

MRS. BEATRICE MAYE'S This Week In GREENVILLE

IF YOU ARE TO SPEAK

Everybody is making speeches these days—in the pulpit, at civic clubs, before lodges, schools, and other groups. Someone has jokingly said, "It has got to be the place today that whenever two men meet on the street, one of them pulls out a gavel and calls the meeting to order."

So many are the meetings, and so great is the demand for speakers, that anyone who has attained a degree of prominence or popularity may be called upon to give a speech.

For those who may not have wide experience, the following suggestions are given:

1. Who is going to be present? Men? Women? Young people? A mixed group? Your choice of material will depend a lot on those who are to hear you. The Woman's Club is interested in something entirely different from the DeMolays, and the Kiwanis Club from the Boy Scouts. You will not want to preach an evangelistic sermon to a group which has no sinners to convert, nor would the PTA want a lecture on metallurgy. Be sure your speech fits your audience.

2. What is the purpose of the talk? Is it to inform? Teach? Inspire? Challenge? Stir to action? Deepen faith? Entertain? People are too busy to listen to speeches that have no point to them. Be sure you know, before you start, exactly what you hope to accomplish.

3. Choose an interesting title. This will create interest, arouse the curiosity, and tell something of the topic to be discussed. If a minister were to announce, simply, "Faith," nobody would be particularly interested. But if he were to choose, "Can Faith Move Mountains Today?" people would wonder what he was going to say. Be sure you do not mislead people by announcing "The First Five Minutes After Death," and then give them a sermon on money, liquor or gambling. They will feel they have been tricked, and will not trust you again.

4. Where will you get material? If the speech is before a church group, you will want to use (1) the Bible; (2) a Bible concordance; (3) a Bible dictionary; (4) a Bible commentary; (5) books of illustrations; (6) current events; (7) history; or (8) poetry. If you are speaking to a secular group on a secular topic, you will find books in the public library written by men who are authorities in their field; encyclopedias will give you a background of the past, and things accomplished, and trade or professional magazines will bring you up to date. You will also find that interviews and personal experiences provide much interesting material.

5. How will you arrange the material? Keeping in mind the amount of time you will have at your disposal in giving the speech, make a simple outline of the principal things you have to say. You will probably not want to have more than three or four divisions, so they will be easy to remember. Then, under each one, fill in the facts, figures and illustrations that bring out clearly what you want to get over to the group. You will want to arrange your material logically, leading to a definite conclusion; if it is of a historical nature, naturally you will begin with the past, indicate the bearing that it has on the present, and conclude with a prophetic note concerning the future.

Once you have your speech written out, completely master the material, but do not attempt to memorize it word for word. If you do, and you forget something, it will leave you completely bewildered. Rather, memorize your outline, and express what you have to say in your own words.

You may have the outline before you when you speak, if you are not sure of yourself, but do not use it unless absolutely necessary. The speaker who has to keep looking at notes soon loses the attention of the audience.

6. What things should be observed in delivering the speech?

(1) Watch your voice. Keep on the low tones, for they carry better than the high, shrill notes. Be sure you are speaking loud enough to be heard, for a speech goes utterly to waste on those who cannot hear it. If you are speaking in a large room, without the aid of a microphone, there is nothing wrong with inquiring if those in the back can hear you. Enunciate and articulate clearly. Vary the force and tempo of your voice to suit the sentiment. Make use of the pause to create suspense, and stir the imagination. Don't attempt to be oratorical, unless you are particularly gifted along that line. Use the conversational tone, which makes your message seem personal to all who hear it.

(2) Watch your face. This needs to be done before a mirror at home. Some very fine speakers nullify much of the effectiveness of their speeches by the horrible contortions they put their features through.

Some hints for introductions:

1. While it is customary at banquets to tell funny stories, there are some people who have a talent for it, and others do not. If you have the

ability to make people laugh, use good judgment in your choice of stories. You will not, of course, cheapen yourself by telling any which are vulgar. Neither will you embarrass the speaker by telling some old joke and claiming it happened to him. You will find that a man will make a lot better speech if what you say makes him feel good, instead of throwing him into confusion by telling things which make him flush with shame.

On the other hand, if you are one of those who are not clever in telling stories, don't attempt it, for the listeners will laugh at you instead of the stories. You can do a nice job of introducing a speaker without the stories, and still have the regard of all.

2. At the close of the speech, thank him graciously for having brought the message. If you can honestly do so, compliment him highly, but if it was so dull that people heartily wished he had never come, don't make out like it was wonderful, for nobody knows better than he that it was not. Nevertheless, you can sincerely express your appreciation for his willingness to be on the program. There are very few speeches in which there are not some fine things, and even if the delivery was poor, you can make him feel good by commenting, "I particularly like what our speaker had to say about _____."

If the speaker is commonly known to be long-winded, you might tactfully mention before you start in on your introduction that the meeting started on the dot, and has moved briskly along, so that the speaker will get in his full time and yet the group will be dismissed on the hour.

Asbury

LINCOLNVILLE AME CHURCH AND COMMUNITY NEWS

BY ANNIE PERRY

ASBURY—Sunday School began at 9:45 a.m. with the superintendent, Alton Hooker, in charge. The opening selection was "O Holy Night."

The Apostles' Creed was recited by the school. Prayer was offered by Ms. Nellie Penny. Subject of the lesson was "What Does Jesus Mean To You?" It was taken from Luke 2:8-12, John 10:11-18. The key verse was from John 10:10. The lesson was reviewed by the school. Secretary is Ms. Ann Isaac. Superintendent is Alton Hooker. Pastor is Rev. Robert L. Goode.

Morning worship began at 11 a.m. with the pastor, Rev. Goode, presiding, and the local elders assisting. The acolytes lit the candles, followed by the processional by the choir. Prayer was offered by Rev. Robert Goode.

The hymn of praise was "Silent Night." Morning prayer was offered by this writer. The selection, "Go Tell It On the Mountain," was followed by scripture lesson and Decalogue by Rev. Goode. The mission and general offerings were lifted. The offertory sentence was "All Things Come Of Thee, O Lord." Announcements, recognition of visitors and notices were led by Ms. Carolyn Rogers.

Children's moments were presented by Ms. Lucille Cotton. Altar prayer came from Rev. Collins Ridley. The sermonic hymn, led by Ms. Lucille Hooker, was "What a Friend We Have in Jesus."

The morning message was delivered by the pastor from Matthew and Luke 2:7 on the subject, "What Did You Do With Your Christmas Gift Last Year?" The Lord's Prayer was chanted, followed by the invitation to Christian discipleship. The invitational selection was "Jesus, Jesus, O What a Wonderful Child." Doxology was followed by the benediction. The congregation was asked to be seated for a moment of quiet reflection.

ANNOUNCEMENTS

Noonday prayer service is held each Wednesday.

Prayer service is also held Wednesdays at 7 p.m., along with Bible study.

Watch Night service will be held Dec. 31 at 10 p.m.

Please join us in a letter-writing and card campaign to Ms. Vera Goode's brother, E-5 Mark I. Martin, 22615364, 44th Medical Brigade, 45th Evacuation Hospital, APO New York, N.Y. 09657.

Also, Ms. Calso McKoy's granddaughter, PFC Angela B. Hall, 20945344, HHC 57th Signal Battalion, 3rd Signal Brigade, APO New York, N.Y. 09657.

Happy belated birthday goes out to Ms. Juanita Williams, Dec. 25; Ms. Lula Cotton, Dec. 26; David J. Cotton, Dec. 26, son of the late Redrick R. Cotton, Sr. and Ms. Lenora Cotton; Ms. Mary E. Evans, Dec. 27; Ms. Lucille Hooker, Dec. 28; Benjamin Hooker, son of Ms. Hattie M. Hooker, Dec. 28. We hope that all of you had happy birthdays. We pray that God will bless you all with many more birthdays to come. We trust you had a wonderful birthday, a merry Christmas and a prosperous New Year.

In memory of my late brother, whose birthday was Christmas Day, Dec. 25. Also Mother Ms. Elmirdie P. Rowe, daughter Rev. Annie Perry. Gone but not forgotten.

Let us keep on praying for the sick and shut-in all over the world. Also pray for the senior citizens all over. Don't forget to pray one for the other. We all need as much prayer as we can get. Prayer is the key to the kingdom and faith unlocks the door. We cannot let the devil fool us.

Our sick are Willie White, Glover Pennington, Ms. Mary E. Evans, Sam Williams, Ms. Sophronia Wright, Rev. Odell Wright. We are still praying for Nathaniel Hooker and Grover Wilcox. We are very glad to know there are others doing nicely. We thank and praise God for everything He's done. Because we know prayer changes things.

Rhamkotte

BY LUCILLE ALSTON

RHAMKOTTE—Sunday School began at 9:30 a.m. with all classes reporting. Superintendent Albertine Sanders presided. The subject of the lesson was "What Does Jesus Mean To You?" taken from Luke 2:8-12, John 10:11-18. The key verse was read by the school. Classes had a 45-minute study period. The adult class was taught by Otho Kearney. The lesson was reviewed by Thomas Burt. The report was made by the acting secretary, Ms. Burt, and the class closed.

At 11 a.m., Rev. A.D. Terrell spoke from Luke 24:48, using for a subject, "Tell the Story." Music was furnished by the Mass Choir, with Emanuel McNeil at the piano. Betty Duell gave the morning prayer. The responsive reading was led by O.C. Kearney. Kimberly Crutchers recognized the visitors.

Announcements were made by Sadie Chavis. Mini-church was led by Lee Nipper. Altar call came from Betty Rogers. Rev. Terrell left the congregation with a message on how we must put Christ back in Christmas. God gave the first Christmas gift. Love is action. Our King is coming back. My God is an everyday God. Tell the whole story. Our love is dead without faith. Our mission is to bring someone to God. We need to have love and tell the whole story.

Invitation to Christian discipleship was extended. John D. Holmes, Fleshia Mitchell and Ms. Morgan joined the Christian fellowship. The Apostles' Creed was followed by the closing.

The Christmas program was held immediately after morning service.

ANNOUNCEMENTS

Watch Night service will be held at Lincolnville Dec. 31 at 10 p.m. Rev. A.J. Holmes of St. James, Method, will give the meditation.

On Jan. 6, 1991, the Gospel Choir will celebrate its 17th anniversary.

On Jan. 13, 1991, Martin Luther King Day will be observed. Rovenia Coleman and Oma Singletary will be in charge of the service.

On Jan. 13, 1991, at 4 p.m., Group No. 2 will sponsor a play, "The Glory Road."

Known sick and shut-in of the community are Kathleen Hemby, John Singletary, Edna Matthews, Mary Utley, Lola McClain, Howard Beckwith, Walter Rogers, Jr., Ella Fletcher, Margaret Kearney. Let us keep praying for the sick everywhere. God is still in the healing business.

The senior citizens of the Rhamkotte community want to thank all our young people for their love and grace in song and gifts. Merry Christmas and a happy New Year to all.

We want to thank our girls at the YWCA Golden Oaks for the Christmas dinner and gifts they gave us. We love you all. God bless you.

FITNESS CRUCIAL

(Continued from page 13)

play an important role in increasing feelings of well-being and self-esteem.

Before beginning any type of exercise program, it is essential that plans first be discussed with a doctor. At that time, limitations and precautions for the older adult can be discussed. After physician's approval, the senior citizen is ready to begin exercising.

Fitness programs for older adults are available at local senior centers, recreation centers, and through some community organizations such as the YWCA. Exercise groups can also be organized to include friends or neighbors.

Whether older adults choose to exercise alone or in a supervised program, the key is to start out slow and easy, warm up sufficiently prior to activity, and drink plenty of water before, during and after exercise.

BLOOD

(Continued from page 13)

with national origin.

"The focus that is resulting from the secretary's decision would seem to be quite appropriate," said Dr. S. Gerald Sanders, director of medical services for the American Red Cross. The number of AIDS cases associated with heterosexual contact rose by 755 in 1989-90 to 1,036 in the next reporting period, he said, quoting statistics from the Centers

for Disease Control. That jump from two percent of all AIDS cases to three percent in a single year is statistically significant, he said.

Verbal screening of prospective donors is important because testing of the blood supply has a gap: the AIDS antibodies do not appear for up to six months after infection.

Sanders says the screening is reliable because the kind of people to take the time out to donate blood do not want to hurt others and the process is anonymous.

The policy continues the ban on donations from black Africans unless they can be tested for a form of the AIDS virus, HIV-2, that is endemic in Western Africa.

Such tests have been developed but are not widely used in the United States.

EDITORIAL

(Continued from page 13)

even clearer about it—that this has to be a matter of personal choice. We don't seek to limit the options of poor women, but to empower them.

"We remain committed to a whole host of strategies for reducing poverty—from better schools to job training to radical welfare reform. We think education about birth control is important, and if Norplant lives up to its advance billing, it could be helpful to many women.

"And we wish we had said it that way to begin with. The earlier Norplant editorial undercut our credibility and our efforts to be a thoughtful, responsible and compassionate voice on the complex issues of poverty. We apologize to those we hurt and offended."

TAX SAVING IDEAS

Recycling Worn Roads

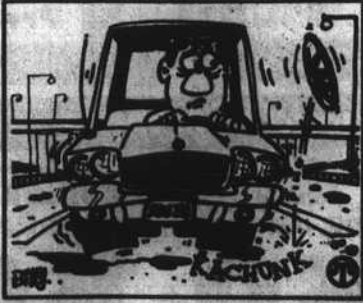
America's roads are wearing out. The decline of interstate highways and large city roadways is well publicized. But suburbs and rural communities across the country have the same problem. They find their once-smooth roadways plagued with potholes, ruts and more. Experts say this problem will grow far worse.

Poor roads impose many costs, including higher local taxes. The increasing burden of caring for aging roadways strains many township and county budgets. Local governments are challenged to make their roadway funds go further.

One solution that has proven itself in the past decade is called road recycling in which the old surface becomes part of the new one. The use of liquid calcium chloride, the same material many highway departments use to control ice in winter and dust in summer, firms up the new road and makes this method more effective.

Here's how recycling works. A special machine grinds the existing asphalt and lays it down as part of the new road base. Fresh gravel or aggregate may be added if needed. Calcium chloride solution, produced by General Chemical Corporation, Parsippany, NJ, is sprayed on the recycled materials to help create a hard, dense base. The base is graded, shaped and rolled, and then is paved.

The traditional way to treat a worn road was to tear up the old asphalt and cart it to a landfill. New



aggregate is then put down to create a road base and paving is placed over this.

Recycling is inherently less expensive because the old road surface is not trucked away and far less new aggregate is needed. Studies show that adding calcium chloride to the base saves another 40 percent because of the strength and durability it gives the base.

Not only does calcium chloride make a difference when the road is recycled, but it continues to do so for the life of the road. Experience shows that it cuts ongoing maintenance costs 25 to 50 percent by creating a hard, compact base that stands up to years of wear and tear from traffic and the damaging effect of ice and snow that contributes to potholes.

Many concerned citizens are asking their municipal town councils to urge that highway departments look into liquid calcium chloride as a way to help save money on road repairs.

FATES

About 200 American children die each year in fires started by cigarette lighters. In most of these cases, the fire is the result of the child playing with the lighter.

Anonymous

The Eastern Red Cedar Is Year-Round Christmas Tree

By Kim E. Tripp
NCNU Arboretum

North Carolina's Christmas tree industry produces a number of types of trees for the Christmas market. Fraser fir is probably the most popular. There is another tree, however, that is grown and cut today that has been a traditional Christmas tree since the custom of bringing a tree inside for Christmas began in the 1800s. That tree is our native Eastern red cedar, *Juniperus virginiana*.

While it may seem a humble tree, it nonetheless sprinkles our fields and roadsides with its lovely grey-green foliage and silver peeling bark. There's something kind of special about an old field or hillside dotted with Eastern red cedars. Their wonderful conical shapes are pleasing to the eye and have a mischievous, elfin feel about them that is quite magical.

Our native Eastern red cedar carries something of an undeserved reputation for being weedy, probably because its so incredibly tough and dependable. Eastern red cedar is generally seen as a 20 to 40 foot evergreen tree (although it can grow as tall as 100 feet).

It has an upright, pyramidal shape when young, which becomes more irregular and slightly pendulous as it ages. The lower limbs die off as the tree matures, revealing its beautiful trunk with silver-grey bark that peels in long strips to reveal a reddish-brown inner layer.

Eastern red cedar is a dioecious species, that is the male and female cones are on separate plants and both are required for fruiting. The female cones are the fruit and resemble tiny berries. The berrylike cones have a waxy, bluish "bloom" that is incredibly beautiful. A heavily fruiting Eastern red cedar appears veiled with its own entrancing blue glow. Eastern red cedar tends to bear heavily in alternate years, so the fruit on female trees is very conspicuous every other year.

Eastern red cedar is extremely hardy and is native to all the eastern states of the U.S. It will tolerate many difficult sites, including poor, gravelly soils, acid and basic pH soils, drought, heat and severe cold. It prefers an open, airy, sunny site (often growing in old fields) and does not do well in the shade.

There are two problems to note. It's susceptible to bagworms; however, the bags can be removed by hand or appropriate pesticides may be used. Eastern red cedar is also attacked by a disease called cedar apple rust, which causes the formation of galls on the branches.

The disease does not really damage the cedar and the galls can actually be quite interesting, especially when their long, feathery, bright orange fruiting arms appear. The problem is that apple and hawthorn trees are alternate hosts of cedar apple rust, and the disease causes severe problems with these trees.

Growing Christmas Trees Is Growing N.C. Industry

People in nearly every state of the union will celebrate the yuletide with North Carolina-grown Christmas trees.

Tar Heel growers will harvest some 4.5 million trees worth \$63 million this year. That's up 5 percent from 1989, said Bill Huxster, a Christmas tree specialist with the Agricultural Extension Service at North Carolina State University.

Though many of the trees will remain in the state, a good portion will be sold elsewhere. A Tar Heel Christmas tree graced the Blue Room of the White House this year, and 16 Fraser firs from Yancey County were sent to brighten the holidays of North Carolina National Guard and Army Reserve troops in Saudi Arabia.

"Between trucks and mail orders, we ship to every state in the United States except to Alaska," Huxster said. "Some 12 1/2 percent of the Christmas trees that will be sold in the nation this year will be North Carolina-grown."

The Tar Heel state ranks third in the nation in Christmas tree production, behind Michigan and the Pacific Northwest. Oregon and Washington are counted together for Christmas tree statistics, Huxster said.

In North Carolina Christmas tree production has grown steadily over the last 20 years, Huxster said. "We've more than doubled the number of North Carolina-grown Christmas trees in the last 10 years," he said. "And we expect a

big increase — 10 to 20 percent — next year. We're predicting a harvest of 6 million trees by 1994."

Most of the North Carolina trees are Fraser firs, noted for their dark green color, their aroma and their ability to hold their needles. Fraser fir production is centered in the northwestern portion of the state, particularly in the mountain counties of Ashe, Alleghany, Watauga, Mitchell, Yancey and Avery.

But that section of the state doesn't have a monopoly on Christmas tree production, Huxster said. Cedars and pines are popular in the coastal and Piedmont areas.

"There are Christmas trees being grown in every county of North Carolina," he said. "Eighty-five percent of the population is within a 50-mile radius of a choose-and-cut lot. Nationally, 25 percent of the real trees used are purchased by families choosing their tree on the farm."

Keeping the demand for real Christmas trees rising as quickly as the supply will be a challenge for North Carolina growers. They'll have to improve the quality of the trees to try to convert those who use artificial trees, Huxster said.

"Seventy percent of the families in the United States put up Christmas trees each year," he said. "Of those, 54 percent put up artificial trees. A real tree captures the spirit of the age-old Christmas tree tradition."