

THE CAROLINIAN-THURSDAY, SEPTEMBER 7, 1989-PAGE 18

HOW GOOD A LISTENER ARE YOU?

Rate yourself on a scale of 1 (low rating) to 5 (high rating) on each of the following statements. Ask two colleagues to rate you on the same scale and compare your findings.

1. I always attempt to give every person I talk with equal time to talk. 2. I really enjoy hearing what other

people have to say. 3. I never have difficulty waiting until someone finishes talking so that I can have my say.

4. I listen even when I do not particularly like the person talking.

5. The sex and age of a person makes no difference in how well I listen.

6. I assume every person has something worthwhile to say and listen intently to friends, acquaintances, and strangers alike.

7. I put away what I am doing while someone is talking. 8. I always look directly at the person who is talking and give that per-

son my full attention, no matter what is on my mind. 9. I encourage others to talk by giv-

ing them verbal feedback and asking questions.

10. I encourage other people to talk by my nonverbal messages, such as gestures, facial expressions, and posture.

11. I ask for clarification of words and ideas I do not understand.

12. I am sensitive to the tone of the speaker's voice, expressions, and gestures that convey meaning.

13. I never interrupt a person who is talking.

14. I withhold all judgments and opinions about what a person is saying until I have heard it all.

15. I listen past the words to the feelings and meanings the person is expressing, and test to see if I am understanding correctly.

16. I make mental outlines of the main points of what a person is saying.

17. I look mainly for points on which we can agree, not mainly for points on which we disagree.

18. I respect every person's right to his or her opinion, even if I disagree with them.

19. I view every dispute or conflict as an opportunity to understand the person better.

20. I recognize that listening is a skill and I concentrate on trying to develop that skill in my daily life.

Scoring: Add up the total point value of your rating and score them as follows:

90-100-You are all ears.

11200

80-89-You are a pretty good istener

try to discipline or judge behavior, even with the subtlest suggestions. This holds for all areas of life, including the way in which they are bringing up their children.

6. When you see an opening where you may make a constructive contribution, or offer a helpful suggestion, talk it over with one or both of the married partners as a possibility that they may want to consider, before assuming that of course yours is the best way for them.

7. Maintain your own room as strictly your own in which you can be surrounded with your belongings and the atmosphere that is uniquely "you." Invite others in from time to time to see something, or to read, or listen to radio, or whatever, but do not let your privacy be invaded more often than you can comfortably take. This may be so important that it is worth fighting for if necessary.

8. Give and receive graciously, freely, and without strings or obligations. No man lives to himself alone, especially if "he" is a woman. Each of us at times must lean, and at times can help bear others' burdens. If the giving is spontaneous, and the receiving is with appreciation, the relationship can be strengthened by its interdependence.

LIVING YOUR OWN LIFE AS A WIDOW

Where you go to live, and how you work things out when your husband dies, depends on you. How good your health is, how adequate your financial resources, how personally independent you have learned to be, what claims others have on you, and whether you have a home of your own that you can continue to call home, all are relevant.

SOME FACTS:

1. The best thing you can do is to get followers to mirror your actions by being what you wish them to be. 2. Don't wait until you've had a heart attack to start doing something about your anger.

3. A recent survey in Washington found that almost all 8- to 12-year-olds could name and spell the names of five beers correctly, but very few could name and spell the names of five former presidents.

4. Standing in the middle of the road is very dangerous; you get knocked down by the traffic from both sides.

5. We never repent of having eaten too little.

6. Look out how you use proud words. When you let proud words go, it is not easy to call them back. 7. The less secure a man is, the

assisting. The Senior Choir furnished the music. Doxology was performed by the choir and congregation. Invocation and call to worship was by the pastor.

The opening hymn was "Holy, Ho-ly, Holy," followed by the morning prayer by Rev. Collins Ridley. The selection, "O for a Thousand Tongues to Sing," was followed by the responsive scripture reading and Decalogue by the pastor.

Announcements and recognition of visitors were done by Ms. Bessie Ridley. The selection, "I Don't Want to Run This Race in Vain," was followed by the mission and general offerings by David Evans. The offertory selection was "All Things Come of Thee, O Lord." After the selection, "Just a Closer Walk with Thee," remarks came from the pastor's notebook.

Children's altar call and Bible verses were next. The church had a moment of silent prayer. The sermonic selection was "I Am on the Battlefield for My Lord."

The morning message was brought by the pastor, Rev. Terrell, from Luke 10:2 on the subject, "Are You Working for the Lord?" The invitation to Christian discipleship was extended as the invitational selection, "Hold to God's Unchanging Hand," was sung. The alms offering for the sick was lifted by the Stewardesses. The hymn of preparation was "Break Thy Bread of Life, Dear Lord." The general contession was followed by Holy Communion. The Lord's Prayer was chanted and the prayer of thanksgiving followed. The Apostles' Creed was followed by the Doxology and benediction.

ANNOUNCEMENTS

Church School is supposed to begin at 9:30 a.m. Please try to be on time. Regular pastoral days are every Sunday at 11 a.m. The first Sunday, the Lord's Supper is served.

Hour of Power praise service is held every Sunday at 6:30 p.m. You are invited to come out and praise God with the church.

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

On Thursday night, the official board meeting will be held.

Rev. I.J. Irving, pastor of St. James AME Church, Sanford, has invited Rev. Allen D. Terrell, the Male Chorus, the Combined Choir and entire congregation to come out and render service for revival on Thursday, Sept. 19.

The Women's Missionary Society will sponsor a fundraising program to support its projects and annual budget for the society. This program will be held Sunday, Sept. 10, during the 11 a.m. service. The program will feature recognition of Grandparents' Day. Won't you support them by donating \$2 for a vote? Everyone can participate.

On Sept. 16 at 7:30 p.m., the Gospel Choir will present a program.

On Sept. 17, the Senior Choir's anniversary will be held.

A happy birthday goes out to Alton Hooker, Sept. 4; Larry Evans, Sept.

On the sick list are Ms. Kathleen POW/MIA commemorative medal. This special medal was designed in 1984 and issued by the federal gov ment to the POW/MIA families. **POW/MIA FACT SHEET**

Total number of Americans still prisoners, missing or unaccounted for in Southeast Asia is 2,357. Included in this number are 59 from North Carolina.

• The Socialist Republic of Viet-The Rhamkatte community is in nam has only returned 257 remains sympathy with the Burt family in the passing of their loved one, Raymond since 1974.

• Nearly 700 of the 2,357 men were lost in Laos or Cambodia. No live prisoners of war or any remains have ever been identified or returned by either country.

HUD ON DRUGS (Continued from page 13)

Under current regulations, illegal drug activity will cause a family to lose assistance only when the family permits the apartment unit itself to be used for drug trafficking.

The new regulations would give PHAs broad discretion to consider all circumstances in each case, including the seriousness of the offense, the extent of participation by family members, and the effects that denial or termination of the subsidy would have on other, uninvolved family members. The PHA could also permit family members not involved in these felonies to receive assistance, as long as the violator does not reside in the unit.

"What I am proposing would also let the PHAs take into account users entering drug treatment programs, and let them consider reinstatement for those who have undergone drug rehabilitation," Secretary Kemp said.

PHAs would be required to give participating families whose subsidy is terminated because of felonious drug or violent criminal activity a due process hearing of the proposed termination as set forth in 24 CFR 82.216 (b).

The new regulations are expected to be published for comment within the next two weeks.

FAMILY HISTORY (Continued from page 13)

preacher McLean Moore, presided over one of the churches.

The Spaulding story extends well beyond eastern North Carolina. As far away as California, Spaulding descendants have become lawyers, doctors, teachers and business leaders.

Two family members helped found N.C. Mutual Life Insurance Co. in Durham. George White, a greatgrandson of Benjamin and Edith Spaulding, was the first black person from North Carolina elected to Congress, serving from 1897 to 1901. Spaulding believes another descendant, Theodore Spaulding, was the first black judge to serve in Philadelphia.

Lou Hudson, the retired NBA star,

Health and Human Services, delivers a major address during the conference and the renowned Rev. James Forbes of New York's Riverside Baptist Church was scheduled to appear with the acclaimed Richard Smallwood Singers, recently returned from a Soviet Union tour, at the annual CBC Prayer Breakfast. New national drug czar William Bennett is expected to discuss "Drug Control" on a panel with Jesse Jackson, Dick Gregory and Rep. Charles Rangel (D-N.Y.), chairman of the House Select Committee on Narcotics and ranking CBC member.

In addition to coordinating the event's annual jazz forum, Rep. John Conyers (D-Mich.) moderates a panel on "Black Reparations-An Emerging Public and Legislative Policy." In announcing the weekend schedule, the CBC members proudly noted that on Aug. 2, the House of Representatives passed HR 2990, a \$155 million 1990 appropriations bill for the departments of Labor, Health and Human Services and Education.

"Programs that serve the poor, the elderly and children were protected from cuts and, in most cases, receiv-ed increases," Rep. Stokes (D-Cleveland) announced. The House has also passed a much-debated child care bill providing funds for lowincome families, but all these measures must be passed by the U.S. Senate before they become law in 1990.

The Congressional Black Caucus was established in 1971 as a political unit in the House of Representatives with only six members. It now has 23 members. The CBC Foundation was established in 1976 as a nonprofit, taxexempt, educational, research and fundraising organization dedicated to increasing the political awareness of black (African) Americans.

AGING

(Continued from page 13)

choice."

Beyond the conflict between the public and private sectors, "Can't Afford to Grow Old" examines another debate that threatens to pit one generation against another-the debate over generational equity. Former Colorado Gov. Richard Lamm contends that the elderly are consuming a disproportionate share of national resources. "There are five million American children who went to bed hungry last night, and yet we're paying the health care benefits of millionaires," says Lamm.

In his conclusion, Cronkite observes that "the demand and cost for long-term care will soar as unprecedented numbers of Americans experience the infirmities of old age." He continues, "We all desire the longevity that modern medicine has made possible. But we worry that we, as individuals and collectively as a society, can't afford to grow old."

MANDELA

(Continued from page 13)

time and therefore do not feel rushed and hurried. Things proceed in an

orderly fashion and there is time enoughf or everything we need to do or desire to do. By taking one step at a

time, we live one beautiful day at a time, one happy day at a time.

-Carol A. Johnson

CLINTON—Ace and Sheila Stewart announce the birth of a daughter, Brittany Alisha, at Pioneer Hospital, Artesia, Calif., on Aug. 18. Brittany was 20 inches long and weighed seven pounds, 10 ounces. She is the couple's second daughter. The maternal grandparents are Mr. and Mrs. Arden Beckett of Clinton. The paternal grandparents are Mr. and Mrs. Casey Stewart of Jackson, Miss.

Corbett Johnson of Detroit, Mich. spent several days last week in Clinton with his mother, this writer, accompanying her back to Winston-Salem to visit Mr. and Mrs. Charmis Williams for a few days.

On our way back we stopped in Greensboro to visit the writer's other children, Bernard and Joyce, and their families for a few days.

Birthday greetings are extended to Ms. Christine Pridgen. She celebrated a birthday recently.

BY A.M. JOHNSON **STEP BY STEP**

We must take one step at a time and experience the stream of good as it comes. We must live one moment at a

linton

have many more birthdays.

Hemby, Ms. Lola McClain, John T.

Singletary, Ms. Mary Utley, Ms. Ber-

tha Pierce, Ms. Linda Chavis, Ms.

Mary Murphy, Ms. Ella Fletcher, Ms.

Margaret Kearney, and Isaac

Kearney. Let us keep praying for the

sick everywhere. God still sits on the

throne and He does take care of His

Burt, who died Sept. 3. Funeral ar-

rangements were incomplete at this

writing, but we say to the family that

God has never made a mistake. Keep

The YWCA Golden Oaks began

their meeting Aug. 20 with an exer-

cise class at 10:30 a.m. Bible study at

11 a.m. opened with prayer by Ms.

Mary McKay. The lesson was taken

from Psalms 91 and was explained by

the different members. Then the

group was led in prayer by Ms. Daisy

Brown. Ms. Margie Williams sang a

solo for the ones who had birthdays in

August. Ms. Greene played the piano.

thday cake and ice cream. Those

celebrating birthdays were Ms.

Mammie Kearney, Ms. Mary McKay

and Ms. Gertrude Howell. We say to

all of you, God bless you and may you

The group then had lunch with bir-

praying.

70-79-You are missing a lot. 69 and under-It might be a good idea to have your ears checked.

HOW TO LIVE WITH YOUR MARRIED CHILDREN

1. Choose the daughter-in-law with whom you have the most comfortable sense of accord. Personalities differ tremendously, some clash and irritate, and others warm and strengthen each other. Rememb it's the woman of the house that you'll be dealing wiht most, so insofar as you can, select the one with whom you feel the closest bond.

2. Have a definite agreement about the division of household work. If there are certain things you know you are expected to do as your share, it will be better all around than if you are always trying to search out something that may or may not please the family.

3. Keep your own friends, interests, and activities, coming and going as much as is feasible in your own way. Invite "the children" along with you from time to time if you wish, but do not make a regular prac-tice of expecting them to accompany you.

4. Respect their privacy, their ac-tivities and their friends as their own. tivities and their friends as their own. This means that you will not pry into their affairs in either direct or in-direct ways. Listen when they tell you about their interests, but be very careful in expressing your opinions or judgments about them. Go with them occasionally, but don't make it a habit. When they entertain, assume that you will make other plans unless you are specifically invited. Even then you may tactfully leave early upon occasion. upon occasion. 5. Remember always that your job

of bringing up your children was finished long ago, and that you only make a nuisance of yourself when you

more likely he is to have extreme prejudices. 8. A wise man controls his temper.

He knows that anger causes mistakes (Proverbs 14:29).

9. Don't ever forget that it is best to listen much, speak little, and not become angry; for anger doesn't make us good, as God commands that ve must be (James 1:19-20).

10. Don't be too eager to tell others eir faults, for we all make mistakes (James 3:1).

11. Anyone who says he is a Christian but doesn't control his sharp tongue is just fooling himself, and his igion isn't worth much (James 1.26).

12. Don't criticize and speak evil about each other. If you do, you will be fighting against God's law of loving one another, declaring it is wrong. What right do you have to judge and criticize others (James 4:11-12)?

13. To remove grease and grime. from the hands and face: Take a cup of lard and add 5 tablespoons of sugar. Mix well and use like soap.

You'll be amazed at the results. 14. This year's recipe: Take 12 fine full-grown months; see that these are thoroughly free from all old memories of bitterness, rancor, hate and jealousy. Cleanse them comand jointousy. Cleanse them com-pletely from every clinging spite; pick off all specks of pettiness. Cut each month into equal parts—an equal part for each day of the month. Do not attempt to make up the whole batch at one time.

Prepare as follows: Into each day Prepare as follows: Into each day put equal parts of faith, patience, courage, work, hope, fidelity, liberality, kindness, rest, prayer and meditation. Add about 1 teaspoon of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heap-ing cupful of good humor. Pour love into the whole and mix with a vim. Serve with quietness, unselfishness, and cheerfulness.

Asbury

LINCOLNVILLE AME CHURCH

AND COMMUNITY NEWS BY ANNIE PERRY ASBURY-Church School began at 10 a.m. with the superintendent, Ms. Nellie Penney, in charge. The open-ing selection was "Pass Me Not, O Gentle Savior." The Apostles' Creed was recited by the school. Prayer was offered by the school. Prayer was offered by Rev. Collins Ridley. The

subject of the lesson was "God's Presence With Judah," Ezekiel 1:4-6, 25-30, 26-28b. The key verse was taken from Ezekiel 1:28. Acting superintenant was Ms. Dorothy Shaw. Acting scretary was Ms. Neille Penney. astor is Rev. Allen Transfer stor is Rev. Allen Terrell.

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Morning worship began at 11 a.m. th the pastor, Rev. Allen D. Terrell, esiding and the local elders 10 at 11 a.m.

7: Ms. Hattie Hooker, Sept. 8; Willie Shaw, Sept. 8; David Evans, Sept. 8. We trust all of you will have happy birthdays and pray that God will bless you with many more to come. The sick and shut-in are Willie White and Grover Perry. We trust that Ms. Mary E. Evans is still doing better. We are praying for our sick and shut-in and the senior citizens all over. We must continue to pray for one another. We are praying for a special friend, Ms. Juanita Williams, and for the family. When in sorrow, read John 14, and when you worry, read Matthew 6:19-34. We know God will uplift you, because He knows just how much we can bear. He said ask in His name. So just have a little talk with Jesus. We know prayer changes things.



BY LUCILLE ALSTON

RHAMKATTE-Church School began at 9:45 a.m. with all classes reporting. The subject of the lesson was "God's presence with Judah,' Ezekiel 1:4-6, 15-20, 26-28. The key verse was repeated by the school. Acting superintendent was Albertine Sanders, who presided. The adult class was taught by Thomas Burt. Classes had a 45-minute study period. The lesson was reviewed by Ms. Maddie Little. After the report from the acting secretary, Doris Williams, the service closed.

At 11 a.m., Rev. E.C. Hughes spoke from Romans 1:16 on the subject, "The Unleashed Power of Jesus Christ." Music was furnished by the Senior Choir, with Ms. Hazel Hug at the piano. Morning prayer was of-fered by Falla Michander. An-nouncements were made by Phyllis nouncements were made by Phylis Burt. Mini-church was led by Betty Rogers. Rev. Hughes left the congre-gation with a message on how the unleashed power of the Holy Spirit can do all things. Jesus teaches, "I am the beginning and the ending." The power of Jesus will take care of

The invitation to Christian leship was followed by Holy nunion, served by the pastor, nd closi

ANNOUNCEMENTS

Bible study is held every Tuesday at 7:30 p.m. Trustee Day will be observed Sept.

The women of First Baptist Church are busy getting ready for Women's Day. If you don't worship with them on Sunday, Sept. 24, you will miss something good.

During the afternoon at 6 p.m., they will present "Slab Town Convention." The minister will be Rev. Naomi Price. If you miss that, you'll be sorry. We'll see you there.

Ms. Irene H. Thomas, Ms. Sadie Hill and their father, Charlie Hill, are back at their home in Rochester, N.Y. after spending the summer at their home in Clinton.

SENIORS CAN WORK IN CENSUS President Bush's recent signing of new legislation will allow federal, postal and military retirees to accept a temporary 1990 Census job without any loss of retirement pay or benefits.

Under the new law (PL 101-86), federal retirees may accept any number of short-term Census jobs number of short-term center without incurring any benefit losses provided that he total aggregated six calendar time does not exceed six ca months, and that the appoint does not extend beyond Dec. 31, 1990. Generally, before the new law, a retiree working during the 1990 Census would have faced a benefits reduction.

The decennial Census is the largest acetime operation undertaken by the federal government. The Census Bureau estimates that it will need to employ approximately 480,000 tem-porary workers to conduct the count. Recruitment for management and administrative positions will begin next month. Anyone interested in a Census job should contact their state yment office or the nearest Census Bureau office.

POW-MIA (Continued from page 13)

the war. His remarks will chronicie the war. His remarks will chronicie his experience in the hands of his North Vietnamese captors. In addi-tion, he will address what he believes our government can do to bring about a full accounting of our men left in Southeast Asia after the war. Members of North Carolina Vietnam Veterans, Inc., will read the names of our state's POW/MLAs during the our state's POW/MIAs during the

Those attending the ceremony will have a unique opportunity to see a

married a S **Oprah Winfrey's boyfriend**, High Point businessman Stedman Graham, is a distant Spaulding relative.

"I've always been interested in history. When I was courting, I would take my girlfriend to see my relatives," Spaulding said. "She would enjoy hearing about the olden days."

Last year, more than 600 Spaulding descendants held a reunion at a Greensboro motel. Next year, the family, which publishes a quarterly newsletter and meets for reunions every two years, will gather in New York City.

'It's a cohesive family," says paulding, retired from the N.C. Agricultural Extension Service. They have always worked together, cared for each other, been friendly with each other." In his research, John Spaulding

discovered 14 other John Spauldings.

The book traces five generations along 10 Spaulding family lines; Ben-jamin and Edith Spaulding had 10 children. They in turn all had children, ranging in number from one to 21.

His research took him to Cape May Courthouse, N.J., a town founded by the Spaulding clan, and where he says more than 100 family members still live. He also traveled many times to Columbus and Bladen counties, where a slew of descendants still reside and where John Spaulding owns 1,100 acres handed down through his side of the family.

He compiled the genealogy part of the book, while his cousin, Louis Mitchell, wrote the history section with help from Spaulding's research. Until his death in March, Mitchell, who was blind, taught English literature at the University of Scranton in Penn-

"I don't think we left out a thing," ng says.

BLACK CAUCUS (Continued from page 13)

ders. The session coordinated by tep. Walter E. Fauntroy (D-D.C.) asted Atillah Shabazz (daughter of Malcolm X), Mpho Tutu, Amy Carter, Marc Morial, Susan Robeson, Thurgood Marshall, Jr., Cherly Sutton, Jesse Jackson, Jr., Pam Gregory, Linda Chavez Rodriguez, Rep. Joseph Kennedy III and King. Dr. Louis Sullivan, secretary of

Coetsee arranged for a meeting between Botha and Mandela on July 5 at the president's official residence. At that meeting, Coetsee said, Mandela had "endorsed peaceful development."

Mandela, the country's best-known black leader, has said he won't renounce violence until the government dismantles apartheid and legalizes the ANC.

Coetsee said he personally believed Mandela was a moderate figure in the circles that "we normally describe as revolutionary."

He described Mandela as being a man who "would not leave his people in the lurch" and having "an old world, almost an old Roman" approach to values.

Mandela, imprisoned since 1962, is serving a life term for his conviction on sabotage and plotting to overthrow the government.

Citizens Invited **To Harris Plant** Exercies 9/14

Residents within a 10-mile radius of the Shearon Harris Nuclear Power Plant have been invited to partici in the Sept. 14 exercise for the plant's emergency response plan. The par-tial participation exercise will test the ability of state and local agencie and CP&L to respond in the event of an accident at the Harris Plant.

Citizens may participate in several, ways, including volunteering to be evacuated and go to a shelter. En route to a shelter, their cars may be checked at deconatmination stations. Once at the shelter, the evacuees will be registered, and they may be monitored for contamination.

Participation allows the area's residents to learn firsthand the necessary steps for safety in the event of a real emergency at the plant. Public involvement also makes the exercise more realistic for the

participating agencies. Residents of the 10-mile emergency planning zone who are interested in planning zone who are interested in participating and/or would like more information should call the ap-propriate number listed below: Wake County-755-6245 Lee County-755-3941 Harnett County-893-8659 Chatham County-542-2911