleship was followed by the invitational hymn, "O Come All Ye Faithful." The Apostles' Creed was recited. After the benediction, the congregation was asked to be seated for a moment of silent prayer to give thanks to God for the gift of His Son Jesus Christ.

**ANNOUNCEMENTS**

Church School is supposed to begin at 9:30 a.m.

The regular pastoral days are every Sunday at 11 a.m.

Bible study is held every Wednesday at 7 p.m.

Regular morning worship will be held Sunday, Dec. 25. All the choirs are asked to sing together Sunday morning. The Ensemble, the Gospel Choir, the Senior Choir and the Male Chorus are invited. Please be on time. The Gospel Choir will not hold a regular rehearsal this month. Regular rehearsals will resume in January.

Happy birthday to Glover Pennington, Dec. 22; Ms. Juanita Williams, Dec. 25; Joseph Spence, Dec. 25; and Ms. Verla Mae Barnes, Dec. 25. We hope all you will have beautiful birthdays. May God bless you all with many more birthdays to come.

In memory of our loved one, Ms. Carrie Bell Tucker, who died Dec. 28, 1986. She was the sister of Rev. Mary Cotton Locklear and Ms. Nora Roberson. We all miss her very much. We love her from our hearts. But God loved her, too. We'll always remember you.

The sick and shut-in of the community are doing better, but let us continue to pray for all. Also the senior citizens. The known sick and shut-in of the church and community are Willie White, Sylvester Brown,



**UN PARADE**—One of the many bands to display their ability to perform marched in downtown Raleigh (Fayetteville St. Mall) recently. Parades and other merry festivities are traditional during the Christmas season and enchant children of all ages. (Photo by Wilbert Sanders)

**SOCIAL SCENE**

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home is the farthest from Raleigh. This gift went to Soror Debra Sanford, who is a native of Texas.

In other business, Soror Garrett gave her annual report highlighting Zeta's year-long activities. In fact, the members watched a video on the Blue Revue. Because the sorority has a Transportation Bank, there is an increase in attendance. Sorors have been assigned to drive others to meetings, especially in difficult situations. The basileus announced that cheer baskets had been taken to area churches for distribution. The meeting ended with prayer.

The Choral Group and the Male Chorus of Martin Street Baptist Church held their second annual Christmas dinner at the Barbecue Lodge on US 1 North in Mini City. Some 36 of us enjoyed an evening of relaxation and fun. Although we love to sing, we were extremely quiet when we ate oysters, shrimp, fish, barbecue and chicken. Added to all of those delightful things were potatoes, slaw, Brunswick stew and Carolina hushpuppies. Thanks to the chairman, Alphonzo Alston, we had a great time. Dr. Thomas E. Kee is director of both choirs. Incidentally, we did sing some Christmas carols.

Congratulations to Ms. Edna Lyles Davis on being named "employee of the year" by the City of Raleigh. Edna has worked for the city for 10 1/2 years, and she is with the Community Citizens' Advisory Council, known to many of us as CCAC. She received a plaque and a cash award. There were nine persons nominated out of 2,000 or more employees, and this is a distinct honor. Edna was recognized and applauded by local Deletas at their annual Christmas breakfast held Saturday at the Holiday Inn-State Capitol. The honoree resides on King Richard Road.

The Berry O'Kelly Alumni Association will sponsor its annual dinner-dance on Monday, Dec. 26, at the North Raleigh Hilton on Wake Forest Road. The school has quite a rich heritage. It seems as though Berry O'Kelly was one of the first high schools to receive accreditation in North Carolina.

Next month is a significant one in Afro-American history since so many of our sororities, fraternities, historically black colleges and other institutions were founded then. Both Kappa Alpha Psi Fraternity and Phi Beta Sigma were founded on Howard University's campus. Three of the predominantly black sororities were founded also on Howard's campus. They were Alpha Kappa Alpha, Delta Sigma Theta, and Zeta Phi Beta. Fisk University, Hampton Institute, Lincoln University and St. Augustine's College were also founded in January. The First African Baptist Church was organized in 1788.

Let us not wait until February to observe Black History Month. Let us start now and pass it on.

According to Charles Mitchell, polemararch for the Raleigh Alumni Chapter of Kappa Alpha Psi Fraternity, they have plans to observe their founding on Sunday, Jan. 8, 1989, with Kappa Charles Holland as the speaker. This will be held at the North Raleigh Hilton. Kappas will also sponsor a cabaret on Friday, Feb. 10, at the Howard Johnson Convention Center on Hwy. 70 West. This activity will help to support the annual Kappa Beautifullion. The Kappas contributed \$1,000 on Saturday, Dec. 17, to the UNCF telethon. They are proud of their involvement in the NAACP's membership drive and in the activities of the Pan Hellenic Council.

The Raleigh Hampton Alumni Association held its annual Christmas celebration at the home of Johnny and Genevieve Farmer on Saturday, Dec. 17. Members brought a covered dish and took this opportunity to display their skills in the culinary arts. There was quite a variety, as usual. After members dined sufficiently, there was the exchanging of gifts. Then President Ermine Bates Barnes distributed her gifts to us. Soon it was time to play games. This is always a pleasant session, for each year, the games vary. Carrie Baker introduced a new game, and Eric Curry, our vice president, led the way. Next, David Spough introduced a new game which challenged us all. Fianly, Caroline Davis announced the last game. It was a fun evening.

Some of the members attending were Carrie Baker, Ermine B. Barnes, Thomas and Connie Culler, Dorothy S. Housen, Caroline Davis, Eric Curry, Frederick and Geraldine Burroughs, Rhea Lewis, Will and Betty Hudson, Brigitte and "Pete" Peebles, this writer and David and Leolia Spough. Congratulations are in order again for Leolia G. Spough. The North Carolina Black Minority Organization of Farmers Home Administration has established an award in memory of the late Thomas Boyd. The recipient of the award was Leolia G. Spough, who received a plaque.

It will soon be time for the CIAA tournament in Norfolk, Va. This is an exciting time for all sports lovers. Colleges have just closed out for the semester, and exams took priority. Right now, all of our minds are on Christmas and then there are those who will be watching the Peach Bowl game and others.

Has the spirit of Christmas caught hold of you this year? If not, take an inventory of your preparations. Remember, it is a time for giving. If you want to experience the blessings of the season, you must give fully of yourself. That is the price of admission.

—F. Bauer

Silent night, holy night,  
All is calm, all is bright  
Round yon virgin mother and child,  
Holy infant, so tender and mild,  
Sleep in heavenly peace;  
Sleep in heavenly peace.

—J. Mohr

Merry Christmas and Happy New Year!

Glover Pennington, Grover Perry, Doing better these days are Melvin Hooker, Ms. Faison, Ms. Brenda Pennington, Kirk Hooker, Ms. Lula B. Cottone and others.

We thank and praise God for His goodness and His kind and tender mercy. Let us continue to pray. Prayer changes things.

**ATTEND CHURCH**

**ON THE HILL**

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customary centers of order to which in a truly just society citizens may turn for protection and justice. But as the film "Mississippi Burning" aptly demonstrates, blacks or their sympathizers seek this protection at their peril for when they do, they are often vilified, arrested and murdered.

Of course, to the benighted Southern white, and those in other sectors of the country as well (witness the monotonous reports of blacks killed by white policemen across the country and the killings ruled justified by police "review" boards) killing a black may be less an ostracizing act of etiquette than belching in good company, and not nearly so socially offensive as having bad breath. Tom Sawyer's mother asked Tom if anyone was hurt in a boat explosion on the Mississippi River: "No'm," was Tom's laconic reply. "Killed a nigger." "Good," said his Christian, God-fearing mom. "I'm glad nobody was hurt."

Conditions in the South are certainly better now, but the wave of racist incidents in this country during the Reagan tenure have certainly increased. Taking to heart the nation's contempt for them, young blacks are turning on each other with unprecedented fury, filling the streets with drugs and morgues with bloody corpses.

"Mississippi Burning" reopened a scabbed-over, but still festering, wound. Much like the Jewish survivors of the Holocaust, I can never come to easy terms with American racism or racists. Martin Luther King, Jr. exhorted us to hate the sin but love the sinner. But it is very difficult to love a sinner such as Price, or the other notoriously bestial monsters I came to know while working as a journalist in both the North and South, psychotic killers all. Their names and many others are acidly etched in memory.

The terrible thing is that I know such hate is not healthy. Nor is it conducive of civilized behavior or thoughtful discourse that might lead to resolving the hairy problem or, at least, some of the more repugnant aspects of it. The danger, then, is one may become the mirror image of the thing he despises.

In "Mississippi Burning," a black FBI man is front center in a dramatic scene. He threatens to slice off the family jewels of the racist mayor just as whites have done to black men ad nauseum, if the mayor doesn't tell what he knows of the crime. And when his pants are yanked down and the razor gleams, talk he did, to the delight of the audience. In real life, there was no such scene. There were no black FBI men back then. J. Edgar Hoover, whose name graces the federal FBI headquarters building in the nation's capital, saw to that (he had several chauffeurs, to whom, when pushed, he referred as "agents"). Hoover's biased legacy is still plaguing the FBI.

At the reception following the film preview, I asked Hackman, who portrayed a former Mississippi county sheriff turned FBI man brilliantly, how he managed to seem such a natural Mississippi redneck. He grinned crookedly. "It was easy. I was around that type all my life in Illinois." Where in Illinois? he was asked. "In Danville," he replied.



The onion was worshipped in ancient Egypt and regarded by the Romans as a God who guarded the kitchen and guided the healing of battle wounds and skin diseases.

**Preparing Safe, Delicious Fare For Christmas**

WASHINGTON, D.C.—What is your vision of a Christmas dinner? The roasted goose straight out of a Charles Dickens tale of Old England? The traditional American ham with grandmother's special glaze? Or what about an update of another tradition—pre-cooked turkey purchased from the local deli? Whatever your choice, you may have questions about choosing or preparing the star attraction of your Yuletide dinner. In fact, your question may be among those answered by the U.S. Department of Agriculture's Meat and Poultry Hotline (free at 1-800-535-4555). Here are some questions that have recently been asked of the Hotline, and the answers.

Q. I'd like to serve roast goose, which is traditional at Christmas in England. How does cooking this differ from cooking a turkey?

A. The main difference is that goose and duck have lot of fat which needs to be drawn out by special cooking techniques. However, the same food safety cautions remain—frozen duck or goose should be defrosted in the refrigerator, not on the counter; hands, utensils, and counters should be washed thoroughly with warm water and soap after handling any raw meat or poultry.

Cook a goose or duck in an uncovered pan, for about 20 minutes per pound, in an oven that is at least 325°F. Use a thermometer to make sure that the internal temperature of the bird reaches 180°F. Prick the bird with a fork frequently, to release fat. Cook stuffing in a separate pan, so that it won't absorb grease from the bird. Remember that goose and duck both have a "gamier" taste than chicken or turkey. To reduce the gaminess, place a cored and peeled apple, carrot, onion, celery stalk or potato in the body cavity. Discard the vegetables before serving. Also, goose and duck contain all dark meat.

Q. Help! I'm cooking my first Christmas dinner, and I'm confused about all the types of ham available in my supermarket. Can you explain the differences?

A. There are basically four types of hams:

• Cured, uncoked hams—usually labeled "cook before eating"—must be cooked to a uniform internal temperature of 160°F. Leftovers should be tightly wrapped and refrigerated within two hours after cooking, and will keep four to five days.

• Fully cooked hams (not canned) should be labeled as such and have been fully cooked during processing, so they can be eaten as is, cold or heated. They should be stored in the coldest part of the refrigerator—the shelves near the freezer—and will keep about a week.

• Fully cooked canned hams almost always need to be refrigerated. Check the label for directions. Generally, they keep in the refrigerator for six to nine months. When you use the ham, make sure that the can isn't showing any bulges, cracks, dents or rust. They do not need cooking, but can be heated before serving.

• Country ham, country-style ham, or dry-cured ham are various names given to hams which have been dried and cured with salt, then smoked and aged for a distinctive flavor. Because of this special process, these hams do not need refrigeration and can be kept several months. Since they continue to age, you may find small mold patches on the outer skin. These can be trimmed away. After cutting into these hams, it's best to use them right away. Because they are dry and salty, these hams require extra preparation, often soaking and simmering in water, so consult the label or your cookbook.

Q. My favorite deli is offering pre-cooked, pre-stuffed turkeys this year. It would save a lot of time, but is it safe?

A. If you want to serve a pre-cooked, pre-stuffed turkey, pick it up immediately before dinner so that it can be served hot from the deli's oven. Reheating a whole pre-cooked turkey at home is not recommended because the depth of the turkey guarantees incubator-like conditions perfect for the growth of bacteria like salmonella. If you must reheat a pre-cooked turkey, you should remove any stuffing, cut the turkey into serving size pieces, put stuffing and turkey pieces into shallow containers, and refrigerate them until you are ready to reheat.

Q. Last Christmas, I thoroughly cooked my turkey to an internal temperature of 180°F, but the meat still had a pink look to it. Is this normal?

A. Occasionally, turkey, fresh pork or veal will retain a pink colored rim about one-half inch wide around the outside of the cooked meat. Most often, this is the meat of young birds or animals, which lacks the shield of a fat covering. Scientists have found that pinkness occurs when red meat or poultry is exposed to certain gases, which are formed in either gas or electric ovens. Don't worry about the pinkness. The meat is wholesome and will taste good. Of course, the best way to check for doneness—which is reached at 180°F—is with a meat thermometer.