A salute to the Black struggle for freedom.

John Henry Hill spent five years on the road to freedom. On many occasions he had to forge passes in order to walk the streets safely. Finally around 1858, Hill arrived in Philadelphia on the steamship "City of Richmond" (not hiding in the ship's hold, but in the luxurious surroundings of a private berth costing $125.00).

Henry "Box" Brown. An inventive slave who had himself crated and shipped to freedom.

Robert Brown, alias Thomas Johns. On a cold, stormy Christmas night Brown crossed the Potomac River on horseback . . . to freedom.

Harriet Shephard, refusing to have her offspring sold into slavery, made a daring escape to Wilmington, Delaware, and freedom. With her went her 5 children, 5 other slaves, 4 horses and 2 carriages.

Long after the last guns were fired ending America's War for Independence, Blacks continued their fight for freedom. Some through rebellion, others by daring and ingenious escapes.

The efforts of these and many other unsung Black heroes helped make America what it is today.

United announces a new way to save money and see our land.

It's our 200th birthday this year for all Americans. A good time to see our land. And United's Freedom Fare can take you almost anytime to almost anywhere.

Beginning February 1, 1976, to June 1, adults save 30% off regular round-trip Coach air fare (20% between June 2 and September 14). Kids under 12 save 50% off regular round-trip Coach air fare when they travel with you. (Other discounts apply to Florida and Hawaii.)

Just buy your ticket at least 14 days in advance, reserve both departing and return flights, and stay from 7 to 30 days.

Freedom Fare seats are limited, and keep in mind, you save the most if you travel before June 1. So call your Travel Agent, or call United Airlines for details now and celebrate freedom your way.

Partners in Travel with Western International Hotels.

The friendly skies of your land.

UNITED AIRLINES

Mind Matters

Christmas and New Years — "The Season To Be Jolly" — are over and many readers wrote in to ask why they felt sad just before the holiday season began and let down as soon as the season was over. If this is how you feel, you're not alone.

The "Holiday Blues" is not an uncommon feeling for many people. As the year-end holiday time approaches, expectations of love and warm feelings, of parties and gifts, of peace and contentment come to us from everywhere. Television lures us with messages about love and brotherhood, with scenes of families having fun together, with the "Instant Happiness" that the newest toys will create for the children.

The stores put up bright lights and display their wares in the most tempting way possible. All this brings back memories from years past that perhaps were not that pleasant and which we thought we had forgotten.

Some people may find them selves becoming listless and without purpose, not able to eat or sleep well, or unable to go about their regular daily activities, such as going to work or school, seeing friends, taking care of the kids, etc.

If this describes how you are feeling, if these feelings persist for a prolonged period of time, and if you want to improve your situation, you may want to consider talking with a person specially trained to understand such problems.

If so, you can call your local Health Department to obtain information about the Community Mental Health Center which is nearest to you.

Please address your questions about mental health or emotional problems to Mind MATTERS, North Baltimore Center, Inc., 100 East 23rd St., Baltimore, Maryland 21218

Phyllis A. Diggs, M.A., M.P.H.
Executive Director
Emilio J. Dominguez, M.D.
Medical Director

'The message we get is that in some magical way everything will be better. . . .'

The message we get is that in some magical way everything will be better. But, when the tinsel starts to tarnish, when the stomach aches from overeating or from hunger, when the head throbs from too much booze, when the bills start to come in, when the children show disappointment to you because they did not get what they wanted or because what they did get did not bring lasting "Happiness," the magic gives way to reality.

The New Year which can give us a chance for a new start may not look that appealing when disappointment sets in.

For some, these blue feelings won't last long and will pass away as the evidences of the holiday season are discarded or are packed away with the tree lights. For some others, the blues may last longer and lead them to wonder if it was all worth it.

Women In Construction

(Continued from Page 17)

in her life. "It offers women the opportunity to compete with men, and a great step toward granting women the freedom to choose any professional or skilled area without regards to sex," she commented.

Mary Lee Gomez, 27, of Denver, Colorado, and mother of three sons, Anthony 10, Leonard 9, and Dan Jr., 4, became misty-eyed when she spoke of what the program means to her.

"This program is like a miracle and I am happy and grateful. The recession which our country is experiencing presented the clear facts to me, that I had no special skills to do anything. I had been furloughed from my job at the local hospital and was not able to secure a job through the unemployment office. I was desperate, and as a last resort I contacted the *Better Jobs for Women* organization and was selected for this program," said Mrs. Gomez.

"Now I am returning to Denver with a great deal of pride and restored dignity. This program saved my family. I want my sons to obtain a good education. I only finished the 8th grade and still don't read very well. During our training periods here I had to listen attentively and I tried to record everything that the instructors said for later study in the evenings," she concluded.

Underlying social and economic forces have made women an important part of the labor force. The occupational history of women from 1870 to the present has been one of steady progress. Factors involved in that progress include growth in female population; changes in socio-economic conditions in which it has become increasingly customary for women to work; rise of the contemporary mass-production economy with all of its modern conveniences and sales techniques; broadening of educational opportunities; decline in the birth rate; and changes in customs and mores of living.

Project is challenge to most women trainees

At all periods during the progress of the labor market in America, women have tended to cluster in a relatively few occupational fields. However, in the past several years there has been a dramatic change in this concentration, as women, through various movements, have sought and are becoming a part of the total work force. Their entry into the highway construction crafts is further evidence of that change in this Bicentennial year.

The Black Presence

(Continued from Page 4)

venerated sable deities of great antiquity, such as Ixtliton and Ekchuah, long before the first black slave arrived in the New World.

Native legends of the Americas abound with exploits of early black people, and several Indian tribes trace their ancestry to ancient Blacks. These assumptions, given credence by skeletons and sculpture, have led some historians such as Carlos C. Marquez to conclude that "the youthful America was also a Negro continent" — a statement backed up by the findings of European explorers.

During his third voyage, Columbus, the "great discoverer" himself, recorded that when he reached Haiti the resident population informed him that black men from the south and southeast had preceded him to the island. Vasco Nunez de Balboa found a colony of Black men on his arrival in Darien in A.D. 1513. Other European explorers also saw and reported black settlements in the New World.

Where did these blacks come from? Although the true story is not yet clear — and may never be — a number of historians, including the late Leo Wiener of Harvard, have pointed to medieval West Africa. Others, impressed by the antiquity of certain Blacks remain in the Americas, insist that only the ancient Egyptians, who are said to have been originally Black, could account for such extraordinary voyages during early times.

Still other scientists have concluded that the dusky Melanesians and Australian aborigines walked across the Bering Strait or sailed the Pacific in rafts or canoes to reach the Americas, even earlier than the Mongoloid peoples.

However, black men came to the Americas and from whatever lands afar, the evidence shows that they were here long before Columbus. It is hoped, therefore, that in this year of celebration of the American Bicentennial, historians will pause to acknowledge this as part and parcel of the Afro-American past.