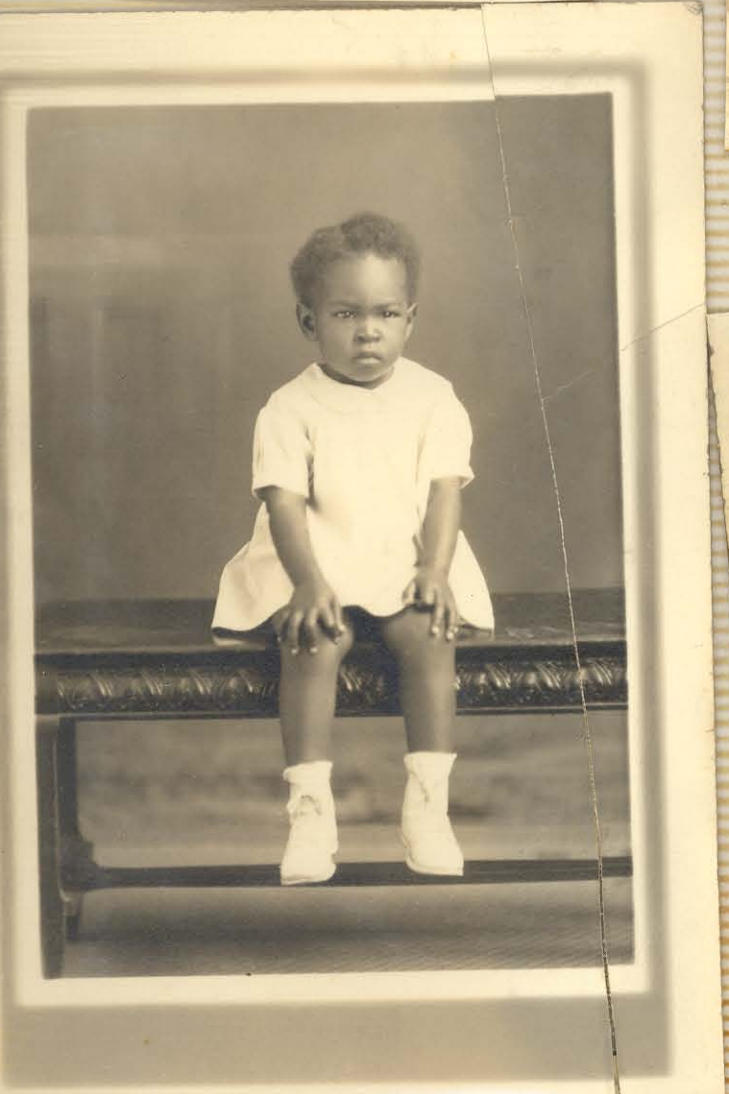








ABERNATHY,
CHEMIST, ILL.



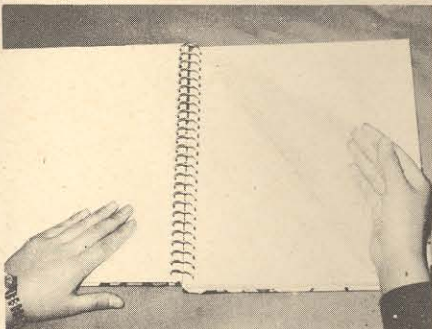
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Photo Album

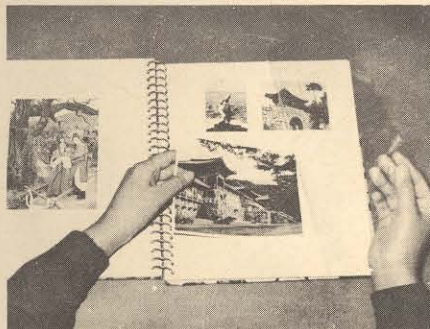


SELF ADHESIVE PHOTO ALBUM

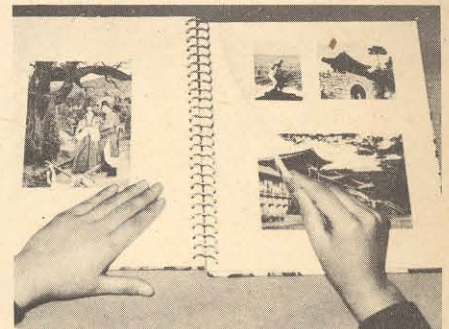
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2. PLACE PHOTO



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Frankie Simpson
School Days 57-58





My - Brother Robert Nelson -

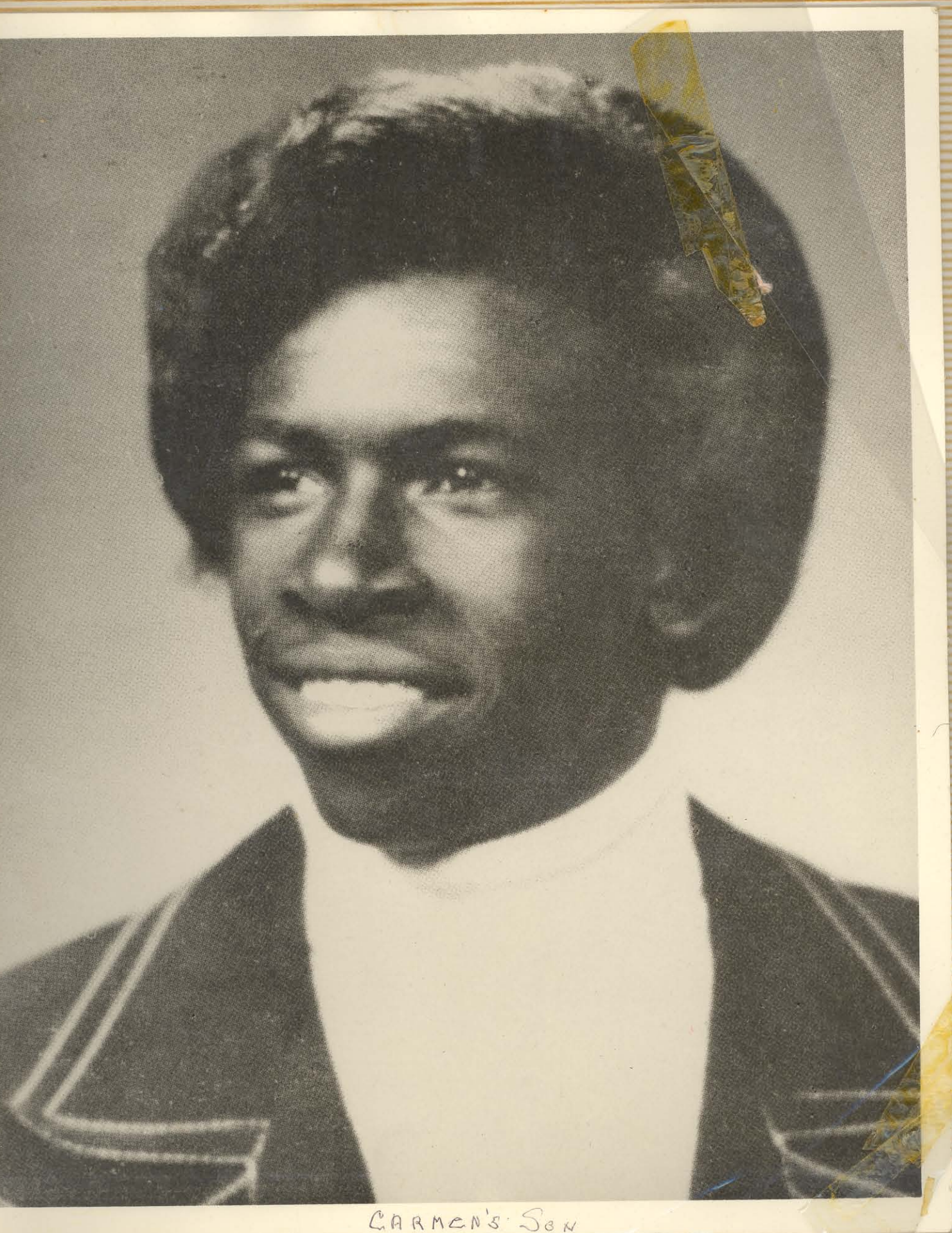




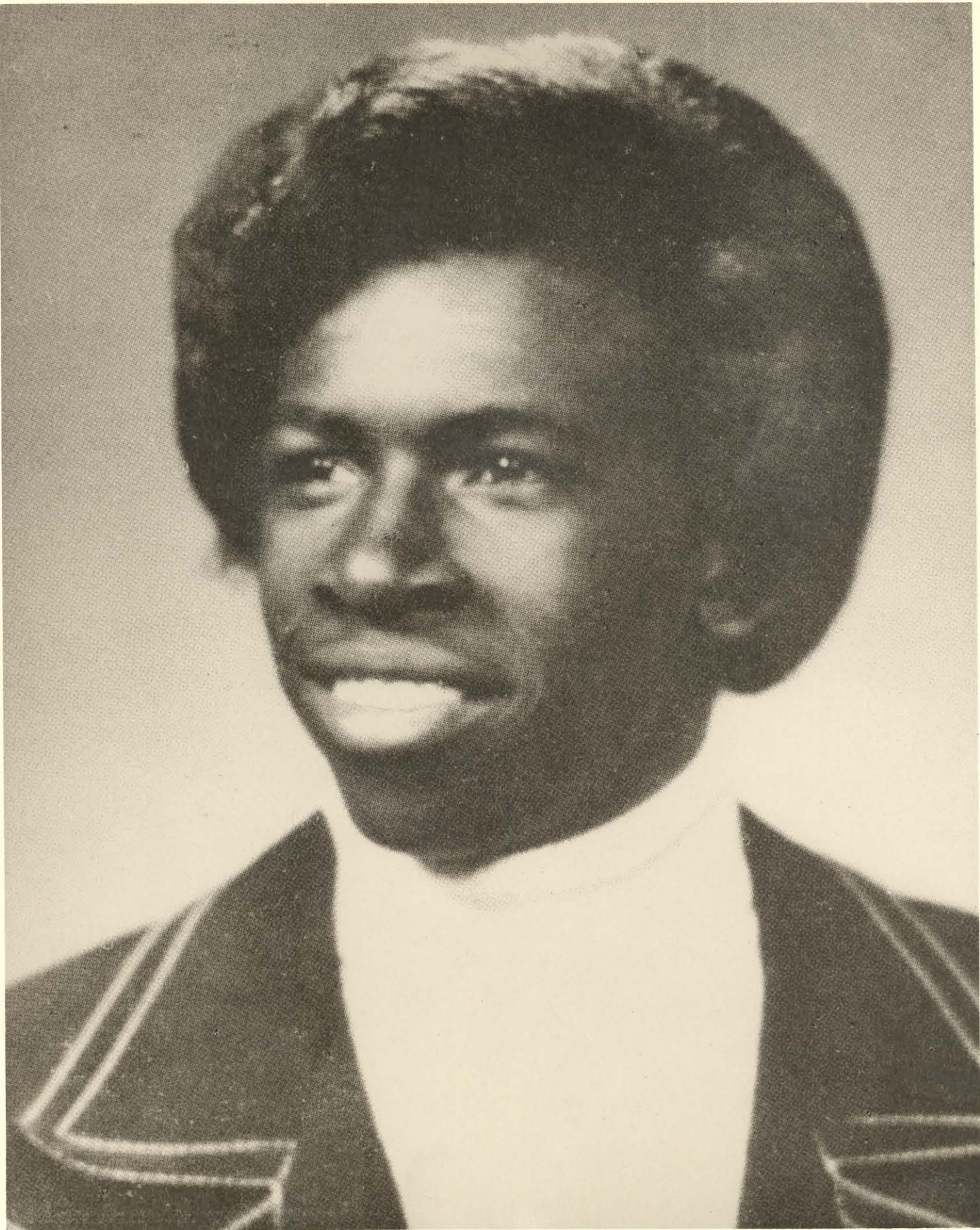


1975





CARMEN'S SON



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East St. Louis Monitor

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EDITORIALS

COMMENTARY: Katie Wright

It Is Possible To Overcome Handicap

Special educators such as myself and, special parents who daily live and work with handicapped persons do so with the eternal hope that our loved ones will somehow "overcome" their particular handicapping condition - be it a physical handicap, deafness, mental retardation, emotional disturbance, speech handicap or blindness.

Well, several of us had a happy reminder recently that it is possible to live with and overcome a handicap. Our precious friend Lena Rivers Lewis, of Champaign, Illinois came to town! Mrs. Lewis is totally blind and is now eighty one years old. She is well known to the older generation of blacks from throughout the state, who attended the University of Illinois at Champaign/Urbana back in the days when black students (we were called Negroes then) were not allowed to live in the dormitories on the campus. Mrs. Lewis was one of the many gracious townswomen who roomed and boarded students in their homes. Abbie Birge, Bill Douthitt (the St. Louis Urban League Chief), the late Thamous Wooten and I were among those students.

Lena Lewis was blinded in early adulthood - but as she always chuckles and says - she didn't lose her bright mind, her sense of humor, her vitality nor her will to live. All of us, I am sure are familiar with the story of the famous Helen Keller and how she adjusted to blindness. Well, the Lena Lewis story is not as well known, but it is just as inspiring.

Mrs. Lewis is a person who has truly conquered her fears and her handicap. She is a joy to behold (at eighty-one she still looks good) and it is uplifting just to talk with her. I've never heard her complain nor bemoan her fate.

All of us, I'm sure have one or two friends who are fearful hypochondriacs - who never see a well day - let them tell it. But not so with Lena Lewis! She has overcome her handicap and is aging as

gracefully as good wine. She continues to be interested in the welfare of others and she's not self-centered as are quite a few elderly and/or handicapped persons. She continues to be interested in her church, her young friends and relatives and in keeping her apartment and herself attractive. (We had a lot of fun shopping for her new hat and new cologne at Stix the other day.) This woman is an example and lesson for all of us - and that is why I share her story and lifestyle with you.

Being with Mrs. Lewis again this past week reminded me and I am amused as I remember this -- that it was she who stayed "on my case" until I learned to properly make a bed. (Bed making has always been my "short suit" - my mother and aunts just gave up on my ever getting a bedspread on straight.) But anyway - even though Mrs. Lewis was blind when Abbie and some of the rest of us roomed with her - she insisted that our rooms, beds, closets, et cerera were in order. How could she tell if I had the bedspread on straight? Well, she simply used her sensitive fingertips to discover whether or not the lines and ridges in the Chenille bedspread were properly aligned. She used her fingers as her eyes! The point is that even though she is blind she cares enough about herself and other to insist upon a neat, orderly and attractive lifestyle.

It is possible to emulate Mrs. Lewis in overcoming handicapping conditions by maintaining healthy inner and outer values, by continuing to search for self-fulfillment, and by having reverence for all life. These values, so apparent in Lena Lewis, are essential for developing self-esteem, inner security and self-worth. It is evident that Mrs. Lewis learned early in life to deal with life positively so that she was not subdued by blindness and has not been subdued by the aging process. Her bright outlook and inventive mind found a way to overcome her handicap. She is an inspiration!



Mrs. Lena Lewis,



Enjoy Yourself, It's Later Than...

Three wonderful words can be blended together to make your life a fuller one . . . despite all the problems, complications and frustrations of our modern times. The worthy trinity: Enjoyment, Gratitude and Happiness. Each complements the other.

Everywhere I travel and almost everyone you talk to today seems to be absorbed in problems and seeking material goals that they don't take time out to try to find some enjoyment out of life, or to be grateful to others who try to contribute to their happiness. The words of the song "Enjoy yourself . . . It's later than you think" seem to have been forgotten.

To really attain that elusive quality called enjoyment, most of the time it has to be in the purpose, goals and objectives which you yourself pursue. One writer said that the individual who scatters enjoyment is one who enjoys much and in addition he will enjoy much who scatters enjoyment to others. And it is a truism that true enjoyment comes from activity of the mind and exercise of the body . . . the two are ever united.

A philosopher said he had heard about a Spaniard who always put on his spectacles when about to eat cherries, that they might look bigger and more tempting. In a similar manner, he said, I make the most of my enjoyments; and though I do not cast my cares away, I pack them in as little compass as I can, and carry them as conveniently as I can for myself, and never let them annoy others.

Obviously, whatever can lead to intelligent individuals to the exercise or habit of mental enjoyment, contributes more to their happiness than the highest sensual or mere bodily pleasures. The one feeds the soul, while the other, for the most part, only exhausts the frame and too often injures the immortal part.

I am deeply grateful for my friends and for many things because I concur with the man who once said that gratitude is the memory of the heart; therefore forget not to say often, I have all that I have ever enjoyed.

Someone once wrote, The world would be both better and brighter if we would dwell on the duty of happiness, as well as on the happiness of duty.

It is said the Happiness is like manna; it is to be gathered in grains, and enjoyed every day. It will not keep; it cannot be accumulated, nor have we got to go out of ourselves or into remote places to gather it, since it has rained down from Heaven, at our very doors.

But remember if you seek happiness for its own sake you may not find it; seek it for duty, and happiness will follow as the shadow comes with the sun.

It is written that men of noblest dispositions think themselves happiest when others share their happiness with them. Because, as Byron said, all who would win joy, must share it; happiness was born a twin.

Happiness is like a butterfly, which, when pursued, it always just beyond our grasp, but which if you will sit down quietly, may alight upon you.

Hawthorne wrote: Happiness in this world, when it comes, comes incidentally — But make it the object of pursuit, and it leads us a wild-goose chase, and is never attained.

Finally, Beecher once revealed his conceit, when he said: The strength and the happiness of a man consists in finding out the way in which God is going, and going in that way, too.

CHESTER L. WASHINGTON, Publisher

P.S. Here's a Recipe for a Happy Home:

- | | |
|------------------------|------------------------|
| 4 cups of love, | 5 spoons of hope, |
| 2 cups of loyalty, | 2 spoons of tenderness |
| 3 cups of forgiveness, | 4 quarts of faith, |
| 1 cup of friendship | 1 barrel of laughter |

Take love and loyalty, mix it thoroughly with faith.

Blend it with tenderness, kindness and understanding.

Add friendship and hope, sprinkle abundantly with laughter.

Back it with sunshine. Serve daily.