Cookin with Soul

By Marie P. Cooke
AFRO Women's Editor

You need not be part of today's liberation movement to ask your spouse to fix dinner a day or two a week . . . every woman gets tired of cooking every day. Eating regularly out can not only be expensive but also a nuisance.

Let Dad do the cookin'. You just may learn that he is pretty good in the kitchen. But if he's just a beginner, you'll want to select a recipe that's tasty yet easy to prepare.

Pizza is a food that is often a specialty for men cooks. If you've ever watched the crust being made at a pizza parlor you would understand. The rising month of dough is pressed flat with the fingertips to press out the bubbles from the rising yeast. Then it is enlarged into a flat mound and finally twirled into the air into a great flat pancake that fits the pizza pan.

This recipe makes three small pizzas and only requires a 10-inch circle—good for starters.

The dough is shaped into a foil pie pan so there's no need to purchase special pizza pans. This size is easy to freeze as well as transport to backyard or picnic site.

One version of this recipe has mozzarella and parmesan cheese for the filling. This cheese has just as much protein, ounce for ounce, as lean meat. Coupled with the proteins in the flour that go into the pizza's crust, a serving of this recipe (one-half of one small pizza) has about 24 gram of protein. That is more than 1/3 of the amount of protein needed a day for a teenage boy. Just right for one meal. A 15-18 year old boy needs a total of 54 grams of protein a day. Add a glass of milk to this meal and a fresh vegetable—maybe carrot sticks and celery—and you have each of the four food groups (Meat, Milk, Vegetable-Fruit and Breads and Cereals) represented in your menu, plus the additional nine grams of protein in the glass of milk.

Having food from each food group at each meal is a general guide to good menu planning and a well-balanced diet.

Bake Ahead Pizza
(Makes three 9-inch pizzas)

1 cup warm water (105 degrees F.-115 Degrees F.)
1 package active dry yeast
1 tablespoon sugar
1½ teaspoons salt
2 tablespoons peanut oil
2½ to 3½ cups unsifted flour:

Measure warm water in large warm bowl. Sprinkle in yeast; stir until dissolves. Stir in sugar, salt, Peanut Oil and 1½ cups flour; beat until smooth. Add enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 5 minutes. Place in greased bowl, turning to grease top. Cover let rise in warm place, free from draft, until doubled in bulk, about 45 minutes.

Punch dough down; divide into 3 equal pieces. Roll and stretch each piece into a 10-inch round. Place in ungreased 9 inch disposable aluminum pie plates, pressing around edge to form a standing rim of dough. Top as directed below with desired filling. Bake at 350 degrees F. 25 to 30 minutes or until done. Cool completely on wire racks.

When cool, wrap tightly in aluminum foil and freeze.

To serve, remove from freezer, loosen aluminum foil, then place over hot coals or in 350 degrees F. oven for 25 to 30 minutes or until filling is hot and bubbly. **Tomato-Cheese Pizzas:** Spread each crust with ½ cup marinara sauce, then top with 1 cup (¼ pound) shredded Mozzarella cheese and 1 tablespoon grated Parmesan cheese. Sprinkle with ¼ teaspoon crushed oregano leaves. **Tuna-Cheese Pizzas:** Spread each crust with ½ cup marinara sauce. Top with 1 can (3-ounce) tuna, drained and ¾ cup (3-ounces) shredded Mozzarella cheese.

Send your favorite recipes to:
Cookin' with Soul
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Woodlawn highlights

By Marjorie L. Green

Escorting foreign visitors on tours in the gigantic Social Security complex is always an interesting and exciting experience.

This is the way it was last Thursday morning when I assisted Millard Langfeld of the International visitors staff in extending greetings to two delegates from the Indonesian government when they arrived at the Altmeyer building under the escort of Arthur Pojensky, chief of International Social Security Training.

Mohamad Hasjim, director for Financial Institutions, Ministry of Finance, and Djoko S. Soemardi, President of TASPEN (stated to be the overall social security plan of the employees of the Indonesian Government), the Republic of Indonesia, voiced warm enthusiasm over SSA's National Record Keeping Headquarters as they graciously responded to our welcome.

Prior to beginning the tour our visitors were invited to the ninth floor office suite of Thomas Parrott, assistant commissioner (Field), for an informal discussion and coffee break.

I must admit I became so fascinated with Mr. Hasjim and Mr. Soemardi's conversation about their homeland in Southeastern Asia that I forgot to take notes.

Indonesia, I learned was called the Spice Islands, or the Indies by early explorers. Our history books tell us that Christopher Columbus was looking for a westward route to these islands when he discovered America.

The tour, accompanied by a general discussion of the provisions and administration of Social Security in the United States was followed by a luncheon and rap session with members of SSA's official staff. It is believed that this delegation's visit is the prelude to a subsequent series of studies at some depth to be made by other officials of the Indonesian Government with an aim to consolidating all social security coverage in Indonesia under one single agency.

* * *

Ms. Margaret Lee, program analyst in the Bureau of Disability Insurance has been elected corresponding secretary of the Security Toastmistress Club at Social Security. A former school teacher, Mrs. Lee has three children and two grandchildren. Her hobbies include sewing, listening to music, and exercising at an area health spa.

Edward Binder, a retired Social Security employee, has been honored by the Disabled American Veterans for the assistance he provided to the DAV while he served as technical advisor to the director of the Bureau of Disability Insurance.

As technical advisor, Mr. Binder provided DAV with information about the disability provisions to which disabled veterans are entitled. In a ceremony on July 10 in the office of Arthur E. Hess, deputy commissioner of the Social Security Administration, he was awarded the National Commanders Award of Distinguished Service. The award was presented by Norman Harnett, DAV National Director of Employment. Following the ceremony, the DAV honored Binder with a luncheon.

Mr. Binder and his wife, Rita, live in Columbia, Md. They have two sons. Don who works in SSA's personnel office, and Paul, a wholesale stamp dealer. Upon retirement, Binder joined his son Paul in the stamp business.

Send news items: c/o Woodlawn Highlights, P.O. Box 785, Baltimore, Md. 21203.

$54,000 Morgan grant

Morgan State College has been awarded a $54,000 grant by the National Science Foundation under the Minority Institution Graduate Traineeship Program.

The program for the traineeships was developed by Dr. Esther J. Ridley, chairman of the department of science education at Morgan.

The grant will provide fully funded costs for three years for the appointment of three Minority Institution Graduate Trainees for a period of 9 or 12 months, beginning the Fall 1974 term. In all, a total of nine graduate students may complete study for the master's degree in science as a result of this grant.

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Pomerleau suspends 48 more probationary police officers

By Dennis Schatzman

Police Commissioner Donald D. Pomerleau, announced Thursday afternoon that he will give 91 fired probationary policemen a chance to be restored to duty, then suspended and finally given departmental disciplinary hearings.

Further, he announced that an additional 48 tenured officers will be suspended without pay as of today (Friday).

During a press conference, Mr. Pomerleau read a copy of a letter he sent to each of the 91 officers, dated July 31, 1974, advising them to appear in the police auditorium on August 13.

In part, it reads: "Your appearance will constitute restoration of duty, after which you will be suspended and afforded a suspension hearing in accordance with General Order 10-73. Where appropriate, departmental charges will be preferred and a Departmental Disciplinary Hearing will be scheduled."

The 48 suspended officers are the last of a barrage of suspensions handed down to officers who participated in the four-day strike 18 days ago. The officers were stationed at the Southwestern District and the Tactical Section.

In response to questions from reporters, Commissioner Pomerleau said that the department is 200 officers short of full strength, due to 157 firings and suspensions and 43 resignations.

He further said that his reprisals against striking officers have not hampered police recruitment. 19 men have joined the force since the strike and an additional 30 officers will report to duty when they graduate from the police academy on August 9.

The Commissioner also vowed the Police Union Local 1195 would not be permitted to represent the policemen, even if the union donates $25,000 in strike fine money to the Police Pension Fund, as some reports indicated.

He did say that it "would be a nice gesture," though.

Following the 20-minute conference, the first since the police actions began, the AFRO approached the Commissioner to ask a question about the 91 probationary officers.

When this reporter introduced himself, the Commissioner's face frowned and his handshake grew limp. He pointed his finger in this reporter's face and snapped, "This press conference is over!"

Union wants 'Box' Harris as police commissioner

By Dennis Schatzman

Police union officials told the AFRO Wednesday morning that they want Col. William "Box" Harris to replace Donald D. Pomerleau as the city's police commissioner.

"Box Harris (special assistant to Gov. Mandel) looks better than ever now," Thomas Raponatti, president, Police Council 27, American Federation of State, County and Municipal Employees Union, told this reporter following a press conference called by various union leaders in a downtown hotel.

Suspended policeman George Hoyt, president of Local 1195, the union Commissioner Pomerleau dismissed as the policemen's bargaining agent, nodded in approval.

During the conference, AFSCME International president, Jerry Wurf; Dominic Fornaro, state AFL-CIO president and Thomas Bradley, president, Metropolitan Baltimore AFL-CIO threatened to withdraw support from Gov. Mandel in the primary election if he doesn't end the reprisals against the police union and restore the 91 probationary policemen he fired for participating in last month's strike.

Bradley further expressed that Commissioner Pomerleau "ought to be fired."

When informed of Rapponatti's opinion, Col. Harris replied, "As always, I will serve at the pleasure of the governor." He would not comment further.

Col. Harris, 55, a 1947 graduate of Morgan State College, became the first black parole officer (1950) and U.S. marshal (1953) in Maryland's history.

A distinguished member of the Maryland National Guard, he rose to the rank of colonel in 1972. An executive order from the governor could make him Maryland's first black brigadier general.

In 1966, Col. Harris came to the Baltimore police department as a major to head the then infant Community Relations Division. He was promoted to Lt. Colonel in charge of the Division of Traffic in 1972 before joining the governor's staff.

It is rumored that Col. Harris' name has also been mentioned to succeed either Commissioner of Corrections James Jordon, Public Safety or Correctional Services Secretary Robert L. Tally and secretary of Social Services David Mason.

Both Jordon and Tally have recently suffered heart attacks. Mason's name has been mentioned as a possible appointee to a judgeship.

Meanwhile, union officials charged that Gov. Mandel reneged on promises he allegedly made that he would restore the fired and suspended officers and the union.

Said Jerry Wurf, in a written statement, "We were amazed with the subsequent action of the police commissioner and statements by the governor concurring with those actions. However, on almost a daily basis, the governor privately assured us, i.e., representatives of the local, the national union, the Baltimore Central Labor Council, the Maryland State AFL-CIO, that he needed more time.

This morning (Wednesday), we are calling on the governor to make good on those guarantees. We are calling on the governor to re-instate the employees who were fired, suspended or whose present tenure is in jeopardy. We are calling on the governor to re-instate the union.

Further, Wurf said, "And if the governor is unable to carry out his commitments, through his appointed commissioner, he should demand his resignation."

Almost immediately, Deputy State Attorney General Norman Polovoy said that he attended "the crucial meeting" on Jan. 15 with Gov. Mandel and the union leaders.

"The governor made it clear that he would back the commissioner 100 per cent. He never promised he would restore the probationary officers or grant amnesty, although they (union leaders) kept pushing for it," Polvoy told the AFRO.

He further told this reporter that the commissioner is the head of a "quasi-military operation" with almost complete autonomy.

"The 1966 Police Omnibus Act gives broad and sweeping powers to the police commissioner of Baltimore City in enabling him to conduct the duties and operations of the police department," he said, adding, "The police commissioner comes as close to autonomy as any official in the state."

JOIN TODAY — The AFRO's 40th annual Clean Work campaign is now on. REGISTER your block TODAY. Application blank appears in this edition.

Will new law discourage Body Snatchers?

Is it a fact that the new House Bill 654 will give ample protection to the death victims of auto accidents in the matter of unauthorized removal of body parts?

No one will actually say so because no one will admit to the AFRO knowledge of such a problem.

However, in the past, the AFRO has known of several cases of "Body Snatching." One such case came to attention when a body of a man killed in an accident was missing six hours.

The body eventually turned up in a plastic bag at the back door of a hospital.

What actually happened?

Somehow, the body is zipped from the scene of an accident or a homicide and rushed to an agency which is interested in "fresh" and still warm eyes, kidneys, and other important transplantable parts.

Word is that the person may or may not be actually dead, and a sizeable payment is made to those who deliver "unauthorized" organs.

The dead person's survivors rarely know that their beloved relative has been robbed of his eyes, for example. Of course, there was no permission obtained nor given for such removal of the organs

QUESTION

The question the efore arises if a person does NOT authorize removal of his organs after death, what can be done if, for example, his eyes come up missing.

The new House Bill 654 outlines how a person may give permission but does not include any provision "if he does not."

The legislation in question states that as of July 1, applicants for a driver's license, I.D. card or renewal, may authorize the removal upon death of his body organs.

Except for persons under 18 and holders of temporary license or learne's permit, this new legislation allows the notation 'Organ Donor' to be entered directly above the signature.

ANATOMICAL GIFT

An insert in the initial and the renewal packets of both licenses and identification cards explains the donor program. The voluntary nature of the program is being stressed.

A second insert in the short form to complete if the person is interested.

Later, should the donor change his mind, he need only give written notice to the MVA to have the notation removed.

Known legally as an "anatomical gift," this procedure constitutes full legal authority for the removal at death of needed body organs.

Steve Horwitz of MVA told the AFRO, 'Any part of the body, or the entire body may be taken. The donor can't specify what can or can't be taken.

"It is entirely voluntary and not binding. I would advise that donors talk it over with family members first."

Mr. Horwitz had no knowledge of any organ removal without authorization.

LEGAL WAY

Mrs. Betty Carter, secretary to the assistant administrator at the Medical and Chirurgical Faculty checked through the organization's records for reports of unauthorized removals. She found no complaints, though the AFRO had heard of repeated reports in the past.

According to both Mr. Horwitz and Ms. Carter, the only legal way that parts of the body can be removed is with the 'Organ Donor' notation on the driver's license and the Kidney Foundation Donor Card.

BODY SNATCHERS are not unknown in Baltimore. Before the ill-fated person is cold, he is whisked away to locations where his eyes, kidneys and other parts can be removed and stored for transplants. As the story goes, body snatching is profitable moneywise.

A-1 Janitorial gets Westinghouse contract

The largest contract ever awarded to a minority supplier by Westinghouse/Baltimore operations has been announced.

The contract, in excess of $225,000, is awarded to the A-1 Janitorial Services, Inc., 1832 W. North Ave., to take over janitorial services at Westinghouse's Hunt Valley operations, effective Aug. 1.

Emeal Wilson Sr., president of A-1 Janitorial Services, said the contract was awarded to his firm following several months of negotiations. Three other firms also competed for the contract.

Mr. Wilson said he became aware of Westinghouse's search for minority suppliers at the company's Minority Business Conference last February, which was held at the Holiday Inn-Downtown and attended by more than 300 potential minority suppliers.

"It was a very helpful conference," Mr. Wilson said, "because a lot of people did not know the extent of Westinghouse needs in this and in other areas. More such conferences should be held to identify a common ground between buyers and suppliers."

According to L. J. Schaub, manager of Westinghouse's administrative services and procurement administration, the conference was part of a long-range program to intensify efforts to seek out and broaden Westinghouse involvement with minority suppliers, as an off-shoot of the company's affirmative action program as well as a practical expression of good business sense.

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