

The Plain Truth

Serving the North End

No. 1 - July, 1967

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PPB HITS HOUSING BIAS MALFEASANCE ALSO CHARGED

Roy Williams, Chairman of the People's Poverty Board, today charged the Champaign County Public Housing Authority with malfeasance, incompetence, and racial discrimination and called for an immediate investigation by the regional office of the Department of Housing and Urban Development.

Williams accused the County Housing Authority Board of being a group of antiquated, self-righteous, degenerate courthouse cronies whose only qualifications were that they have "connections."

Williams said, "There is serious doubt in my mind as to the legality of the hiring of Bud Finney as the new executive director of the authority. In checking the records, we were unable to find any evidence of notification to the public of the availability of the job now filled by Finney."

"I also raise the question of how qualified an ex-seller of baseball caps and golf clubs is to be the director of a program aimed at alleviating the housing problems of those who are facing economic hardship and possibly many other social ills, especially since he happens to be a right-wing oriented opponent of the local application of federal assistance. Noting that Bud has had absolutely no prior experience or training in housing administration, I don't see how it is possible for him to be considered qualified for the post of executive director."

Williams continued, "We also can't quite understand whether Harold Sloan was retired, demoted, or promoted to his new job of assistant director." Mr. Sloan was formerly executive director from 1940 to 1967.

"When we of the People's Poverty Board asked Harold Sloan in November, 1966, for a written copy of the criteria for the acceptance into public housing, he said, 'I've been working on it, but it's not ready yet. Most of it is in my head.' In July, 1967, more than eight months since we originally approached him, Mr. Sloan still is not able to provide the public (continued on next page)

DEMOS MUZZLED

The election of April 4, which brought to the Urbana City Council two Negroes and a resounding victory for the Urbana Democratic Party, has long passed.

The voters of the Third Ward are still waiting for some of the campaign promises to be filled. It has become very quiet in the two chairs filled by those Negro aldermen. It is hoped that the muzzles will be removed from these two gentlemen that they might voice the concerns of their constituents.

Even Mayor Stanley Weaver was overheard at a recent cocktail party saying, "I sure hope they send me two more just like those two. Fred and Lloyd are mah boys--they just sit there and don't say a thing."

Old Stan ain't becomm'n' a "nigger lover", is he???



JR. COLLEGE LAND GRAB

The proposed site of the new community college was prematurely announced in a letter released to the local press on July 7.

In a letter presented by her son-in-law, Mrs. William H. Ehler protested the attempts by the District 505 Community College board to acquire her land. The son-in-law listed several reasons why the Ehler land should not be acquired.

If we could take the reason that Mrs. Ehler would just like to spend her retiring years in the solitude of her 122 acre farm, we offer this: In the proposed Urban Renewal area, 279 families are faced with a problem similar to Mrs. Ehler's. But these people, because they are black and not white and because they don't have the money, are to suffer much greater hardships than ever possible for Mrs. Ehler.

Isn't it funny that ownership of land and the right to ownership of land are only the private domains of white people? That when Negroes are faced with like problems of the use of eminent domain, housing inspection, land usage regulations, and the whole realm of things connected with improvement of the Negro neighborhood, white folks say, "This is for the good of the community," but let it happen to them and then you can look out for petitions against the city manager, against housing inspection, and for non-enforcement of minimum housing codes, so that the white folks' right to say, "My home is my castle," won't be damaged.

Where were you, Mrs. Ehler, when they were talking about taking Mrs. Yancey Smith's home, Mrs. Prime Thomas's home, Mrs. Ida Mae Carthel's home? You didn't holler then. We didn't even know you existed.

Housing Charges Explained

(continued from first page)

With a written statement of the criteria for acceptance into public housing. The information is still 'in his head.' Is this responsible directorship?"

Williams further stated, "Mrs. Padgett, who is supposed to be what you call a 'tenant relations expert', told us that people with 'immoral' character are not even considered as possible tenants. A prospective tenant's character is determined by the gossip of their neighbors, Ernie Duffield, bill collectors, and any other person having a little dirt to spill, while the opinions of ones friends and close associates are not even considered. When asked if she checked with the minister of a prospective applicant, Mrs. Padgett said, 'How would the minister know anything?--He only sees her once a week. Why, my minister doesn't even know me.' But Ernie Duffield is fully qualified to say who is moral or not. Mrs. Padgett further emphasized this fact by saying, 'If it is somebody Mr. Duffield thinks is worthy of public housing, we generally consider them.'"

Williams went on to say, "How can a man who heads up rent collection for some of the most unfit houses for human habitation, a man devoid of human responses and responsibility to his fellow man, and a man who himself has been said to accept and force favors in lieu of rent be not only the collector and evictor of people from public housing, but also the same one who makes the determination of whether or not a person is even considered for public housing. In the words of one of the Housing Authority board members, 'Ol' Ernie--Heh! Heh! Heh!--is quite a character, quite a character.'"

Crony Still at Large

On Tuesday, March 14, 1967, three members of the People's Poverty Board, Roy Williams, John Lee Johnson, and Peter Rasmussen, went to the office of "Ernie" Duffield, local rent collecting agent. Their purpose was to investigate evidence of threats and intimidations of eviction against people in the Wascher Drive area who might join or attend meetings of the North End Improvement Committee, a community improvement group organizing in that area.

Ernie answered the questions of these three gentlemen with threats of bodily harm or death by aiming a loaded pistol at the three gentlemen. Subsequently, a complaint was signed by Roy Williams in the office of the State's Attorney of Champaign County charging Ernie with aggravated assault. Ernie was arrested and released after posting \$300 bond.

The filing of the assault charges, the arrest, and the arraignment of Ernie Duffield occurred on March 14, 1967. We are now into the month of July, and Ernie has yet to come to trial. During this same time period many other people have been arrested, tried, and found either guilty or innocent of more serious charges.

While residents of the North End have experienced and continue to experience examples of instant justice, Ernie is yet to be brought to justice. 125 days have passed and Ernie hasn't even had a trial date set. Will this man be allowed to continue his reckless and dangerous conduct just because he might be a part of the "courthouse gang"?

The constitution guarantees that a defendant will be processed with all due speed. Surely four months gives even the office of the State's Attorney of Champaign County adequate time. Let us see your speedy prosecution of Ernie so that the removal of one of society's dangerous individuals might be implemented.

Williams, when asked about his accusations of racial discrimination, went on, "Is it unrealistic to expect, since about fifty percent of the residents of public housing are Negro, to see a Negro executive staff person? In fact, only one Negro is employed by the County Housing Authority and that is in the capacity of a laborer.

"We also charge the County Board of Supervisors with fostering this policy of racial discrimination. This 'disgust' body of elected officials is the real blame since it continues to perpetuate and uphold the discriminatory policies of the Housing Authority by refusing to name Negroes to the Housing Authority board. The Board of Supervisors, by its unrealistic approach to social problems and its lack of understanding of the responsibilities of representative government, have shown for all to see how outmoded their very form of government is. We are hoping that laws can be instituted very soon to rectify this situation."

Asked what the People's Poverty Board plans to do about the situation they allege exists in public housing, Williams replied, "We will take every administrative and legal recourse available, including the stoppage of funds for the two new sites for public housing. We have already made several trips to Chicago to ascertain information we will need to correct this situation. We don't see how we can allow the continued existence of such despotic wastefulness.

"The poor have a right to the opportunity to live in safe and adequate housing, and no public agency shall be a party to continued exploitation of the poor."

The Plain Truth

believes it is the responsibility of a newspaper to be a vehicle of expression of ideas, information, and multiple points of view. Believing further in the inalienable right to free expression in both vocal and written communication, THE PLAIN TRUTH seeks to offer an opportunity for the citizens of this community to become more a part of the community by being a better informed people.

The viewpoints, language, and ideas expressed herein shall be the world as seen by the individual writers. In presenting controversial viewpoints THE PLAIN TRUTH welcomes comments from its readers. The pages of THE PLAIN TRUTH are open for expressing the feelings and points of view of any person desiring to do so.

Roy Williams, Publisher and Editor



Quick Action by Unit 4

On June 29, 1967, the Unit 4 Board of Education adopted a policy statement setting September, 1968, as the target date for having complete racial balance in all schools of the system. In adopting this policy, the Unit 4 Board finally bowed to the demands of the Coordinating Committee for Quality Education (CCQE) and other community groups as well as the numerous parents who have sought complete integration of the school system since November, 1966.

It has been observed that the Unit 4 Board and its spokesmen have in the past made many good-sounding "policy statements," only to recind or re-interpret them to mean something completely different at a later date.

The Unit 4 Board, working through stooge groups like the Harold Barker Committee (EBOC), has prolonged the time of its announcement on racial balance so that it might have a summer free from the pressures exerted by CCQE and the many other groups. There is some feeling that this statement by board president, Donald Porter, and endorsed by the other board members (with the exceptions of Lasneer and Baker) is just another of the swan songs that the

Mothers Tried

by Ded Boring

On Friday, July 7, Magistrate Sarah Lumpp took under advisement a case involving two mothers charged with criminal trespassing. The charges grew out of some confusion as to whom the defendants, Mrs. Oneida Russell and Mrs. Eva Jones, were to pay rent. These two unsuspecting ladies were caught in the legal entrapments and confusions of ownership under a contested will.

In Stuart Nagel, attorney for the two ladies, courtroom observers witnessed time and time again skillful maneuvering in his presentation of the case for Russell and Jones.

Much to the chagrin of the inexperienced Assistant States Attorney Dennis Hart, Nagel repeatedly outlined and exposed the glaring weaknesses in the state's case. It is wondered why Hart, the inexperienced assistant, was tossed into the public arena with the very capable Nagel to be cut to ribbons.

At times Hart rose to object to the questions of Nagel and didn't even know what reasoning he could present. Mr. Hart, though young, inexperienced, and thoroughly confused by the clever tactics of Nagel, might be able to learn from his experience with this case and make himself a better attorney.



Unit 4 Board is famous for. Let us see some significant action toward achieving racial balance by September of THIS year, or Unit 4's lullaby will instead be a lament.

Local Man Honored

We are establishing as one of the regular features of THE PLAIN TRUTH the recognition of citizens of this community who have aided greatly in the establishment and continuing patterns of community life in this, our Campaign-Urbana ghetto.

Mr. Ernest Duffield, citizen, former political officeholder and man reflective of the kind of community leadership that prevails its wants for improvement of our ghetto, is the first to receive our award of recognition.

Mr. Duffield has come to the attention of this writer through his attempts to establish a solid pattern of tenant and landlord responsibilities in rental housing that exists in Campaign-Urbana.

"Ernie," as he is affectionately known by the courthouse crowd, has through his performance as a collecting agent been compared to marshals of the old West, as exemplified by his "quick draw" and adept handling of guns. His protection of the vast collection of housing owned by the Henson family, through careful selection and counseling of tenants, rivals that of the German Gestapo during their early acquisitions of Jewish properties during World War II.

"Happy Harry" Sloan, "past or present director" of the Campaign County Housing Authority, recognizing those attributes of perseverance, tenacity and bulldogged stubbornness, plus the esteem in which Ernie is held by the residents of the Negro ghetto and the poor white areas of Campaign-Urbana, has seen fit to hire him, Mr. Duffield, as the strong-arm man for public housing.

Ernie's popularity can further be illustrated by the fact that Negro property owners who fear that they might be unable to reject the pleas of, "I don't have all the rent this month," "I am just recovering from heart surgery," voiced by good tenants who might fall on bad times, repeatedly name Mr. Duffield as their collecting agent.

The pangs of compassion, sympathy, good neighborliness and respect and consideration for the less fortunate fellow man can be turned from the heart of Mr. Duffield by the mere suggestion of a few profitable dollars.

Watchdog, one-man steering committee for residency in Campaign-Urbana's public housing, and sniper extraordinary, we of THE PLAIN TRUTH salute you and the society that has spawned and continues to allow your parasitical growth by presenting to you the coveted Byron de la Beckwith Award for the month of July, 1967.

This is the first of our tributes to those who are helping to continue the existence of ghetto to life.

STAR RECORD SHOP

"If You Hear It - We Have It Or Will Get It"

JAZZ BLUES ROCK-N-ROLL SPIRITUALS
202 N. First, Champaign

TOMMY'S BARBER SHOP

204 N. First, Champaign

"Uncle Tom" Can Run, But He Can't Hide

The winds of change sweeping with increasing gusto across the sands of American race relations are gradually reducing the black "Uncle Tom" into an island unto himself.

Time was when the Uncle Tom--his perfidy exposed beyond a shadow of doubt--could gain a measure of solace counting and recounting his ill-gotten material abundance.

The only apparent hope left for the black "Uncle Tom" is a complete change in character--a method as drastic and uncertain as "withdrawal" in narcotics addiction.

by Robert C. Butler

A Tom's Prayer

by Al Mitchell
(Beets)

We negotiate, we integrate, congratulate and participate with Whitey. Hand-in-hand we say we don't hate, and we're not mad, just want to be friends and let bygones be just that, bygones. We gonna pull ourselves up to the white life-styles. We're gonna learn how to groove in your bag cause it's the best ever. We're gonna call you "Almighty Whitey." We ain't gonna listen to Ray Charles or none of them militant foolish niggers. We ain't even gonna say "watermelon." We just wanna drink them martinis and go to the country club and play golf with you and sound like you and dress like you, white father. We'll denounce Stokely and Malcolm X ten times before each meal. We'll ride through the ghetto on Sunday afternoons with windows up and doors locked and show our children how disgusting and tripping MOST Negroes are. We'll do all these things, white father, cause we have learned to live "together." We have accepted each other on an equal basis. This is the only way to achieve true equality.

Did I say it right, master?

Amen.



Champaign County Urban League

Serving the community in the life-chance areas of:

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EDUCATION
HEALTH & WELFARE
HOUSING

Vernon Barkstall-Executive Director
Charlie Johnson-Associate Director

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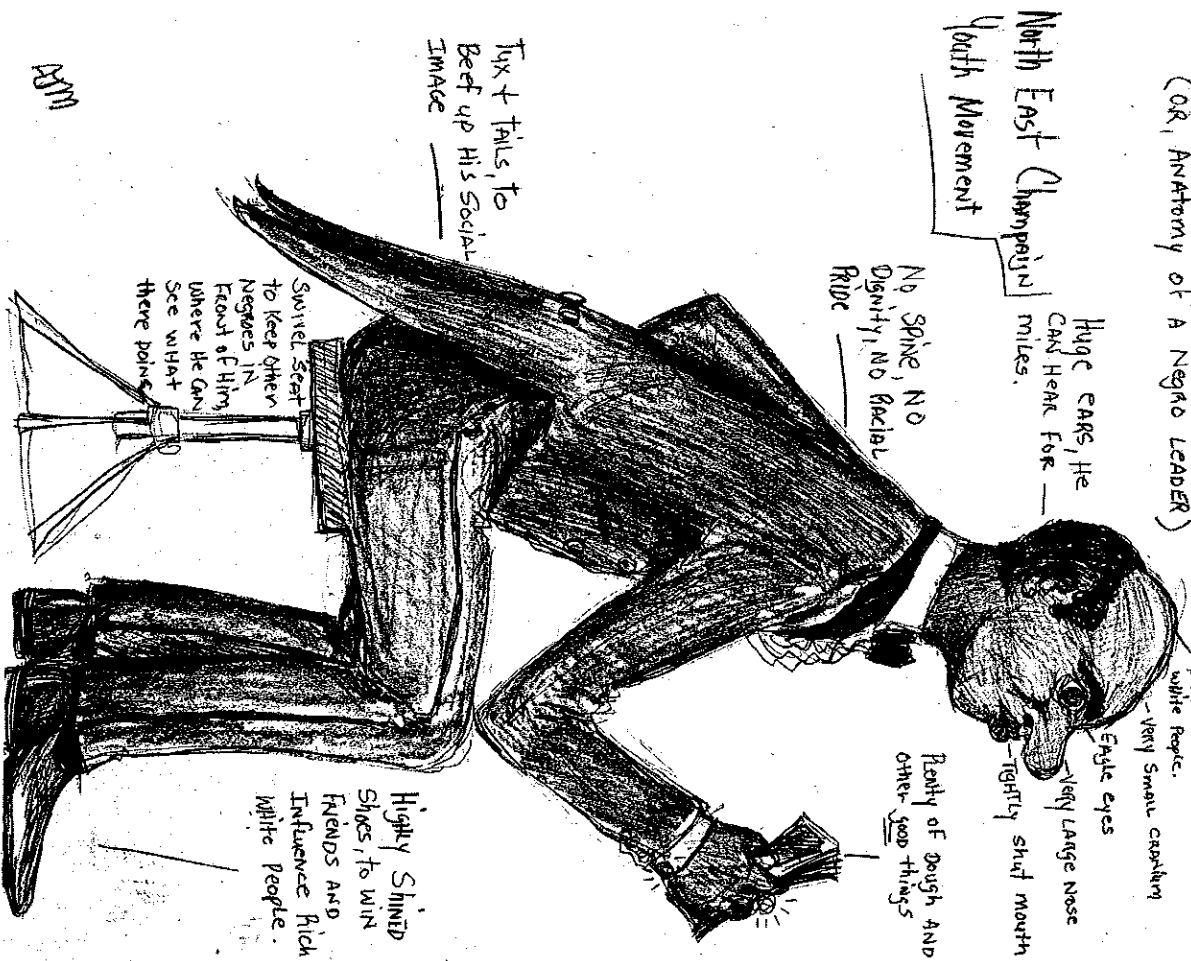
Open every day with fresh vegetables and low prices.

BOB'S GROCERY

1005 N. Fifth St., Champaign

PARKER & SONS FUNERAL HOME

"Profile of A Successful Uncle Tom" (OR, Anatomy of A Negro Leader)



Black Man Listen:

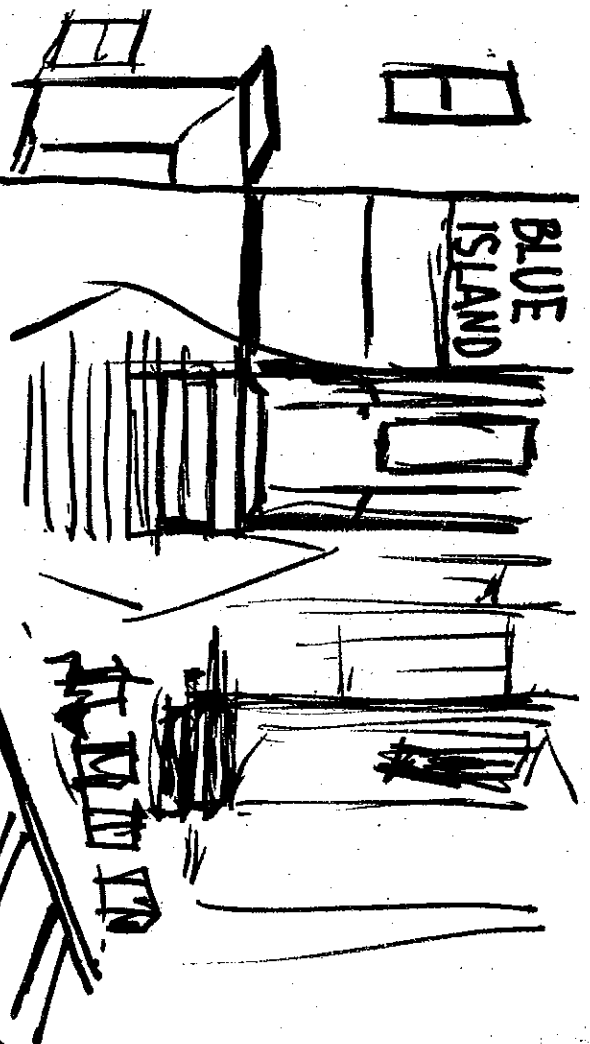
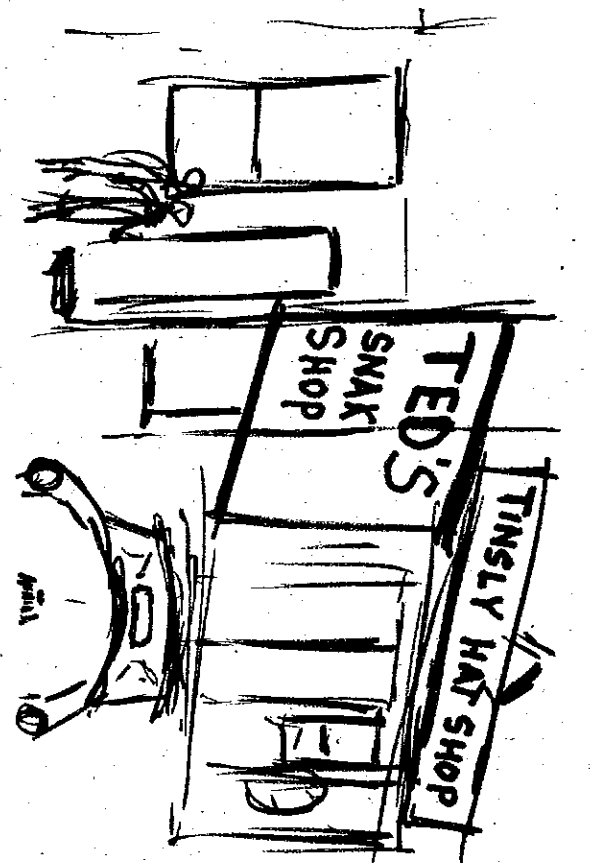
Yesterday there was a celebration here in the Land of the Free. It was in remembrance of July 4, 1776, when white folks, then called colonists, decided they wanted to be free. We all know the rest of that story. Some hold it very high as a symbol of freedom against oppression and tell themselves it's good and necessary to FIGHT for what YOU know is right!

Anytime the white man is confronted with a problem that affects his well-being or the well-being of his home and family, what will HE do? I'll tell you what he'll do. He'll walk in a pack, hide beneath a hood or a desk, and kill, yes, kill with no pain, just like a dog or lion would do. When he feels that he's not making enough money he'll go on strike! He'll tell HIS President to go to hell, he'll dump his milk on the ground, he'll lay down in the factories, and he'll get on ships and planes and go thousands of miles and kill people in the name of Freedom! HIS freedom. And he'll take black fools with him from time to time. He'll drop atomic bombs in the name of Peace.

But you, black brothers and sisters, you who have and still suffer under a system bent on black exploitation and degradation, you who have every reason in the cosmos to revolt, to "want your freedom," your "independence." You, black boy, with the hidden past and uncertain future, you who have nothing to lose, refuse to revolt, fear "Black Power", are afraid of black violence, too brainwashed by "Whitey" to see what he has done to you. You who sit back and criticize "Black Power" and its followers and give no solution of your own will be indeed among the first to die when the great revolt begins. You must go for you are beyond help!!!

Al Mitchell
(Beets)

black body
black mind
+ black soul
Black Power



An Interview with a Parent

by John Lee Johnson

There was no laughter as she spoke of the death of her child. As if all that could fly had flown past and the air was silent, as a tear lingered from her cheek, she spoke of the care and love of her two daughters.

One could count the vibrations of her breasts. Little were her hands, constantly casting shadows about her person. Her movements were within. Beautifully she chattered,

John Lee, I love my children.

I clean them regardless of times they are dirty. To bed at 8 o'clock, for this is the way I was raised.

There's no one but me. There, again, was another tear as her body danced.

Is it right for people to tell me I am wrong, that I castigated my children? They're all I have.

One understands truly when one loses one, and the things that are taken for granted are no more. They are bastards, yet they are mine.

And her laughter smelled as strong as the beer on the table.

Her eyes stood motionless, and one could touch the racing of her brain. Like butterflies, she remembered:

They can tie their shoes, dress themselves, bless their food, respect and give thanks for the young and tender beings they are. Only three are they. I graduated from high school at seventeen. Just then, as if a girl scout, mockingly she repeated, I did, with honors.

I love math.

O! the money my folks have spent. Commercial college for a year, and the good jobs.

Where am I?

God, she asked where was she?

I came back, John Lee.

I told my mother, 'Maybe if I stood beside his grave.

Maybe if I wandered about near his resting place.' I was wrong.

The beer crashed to the floor, dancing to a tune that only her mind will play.

A dime touched the slot.

As the mosquitoes flew in retreat, she arose doing the Boogaloo.

She need not have asked where she was, for the smell of the outside and the decaying of the children's minds,

only if she would have remembered, for she was on Poplar Street,

a center of life for thousands of young mothers just like her.

Beula Goines:

The Bars

There are the bars;
They are in front of me.
These are the bars;
The bars you cannot see.
The bars they are for me.

The Times

The times they are changing;
The changes they are slow.
The bars they are fading.
The fading is for me.
The fading you cannot see.
The bars are now in view.
The view is now for you.



The Negro Family

by Vernon Barkstall

Everywhere we go we hear well-meaning whites, and some who mean us no good, raising questions about the Negro family and its relevance to the plight of the Negro in America today. Some contend that first of all Negroes seem to care less about keeping their families together than do whites. Others contend that even in many of those cases where the family is intact (both parents living in the home) there is less concern for the welfare of the family on the part of Negroes than is the case among whites. A judgment made by many of these people is that if Negroes would somehow manage to keep their families together all--or at least most--of the problems confronting the Negro in America would disappear.

When confronted with questions, even arguments of this sort, one with even limited knowledge about the real facts of Negro family life and the ingredients which contribute to the breakup of family living can hardly be restrained from saying, "Let's cure the ills by treating causes, not alleged symptoms."

From the outset, we need to violently dispel any notions that Negro parents care any less for each other or for their children than do whites. One needs only to ask the most downtrodden Negro he can find, what he wants most out of life. The reply most often would be, "An opportunity for a better life for my children than I have had."

One needs to witness the frustration of the Negro father who, whether or not denied a decent education in his youth, must frequently cater to the whim of a prejudiced potential employer who too often makes the Negro male a "LIFO"--last in, first out.

One certainly needs to recognize that the Negro wants to be considered--and indeed is--a human being. That he suffers all of the failings of other human beings, that he has hopes, aspirations, motivations, desires, strengths and weaknesses, and a capacity for love (and hate). And that all of these human failings show themselves in varied ways and degrees among individual Negroes as in all other humans. The basic problem in most of white American society is that THE NEGRO is considered a monolith--that they are all alike, or that "all of them whom I don't know, and like, are bad."

We refute the charge that the Negro cares less for his family than do whites. If one wishes to concede that the Negro family percentage-wise is less well off than whites, we would contend that this is true in economic terms, but not so in regard to intrapersonal feelings for family members.

We would contend, further, that considering the history of America, and its treatment of its black humans, that it is a miracle that there is such a thing as Negro family life.

We need to take a look at some of this history. Over 300 years ago, white men went to Africa in search of Black Gold (black humans) to bring back to the western world as indentured servants. Black men, women and children were corralled and packed onto slaveships like sardines to make the arduous trip to America

"Scratch" Pad

by Kenneth O. Stratton

The people of Northeast Champaign have much to be concerned about politically. The principles of minority representation have certainly been set back this year. The defeat of Mrs. Bridgewater for the Unit 4 School Board, the defeat of Mr. Jamerson for the Park Board, and my own defeat for Champaign City Council leave the people of this area without any elected office other than Mr. Edwards of the school board.

The reason for these political setbacks most often mentioned is Negro disunity. I don't think this was a major factor. Of course, there will always be a certain amount of disunity, but basically most of us stayed together. Lack of interest, or apathy, would be more descriptive of the people of the Northeast community. Hundreds of our people did not vote. And now, the Champaign City Council, in one of its first acts after my defeat, made sure that another Negro could not easily be elected by requiring registration for all future city voting. I wonder why this never came up while I was on the council? Yet, thirty days after I leave the council it was passed without discussion--or at least public discussion.

The anti-urban renewal fight, the registration requirement, the recruiting of Negroes to run against Negroes, the defeat of Negro candidates for various offices, the high unemployment rate of Negroes, and many other factors makes one wonder if there is not an ORGANIZED backlash to the achievements of our race over the past few years.

The answer to all this is that the Negroes of Champaign had best beware and organize a unified political unit. We certainly don't want to lose by simply not using the power we now have--The Power to VOTE, BABY, VOTE!

and the West. We need to be aware that the protest began in Africa, not in Little Rock or Montgomery.

Many of these captured humans who did not die from inhumane conditions literally starved themselves to death or jumped into the ocean. Those who did reach these shores found that the real agony was still awaiting them. If not before now, friends and family--especially adult males--were sold to the highest bidder without regard to former ties. Thus, we see the roots of the breaking up of the most basic unit in any society--the family.

For over 200 years black humans were brought to America and chained to the soil. Over 100 years later Americans, black and white, still are not free.

Throughout this period there have been whites who have found slavery or involuntary servitude to be evil. But there have always been whites, knowingly or otherwise, who rationalized the plight of the black man to be justified. There are still those who unwittingly hold Negroes to be inferior.

Slavery nearly became an unprofitable venture in America until the invention of the cotton gin, which made cotton the staple crop that it

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Cookie's Column

Beauty Tips

There are no doubt many articles and books written on the subject of "Beauty Tips." However, many people are interested in this subject and more and more requests are being made for it. This will be the first in a series of articles. I am hoping that you will discover what fun it is to be YOU!

I will begin by asking you a question: Do you know how many minutes there are in a day? The answer is one thousand, four hundred and forty (1,440). Only fifteen (15) minutes a day directed to one problem area is all that is necessary to remedy your problem entirely.

Contrary to some so-called beauty experts, there are no standard rules for discovering the perfect or ideal figure. Some of the most beautiful girls would not meet the model specifications of 36-24-36, because their hips are too heavy (by their standards) resulting from their bones being made that way. This does not alter the fact that they are beautiful and can look just as attractive figure-wise as those who meet the model specifications. By keeping their weight down, they will have no problems.

Let's begin with YOU by taking a look in the mirror. Note your problem areas. Some of you will need to diet and many will only have to concentrate on improving the figure with proper exercise. Yes, it is my firm belief that in order to achieve a good figure, one must exercise while dieting. If you need to lose a large amount of excess poundage (over 10 pounds), then you must go through the proper channels and get a check-up from your doctor, plus his OK to begin a diet under his care. However, if you have only 5 or 10 pounds to lose, you may do so in three to six weeks (depending upon how fast your body will burn stored fat) by following the simple diet

became in the South. It then became economically feasible to maintain this dehumanizing institution.

Increased attempts to dehumanize the Negro (as he came to be called) throughout this period, and today, have led to our current condition. It was against the law to teach him to read or write. Marriage, and consequently, family, was not recognized as being legal or necessary among "subhumans." Children under eight years of age were sold along with their mothers (the root of our matriarchal society).

When the South needed the numbers that blacks could provide to give them a desired majority representation in Congress the Negro was then considered to be three-fifths of a human being.

Throughout our history there have been calculated attempts to destroy the Negro family. There are many people today who are in a position to help provide the quality education, the decent housing, and the adequate employment and pay which will allow the black man to strengthen even more his not as weak as presumed family unit. This is especially true if we zero in on the causes and not expend all of our energies intellectualizing about the symptoms.

the depot

a center for performance
and participation

223 N. Broadway
Urbana

watch newspapers for listings

below:

Diet A 1/2 grapefruit
1 boiled egg
1 slice toast - pat of butter
coffee or tea - black

Diet B 6 oz. glass of apple juice
average portion of corn flakes
1 teaspoon sugar
cup skim milk

Diet C 1 deviled egg
1 veal chop
baked broccoli
lettuce and cucumber salad
cold beets

These diets on alternate days are to be used for quick results by those who need to lose only a few pounds.

While dieting is necessary to attain proper weight, as I stated earlier exercise is a MUST to correct the figure problems. Now then, have you finished the check list of problem areas? Let's get to work on them. 90% of our problems have to do with: WAIST, HIPS, ABDOMEN and THIGHS. I have listed some suggestions which will definitely be of help to you if followed according to directions:

WAIST: This one is a variation of the Zig-Zag. Position: standing, with legs apart, hands clasped behind the neck, turn the upper half of the body as far to the left as you can go. Then turn the body as far to the right as you can go. Practice this one repeatedly and you will find that you are able to swivel the upper torso around to the point where you are almost facing backwards.

HIPS: Leg-over: Time to get down on the floor. The floor serves as a hard surface against which you can literally roll or bounce away the fat. Position: Lie down on your back with your hands at your chest. Raise the right leg straight up into the air. Cross the leg over the body until it touches the floor on the left side. Return leg to starting position. Repeat with left leg crossing over to floor on right side. Alternate, starting with total of ten and working up gradually to at least thirty. (Follow this advice when doing all four exercises.)

ABDOMEN: Sit ups. Position: Lie down on your back with arms outstretched to full length above your head. Raise the body to sitting position. Pull the arms up and forward and touch the toes. Return to starting position, repeat. You should feel the pull on your stomach muscles as you go up and down.

THIGHS: Starting position: Stand holding on to the back of a chair or table, with your weight resting on the left foot. Extend the right foot forward and out, with the toe pointed. With the extended toe, draw circles in the air. The wider the circles, the greater the pull. Repeat for ten times and reverse, doing the same movement with the other leg. Alternate and repeat as long as you like.

Most of you will want to know how long it will be before you can see any results. For some of you--6 to 8 weeks, for others--2 to 3 months. Remember, anything worthwhile (and this is) will take some effort on your part. No overnight miracles will happen.

I invite all of you to write to me with ANY questions that you may have and I will do my best to answer them or refer you to a solution source. The next article will be: BROWN BEAUTIES and will also cover the latest in fashion news.

Address your letters to Cookie's Column
THE PLAIN TRUTH
Box 2148, Station A
Champaign, Illinois

Hope to hear from you soon.

Cookie

SPORTS

Butler Home

Mike Butler, University of Wisconsin sophomore and former Champaign High School hurdling great, recently returned to his Champaign home to spend part of his summer vacation. Mike's accomplishments--United States Track and Field Federation high hurdles champion and record holder, Big Ten indoor 70 yd. high and low hurdles champion, and Big Ten outdoor runner-up--are feats the sophomore alumnus of Champaign High can well be proud of.

Mike was asked how he would rate himself among the top hurdlers of the United States. "I feel that only the top three in the nation, Davenport, McCullough, and Flowers, are capable of beating me now. While at Champaign, I felt Coach Jester was the best in the world, but then I met Coach Walters at Wisconsin."

Asked about his plans for the summer, Mike stated, "I pulled a muscle in the NCAA meet and am resting it for the summer. I will surely miss the experience of competition that I am missing by not being able to compete in the national events of this summer. I am planning to spend a lot of time this fall and winter perfecting my form and gaining strength so that I can be ready for the Olympic trials in '68."

Why I Left Boy's State

by James Hill

For the past few days I have been called everything from "courageous person" to a quitter. I have not answered the charges made against me by such persons as Russel Graybeal and Paul Powell because I felt that they had a right to "express their thoughts," so to speak.

To be frank, I did not worry about my "record" being hurt by leaving Boys' State, or what other people thought about it. I will admit I did not expect all of this controversy, and the idea of putting my report to the Urbana Elks (who sponsored me) in the newspaper was not mine, although I did give permission for its printing.

There have been articles in the papers that suggested that I left Boys' State because of a racial issue. I want to say that this is totally untrue. All the boys were treated equally.

I left because I did not agree with the military program that was used there. Now, this is not to say that the program was "bad." It was wonderful, for those who liked it. But whether or not others liked the program was not my concern. I did not leave on a basis of whether or not others liked it. I left because I did not like the program. I felt that I was not learning anything at Boys' State that could be useful to me.

I exercised a fundamental, constitutional, and human right, and I do not feel that I am "less than a man" or a "discredit to my race" (as Mr. Graybeal implied) in doing so.

Ramblin' with Russ

Wow, it's a scorcher. Have you been to the INNER CIRCLE lately?... It's cool as a cucumber. Appearing for the month to come with soulful jazz variations, the PETE BRIDGEWATER TRIO makes for superb entertainment... Don't forget the MONARCH with KING EDWARD'S GAYPOPPERS and other top R & B artists from the area... The SOUL BROTHERS are driving hard with that versatile ERNIE HITE at the Hammond. Even more so on the road, their travels extend from the Decatur ORLANDO PLAZA to Chicago's own SOUTH MOORE HOTEL.

I'm Watchin' Y'all



by Jig A. Boo

Is it true that that ex-waiter turned administrative executive is giving up his role as "the" leader in the fight for community integration? After integrating into friendship with the leading "white liberals" and reaping some financial successes along with a good job--I mean earned "position"--Ol' Jim ain't quittin' on us, is he? You ain't "out of it," is you, Jim boy?

Don't believe those rumors that say some of the members of the Champaign Police Department are aiding the young women of the North End in sexual education. It is said that those young girls who are caught violating Champaign's curfew law don't receive "a day in court" but rather a few hours in the back seat of one of Champaign's police cars. Hey, fellas, y'all ain't practicin' inter-her-gration with those nigger gals, are ya?

Will our "friends" on the Champaign City Council--Seely, Pope, and Somers--please quit helpin' us! Y'all was on our side by bein' against Urban Renewal, but now since the passage of Urban Renewal, y'all say that the white folks is givin' us too much money for the houses we've had to pay for by workin' for 50 cents a day. Somebody was just sayin' to Ol' Jig, that with friends like y'all--Seely, Somers, and Pope--on our side, we niggers should get ready for y'all to take the little bit we still got.

They are saying that the new restaurant opened by that former Justice of the Peace and candidate for Champaign City Council is being financed with the blessing of the "Pope". We don't care what we sell, if the price is right, do we, Joe baby?

Will the blonde Adonis of the Champaign County State's Attorney's office please give Ol' Jig a copy of the names and addresses he keeps in that little black book. I hear that these are the names of some lovely black gals who are givin' away some of that good ol' stuff in exchange for courthouse favors. Ol' Jig been wonderin' why you been losin' so many cases, boy. Bet that ol' stuff is better than winnin' any case, ain't it?

Will the so-called Nigger Leaders quit runnin' and tellin' the white folks everything. You're rankin' the hustle of some of the not-so-prominent black snitchers.

Why is everybody referring to Don Porter's announcement on school integration as a natural continuation of his feelings for integration on a personal level. They are saying Don boy has been integratin' for years. That is, under the "covers" of DARKNESS.

The Plain Truth

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