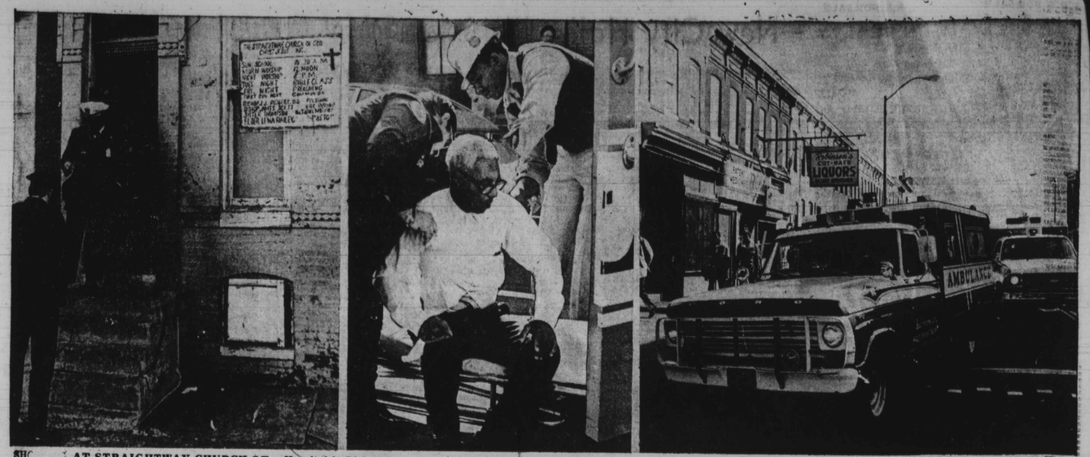

SHOT AT STRAIGHTWAY CHURCH OF GOD—Three people were shot Tuesday at the Straightway Church of God Christ Jesus, Inc., 537 Gold St. Listed in fair condition at University Hospital is Bishop John Rogers, 63, who is seen (center panel) being treated by ambulance attendants after he was shot in the back and left arm. Miss Delores Tate, 25, also of the Gold St. address, was treated and released from Maryland General Hospital after being shot in the stomach and left hand along with her son Tyrone Tate, 12, who was treated for a bullet wound to the left arm. Police have arrested and charged a suspect, Robert Warrick, 22, of the 1200 block McCulloh St.

Baltimore Afro American

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MINI NEWS

Fewer bombings reported

The number of bombing incidents in Maryland decreased during the first nine months of this year when compared with the same period of 1975, the FBI said Monday. George T. Quinn, special agent in charge of the Baltimore FBI, said during the nine-month period this year, 25 actual bombings and 48 attempted bombings in Maryland resulted in one death, one personal injury and approximately $18,000 in property damage, said Quinn, adding that private residences were the leading targets of the bombers. Quinn said that in comparison 45 bombings and 35 attempted bombings occurred in Maryland during the first nine months of 1975, resulting in seven deaths, five personal injuries and property damage exceeding $37,000.

Oil shortage hits island

About 700 residents of Smith Island, located in the lower Chesapeake Bay near Somerset County aren't having much luck in getting the fuel they need to generate electricity and keep their homes warm. The island, which produces its own electricity with a diesel-powered generator, cannot get supplies of fuel for it and generator, cannot get supplies of fuel for it and couple of days if something doesn't turn up, said Wilroy Bradshaw, operator of Smith Island Oil Co. He added that fuel supplies were "awfully low" and probably would not last two weeks. "We're not desperate for it today, but I'd like to find a way to get some here before we do get desperate," said Bradshaw.

Scanners may up cost

Blue Cross and Blue Shield of Maryland has called for comprehensive planning and control to assure that the proliferation of computerized axial tomography (CAT) scanners, and similar highly sophisticated equipment, does not unnecessarily inflate health care costs. In a letter to Frederick Nevins, acting executive director of the Maryland Comprehensive Health Planning Agency, Hume O. Annan, vice president of corporate planning and research for Blue Cross said "While we fully recognize the contribution CAT scanning may have on improved patient care, we believe there is a need to improve the effectiveness of controls over the acquisition of this costly equipment."

Mother charged with child neglect

A 25-year-old mother of three children has been charged with child neglect and was being held at Northeastern district jail, after a neighbor found her two children lying on the sidewalk crying and bleeding.

Mrs. Pamela Lancaster, of 211 Silver Court in the Perkins Homes Project, had left her children alone for several hours, according to police.

Police report Mrs. Lancaster's 7-year-old son found his mother's loaded .38-caliber revolver on the floor in the closet and shot his sister, Tekia Lancaster in the side.

Police reveal Lawrence and his sister were found on the sidewalk in front of their home by Ms. Elsie Hall, who took them to a friend's home and called the police and an ambulance.

According to police, Ms. Lancaster's 10-month-old son was later found unharmed on the third floor of their home. At AFRO presstime, Tekia was in "fair condition" at Johns Hopkins Hospital.

Hopkins was insane during City Hall shooting spree, says panel of doctors

(UPI) — Charles A. Hopkins was insane last April when he was accused of killing City Councilman Dominic M. Leone and wounding three other persons during a City Hall shooting spree, but is competent to stand trial, a panel of state psychiatrists reported Wednesday.

The doctors' decision effectively blocks Hopkins' prosecution and probably means he will be freed from the Clifton T. Perkins State Hospital without going to prison, according to assistant state's Attorney, Leslie A. Stein.

"We are bound by the doctors' report," Stein said. "Barring something unforseen in the report of equivocation on their part, the matter is over. We cannot impeach our own doctors."

States's Attorney William A. Swisher agreed and said. "I'm sure this will be a shock to the mayor and the City Council."

Stein said once a trial date is set, Hopkins will plead insanity to murder and assault charges. Attorneys for both sides will submit the Perkins' report to the Judge, who will be compelled to find Hopkins innocent by reason of insanity, Stein said.

Hopkins, 34, will then be returned to Perkins to determine if he is a danger to the community. After a mandatory 90-day period, either the doctors, Hopkins or a third party can seek a civil trial to determine if he should be released.

Even if a civil jury held that Hopkins was a social threat, he could petition the court annually for his release.

Hopkins', April 13 rampage was sparked by his frustration over eviction from his apartment and his denial of a restaurant lease, police said. He demanmded to see Mayor William Donald Schaefer about his problems, but was manuevered in a different direction by a mayoral aide.

Hopkins wounded the aide, grabbed a hostage and fled from the seventh to the sixth floor where Leone was killed in his office, police said.

Police later barged into a room where Hopkins and the hostage were hiding and a policeman and Hopkins were wounded, police said.

Center slates good nutrition campaign

"International economy meals" is the theme of a health education seminar on nutrition to be presented by the Constant Care Community Health Center on Tuesday, Nov. 23 from 10 a.m. to 5 p.m. at St. Pius Church, at the corner of Edmondson Ave. and Schroeder St.

The seminar is to help correct the mistaken ideas of many people who believe that a truly balanced, healthful diet is not within reach of the ordinary person because it is either too expensive, too difficult to prepare, or too dull and weird tasting.

Dr. Harvey Webb, Jr., director of Constant Care, insists that these ideas are not true, and to prove it, the Center is inviting the public to come to the seminar to taste for themselves. The program will feature a discussion by a panel of nutrition experts, a question and answer period, an international buffet and a recipe exchange. The seminar and the buffet luncheon, is free and open to the public.

The highlight of the day will be the luncheon, which will feature chicken cacciatore, chicken chow main, fish wellington, and other less familiar goodies. Everything on the menu has been chosen to illustrate the fact that it is possible to eat nutritiously and deliciously without spending great amounts of time and money. Dr. Webb says that one other thing is important about these dishes — children will enjoy them too.

Both Dr. Webb and Mrs. Barbara Owings, Head of Constant Care Nutrition Department, have become increasingly concerned about the high carbohydrate, high fat diets of many patients at the center.

"We take a food history of every patient that comes to us," says Mrs. Owings. "And we've discovered that some of our patients are destroying themselves by what they eat. We've found children drinking cola for breakfast. We've even found mothers feeding soda to their two month old babies."

Nor is the problem limited to children. "A salty, high fat diet can be fatal to a person with hypertension," warns Mrs. Owings, emphasizing the special problems of the obese. She cautions against overating. The amount of food you eat can be as critical as the kind of food you eat, she points out.

"Moderation is the key to a sensible diet," Dr. Webb advises. "Our seminar aims to educate the community to good health — building eating habits that it can't afford not to adopt."

Mrs. Owings says that the secrets of good nutrition are easy to understand. An individual needs primarily to know the four basic food groups; 1. milk and cheese; 2. eggs, meats and fish; 3. fruits and vegetables; 4. bread and cereal.

The daily diet should contain foods from all of these groups.

(AFRO staff photo by Romen Hankewycz)

PEERS GIVE TO NAACP DEFENSE—Representatives of The Peers Inc. presented a check to Mrs. Enolia V. McMillan for the NAACP legal defense fund recently. Representing The Peers Inc. were (L to R) Calvin P. Styles, president, Rossie McCoy, Sec. and William Lyles.

State legislature has more lawyers

By David S. Awbrey

ANNAPOLIS (UPI) — Maryland exceeds the national average in the number of lawyers in its legislature, but State Senate President Steny H. Hoyer said Tuesday that the Attorney-politicians seldom find a conflict between their profession and their politics.

"Certainly the (conflict) potential is always there on particular bills," Hoyer said. "but I don't think they are very prevalent in fact."

According to the Insurance Information Institute, about 30 per cent of the state legislators in the United States are attorneys. In Maryland, 39 per cent of the 47-member Senate and 28 per cent of the 141-member House of Delegates have legal educations.

"Lawyers tend to be gregarious and socially active people," said Hoyer, a Prince George's County lawyer. "They are involved in their communities and are often found on school boards, local councils and civic groups."

Hoyer said the lawyer-legislators are only rarely confronted with a bill benefiting private clients.

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FULL THRUST ON ···

Girl Scouts recruitment drive emphasis on black adults, girls

By Michele L. McRae
Reflections Staff Writer

"Girl Scouting has so much to offer, we'd like to make more blacks, girls and adults alike, aware of the tremendous amount of enjoyment and achievement that they can find in our programs. We've been concerned about the low proportion of blacks in the organization, and this campaign is part of a continuing effort to improve it," says Mary R. Dowling, president of Girl Scouts of Central Maryland.

Mrs. Dowling made this statement recently at the launching of an adult volunteer recruitment drive to enlarge its membership of girls, ages six to 17.

Major emphasis at this time is the recruitment of both black adults to fill all levels of Girl Scout volunteer positions and of black girls in Baltimore City where Girl Scouting has up to now not reached nearly as many girls, proportionately, as in other areas.

June C. Baetzel, executive director of Girl Scouts of Central Maryland commented, "Our goal is to double the membership of blacks in Girl Scouting. We plan to work harder than ever to tell about Girl Scouting in schools, churches, recreation centers and shopping malls." Adult volunteers are needed throughout the Central Maryland jurisdiction, which includes Baltimore City, and Anne Arundel, Baltimore, Carroll, Frederick, Harford and Howard Counties.

Some volunteers work directly with girls as troop leaders and assistants or as program consultants. Others deal mainly with adults, either in their local community or on a council-wide basis. Men as well as women of all ages can be Girl Scout volunteers.

Girl Scouts offer extensive training programs for volunteers. Courses designed to help new people prepare for their Girl Scout positions are available year-round, and there are also many opportunities for experienced volunteers to continue to develop skills and insights.

"One of the most striking aspects of our volunteer program," Mrs. Dowling comments, "is the way leadership training helps many of our people qualify for advancement in their present jobs or for finding better ones."

Girl Scouting is also very flexible. Girls and their adult leaders in individual troops design their own program to reflect the range of each group's special interests. Guidelines set down by the Council seek to ensure that girls take responsibility for carrying out their own decisions, that girls enjoy themselves while learning new things, that girls develop pride in their own worth, and that girls learn to know and care about people of various racial, social, religious and economic backgrounds.

Sports days, exploration of their varied national and racial heritage, environmental service projects and festivals of folk arts and crafts are many times listed on the girl Scouting agenda.

Older girls may want to get up inter-troop seminars on self-defense, interpersonal relations, women's roles and career opportunities. Traditional activities like hiking, camping and working on badges remain popular with many.

Adults and girls interested in Girl Scouting may call the Girl Scout Central Office at 889-2861 between the hours of 8:30 a.m.-4:30 p.m. Messages left on the night phone will be returned the following day.

(AFRO staff photo by Norma Spencer)

GIRL SCOUTS — Troop leader, Mrs. Willi Smith gives instruction to Girl Scouts of the Grace Presbyterian Church, Greenspring Avenue and Bannister Road.

HOLIDAY COOKING SERIES

Season calls for pumpkin pie, other delicacies

Since turkey is the noble bird that graces many a family table during the holidays, then tradition decrees that pumpkin pie should be the dessert.

Those two, turkeys and pumpkins, are native American foods which have only increased in popularity throughout the years. However, as in all things, variations abound. You can change the stuffing for the bird, and you may want to tempt the folks with a different kind of pumpkin pie.

Many homemakers will like the Frozen Pumpkin Pie because it can be made in advance of the feast. That will certainly ease preparations as the holiday nears and requires much in the way of cooking.

In Frozen Pumpkin Pie, there's a layer of ice cream spread on a chilled crust before the pumpkin filling. That's the variation which many will like. For the next layer, pumpkin, sugar 'n spice and whipped cream are mixed to be spread atop the ice cream layer after it's frozen. Top it off with chopped nuts. For those who like the traditional pie, there's the true favorite in which you measure your own spices, to mix with the pumpkin and evaporated milk (undiluted) for a creamy concoction. It's topped delightfully with honeyed whipped cream and silvered almonds.

Frozen Pumpkin Pie
One 9-inch baked pie shell
1 quart vanilla ice cream, slightly softened
1 cup canned pumpkin
½ cup sugar
¾ teaspoon pumpkin pie spice
½ teaspoon salt
1 cup whipping cream, whipped
½ cup chopped walnuts

Chill crust in freezer. Spoon ice cream evenly into bottom of crust; return to freezer to harden. Mix together pumpkin, sugar, pie spice and salt. Fold in whipped cream. Spread over ice cream layer. Top with nuts. Freeze. One 9-inch pie.

Pumpkin Pie
One 9-inch unbaked pie shell
2 cups (1-lb. can) pumpkin
¾ cup firmly packed dark brown sugar
2 teaspoons cinnamon
¾ teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon mace
⅛ teaspoon cloves
¾ teaspoon salt
4 eggs, slightly beaten
1½ cups evaporated milk

Combine pumpkin and sugar. Blend in spices and salt. Mix in eggs; gradually stir in evaporated milk. Pour into pie shell. Bake in preheated 400 degree F., oven 40 to 45 minutes or until a knife inserted near center comes out clean. One 9-inch pie.

Honey whipped cream topping:

Whip 1 cup whipping cream in a chilled bowl with chilled beaters until stiff peaks form. Blend in 1½ tablespoons honey. Spoon over pie and sprinkle with toasted salted slivered almonds. Yield: 2 cups.

"Willy Dilly," the Pickle Snowman, is sure to be the Center of attention on holiday buffets. this holiday season. He's a jolly old elf made of pickle cheese spread molded into balls, chilled and decorated with pickles to resemble a snowman.

The texture of "Willy Dilly" may be chilly but he's a warmhearted conversation piece for parties, and unlike his snowy counterpart, loves to be indoors where the the festivities are going on.

"Willy Dilly" loves to get in shape hours before the party begins, and prefers his pickle decorations just before his big entrance. To dress him up, we suggest you have a variety of pickles ready so you can use your

Continued on page 42

MAKE FROZEN PUMPKIN pie and tuck in the freezer before the holiday.

Speaking of women...

(A look at what black women are doing locally.)

Do you know a dynamic woman — an outstanding community leader, church worker, businesswoman, mother, club woman — who is great in her own right? The AFRO wants to know about her. Send a brief biographical sketch and black and white glossy picture (or we can arrange to take a photo of her) to: Speaking of Women, c-o AFRO-AMERICAN NEWSPAPER, P.O. Box 1857, Baltimore, Md., 21203. Sorry, pictures can not be returned.

'Sorormundi Festival'

The Madison Avenue YWCA sponsored its fourth annual 'Sorormundi Festival' last Sunday afternoon at the center located 1912 Madison Ave.

The international extravaganza is hosted each year to raise funds for the International Young Women's Christian Association and the YWCA After School Program.

Some eleven community organizations offered international foods and exhibits highlighted by dance and music by professional entertainers.

Participating organizations included, Alpha Kappa Alpha; Delta Sigma Theta, Iota Phi Lambda, Lambda Kappa Mu and Zeta Phi Beta sororities; Madison Parkway Improvement Association, National Association of Negro Business and Professional Women's Clubs, Inc., Baltimore Club;

YWCA After School Parent Advisory Committee, YWCA Business and Professional Club, YWCA Group Activities Committee and the YWCA Teen Program Committee.

Entertainment was rendered by Francine's School of Dance, Gwendolyn Biddle, proprietor-director.

Dance team members included, Linda and Carol Chandler, Donna Stovall, Jill Henson, Marcia Purnell, Kim Fleet, Kim Quarles and Valerie Brice.

Other musical selections were by William Bailey and the Fuzzy Kane and More of Everything featuring Earlene Reed, vocalist.

Serving as advisors to the Sorormunci Festival Committee were: Annette Hall, chairperson, Madison Avenue YWCA Center Committee; Gwendolyn Biddle, YWCA Volunteer Festival chairperson; and Mary M. Guillory, center director, Madison Avenue YWCA.

Committee members included: Regina Bernard, Jean Evans and Juanita Lewis, Delta Sigma Theta; Olivia Carter, National Association of Negro Business and Professional Women's Club, Inc., Baltimore Club; Earlene Cooper, YWCA After School Parent Advisory Committee; Evelyn L. Dixon, Zeta Sorority; Jacqueline Fleming, Lambda Kappa Mu Sorority; Gloria Jones and Maxine Wood, Alpha Kappa Alpha Sorority; Corenlia L. Smith, Maryland League of Women's Clubs.

(AFRO staff photo by Norma Spencer)

SORORMUNDI FESTIVAL — Members of Delta Sigma Theta Sorority, Inc., participated in the fourth annual Sorormundi Festial, an international extravaganza at the Madison Avenue YWCA last Sunday. Shown are from left: Annette Hall, Beryl S. Williams, Gwendolyn Biddle, and Rubye C. Gill.

Community calendar

Nov. 19

"A Senior Citizens Celebration Banquet," sponsored by the Union Baptist Church, Turner Station, North Point Gardens, 2317 North Point Blvd., 7 p.m. Program features, Calvin and Malvelyn Statham, Mary Carter Smith and the young talent of Union. Music by Purnell Williams. For tickets call: 435-2094 or 462-6182.

Nov. 20

Chicken Supper and Bazaar sponsored by St. James Episcopal Church, Arlington and Lafayette Avenues. Open to the public, 10 a.m.-7 p.m.

Zeta Upsilon Chapter, Phi Beta Sigma Fraternity, "Fashion Show Jam" featuring Jake Innovators Models, LTD and the band, Energy. University of Maryland, Baltimore County, Dining Hall. Proceeds to benefit Project SAD, Sigmas Attack Defects.

Lambda Kappa Mu Sorority, Iota Chapter hosts regular meetings and Thanksgiving Observance Program.

African Liberation Committee of the Henry McNeil Turner Society of Bethel AME Church presents the second of a series of events in support of the liberation struggle in Southern Africa with an African Dinner Theatre featuring the New African Players, Druid Hill and Lanvale Sts., 7 p.m. Call: Anthony Robinson, 837-7570.

Iota Phi Lambda Sorority, Tutorial Program Open House. Forest Park High School, 10 a.m.-noon.

An Evening of Family Entertainment, Walbrook High School auditorium.

Nov. 21

The Semi-Circle of the Benton Memorial Chapter of the OES, Naomi Grand Chapter, Hiram Grand Lodge presents their first dinner-theatre party. The New Bolton Hill Dinner-Theatre.

The 23rd Psalm will be dramatized by the Courtesy Circle of Shiloh CC Church in observance of their 19th Anniversary, 3:30 p.m. The Rev. George W. Baynard, pastor.

The VAG's will present a Bicentennial Luncheon, Blue Crest North, 401 Reisterstown Rd., noon. Fashions by Ruth J's Boutique. Call Odell Payne, ticket chairperson at 947-6719. Elizabeth Spicer, president.

"The Family" art exhibit of the works of Carl H. Greene, 4-9 p.m. Afro-American Study Center, 12 W. Madison St.

Second Annual Clubs and Organizations Day, 3 p.m. Harlem Park Community Baptist Church, 614 N. Gilmor St. The Rev. Raymond Kelly Jr., pastor and Corintha Green, chairperson.

Royal Knights of Maryland holds 35th anniversary service. St. Paul Institutional Baptist Church, 2010 W. North Ave., 3 p.m. The Rev. O. E. Miller, pastor; Squire Ellsworth Cooper, chairman.

Ed Doerr, director of Communications, Americans, Americans United for Separation of Church and State will talk about "The Myth of Humanism in the Public Schools." The Baltimore Ethical Society, 3800 Gwynn Oak Ave., 10:30 a.m.

Nov. 21-23

Loveknots sponsor second trip to New York to see "Bubbling Brown Sugar." Call 664-7063.

Nov. 22

The monthly meeting of the Board of Trustees of the Enoch Pratt Free Library Board Room, second floor, central library, 400 Cathedral Street, 1:30 p.m.

Nov. 23

International Economy Meals is the theme of a nutrition seminar to be held by the Constant Care Community Health Center, St. Pius Church, Edmondson Avenue and Schroeder Street, 10 a.m.-3 p.m. Free and open to the public. For information call the center at 523-6900.

Nov. 24

"Wednesday Mornings on the Square," presents Your Earned Benefits, Margaret Murphy, Social Security Administration. Lafayette Square Multi-Purpose Center, 1501 W. Lafayette Ave., 11 a.m.

Nov. 28

"The Ethical Society celebrates Thanksgiving: Humanist Celebration." There will be readings and music by members and friends of the organization. Baltimore Ethical Society, 3800 Gwynn Oak Ave., 10:30 a.m.

Exciting and beautiful "The Rapture." Don't miss this play bringing Christ through drama by Dr. Evelyn Graves Drama Association for Philadelphia, Pa. Bethel AME Church, 1300 Druid Hill Avenue at Lanvale St., 3:30 p.m. For tickets call: 332-1035, 466-8284-466-4452.

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