

# Point of View

## PEOPLE, PLACES and POLITICS

By Joe Neal



Any new organization being developed in the black community will have to do more than say, "We are organizing to help the people." The people of the black community are skeptical of any new movement which says that it has their interest at hand. This is the problem facing the black ministers who are now moving forward to be accepted as the premier leaders of the black community.

At the meeting called by the black ministers last week to bring to the attention of the public their new organization and to proclaim its direction to the community, I saw many faces filled with doubt and in need of assurances that this will not be just another organization which has burst upon the scene with the same trappings as others.

Too many times the community has witnessed their hopes and aspirations elevated, only to have them come crashing to the ground in a few short weeks or months. This makes the task which the black ministers have selected for themselves a difficult one, because, in this hour of our struggle, the call is for genuineness of purpose, as we tread through the Reaganomics of the Eighties.

The four ministers who form the core of this new organization are the Reverends Davis, Parks, Westley and Wilson. All of these ministers have churches and congregations which support them.

The role that these ministers have chosen for themselves is a new one in the Westside community, and because they receive their livelihood from the community, they can participate in the cause of "Jobs and Justice" with less economic pressure from the white establishment. After all, they are the premier employees of the black community.

These ministers can make a difference and I have decided to lend whatever support I can to this cause, because I believe that this organization can work and become a meaningful part in alleviating our struggles for "Jobs and Justice." Also, the ministers are in a better position, if need be, to initiate direct actions to bring about desired

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## To Be Equal

### THIRD BIRTH OF AN ARMS RACE

By Vernon Jordan

The President's decision to back a new strategic arms package including the reborn MX missile and the once-dead B-1 bomber signals the start of a new arms race that will make the world an even more dangerous place.

The debate over the President's plan will feature volumes of expert analysis both for and against the specifics of each weapons system.

But amid the welter of conflicting claims one basic fact is not expected to emerge with any clarity, so it might be well to state it now and to remember it in the days to come.

Both the United States and Russia have enough nuclear missiles to blow any enemy off the face of the earth and to wipe out much of the rest of humanity at the same time.

That's it. You can forget all about the supposed "window of vulnerability" theory that says the Russians can take out our missiles unless we install new



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delivery systems. They won't, unless they are mad enough to accept a retaliatory strike that would leave them in nuclear ashes as well.

If, as the Pentagon fears, land-based U.S. missiles are vulnerable to attack, then the Russians still have to take into account air-

borne and submarine-launched missiles.

The scariest part of the MX fiasco is that it could only make an enemy more likely to jump the gun and make a first strike. In the words of one expert: "It is a weapon system that can be both a means to launch an atomic strike and a magnet to attract an

one or the other side pulls the trigger or goes broke.

And going broke is a real possibility. The strategic weapon plans of the Administration come to a whopping \$180 billion — and that is before the cost overruns that double and triple the ultimate price of new weapons, a scan-

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atomic strike against it — and us."

Besides increasing the likelihood of a miscalculation leading to a nuclear holocaust, the MX inevitably will lead to some Russian response such as an ABM defensive system. Then we would have to build one. Then they would do something else to which we would respond, and so on up the arms race spiral until

dal rarely noted.

How will we pay for these and other defense bills? Perhaps the idea is to finance them with proceeds of our record wheat sales to the Russians.

There's another paradox. The Administration cuts food subsidy programs for the American poor while selling food grains to the Russians, whose

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## QUIT TIPS FOR SMOKEOUT DAY

The annual observance of the Great American Smokeout focuses public attention on cigarette smokers from coast to coast. It's their day! The Smokeout is an up-beat good-natured effort to encourage smokers to give up cigarettes for 24 hours, if only to prove to themselves that they can. Everyone enjoys watching and rooting while they try.

Larry Hagman is 1981 Chairman of the Great American Smokeout. According to Larry, his "nice, sweet disposition" is because he gave up cigarettes. Larry, a cold turkey-quitter, claims that, "one day I just threw them away!" His enthusiasm for the no-smoking campaign promises to be contagious.

Among those who successfully gave up cigarettes on Smokeout Day 1980, but went back to smoking after the event was Natalie Cole, 1980 Smokeout chairman.

1. Don't carry a lighter or matches; hide all ashtrays.

2. When the urge to smoke hits, take a deep breath. Hold it for ten seconds, then release it slowly. Taking deep, rhythmic breaths is similar to smoking, only you'll inhale clean air, not poisonous gases.

3. Spend your day in places where smoking is prohibited — a library, theater, or museum. Lunch with friends also trying to quit at a restaurant with a "no smoking" section.

4. Eat rather than smoke, but stick to low caloric, high nutritional foods — fresh fruit, raisins, crisp, crunchy vegetables. Or substitute

sugarless gum for a cigarette. Other "pacifiers" to try: lemon drops, cloves, beef jerkey, apple slices, celery sticks, unbuttered popcorn.

5. Exercise to help relieve tension. Climb stairs rather than take the elevator, get off the bus a stop before your destination and walk the rest of the way.

6. Drink liquids — lots of them. Water, herbal teas, fruit juices, and certain soft drinks all fit the bill. Pass up coffee, soft drinks containing caffeine, and alcohol as they all can increase your urge to smoke.

7. Keep your hands occupied. Try doodling, knitting, working with a calculator (figure out the money you'll save by quitting cigarettes).

8. Change your habits connected with smoking. If you always had a cigarette on your office break, opt for a low-calorie snack and juice or tea instead.

9. Wrap your cigarettes in a sheet of paper, then rubberband. If you must reach for a cigarette, you'll have more difficulty getting to one and will be made aware of your action. Rewrap cigarettes afterward.

10. Tell all your friends that you are definitely quitting. Ask them to help keep you from backsliding. Ask family and co-workers who smoke not to do so around you.

11. Treat your body and soul with kindness. Indulge in a bath, massage, nap. Listen to your favorite music, take in a movie. Enjoying these activities in the absence of smoking will help you realize that you don't need a cigarette to have a good time.

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