Baltimore Afro-American

OPINION

founded August 1892 by John H. Murphy Sr., 1840-1922. Published every Tuesday and Saturday by the AFRO-AMERICAN CO. of Baltimore City Inc. Carl Murphy (1889-1967) Editor-publisher (1922-1967).

Police exams

A Federal judge has ruled that Baltimore city police department promotional examinations had been designed in such a manner that they were in fact discriminatory toward black law officers.

The court ordered that police department and government personnel experts formulate examinations that were free of cultural bias and that black officers be given these adjusted tests.

This has been done.

Now the predominantly white Fraternal Order of Police (FOP) has sought an injunction to prevent these new tests from being administered arguing that the new exams are now discriminatory against white officers.

The Federal Court ruling came after the Vanguard Justice Society, the black police fraternal group, took legal action. As Vanguard attorney Kenneth Johnson has pointed out there is no evidence that FOP did anything to help redress the grievances of black officers who had historically been given short shrift by the police department.

Now FOP claims it wants bias-free exams on behalf of all officers.

The court has denied the white officers' organization's suit saying FOP waited too long to object.

What we suspect is that FOP sought to block the new exams to hinder minority officers from attaining higher rank in a police force that is still far too white, too male and too non-resident.

The Birds

Win or lose, the Baltimore Orioles provided the nation with perhaps the most exciting sports performances of the year.

They did all of us proud. Gracious in defeat and trying until the last pitch was thrown.

More pragmatically they attracted, by winning their league championship, World Series fans from all over the nation. We hope our community in someway shared this incoming tourist money.

Looking at the talent and commitment of the 1979 Birds team we have reason to believe that the 1980 Series will be played here again.

We just hope whoever faces the 1980 Birds doesn't have Willie Stargell in their lineup.

Willie, the grand old man of swat, did us in.

We praise him, and his champion Bucs, but as for going up against Stargell next year, well we just hope the champion Birds will have new opponents.

It was a good Series, well-played, gentlemanly. No one has anything of which to be ashamed.

City elections

Mayoral and city council candidates enter the home stretch this coming week.

We are hoping Samuel Cullota and St. George Crosse, Republican candidates for mayor and comptroller respectively, really dramatize the issues for citizens as they see them.

There are major concerns that have been insufficiently explored thus far: rent control, unemployment, non-resident municipal employees, housing priorities.

These problems need to be brought to high public view.

No one among the Democrats has thus far done much of anything with these problems mainly because no Dems thought they had to.

We are counting on the Republicans to give folks mething to think about and vote upon.

We would not like to think the city is so apathetic that Democrat victories are foregone conclusions.

We believe in elections that are really contests, battles for votes based upon progressive programs that help the many and not just the fat cats.

Thus far the voters' needs have taken second place to candidates perpetuating themselves in office.

In these last days before the election we hope some politician begins speaking to the real needs of our community.

G. JAMES FLEMING

County view of politics

If you read only the AFRO, the Sun, the New York Times and the Washington Post, you are having only part a view of what America is reading, every day or every week.

Take the Jeffersonian of Baltimore County, published in Towson. In last week's issue, under the heading, "Kennedy Versus Ford," the editorial page explains why a Republican may not, or cannot, win the presidency, largely in terms of the "bloc" voting of those who are ignorant, those who have their hands out, and those who belong to minority groups.

One paragraph of the editorial referred to, reads like this, word for word:

"Finally, Kennedy's support among non-whites, who fortunately vote almost as a bloc, is very strong. The latest Gallup Poll gave Kennedy an 89 to 8 per cent lead over Ford among non-whites.

"This surely must astound and dismay President Ford, who has been a champion of civil rights from his college days unward. It indicates there's not enough individual thought and assessment among non-voters, who follow such a sheep-like pattern."

The editorial writer also points out how, and why, Kennedy will also receive support from labor and Roman Catholics — from labor partly because he has championed national health legislation; from Catholics, "by far the biggest denomination in the nation," because "he is one."

No where does the editorial writer show awareness that black voters voted as a "bloc" for some three-quarters of a century for the Grand Old Party and no Republican editor complained then of black "bloc" voting. Frederick Douglass, the renown ex-slave, orator and statesman, often bellowed that, for blacks, "The Republican party is the ship, all else the sea"!

Similarly, the editorial writer forgot to recognize that the Republican Party, under President Hoover, turned its back on black leaders and black voters; deserted them; ignored them. Indeed, Hoover was no better or more understanding, when he reached the White House, than Woodrow Wilson, transplanted southern Democrat, had been eight years earlier.

So far as blacks are concerned, a people last hired, lowest paid, and most unemployed, they are compelled to turn to that party (or to that system) which tries to correct those ills, disadvantages and discriminations.

The editorial further observes that, if former President Ford should run against Sen. Kennedy, the Republican, according to the polls, would win over Kennedy, "among the better educated classes, and professional and business groups.

"But the Kennedy advantage is simply that there are more people today with their hands out, who are moved by parochical considerations and who profit from big spending and a big bureaucracy. They outnumber the better educated and independent business men and women three or four to one."

The Baltimore County news paper failed to recognize that business and industry also receive, and accept, largess from government — welfare from government. Is there much difference between those who benefit from "welfare" and those who have long benefited from tariff advantages, subsidies of all types, and tax "adjustments "Most of these latter are not members of minority groups.

If labor has been a special darling of the Democratic party in recent years, it must not be forgotten for how long working people were the whipping boy of the power structure.

If "bloc" voting by minority groups and those "ignorant" is bad for politics, how come the Republican Party is working so hard, right now, to capture the black "bloc" vote for 1980?

Or, is it really a question of whether the "bloc" is supporting the Democratic or Republican Party? If we read correctly, the powers-that-be in the GOP are not opposed to "bloc" voting—white, black, brown or pink. The Republicans simply want their share (or all) of the black votes.

Down, not out, wait 'til next year

LETTERS

Views expressed by columnists or writers of letters to the editor on these pages are their personal opinions and do not necessarily reflect the editorial policy of the AFRO-AMERICAN Newspapers.

Explaining the true causes of racism

Dear AFRO:

I have read the many letters published in your paper concerning racism towards blacks.

All the letters are very true and interesting. However they all fail to realize the basic facts for racism and why it does not erode or decay.

First let us realize that true racism towards blacks are primarily for the black man, not the black woman.

Here are the reasons for racism:

1. Ego,
2. Control, and
3. Hide personal inadequacies and shortcomings.

The absolute method used to create racism and why it is so successful is because the cause is invisible and very much not realized or understood by the average black person.

Therefore, it is very successful on the part of its creators and perpetuators. All he has to do is cause blacks to hate themselves because they are black, then they automatically hate each other

Once you hate yourself, you hate those who remind you of yourself. You think they are you or like you.

Next it must be realized that in this society skin color is a symbol, and all relations among the different skin colors are done by stereotypes and myths that the skin color is supposed to be — no one in this society is a personal individual when it comes to public relations.

The creators and perpetuators of racism use every silent and invisible tactic they can possibly dream up to pull blacks down and cause them harm.

He favors the ignorant over the intelligent. He favors the ugly over the beauty — this is using your very own to destroy your very own; this is his second most powerful tool.

As we speak about the psychological effects in this society, the two mentioned above are the most destructive for blacks.

It is like having many hungry dogs in a pen and every once in awhile you throw in a steak — the dogs will kill each other for the steak.

Now if this is kept up long enough eventually there will be only one dog left — then he is nothing — he has nothing — so finally he just let the one dog starve to death.

Out of the many races in this society the blacks are on the bottom and they do not try to progress within, they try to progress out, this is a form or an expression of self hate and disowning.

I don't think the important fact of racism is all in it itself, but I think it would be wise for blacks to realize why racism is so effective and successful because it really comes from self hate and trying to disown our very own.

So the important things for blacks to do is to struggle to not let the racists and bigots be so successful with their hidden, silent and invisable creations that makes us so much the victims of our very own inner thoughts and feelings about black skin color.

PAUL SNYDER

Praise for state police superintendent

Dear AFRO:

Col. Thomas S. Smith, superintendent of the Maryland State Police, is deserving of the praise and commendation of the citizenry of Maryland for the prompt and firm manner in which he addressed the concerns of the 40 black troopers.

It was clear from the statistical profile of the 1500 state troopers with a complement of only 106 black troopers, concentrated in the lowest ranks, that institutional exclusion was solidly in place.

The forthright and progressive decisions of Colonel Smith to review the evaluators (i.e., white) of the black troopers, promote three black troopers to the rank of corporal and one to a supervisory position in the barracks, evlevation of three Blacks to second lieutenant and sergeants and a determination to keep the lines of communication opened between himself and the black troopers are eminently rationa, positive and just.

A potentially volatile and dangerous development has been handled decisively — and humanely.

The long-term results, given this auspicious development, should prove to be even more consequential and equitable for all personnel within the Maryland State Police Department.

It is palpably apparent that the heads of other local and state agencies could benefit from the splendid example of Col. Smith's staunch opposition to institutional exclusion based on race, color, class and sex.

SAMUEL L. BANKS,
coordinator of social studies,
Baltimore City Department of Education

Slaying at Morgan

'University should supply security'

Dear AFRO:

After reading your editorial, "Death on Campus," Oct. 13, I am here with mixed emotions over the useless slaying of Charles Carroll.

First of all, henever there is news of a disco or anything of that nature the word spreads "QUICKLY." This not only attracts Morgan students but others as well. You would think that everyone would be attending to have an enjoyable time, but it does not always work out that way.

I pass the University each night on my way to work, but this particular night of the stabbing there were a few teens on Hillen Road harassing motorists which was uncalled for, but they do it anyway. There will always be a few who make it bad for everyone else.

I feel that it is up to the University to supply some form of security measure to prevent a reoccurence of an act that happened.

When will it "STOP"?

ROBB BROWN

Energy Saving

Tips to remember when buying, building a home

Energy-wasting mistakes can be avoided if you consider climate, local building codes, and energy-efficient construction when you build or buy a home.

In either case, the following energy conservation ideas should help you keep down home utility bills.

When building a home

— Consider a square floor plan. It usually is more energy efficient than a rectangular plan.

Insulate walls and roof to the highest specifications recommended for your area.

Insulate floors, too, especially those over crawl spaces, cold basements, and garages.

If the base of a house is exposed, as in the case of a mobile home, build a "skirt" around it.

Install louvered panels or windpowered roof ventilators rather than motor-driven fans to ventilate the attic. Only use a motor-driven fan if it can be used for wholehouse ventilating during cool periods.

— Consider solar heat gain when you plan your window locations.

In cool climates, install fewer windows in the north wall because there's little solar heat gain there in winter.

In warm climates, put the largest number of windows in the north and east walls to reduce heating from the sun.

Install windows you can open so you can use natural or fan-forced ventilation in moderate weather.

— Use double-pane glass throughout the house. Windows with doublepane heatpreflecting or heat-abosorbing glass provide additional energy savings, especially in south and west exposures.

— Place your refrigerator in the coolest part of the kitchen, well away from the range and oven.

Install the water heater as close as possible to areas of major use to minimize heat loss through the pipes; insulate the pipes.

— If you live in a warm climate, remember that light-colored roofing can help keep houses cooler.

When buying a home

— Consider all the items mentioned for building a house.

— Ask for a description of the insulation and date on the efficiency of space heating, air-conditioning, and water heating plants, or have an independent engineer advise you about the efficiency of the equipment.

Ask to see the utility bills from the previous year but remember to adjust them for current utility rates. Even some new houses don't have insulation in the exterior walls. Be sure to check.

— Consider the need for additional insulation or replacement of equipment. If improvements are necessary, you may want to seek an adjustment in the purchase price to cover all, or a reasonable share, of the costs.

Madeline MURPHY

Managed news and managed leaders

My mother used to warn us when we kids would have a pillow fight or one of those I've-got-the-last-word games: "Don't start something you can't keep up!"

And so it goes with all manner of things as our life stretches on to its final reckoning.

It is against this background therefore, that the controversy surrounds trumpeted peace makers like Rev. Jesse Jackson, Rev. Joseph Lowery of SCLS and their trip to the Middle East.

The racist mouthings abound: the "How dare theys," "Who do they think they are?" The cynical surmise that both are leaders looking for a cause where others have died or slipped from their grasp.

Maybe they too are starting something they can't keep up along with the rest of us neophytes. Maybe these strivers for self interest, believe a path will be beaten to their door and with it the power to get more.

And even if they say publicly how close the connection is between the black experience and that of the Palestinians, is their motivation that altruistic?

For with recent word of a paltry $10,000 coming directly to Jesse Jackson from the Arabs, one wonders what unfinished money deals remain between Jackson and the PLO. And most importantly, what's in it for blacks in the U.S.

Hanging in the tangled web of divide and conquer, is the age old aim to reduce world-wide politics to its common denominator: "How much is it worth to you if I scratch your back?"

Hysteria from Bayard Rustin of the A. Phillip Randolph Institute on the one hand, who likens the PLO to the KKK, and from Vernon Jordan, on the other hand who likens Jackson's buttering up to the PLO as "ill considered flirtation with terrorist groups," calling Jackson's meetings with them "sideshows," indicates more clearly his back scratching charade.

Because national Jewish support for PUSH for Excellence has dried up. And the A. Phillip Randolph Institute and National Urban League both may be witting tools to soften criticism of Begin for not meeting with Jesse Jackson now that Begin is willing and anxious to meet with Bayard Rustin.

These vested interests unclear as to what it means for blacks, are very clear as to what it means to future Jewish contributors.

As to the terrorism of the PLO few news articles of late delve into the early history of Israel, where Menachim Begin in the 40's was likewise a terrorist against the Palestinians, killing, maiming men, women, children, while stealing their lands — the latter still part of his strategy in the name of living room — not unlike Hitler's excuses for invasion of Europe, all in the name of "lebensraum."

Yet above it all President Jimmy Carter's grin, becomes a grotesque calculating mask, watching, waiting to see "which way black America"

For between the opposing forces of Randolph-Jordan vs. Jackson-Lowery, one must become victor in these international political economic games. For these divide to conquer might just be the trial balloons of political strategy for Jimmy Carter's second term.

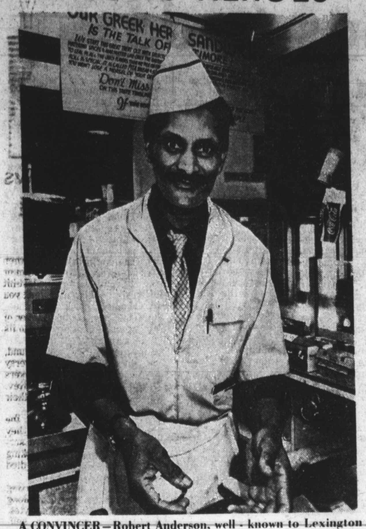
In addition, where else will more dollars from government coffers flow?

Already bolstered by millions from the government, my guess is that Vernon Jordan's is the band wagon on which Jimmy Carter will jump!

For just as the news is manufactured so are our so-called black leaders.

Mrs. Murphy is a commentator on Impact News on Tuesdays at 5 p.m. on WEAA-FM.

UNSUNG HEROES



A CONVINCER—Robert Anderson, well - known to Lexington Market patrons and a popular vendor is busy plying his trade and making friends among hero sandwich lovers.

Although movie stars, politicians, sports figures and civic leaders usually make the papers almost every day, how about the ordinary man or woman? How about the man or woman who simply works hard raising a family, or has to overcome a severe handicap in order to make a living?

Usually, the only time one hears about these people is when they get in trouble or pass away.

The AFRO would like to take a step to change that. Do you know any unsung heroes, ordinary people who deserve special mention for their achievements?

If you do, why not let us know about it. Write the AFRO - AMERICAN Newspapers, c-o Unsung Heores, 628 N. Eutaw, 21202, and we'll try to let the community know about these people. No phone calls please.

MRS. MILDRED ANDERSON manager of Polock Johnny's in Lexington Mall, taught her husband "all he knows" about the food business.

Food is his business

By James M. Abraham
AFRO Staff Writer

Although most shoppers at Baltimore's Lexington Market wouldn't respond to the name, Robert Anderson, they would almost certainly recognize him. His bright eyes, curce black hair, and loud, cajoling voice are as much a part of the market as the endless stalls jammed with tasty morsals.

Anderson operates the Mount Olympus stall, which sells the popular Greek hero sandwiches called "Gyro's," as well as a variety of Greek foods.

Emmanuel Psaris, the owner of the stall, says, "Robert's a good man. He's a promoter and a hustler."

As he was speaking, Anderson was busy ringing a loud bell and urging passerby to stop and check out his product. Many of the customers who did stop were friends of Anderson's who has cultiated a large following in Baltimore during his 18 years in the are Baltimore food business. He credits his wife with getting him into the business initially.

"I met my wife at the Southern Hotel back in 1961," he says with a smile, "and she taught me everything I know about waiting tables. She got me into the food business."

From the Southern Hotel, Anderson went to the Lord Baltimore Hotel, where he cultivated a large following of satisfied customers, including, according to him, Mayor Schaefer. He has also worked at the now - defunct Charcoal Heath restaurant, before coming to Lexington Market in the late 70s.

One reporter recalls how in the summer of 1974, when he was a young bus boy trying to earn enough money to attend college, Anderson was always there with a helping hand. The reporter was new to the restaurant business, and credit Anderson with showing him the ropes. Although Anderson was always on the move, constantly maintaining his rapport with his customers, he managed to give the young busboy good advice, plus he made sure no one shortchanged the busboy when it came to tips.

That spirit is still evident in the man, for, despite the high volume of business at the stall, Anderson always has a personal word for anyone who comes past. As one patron stated, "I don't really like the sandwiches, but I always stop by 'cause that guy picks me up."

Anderson holds the distinction of being the first black manager of a Polock Johnny's outlet; he operated the Lexington market outlet before joining the Mount Olympus organization.

Anderson's wife is also a fast - food manager, and operates the Lexington Mall Polock Johnny's outlet.

A Baltimore native, Anderson was a four letter man at Carver High School, and actually passed a tryout with the Baltimore Orioles as a third baseman.

"Yeah, I passed the tryout," he recalls, "but at the time I was in the Air Force. You see, after the tryout I had joined up, 'cause I didn't think I would pass it. This was back in '54, when Brooks Robinson and 'em was coming up."

What are Anderson's plans for the future? "I want to open up a place for us, for black people," he says. "My wife and I, we want to open up a restaurant, a quality restaurant somewhere around town. I've tried to get us involved in a lot of places around here, but I want my own."

Anderson, who is 41, and his wife, Mildred, have seven children. He currently lives at Biddle Street and Harford Road, and both he and his wife are deacons at the East Baltimore Deliverance Church.

The secret of Anderson's success? "I just try to treat people right," he says. Judging by his popularlity, Anderson has done just that.

TEST YOURSELF

What do you know about high blood pressure?

Hypertension

Hypertension is the number one killer of black people.
What is it?
Do you have it?
Can it be treated? Prevented?

The answers to those questions will be given at a Community Health Quiz sponsored by the doctors of Rosemont Community Doctors Center in the Lutheran Hospital cafeteria, Ashburton Street near Lafayette, Wednesday, Oct. 24 at 6:30 p.m.

The doctors will perform free high blood pressure tests and answer questions about the disease. Free dessert and coffee will be served.

Answers to the health quiz which follows, will be provided Wednesday evening.

Give Yourself a Check-up

1. Hypertension is: (circle the correct letter)
a. Less serious than high blood pressure.
b. Another name for high blood pressure.
c. More serious than high blood pressure.
d. Not related to high blood pressure at all.

2. People with high blood pressure are always nervous or tense.
True ---s False ----

3. Which of these are reel nite symptoms of high blood pressure?
a. Headache.
b. Dizziness.
c. Tense feeling.
d. None of the above.
e. All of thesabove.

4. In most instance, there is no known for high blood pressure.
True ---- Flase ----

5. Who gets high blood pressure?
a. More blacks than whites.
b. Calm, easy - going people.
c. Middle - aged white persons.
d. All of the above.

6. High blood pressur e is the leading cause of heart failure, stroke and kidney failure.
True --- False ---

7. High blood pressure can be controlled.
Ture ---- False ----

8. Which of these are methods of treating high blood pressure?
a. Salt - restricted diet.
b. Regular exercise.
c. Weight loss.
d. Prescribed medication.
e. All of the above.

9. Medication should be discontinued
a. As soon as soon as blood pressure returns to normal.
b. Only when docotr says to discontinue medication.
c. As soon as prescription runs out.
d. Once symptoms disappear.

10. If side effects occur from taking medicines, the patient should discontinue medication right away and report side effects to doctor at once.
True ---- False ----

Answers are available at the free Community Health Quiz Oct. 24 or by calling 945-1600, ext. 2200.

Straight Talk About Aging

Social Security — up front again—

By Dr. Matthew Tayback

Earlier this year, the director of the Social Security Administration, Commissioner Stanford Ross, traveled in Europe to examine trends in Social Security in four countries — France, Sweden, Germany and the United Kingdom. Some of Commissioner Ross's findings were interesting in light of recent developments in our Social Security program.

For example, it was found that serious financing problems are felt everywhere and concern foreign policymakers as much as our own. Their problems are ours; i.e., a declining number of taxpayers relative to an increasing number of beneficiaries. Payroll taxes are being pushed beyond acceptable limits in the four countries as they are here.

Ross found limited economic growth and the need for cutbacks in government budgets causing everyone concern about the ability of maintaining benefit levels. He found, as in this country, major social changes, such as women entering the work force in increasing numbers and rapid changes in family structure.

All of these factors indicate massive changes will be in order if social security is to provide equal treatment to all.

The Commissioner found no easy answeres to these problems in the European countries examined. He did find, however, that Social Security as a successful social program can be maintained if proper action is taken. He found a consensus abroad that painful tax increases must be undertaken in the future to face the financial problems of Social Security.

To help alleviate such increases, European countries are beginning to commit themselves decisively to avoid possible future Social Security benefits that add to costs.

Ig was found that Social Security in Europe is no longer "expanding", but entering a new era of restraint and cautions — a "plateau" as described by certain foreign Social Security officials.

It should be stressed that political realities in Europe, as in the States, suggest that major benefit deductions, even if programmed for the future, are not a promising strategy. The Commissioner found it unlikely that the current high level of benefits will be significantly changed in the four countries examined.

It was found that much thought is being given abroad to the fuller development of private pension systems to complement Social Security; indeed, one country's Social Security system encouraged employers and employees to develop private plans in lieu of one segment of the public Social Security system.

Europe is beginning to realize that adequacy of retirement benefits is only achieved if public and private systems work together, integrated, making full use of limited resources.

Commissioner Ross found that Europeans are using general revenues to supplement payroll receipts for the program. Many European countries are using value added taxes (VATS) to come up with the money.

It was demonstrated to him that VATS seem to upset people less, largely because it's a hidden tax. VATW has become a permanent part of tax systems in Europe — a part of general revenues which are used to pay Social Security benefits.

The European experience with Social Security is an interesting predictor of events likely to take place in the United States. Income to the Social Security program was $4 billion less than in 1978. This year, 1979, will be no better.

In fact, the worst possible set of circumstances envisioned by actuaries for 1979, a 10.3 per cent cost of living increase will be exceeded by 2 percent.

The Social Security system will be in serious trouble in 1983 if inflation is not reduced to an annual rate of less than 6 per cent per year. Clearly the debate concerning the financial integrity of Social Security, so vigorously argued in 1977, and resulting in substantial tax increases, must be renewed early next year.

Some issues to be considered will be:

(1) higher wage tax rates;
(2) lower benefits, and
(3) removing Medicare from the Social Security system and funding health benefits from general funds.

However deliberate we would want to be in solving problems, the pace with which these problems arise requires even more rapid solutions.

Dr. Tayback's state director on aging.

CREATIVE COMMUNITY

Rites of Passage

Dr. L. King Hammond

There appears to be a quiet revilution taking place in our midst and it has to do with our attitudes towards the coming of new life. When people do what they are naturally supposed to do it represents a mild if not earthshaking revolution of sorts. The national trend indicates that there are rapidly growing numbers of individuals as well as institutions taking another look at and then instituting major changes in the whole birthing process.

More and more women (with thesupport of their male counterparts) are electing to travel the course of a more natural (little or no medication) childbirth. This inself is a revulution since our society is caught up in an age of too easily acquired drugs. Aallgery 409 has taken a bold step with its latest exhibition and is to be commended for this show.

"Rites of Passage: A Photographic Exploration from the Mother's View" presents the works of Cary Beth Cryor documenting the birth of her daughter Jazmin. The show includes twenty-three tremendously powerful black and white still photographs. These images were captured not for the future intention to exhibit but to record an intimate, almost overshwlming personal experience. Hence, the exhibition is properly titled "exlloration from the mother's view."

The opening image reveals a nude self-portrait of the pregnant artis as mother-to-be hidden in shadows. The frames move quickly for the next fourteen pictures somehow capturing priceless moments as recorded especially in "And So,Am I" and "Being Born This show and the work of Cary Beth Cryor give testament to the fact "that women do survive labor and live to tell about it." In this case Cryor shows how with strength, beauty, dignity and vision.

Cryor studied at Morgan State University where she earned her B.S. and then went on to Pratt Institute to complete her masters degree in phorography. The Gallery 409 is located at 409 North Charles Street and is open from Monday to Friday 12-6 p.m. daily. The show will run until November 2nd.

The Second Annual Women in the Arts exhibition opened on October 7th at the Kromah Gallery. The works on display represent a variety of media. Fiber weavings with clay and other materials are presented in two different approaches by Ida Butler Feull and Joyce Jane Scott. Some strog abstract paintings and drawings by Oletha DeVane and several very sensitive oil pastel drawings by Rosslie Potter are some of the highlights of this show.

Other participating artists include Nataska Hasan Yousef, Klanga Pat Edges and Helen Baskerville. The Kromah Gallery is located at 1203 Druid Hill Avenue. The gallery hours include Tuesday through Sunday, 10 a.m. to 6:30 p.m. and Sunday 12 noon to 5 p.m. The show will continue until the 28th of October.

Sunday, October 21st, 1979 marks a special day. This is the official open house for the new Park Heights Street Academy. Many people are completelunaware of this fully accredited and certified private shcool in our City. This is Baltimore's first street Academy designed to meet the special needs of youths who dropped out of school for various reasons.

The day will be filled with many activities to heop celebrate including a tour of the newly renovated facilities and an exhibition of the works of local artists. The Academy is located at 39 Park Heights Avenue. The celebration will be held from 2 P.M.-4 P.M. Anyone seeking moe information about this event or the school should contact the Headmaster, Dr. Irving Hamer at 367-3446.

FOOD FOR PEOPLE

Diet can supply iron

By Betsy D. Dunklin

You have seen the Geritol advertisements on TELEVISION—the ones with husbnads who are so proud of their beautiful wives who buy the old-timey iron-enriched tonic.

Many women really do need more iron in their diesta dn so do their young children, but iron does not have to come from a tonic. We can get the nutrients we need from a good diet. Soon you will see ads for the WIC Program which provides food free to many women and children who need better diets.

WIC stands from Supplemental Feeding Program for Women, Infants and Children. It is a federally funded program that provides extra iron-enriched or high-protein foods for pregnant or post-partum women, nursing mothers, infants and children up the age of five who meet theeligibility cirteria. To receive WIC you must be a City resident (although most counties either have or will soon begin the WIC program for their residents), be in econimic need and at nutritional risk.

Anyone who is on medical assistance is in economic need. Also, if anyone in the household is on the Food Stamp program or elihible for free or reduced price shcool meals, the applicant will meet the economic requirements. These are just guidelines, though. Apply to find out ifyou qualify.

Unlike the Food Stamp Program, just having a low income is not enough to receive WIC benefits. A woman or her children must be examined at a clinic and gound to be suffering from a poor diet. The most common diet problem if WIC participants is anemia—lack of enough iron.

Some other indicators a doctor or nurse look for ti qualify a patient for WIC are low pre-pregnancy weight or a historyof miscarriages. A pregnant women who is under 18 or over 35, or a child whose weight is below standard for his or her height, or an infant or child, who is allergic to milk or has any of a number of diseases, will qualify. If a mother has on WIC during her pregnancy, her new-born infant automatically qualifies up to six months of age.

WIC participants are considered patients and food supplements are like prescriptions to help the patient return to good health. an unborn baby can be harmed if the pregnant mother does not have a good diet. A nursing mother must eat well herself so her milk will have all the nutrients her baby needs. Some children who have severe anemia will suffer permanent brain damage as a result.

This is why WIC is administered through health clinics and hospitals instead of the Department of Social Services. To apply, a mother must be examined at a participating clinic. All City Health Department, most major hospitals, some Health Maintenance Organizations, Constant Care and Monumental Health Care all participate.

The medical examiner will prescribe a food package for the mother or child based on personal preference and nutritional need. Commonly prescribed foods are the formulas Similac and Isomil, iron-fortified cereals such as Most, Kix, Product 19 and Total and not cereal in the winter, and for mothers and older children, milk, cheese, eggs and juice.

Most food packages are delivered to the door by Cloverland Dairy. The containers used to be blue and easily spotted as a WIC package, but now the food comes in ordinary containers like other dairy deliveries. A few clinics provide WIC clients with a voucher to purchase the foods at a cooperating grocery store.

There is a catch to the WIC Program. If a mother or child east supplemental foods and becomes healthy, they are no longer at nutritional risk and are taken off the program. You must be recertified every six months, according to Mary Kuschatka, the WIC senior administrative assistant, and if you are found to be in good health, you are taken off the program. However, she points out, a person can reapply the next day and as often as she likes. Whenever she again qualified, she or her child will be placed back on the program.

The Baltimore City Wic Program serves moe than 12,000 people, almost half of all the WIC recipients inthe state and has an annual budget of more than $4 million dollars. Yet, the administration is stepping up its outreach program becuase it has funds to serve 22,000 morepeople. The Department of Social Services will mail a flier about WIC with all public assistance checks soon, and this summer you will hear ads on radio and television.

In July, four new clinics will belong to the WIC program—theJohns Hopkins Infant Intensive Care Unit, Provident Hospital, Govans Health Center and thePeople's Free Medical Clinic.

To apply for WIC, either visit your closest participating health clinic or call 393-4572. Baltimore County will begin a WIC program late this summer. Until then, call Pat Fox at 494-2737 for more information on Baltimore County program.

Ms. Dunklin is former program coordinator with the Maryland Food Committee.