

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

**PROVEN WAYS TO REDUCE STRESS AND LIVE A HEALTHIER AND HAPPIER LIFE**

1. Get up 15 minutes earlier every morning. The inevitable morning mishaps will be less stressful.
2. Prepare for the morning the evening before. Set the breakfast table, make lunches, put out the clothes you plan to wear, etc.
3. Don't rely on your memory. Write down when you have appointments, when to pick up the laundry, when the library books are due, etc.
4. Do nothing which, after having been done, leads you to tell a lie.
5. Make duplicates of all keys. Bury a house key in a secret spot in your yard, and carry a duplicate car key in your wallet.
6. Practice preventive maintenance. Your car, appliances, home and relationships will be less likely to break down and fall apart "at the worst possible moment."
7. Eliminate caffeine or restrict the amount in your diet.
8. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do now.
9. Plan ahead. Don't let the gas tank get below one-quarter full, keep a well-stocked "emergency shelf" of home staples, don't wait until you're down to your last postage stamp to buy more.
10. Don't put up with something that doesn't work right. If your alarm clock, wallet, shoelaces, windshield wipers—whatever—are a constant aggravation, get them fixed or get new ones.
11. Allow 15 minutes of extra time to get to appointments. Plan to arrive at an airport one hour before domestic departures.
12. Be prepared to wait. A paper-back can make a wait in a post office line almost pleasant.
13. Always have contingency plans "just in case."
14. Relax your standards. The world will not end if the grass doesn't get mowed this weekend, or if the sheets have to be changed on Sunday instead of Saturday.
15. Pollyanna Power! For every one thing that goes wrong, you probably have 10 or 50 or 100 blessings. Count 'em!
16. Ask questions. Taking a few moments to repeat directions or what someone expects of you can save hours.
17. Say "No!" Saying "no" to extra projects, social activities and invitations you know you don't have the time or energy for takes practice, self-respect and a belief that everyone every day needs quiet time to relax and to be alone.
18. Unplug your phone. Want to take a long bath, meditate, sleep or read without interruption? Drum up the courage to disconnect temporarily.
19. Turn "needs" into preferences. Our basic physical needs translate into food, water and keeping warm. Everything else is a preference. Don't get attached to preferences.
20. Simplify, simplify, simplify.
21. Make friends with nonworriers. Nothing can get you into the habit of worrying faster than associating with chronic worrywarts.
22. Take a hot bath or shower (or cool one, in summertime) to relieve tension.
23. Wear earplugs. If you need to find quiet at home but Junior must practice the piano, pop in some earplugs (available at any drug store) and smile.
24. Create order from chaos. Organize your home and workplace so that you always know exactly where they belong, and you won't have to go through the stress of lost possessions.
25. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.
26. Watch your breathing. When feeling stressed, most of us tend to breathe in short, shallow breaths. When you breathe like this, stale air is not expelled, oxidation of the tissues is incomplete and muscle tension frequently results.
27. Record your thoughts and feelings (in a journal, or on paper to be thrown away); it can help you clarify things and give you a new perspective.
28. Try the following yoga technique whenever you feel the need to relax: Inhale deeply through your nose to the count of eight. Then, with lips puckered, exhale very slowly through your mouth to the count of 16, or for as long as you can. Concentrate on the long sighing sound and feel the tension dissolve. Repeat 10 times.
29. When the stress of having to get a job done gets in the way of actually getting the job done, diversion—a voluntary change in activity or environment—may be just what you need.
30. Get up and stretch periodically if your job requires that you sit for extended periods.
31. One of the most obvious ways to avoid unnecessary stress is to select an environment (work, home, leisure) which is in line with your personal needs and desires. If you hate desk jobs, don't accept a job which requires that you sit at a desk all day. If

you hate to talk politics, don't associate with those who love to.

32. Learn to live one day at a time.
33. Every day, do something you really enjoy.
34. Add an ounce of love to everything you do.
35. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion.
36. Focus on understanding rather than on being understood, on loving rather than on being loved.
37. Do something that will improve your appearance. Looking better can help you feel better.
38. Schedule a realistic day. Avoid the tendency to schedule back-to-back appointments; allow time between appointments for a breathing spell.
39. Become more flexible. Some things are not worth doing perfectly, and some issues are well to compromise on.
40. Eliminate destructive self-talk: "I'm too old to..." "I will never be able to..." "I'm too fat..."
41. Use your weekends for a change of pace.
42. Take care of the todays as best you can, and the yesterdays and the tomorrows will take care of themselves.
43. Do one thing at a time. When you are with someone, be with that person and concentrate on nothing else. When you are busy with a project, concentrate on doing that project and forget about everything else you have to do.

**Rhamkotte**

**LUCILLE ALSTON**  
**RHAMKOTTE**—Church School began at 9:30 a.m. with all classes reporting. Superintendent Albertine Sanders presided. The subject of the lesson was "Is God Fair?" The adult class was taught by Thomas Burt. The key verse was read by the school. Classes had a 45-minute study period. The lesson was reviewed by Otho Kearney. After the report from the secretary, Robensa Judd, the school closed.

At 11 a.m., Otho Kearney spoke from I Peter 3:18 on the topic, "Preparing for the Best." Music was furnished by the Gospel Choir, with Emmanuel McNeil at the piano. Bro. Burt gave the morning prayer. Visitors were presented by Courtney Singletary. Announcements were made by Sadie Chavis.

Mini-church was led by Rev. Terrell. He also gave the altar call. Bro. Kearney left the congregation with a message on how God loves His children. We must prepare for that day. Jesus is coming back. Peter used the sword to fight for Jesus. If church folks have a problem, we must get on one accord. We must have compassion. Don't play church, don't do evil for God. Jesus died, hung on the cross for your sins and mine. We need to work on our problems. Control your tongue. You must love everybody.

Invitation to Christian discipleship was extended. The members were glad to have Fred L. Jeffreys join the Christian fellowship. Benediction was followed by closing.

**ANNOUNCEMENTS**  
On Jan. 6 at 3 p.m., the Gospel Choir will celebrate its 17th anniversary.

On Jan. 13, Martin Luther King Day will be celebrated. Louvenia Coleman and Omar Singletary will be in charge of the service.

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

On Jan. 20, Memorial Day service will be observed. Thomas Burt and Toney Glenn will be in charge of the service. On the sick list are Kathleen Hemby, John Singletary, Edna Matthew, Mary Utley, Lola McClain, and Howard Beckwith. Let us keep praying for the sick everywhere. God is still in the healing business.

**Asbury**

**BY ANNIE PERRY**  
**LINCOLNVILLE AME CHURCH AND COMMUNITY NEWS**  
**ASBURY**—Church School began at 9:45 a.m. with the superintendent, Alton Hooker, in charge. The opening selection was "What a Friend We Have in Jesus." The Apostles' Creed was recited by the school. Prayer was offered by Alton Hooker.

The subject of the lesson was "Is God Fair?" It was taken from Matthew 20:1-16. The key verse was Matthew 20:16. The lesson was reviewed by the school. Secretary is Ms. Olivia Russ. 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 R.L. Goode Mass Choir furnished the music. Acolytes lit the candles, followed by the processional of the choir. Doxology was followed by the scripture sentence.

The hymn of praise was "Leaning on the Everlasting Arms." Morning prayer was offered by Ms. Carolyn

Goode. The selection, "I've Been Running For Jesus for a Long Time," was followed by the mission and general offering, as the offertory selection, "All Things Come of Thee, O Lord," was sung.

Announcements and recognition of visitors were followed by the notices by Ms. Carolyn Rogers. Children's moments were led by Ms. Lucille Cotton. Altar prayer came from Rev. Mirers. The sermon selection was "I Said I Wasn't Going to Tell Nobody What the Lord Has Done for Me."

The morning message was delivered by one of the local elders, this writer. We spoke from John 14:2-3 on the subject, "Are You Prepared to Go Back With Him When He Comes?" The Lord's Prayer was chanted. Invitation to Christian discipleship was extended. The invitational selection was "Come Unto Jesus While You Have Time." Doxology and benediction were next. The congregation was then seated for a moment of quiet reflection.

**ANNOUNCEMENTS**  
Noonday prayer is held every Wednesday.

Prayer service and Bible study are held every Wednesday at 7:30 p.m. The pastor, Rev. Robert L. Goode's new address is 3109 Woods Place, Raleigh 27606. Phone number is 833-7872.

Please join us in a letter-writing and card campaign to Ms. Vera Goode's brother, E-5 Mark I. Martin, 236213894, 44th Medical Brigade, 85th Evacuation Hospital, APO New York, N.Y. 09657.

Also to the granddaughter of Ms. Calso McKoy, PFC Angela B. Hall, 200-44-5344, HHC 57th Signal Battalion, 34d Signal Brigade, APO New York, N.Y. 09657.

Let us keep on praying for the sick and shut-in everywhere, and for the senior citizens all over. We must keep on praying for one another, and the soldiers everywhere. They need our prayers.

The sick and shut-in are Willie White, Sam Williams, Ms. Mary Evans, Ms. Sophronia Wright, Glover Pennington, Ms. Mammie L. Walker, Rev. Odell Wright, and others. We all know there's no distance in prayer. We all need to pray and put all our trust in Jesus. Prayer changes things.

**Clinton**

**BY A.M. JOHNSON**  
**TODAY**

Build a little fence  
Of trust around today.  
Fill the space with  
Loving work  
And therein stay.  
Look not through the  
Sheltering bars  
Upon tomorrow,  
God will help thee bear  
What comes of joy or sorrow  
—Mary F. Butts

Hardy Grice of Alston Street passed away last Sunday. The funeral was held Wednesday at First Baptist Church.

Corbett Johnson and a friend, Ms. Jessie Peterson of Detroit, Mich., spent last weekend with this writer in Clinton.

Ms. Ruth Freeman and Ms. Naomi Robinson were in Raleigh last week visiting friends and family.

Worry is interest paid on trouble before it falls due.

Birthday greetings are extended to Ms. Gwen Williams. She celebrated a birthday on Dec. 4. We hope that she will continue to have many more happy birthdays.

**GUN CONTROL**  
(Continued from page 13)

issues of black-on-black crime and self-defense in urban communities today.

The history of gun control is the history of an attempt to disarm black people, says Diamond. This goes back to slavery, when slaveowners wanted to disarm both slaves and free blacks, who were "at best bad examples and at worst co-conspirators of slaves," he explains.

After the Civil War the "Black Codes" passed by many Southern states during Reconstruction included provisions to disarm blacks in the face of terroristic activity directed against blacks by individuals and groups like the KKK after the Civil War.

"Twice in this nation's history, once following the Revolution and again after the Civil War, the nation has held out to blacks the promise of a nation that would live up to its ideology of equality and of freedom. And twice the nation has reneged on that promise," Diamond and Cottrol write. With various civil rights laws passed in the '60s, and the "judicial triumphs" of the '60s and '70s, they say, that promise has been made a third time. But they also cite various events of the '80s as a possible countertrend.

"Given the nation's history, it is not unreasonable to fear that law and politics will swing the pendulum of social progress in a different direction, to the potential detriment of blacks and their rights, property and safety."

Blacks are victims of more crime than whites, and police time has been shown by some studies to be slower in

black neighborhoods, with a disproportionate amount of government money spent on protecting whites.

"If, in the past, the state refused to protect black people from the horrors of white lynch mobs, today the state seems powerless in the face of the tragic black-on-black violence that plagues the mean streets of all too many of our inner cities," they write.

The evidence, Diamond and Cottrol say, "makes for the argument that the right to bear arms should be construed to be wider rather than narrower."

**BENEVOLENCE**  
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the Alameda County, Calif. Sheriff's Air Squadron and the Special Olympics. It was founded in the 1930s by Milton Shoong's father, Joe, an immigrant who founded a dry goods store in Vallejo, Calif. in 1903 that grew into a Western chain of National Dollar Stores.

Some minority foundations have assets of as little as \$25,000. What makes a charity a foundation is the way it is set up—with a pool of money that is invested, the earnings given away but the endowment remaining and generating more income. For the founder there are substantial tax benefits.

"Having a foundation removes a lot of pressure," says Ms. Lynn. "It allows people of feel that they can give to charity in a methodical, logical way without being inundated by requests."

Charitable solicitors are told to submit a written request. Four times a year or so, a foundation's board of directors—often family members—can review requests and parcel out funds in an orderly way. By channeling funds into selected directions, donors can feel their gift-giving is having a real impact.

If establishing a foundation still seems too bold, families can take a lesser step, establishing a fund within a community foundation such as those that exist in many American cities. The fund—essentially a foundation within a foundation—will carry their name and fulfill their purposes.

Each foundation sets its own rules, but often a few thousand dollars, sometimes paid in annual installments, is enough to create a family fund.

In Texas, for example, with an initial \$2,000, Mary Carmen and Alfredo Saucedo of El Paso—she was an assistant school principal, he runs a hardware business—created a Saucedo Fund as part of the El Paso Community Foundation. Now about 20 other Hispanic families in El Paso have followed suit.

Generally, Hispanic foundations help Hispanics and African-American foundations steer their dollars to black causes, but increasingly minority foundations are making gifts across racial and ethnic lines.

The council, noting that white people will constitute a minority of Americans sometime in the 21st century, welcomes that trend as "a sure sign of maturation and increasing diversity."

**MS. ARMATRADING**  
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You've got to be true to yourself. You usually know when you're fooling yourself."

Armatrading isn't fooling herself or anyone else with the songs on "Hearts and Flowers." From the tense, tightly orchestrated arrangements of the title track, with its message about the simple joys of gratitude, to the up-tempo beat of "Good Times," to the heartfelt love of "Always" and the chilling "More Than One Kind of Love," there is a quality of honesty that never falters in the songs of Joan Armatrading.

Her career has been so long and complex that even Joan doesn't know exactly where it is at any given moment. "I can't really say," she says. "I hope it's just a case of it being a continuing thing. All I try is to do better than the last album, writing the songs and making the album. I always try for some progress with each new album. I write songs about emotions, and that's what I've always done. That hasn't changed about me. But the emotions and the way I look at them have changed. It's inevitable. It's life."

One of the great strengths of Joan Armatrading is that she knows exactly who she is, and what it is that she does. "There'd be no point in my trying to write a rap record," she says. "I wouldn't do it, just because it was popular. That's silly. You shouldn't get yourself into things just for the sake of doing them. If you try to do that, there's always going to be someone who's better at it than you are. That's their niche. My niche is writing songs about relationships. It's where I'm comfortable. It's what I do best."

Something else that Joan's done best, at least since 1985, is to produce her own albums, often working out of her home studio. Her live performances are also a personal best,

**SOCIAL SCENE**  
(Continued from page 13)

Christmas vacation is a popular time. We celebrate the birth of Christ with exchange gifts. We also travel long distances to be with loved ones. For students who are in college, it is the end of the semester and it is time for a break. Students from A&T State, North Carolina Central, Hampton, Howard, UNC, Fayetteville State, and others will be out until Jan. 9-14. They deserve the rest, and it provides an opportunity for students to work. We wish them the best.

"A Mind is a Terrible Thing to Waste" is the slogan for the United Negro College Fund. As citizens, we must support our youth in seeking an education. There must be other support groups that stand ready to provide scholarships if financial aid to minority youth is in danger of being cut off. This is a challenge for all of us.

Each year the members of the Iota Chapter of Omega Psi Phi Fraternity hold a New Year's Eve Cabaret to raise money for scholarships. The 1990 cabaret chairman was Vic Brewington, and this writer extends congratulations to his entire committee for a job well done.

It was indeed a merry Christmas for members of the Delicados and their husbands, the Del Gents. On Saturday, Dec. 15, 1990, they had a "Night on the Town" at Club Rendezvous. It was 7:30 p.m. when the group arrived for dinner in an atmosphere of beautiful music. Vice President Queen Walker was the surprise Santa Claus who, believe it or not, brought gifts for everyone. Things really warmed up when Doug Clark and the Hot Nuts swung into action.

Persons attending were Gwendolyn Banks, Ray and Elizabeth Chance, Dorothy S. Housen, Brodie and Enid Patterson, Arthur and Theodosia Vines, George and Queen Walker, and Thurman and Frances Whitaker.

Delta Sigma Theta Sorority, Inc., will sponsor its national Founders' Day Dedication Weekend on Jan. 11-13 in Washington, D.C. The registration and activities on Friday and Saturday events will be held at the Grand Hyatt Hotel. On Saturday, Jan. 12, there will be workshops on School America, Delta's national reading program; Social Action and Summit III. These three workshops will be open to the public. At 1 p.m., the national Founders' Day Dedication will be held. At 7:30 p.m. Saturday, the Founder's Day Gala will be held at the Ramada Renaissance Techworld. On Sunday, Jan. 13, at 1 p.m., the dedication/ribbon cutting ceremony of the newly renovated Delta National Headquarters will be held at 1707 New Hampshire Ave., N.W. Open house will follow the ceremony.

The Raleigh Alumnae Chapter of Delta Sigma Theta Sorority will observe its Founder's Day on Saturday, Jan. 19, at the Brownstone Hotel.

It was indeed a merry Christmas for me, for I was surrounded by all of my children. My daughter, Brenda, of Hyattsville, Md., was home for the entire week. My daughter, Elaine P. Brown of Atlanta, and her daughter, Tonya, were here for three days. My son Pete and wife Brigitte were present. Four-month-old grandson Cameron Peebles rounded the circle. Tonya is a freshman at Hampton University, so she still has a few days to rest.

Pamela Laceywell of Silver Springs, Md., visited her mother, Winnie Laceywell, for the holidays.

As we enter 1991, let us look ahead and not look back. Surely, let us make things better as we set positive goals and maintain a positive attitude. Let us manage our negative thoughts toward the positive.

During the Victorian Age, Alfred Lord Tennyson penned these lines for the New Year:

**RING OUT, WILD BELLS**

Ring out, wild bells, to the wild sky,  
The flying cloud, the frosty light:  
The year is dying in the night;  
Ring out, wild bells, and let him die.  
Ring out the old, ring in the new,  
Ring happy bells across the snow:  
The year is going, let him go;  
Ring out the false, ring in the true.  
Ring out old shapes of foul disease;  
Ring out the narrowing lust of gold;  
Ring out the thousand wars of old;  
Ring in the thousand years of peace.  
Ring in the valiant man and free,  
The larger heart, the kindlier hand;  
Ring out the darkness of the land,  
Ring in the Christ that is to be.

**Happy New Year!**

especially the ones Joan has done for the many causes she believes in so fervently, like her moving appearance at the Nelson Mandela Tribute at Wembley Stadium, or her duet with Eric Clapton to benefit the King of Swaziland's Trust, like her appearance at the Amnesty International Event at New York's Giants Stadium, or her peresnce at the landmark 10th anniversary Prince's Trust at Wembley. She's even performed on the banks of the Galilee in Israel, where her emotions touched fans on both sides of the barbed wire.

plain require money," Dinkins admitted.

How long dreams continue to be deferred, he said, will depend on "when we get some money."

Dinkins also said he believed that in general, more was expected of him than of past mayors and other top city leaders, "not so much because I am an African-American, per se, but because the coalition that elected me... [was] very dissatisfied in the closing years of the stewardship of my predecessor [Edward Koch]."

"And they saw this as an opportunity for things to be different in some particulars. And we don't have the ability to change these things overnight for a variety of reasons. And especially now, as there's the need, the requirement to retrench, to cut back and downsize, it's doing to be even more difficult and painful."

**PROPOSAL**  
(Continued from page 13)

Medical experts speaking on hypertension said the disease, highly prevalent among Blacks, results in heart attacks, strokes and kidney failure but can be controlled if detected early and treated properly.

Dr. Elijah Saunders, of the University of Maryland School of Medicine and who also serves as President of the International Society of Hypertension in Blacks, Dr. Neil B. Schulman, chairman of the ISHIP, and Dr. Charles K. Francis, Professor of Clinical Medicine at Columbia University and Director of the Department of Medicine at Columbia University and Director of the Department of Medicine at Harlem Hospital Medical Center, emphasized the importance of early detection, staying on medication and modifying life style.

Colorado State Senator Regis Groff, who was elected president of NRCSL said, "The resolution on hypertension is only a first step in our efforts to inform and educate African Americans on what we, as individuals, can and need to do to save ourselves from high blood pressure or hypertension, or to treat the condition properly."

California State Senator Diane E. Watson, chairperson of the Health and Human Services Committee for the state legislature, said, "As black state legislators, we feel it is critically important for us to go back to our respective states and introduce similar resolutions to help promote a greater sense of urgency to Black Americans so they can control high blood pressure or hypertension."

**DREAMS DEFERRED**  
(Continued from page 13)

vices and health care. There are many more things I had hoped to accomplish, especially in the areas of human services; that just

**APPOINTED**  
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Judge Johnson has served as a member of the North Carolina Courts Commission and the North Carolina Bar Association's Administration of Justice Study Committee.

The judge is married to the former Brenda J. Wilson of Williamston and they have four children. They are members of Mt. Carmel Baptist Church in Charlotte, where they make their home.

**PHONE FACTS**  
Calling Tokyo

Hold the phone: in fact, you can hold about 285,723,500 phones, the estimated world total. About 115 million of them are here in America, or nearly one for every two people.



Those people who want to use the phone to call Japan might like to know Nippon Telegraph and Telephone Company is changing all current seven-digit telephone numbers in Tokyo's 03 area code (the 23 wards of central Tokyo and parts of smaller cities within Tokyo such as Mitaka, Komae and Chofu) to eight-digit numbers as of January 1, 1991, due to a shortage of numbers.