BLACK HISTORY WEEK EVENTS SCHEDULED AT DOOLITTLE CENTER

The City of Las Vegas Department of Parks and Leisure Activities Doolittle Community Center will be presenting the following events during Black History Week at no charge to the public:

February 21, Gospel Music Revue, 7:00 p.m.

February 22, "Saizwe Banzi is Dead," 7:30 p.m.

February 23, Skit Night, 7:00 p.m.

'February 25, Youth Forum, 10:00 a.m.

For more information call the Center at 386-6374 or 386-6375. Doolittle Community Center is located at 1901 N. "J" Street and Lake Mead.

NAACP's Ben Hooks Shrugs Off Reagan Barbs, Says: 'Thank God, Trouble Doesn't Last Always' as President Exits

by Chester A. Higgins, Sr.

NNPA News Editor

WASHINGTON, D.C. — Benjamin L. Hooks, executive director of the National Association For the Advancement of Colored People, shrugged off outgoing President Ronald Reagan's barbed and nasty little accusation that Black leaders were exaggerating the plight of the Black masses while living grandly as heads of their organizations.

The President made the remarks on 60 Minutes, a CBS program. He was questioned by reporter Mike Wallace.

Hooks told NNPA, however, to consider the source. "One who does not understand the problem certainly can't be expected to supply solutions."

"If he were a sitting president, I would be really concerned," he added. "We of the NAACP are working on real problems of our people. Not on something imagined."

Hooks and other traditional Black leaders have been highly critical of Reagan during most of his terms of office. They have assailed his administration for trying to give tax exempt status to Bob Jones University, a white rigidly right-wing school in South Carolina; for opposing extension of the Civil Rights Restoration Act, and for nominating conservative Robert Bork for the Supreme Court. Bork had vocally opposed important provisions of Brown vs Topeka, Kansas Board of Education U.S. Supreme Court ruling, a ruling which broke the back of America's rock-ribbed segregation.

Reagan's gutting then realigning of the U.S. Civil Rights Commission to become a rubber stamp of his administration's more ideological positions has been continuously assailed by Black leaders. The Reagan administration's draconian slashes of educational funds that helped many underprivileged students attain higher education proves Reagan's hardhearted insensitivity to the plight of the poor and the downtrodden, they charge. His determined attacks on affirmative action, through former Assistant Attorney General For Civil Rights William Bradford Reynolds, was a constant hairshirt to Black leaders.

Reagan's visit to the Bitburg, Germany cemetery where a number of Nazi soldiers were buried, and his opposition to the King National Holiday were all excoriated by civil rights leaders. So was Reagan's launching of his initial presidential campaign in Philadelphia, Miss., where the Reagan address seemed tailored to appeal to the most backward tendencies of that infamous city where a bloodthirsty Ku Klux Klan had brutally murdered three civil rights workers seventeen years earlier.

Reagan responded vengefully. During his entire two-term tenure of office, he never met with the Congressional Black Caucus leadership nor with any other Black traditional leaders.

Hooks, a Baptist minister, who told NNPA, he hopes to have a "much better relationship with the Bush administration," invoked a Biblical saying in reference to Ronald Reagan on the eve of Reagan's departure from office: "Thank God, trouble doesn't last always," he chuckled.

Don't Drink and Drive

12th In Black Heritage Series

BLACK HERITAGE STAMP HONORS A. PHILIP RANDOLPH

by Shirley Reed-Blash
NNPA Correspondent

Washington, D.C. — The U.S. Postmaster General recently announced plans to issue a limited edition stamp commemorating A. Philip Randolph — hailed in his day as the most prominent, respected and indefatigable voice for the civil and labor rights of Blacks and other minorities — at a recent ceremony in Washington.

The stamp, scheduled to begin circulation during Black History Month, in February, is the 12th in the postal service's Black Heritage Series. The honor also marks the approach of Randolph's 100th birthday anniversary.

Randolph, who died in 1979, is widely remembered as founder of the Brotherhood of Sleeping Car Porters and a member of the AFL-CIO's executive board.

The stamp's design was unveiled at a brief ceremony on December 12 at the AFL-CIO headquarters, in Washington, by Postmaster General Anthony M. Frank. All Americans, whether black or WHite, said Frank, "are beneficiaries of Randolph's remarkable life."

Randolph "struggled against stubborn and powerful resistance," asserted Frank, who added that "it was a life that brought him many enemies. Even so, Randolph won the respect of even his most vocal detractors."

"The gentle warrior," said Frank, joins "very distinguished company" as the 12th honoree in the postal service's Black Heritage Series. Previous tributes, since the collection was initiated in 1978, included Dr. Martin Luther King, Jr., Harriet Tubman, and Whitney Moore Young. Like A. Philip Randolph, each had the courage to stand, unshaken . . . and to lead with integrity and by example," Frank said.

Other notables commemorated in the Black Heritage Series, which was initiated

A. Philip Randolph

in 1978, were: Jackie Robinson, James Weldon Johnson, Scott Joplin, Benjamin Banneker, Carter G. Woodson; Mary McCleod Bethune, Sojourner Truth, and Jean Baptiste DuSable.

". . . On behalf of the Postal Service and its 800,000 employees, I want to say how very proud we are to add A. Philip Randolph to the roster of great Americans on stamps," concluded the postmaster.

Another speaker at the unveiling ceremony was Norman Hill, current president of the A. Philip Randolph Institute, the organization established by its namesake in 1965. According to Hill, APRI was founded to advance the Black-labor alliance. The approach of Randolph's 100th birthday anniversary is an occasion, "at which the institute should rededicate (itself) to that alliance," asserted Hill.

It was no coincidence that Randolph was both a labor leader and civil rights leader, said Hill: "Randolph believed in social and economic justice for everyone. For him, both trade and union work and civil rights activity were means to achieve these ends. Unions fought for ordinary workers of all races, while the civil rights movement fought on behalf of Blacks, the most exploited of all workers in America. Each was essential for achieving justice."

A ceremony dedicating the new stamp will take place February 3, in New York City, where APRI is headquartered. The Postal Service is printing 160 million of the First-Class commemorative stamps, which will be available at over 40,000 post offices nationwide.

NNPA FEATURE

COPING

by

Dr. Charles W. Faulkner

QUICK WAY TO REMOVE STRESS

Did you follow the advice I gave you last week for avoiding holiday stress and depression? You didn't. Well, now that you are feeling the effects of stress, here's how to get rid of it, fast.

Sit in a comfortable chair or lie on your bed. Close your eyes and allow them to remain closed until you have finished this procedure. (Try to be alone.)

Slowly tighten the muscles in your *legs* by either pressing your feet against the floor, or raising your legs into the air. Count slowly from one to three, then quickly drop your legs like a heavy sack of potatotes. You will feel the throbbing tingle of stress draining from your legs.

Next, slowly pull in your stomach and chest muscles. Make them very tight. Count from one to three, then remove the tightness from them, *very quickly*. You will feel stress drain out of those muscles.

Now tighten the muscles in your arms and shoulders. You can clinch your fists tightly if you wish. This will help to make them very tight. Count slowly, one to three, then quickly relax them and enjoy the comfort that flows through your arms and shoulders.

Finally, tighten your *neck, forehead* and *facial muscles*. Frown, as if you are very angry. Count from one to three, then quickly release the tightness. You will feel as if every muscle from your neck to the top of your head has been bathed in total relaxation.

Now for phase number two: With your eyes still closed, *slowly* inhale through both your nose and mouth. Fill your lungs completely with air. Then, count from one to five. When you reach the count of five, slowly exhale through your mouth, only. It is important to completely remove *every ounce* of air from your lungs. Next, *repeat the same breathing procedure four more times.*

The muscle tightening procedure and breathing procedure should be used at least ten times each day, for three weeks. Also use the techniques when you feel stress or when you think a certain activity will cause stress.

Each time that you carry out the procedures, you will feel less stress and stress will disappear more and more quickly, before the third week is over, your body will have become conditioned to being relaxed *at all times.* But you must practice ten times a day for three complete weeks. If you miss a day, you must start all over again. It is worth it.

PUBLISHER OF THE YEAR—Joe Coley, left, was chosen Publisher of the year by the West Coast Black Publishers Association at their recently held convention in Los Angeles. Cloves Campbell Sr. vice president of the WCBPA, presented the trophy to Mr. Coley. Campbell is the Publisher of the Arizona Informant Newspaper, and Joe Coley is the Publisher of the Bakersfield Observer News.