SURVIVAL

News to help you cope with the '80's

Much ado about nothing?

What's wrong with pork, anyway?

By Sue Williams
AFRO Staff Writer

What's the matter with pork, really?

For at least ten years now, there has been a movement in this country toward vegetarianism and away from meat.

Pork, in particular, has been fundamentalists for abstinence from pork range from religious doctrine to concern on the treatment of farm hogs to well-ordered health reasons.

The question SURVIVAL wanted answered was, simply, "what's wrong with pork? And if it is wrong, why have people been able to eat it and survive for years? Is there truth to the stories about the natural "dirtiness" of pork? Will an ordinarily healthy person suffer ill-health or shorten his life span by eating it?

Dr. Tamara Vega, nutritionist with the Cooperative Extension Service of the University of Maryland at College Park, doesn't think so.

"Pork has the highest content of vitamin B of all the meats we eat," Dr. Vega said. She acknowledged the possibility of ingesting the parasite "trichonis", a very deadly tapeworm, if pork is not cooked fully.

And she acknowledged the fact that certain pork products, including salt-pork, bacon and ham, have high salt contents and a high percentage of fat that could be detrimental to a person's general health.

But a normal pork chop, fat peeled and cooked fully, is no more harmful to the body than is a lean steak or a piece of fish.

Dr. Vega said that the high content of salt exists only in cured pork, but that unprocessed pork has fewer milligrams of salt per three-ounce serving than does an identical serving of bran flakes.

"A three-ounce serving of a pork chop, fat peeled, contains about 122 milligrams of salt," she said.

"But a three-ounce serving of bran flakes contains 925 milligrams of salt."

The B-vitamins are necessary for healthy nervous systems, good skin, and the prevention of anemia, among other things, Dr. Vega said.

In the normal dietary requirements for a man, 22-55 years of age, two servings of pork contain 125 percent of his necessary Vitamin B_1, 29 percent of his total requirement for Vitamin B_2, 35 percent of his Vitamin B_6 requirment and 37 percent of his total Vitamin B12 need.

Beef, Dr. Vega said, contains a far lower percentage of the B vitamins overall, and she said that it is "unrealistic to compare the food value of meatstuffs to protein."

Local physician Dr. John Chissell did not deny that there is a high percentage of vitamin B in pork.

But his main objection, he said, lies in the fact that the meat has an extremely high level of salt and cholesterol, both of which are bad for people who suffer from hypertension or the potential to get it.

"Many of the pork products are cured with sodium chloride, sodium nitrate and monosodium glutamate," he said. "That's three kinds of salt...and all of them are bad for humans."

But, Dr. Chissell said, other processed meats, including chipped beff and luncheon meats, are likewise cured with salt and pose the same threats.

And other, more accepted forms of meat, including chicken, have their own problems as well.

"A person who eats a lot of chicken is eating a different set of problems," Chissell said. Chickens are fed large amounts of sex hormones in their breeding process, as well as antibiotics to cut down on infection.

"Chickens are fed a large amount of sex hormones to make their breasts larger than they would be normally," Chissell said. He said that a person ingesting these hormones through eating chicken could increase his chances of gaining weight, and the hormones have been shown through scientific study to cause more cancer of the breast and cervix.

Dr. Chissell is a vegetarian who has not eaten meat for years. He said that another reason for abstaining from pork was that a person would feel better.

"I have more energy, I think better and have more creative insight," he said. He also said he has no more queasiness in his stomach and his bowels move easier.

Many people, he said, have reported feeling better by abstaining from eating pork. But he admitted that much of what people feel could be due to their belief beforehand that they would feel better if they stopped eatingit.

"There is a psychological factor," Chissell said.

The Chief of Medicine at Provident Hospital, Dr. Mack Bonner, is a Seventh Day Adventist and has never eaten pork. He cited the Biblical references to pork as an "unclean meat."

But Dr. Bonner did give SURVIVAL the most concrete medical reasons for people predisposed to high blood pressure from eating pork.

"The high salt content leads to hypertension, the high fatty content leads to atherscleros (hardening of the arteries) and therefore to stroke, and the ingestion of the parasite trichonisis could be fatal," he said.

Bonner disagreed sharply with Dr. Vega on the high Vitamin B content of pork to the exclusion of other meats and vegetables.

"Green, leafy vegetables, grains, nuts, legumes and fruits all have large quantities of Vitamin B," he said, citing a current medical text.

Well then, how about the notion that hogs and pigs are dirty? SURVIVAL questioned several people picked at random about why they do not eat pork, and many of them said that pigs were "dirty."

When asked why, the most common response was that "they eat garbage."

But what, exactly, is the garbage that pigs eat? We asked members of the 4-H Club what pigs are fed.

"Corn, grain, sorghum, wheat, rye and oats, as well as meals made from the bones and tendons of other animals, alfalfa sprouts...and table scraps."

Didn't sound so bad. Seems that humans eat about the same things, cooked, maybe, but basically the same. And the garbage... could that be the table scraps? The food left over from human consumption that is given to the animals? Isn't that the definition of "garbage?"

Thinking along these lines, we then called Enoch Pratt Library to find out what chickens were fed, going on the assumption that many people who squeak at pork accept chicken legs with open arms.

"Chickens are fed corn, soybean oil, meal made from bones and tendons of other animals, alfalfa sprouts, ground oyster shells, ground limestone..."

Sounded pretty much the same, except for the presence of more roughage in the hog's diet.

"They might be considered dirty because they live in the mud... and they roll around in it to keep cool," offered one AFRO employee.

After all this, it seems that the final decision on whether or not to indulge yourself in baked ham, bar-bequed spareribs and pigs feet is really up to you.

About the only thing SURVIVAL can say is to use your head. If you have high blood pressure or a history of it in your family, you should consider not eating pork. Or if you have heart disease, it seems that it might be better to stay away from it.

But if you have stopped eating it because of all the ghastly "things" you have heard just naturally live in pork, think again. It seems that what you eat is really no better than what you keep away from.

THERE SEEMS TO BE LITTLE REASON for the majority of pork-lovers to stop eating meals like these. Because of high salt content, however, people with hypertension and heat disease should avoid the popular meat.

Phone services for consumers

The State of Maryland has begun two toll-free numbers which offer confidential and helpful information to Maryland consumers.

CABLE EXPO THIS WEEK at Morgan State University gave curious visitors a glimpse of what Cable TV will offer them at home. Expo was held for public and for city officials to take note of what different cable companies could offer Baltimore. These Morgan students are interested in a total sports network that would be offered to city by E.S.P.N. cable company.

The Department of Health and Mental Hygiene has announced the availability of the only 24-hour, round-the-clock venereal disease hotline.

By calling 1-800-227-8922, callers will be able to receive reliable and confidential information on symptoms and treatment of venereal disease, as well as any other questions they might have.

Located in California, the hotline is supported in part by the Center for Disease Control in Atlanta, and is an attempt to curb the growing number of VD cases in this country. The service may be rendered to a caller, regardless of where he is in the United States.

The second toll-free number which has recently opened was organized and developed by the state's Department of Licensing and Regulation, and is geared to give consumers help in the areas of financing, banking, credit problems and personal needs.

John R. Corbley, secretary of the department, said that it has been a priority of the state to provide Marylanders with a source of answers to help them get the high quality of consumerism the licensing board requires.

All of the participants in the service are licensed by the state and provide vital services to the residents of the state. Agencies included are the Insurance Division, the Bank Commissioner, and the Collection Agency Licensing Board, among others.

Callers can expect to receive help in areas ranging from which real estate company best suits their needs to legal and or illegal methods of collection agencies, to overtime and minimum wage requirements for employers.

The number for the state consumer services is 1-800-492-7521, and is open Thursdays-Friday, 9:00 a.m. to 4:00 p.m.

How does your garden grow?

ORCHARD STREET GARDENERS show off 43-pound pumpkin they grew in lot owned by city which they have converted into garden. Shown (L-R): Mark Anderson, Foster Davis Jr., Gerald Moody, Michael Anderson, Renee Tripp and Marvin Johnson.

With all the talk these days about inflation and the high cost of food...along with the complaints about vacant lots and how they do absolutely nothing for our neighborhoods...it's good to know that there is an answer to everything in one simple package.

Well, maybe not so simple. That would depend on one's ability to turn soil, plant seeds and pull weeds. But those problems being solved, there seems to be a way out for the pinch all of us are living with today.

Vincent Magliano, vacant lot coordinator for the Department of Public Works, says that any city-owned lot can be converted into a garden...free to the farmers.

There is no time limit on how long a group may keep a lot, and if the city decides to use the lot for other purposes, the farmers are given 90 days notice in order toevacate.

Up until now, Magliano told SURVIVAL, few groups have been told to move.

Susan Linde has such a lot in her neighborhood on Orchard St. Between herself and the neighborhood kids, their garden has yielded them healthy portions of green beans, collard greens, corn, watermelons and pumpkins.

"Now is the time," she said, "to get a garden and begin fertilizig the soil." She said that many people till the soil now and spread the surface with fertilizer made of horse manure, sawdust, and whatever else their instincts tell them to use.

When spring comes, the soil is again turned, seeds planted, and the harvest awaited.

Linde says that the city is more than helpful. After a lot has been identified, the city will first let the people interested know if it is indeed owned by the city.

If so, the city will come in and clean the lot of all debris and trash. The farmers will be given their first supply of fertilizer— again free...and a directive that all they have to do from that point on is to keep the property in good shape.

Persons do not have to live in the neighborhood in which they have a garden. Given many transportation problems of city residents, however, it probably makes more sense to find a lot as close to home as possible so that those long hours of tilling and hoeing will not be more burdensome than necessary.

"There is no list of all the vacant, lots owned by the city, Magliano said. If anyone is in doubt about whether or not the lot he is interested in is owned by he city, he should submit an application for the lot to Magliano's office, and it will be checked out.

If it is privately-owned, Magliano will advise the applicant of another lot that is available.

Now, in terms of dollars and cents, how much could one expect to save by investing in a 10x15 lot?

If we assume that you get into your gardening head-on, your total investment for the 3-month gardening period, including seeds, fertilizer and equipment, will be about $10-$15.

That's growing potatoes, greens, green beans, cabbage, tomatoes, corn and onions. And it is reasonable to assume that your yield in terms of pounds of the produce you grow will be at least 15-25 pounds of each item you grow.

A family of four, in the same 3-month period, buying their produce (vegetables only) from a grocery store, would pay about three times their gardening investment of $10-$15 for the same yield.

Convinced or not, the figures speak for themselves. Interested potential gardeners should call Mr. Vincent Magliano at 396-6467 for an application, or write him at 620 Fallsway, Baltimore, Maryland 21212.

Be sure to give him the exact address of the property you are interested in and he will let you know whether or not it is owned by the city.

If so, plant away...and try not to gloat too much at your friends when they complain to you about the high cost of good, old-fashioned homegrown food.

Call Tel-Med... 728-2900

CALL TEL-MED ..... 728-2900 .... Numbers to call for answers to medical problems.

CONCERNS OF WOMEN	TAPE NUMBER
Breast Feeding Your Baby	881
Caring for Yourself After A Baby	883
Cosmetic Surgery of the Breasts	1030
Emotional Feelings After Childbirth	882
Feminine Hygine	39
Herpes	970
The Lady Living Alone	147
Mammography	526
Menopause	173
Menstruation	884
Mugging & Purse Snatching	148
Unwanted Pregnancy	32
Vaginitis	31
Varicose Veins	191
What is a PapTest?	182
Why A "PAP S"?	74
CANCER	**TAPE NUMBER**
Breast Cancer	6
Cancer of the Bone	520
Cancer of the Bladder	521
Cancer of the Brain	522
Cancer of the Colon & Rectum	180
Cancer of the Larynx	523
Cancer of the Mouth	524
Cancer of the Prostate Gland	176
Cancer - Patient Services & Rehabilitation Information	177
Cancer - Seven Warning Signals	183
Cancer of the Skin	185
Cancer of the Stomach	525
Cancer - The Curable Disease	181
Childhood Cancers	189
Drugs that Treat Cancer	187
Lung Cancer	179
Radiation Therapy for Cancer Rehabilitation of the Breast Cancer Patient	178
Tyroid Cancer	190
Uterine Cancer	186

Consumer expo this weekend

If you have not yet been down to the Convention Center to the Consumer Expo...you should.

Hundreds of national manufacturers have set up booths, along with local retailers, health agencies and even utility companies to give consumers a chance to find out about what's best on the market today...and what's not so good.

There are thousands of dollars worth of merchandise on sale at sizeable discounts, ranging from jewelry, to clothing, to home furnishings. And in addition, some items are being given away free, including sweets from local bakeries and energy audits for your home by the Baltimore Gas and Electric Company.

Free entertainment adds to the atmosphere; tomorrow night, songstress Ethel Ennis will sing selections from her newest album and the clowns are doing a good job of keeping small children busy, happy and occupied.

Each person who attends the show receives a coupon book worth hundreds of dollars that allows him to take advantage of the sale merchandise.

Admission for adults is $3.00; children, $1.00.

Hours are from 10:00 a.m. until 10:00 p.m. today and tomorrow, and from 10:00 a.m. until 8:00 p.m. on Sunday.

For more information, call 243-7171 or 653-1400.

Note to SURVIVAL readers...

NOTE TO SURVIVAL READERS: Last week we promised you a continuation of market survey. We have put that story off until next week for editorial purposes. Thank you.

Rights of poor topic of lecture

H. Robert Irwin, Jr, Chief of the Consumer Protection Division of the Maryland Attorney General's office, will speak on "The Privileged Poor: Choice Victims in the Marketplace," at the Maryland Conference of Social Concerns "Just Wednesday" luncheon series, Wednesday, Nov. 5, from noon until 2:00 p.m.

The conference will be held at the Camille Restaurant, 700 N. Calvert St.

Irwin will focus on the current illegal practices which are victimizing the poor and how institutionalized problems of the poor impact on their transactions in the marketplace.

The Maryland Conference sponsors this series of "First Wednesday" luncheons to offer all interested citizens an opportunity to hear and exchange ideas with prominent state and community leaders on current issues.

The talk is open to the public. For more information, call 625-0600.

Energy-saving tips on TV show

A half-hour television program produced by the Maryland Center for Public Broadcasting will give consumers tips on how to stay warm and save money while doing it this winter.

"The Power Game" can be seen on Channels 22, 28, 31, 36 and 67, Fridays at 7 p.m. and Sundays at 6 p.m.

Hosted by journalist Patrick McGrath, the program includes energy news updates, special reports, and interviews with experten topics ranging from gasohol, to home energy conservation, to woodstoves and solar energy.

The program will also give tips on how to beat high energy costs.

Viewer participation is encouraged. In a recent poll given to viewers, 91 percent of the people questioned believed that the energy crisis is very serious. Sixty-five percent of the viewers are concerned about the rate utility companies play in the crisis, and 47 percent expressed an interest in learning how all companies work.

These are just some of the areas of concern the program will address.

Halloween tips

Children who go out this Halloween should be accompanied by parents, and should only be taken on well-lighted streets in their own neighborhood, AAA of Maryland advises.

Children should go out before dark, and they should be instructed to wait until they get home to open and sort out their treats.

For Laundry Tide Detergent SAVE 10 — 49-oz. box 1.59

Libby's Tomato Juice SAVE 10 — 46-oz. can 79¢

Unsweetened Giant Food Grapefruit Juice SAVE 20 — 46-oz. can 79¢

Del Monte Stewed Tomatoes SAVE 18 — 2 16-oz. cans $1.00

Whole Kernel Libby's Golden Corn SAVE 19 — 3 12-oz. cans $1.00

BONELESS BEEF CHUCK POT ROAST — BONUS SPECIAL 1.99 — 1.89 lb.

Boneless Ham 2.29
Boston Roast 1.39
Fresh Pork Steak 1.69
Turkey Roast 3.99
Turkey Roast 3.59

BLADE BLADE CHUCK ROAST — BONUS SPECIAL — USDA 1.59 — 1.49 lb. — BONE IN

Chuck Steak 1.69 1.79 Ground Chuck 1.99

BONUS SPECIAL — USDA GRADE A FRESH WITH RIBS CHICKEN BREASTS — GIANT FOOD REGULAR PACK 1.26 — HOLLY FARMS REGULAR PACK 1.29 lb. — Jumbo Pak HOLLY FARMS 1.24

USDA GRADE A FRESH CHICKEN — THIGHS 1.04 — LEGS 1.04 lb. — DRUMSTICKS 1.14 lb.

1.06 1.09 1.06 1.09 1.16 1.19

Grocery Department

BONUS SPECIAL — GIANT FOOD Potato Chips Regular, BBQ, or Sour Cream & Onion 2 8-oz. bags 89¢

For each dollar you spend at Giant, about 1¢ of ONE CENT is left as our profit
products, services, rents, utilities, wages and benefits. 98¾¢ — profits ¾¢ — income tax ½¢
You get quality, VALUE and service at Giant for six months ending August 9, 1980

Prices in this ad are effective thru Sat., Oct. 25, 1980. This merchandise is not offered for sale or available to retailers, restaurant or other commercial enterprises

Frozen Foods

Table Treats Steak-Umm 20-oz. pkg. 5.69

Meatball Sandwich 7¾-oz. pkg. 1.89

BONUS SPECIAL - Downyflake Homemade Waffles 12-oz. pkg. 69¢
BONUS SPECIAL - Birds Eye Bavarian Vegetables 10-oz. pkg. 79¢
BONUS SPECIAL - Celeste Pepperoni Pizza 20-oz. pkg. 3.19
BONUS SPECIAL - Ore-Ida Tater Tots 16-oz. pkg. 55¢
BONUS SPECIAL - Birds Eye Italian Vegetables 10-oz. pkg. 79¢

Produce Department

Golden Delicious Apples 3 lb. bag 99¢
Crisp Fresh Carrots 2 1-lb. bags 69¢
Sweet Potatoes 3 lb. 99¢
Yellow Onions lb. 17¢

Seafood Department

Seafood prices below effective at our stores with a full SERVICE Department unless otherwise stated while you wait. In stores with SELF SERVICE (Fishtown's Cove), prices are higher since fish are cleaned, gill-ready and wrapped before you select.

Rainbow Trout FRESH North Carolina lb. 1.99

FRESH Sea Trout lb. 69¢
FRESH Bluefish lb. 59¢
FRESH Flounder lb. 1.49
FRESH Rockfish lb. 1.69
FRESH Norfolk Spot lb. 99¢

Seafood Sale & prices effective thru Fri., Oct. 24, 1980.

GIANT — THE QUALITY FOOD PEOPLE

Bakery — VEGETABLE SHORTENING ...NO ANIMAL FAT except butter at Hard!

Orange Glazed (1½-oz. each) Cake Donuts 6 for 89¢

Delicatessen Dept.

ADVERTISED BONUS SPECIAL — Giant Food Meat Franks

Giant Food Best Franks Regular or Dinner Size lb. pkg. 1.39 — 1-lb. pkg. 1.29 Regular or Dinner Size

Red California Grapes lb. 69¢

White or Pink - 40 Size Florida Grapefruit 4 for $1