TV Watching

By Vanessa Johnson

Friday: July 8

Summer Show: Guest hostess Mary Carol Reilly discusses and displays fashions for the summer. 9:00-10:00 p.m.-ABC

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Sanford and Son: Angered by ever-rising property taxes, an inspired Fred dons a ministerial collar and pays 10 bucks to have his junkyard declared a tax exempt church. 8:00-8:30 p.m.-NBC.

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Chico and the Man: Ed injures himself lifting a crate, but refuses surgery without the protection of his lucky but recently stolen hat. 8:30-9:00 p.m.-NBC.

Quincy. Quincy is a conventioneer at a Lake Tahoe casino being swept by a deadly disease that is mystifying a corps of doctors and causing a mass exodus from the resort hotel. 9:00-10:00 p.m.-NBC.

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ABC Movie: Philadelphia locations lend realism to "The Double Con", a melodrama about underworld swindlers. This film was released in theaters as **"Trick Baby".** 9:30-11:00 p.m.-ABC

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Johnny Carson: Hostess-**Della Reese** with Ed McMahon and Doc Severinsen. 11:30 p.m.-1:00 A.M.-NBC.

Movie "Zulu", tribes vs. British Colonials in 1879 Africa. Violent spectacle, rousingly filmed on location. 12:30-3:00 a.m.-Channel 5.

Don Kirshner's Rock Concert: The performers are **Will Cherry, Al Wilson,** and comics Gary Muledeer and Ed Bluestone. 2:45-4:15 a.m.-ABC

Saturday: July 9

American Bandstand: The Bay City Rollers perform "Saturday Night", "You're a Woman", Dance, Dance, Dance." 12:30-1:30 p.m.-ABC

Soul Train: 1:00-2:00 p.m.-NBC

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America: Slavery and the Civil War are examined by Alistair Cooke in "A Fireball in the Night". 3:00-4:00 p.m.-Channel 7.

* * *

Little Vic: A six-part story of Little Vic a racehorse nobody but Gillie Walker, the Harlem teenager who becomes its groom and jockey thinks can be a winner. 7:30-8:00 p.m.-Channel 7.

* * *

Sojourn to Victory: A discussion of Bethel African Methodist Episcopal Church, Baltimore's oldest black church, as a cultural, political and spiritual force within the black community. 7:30-8:00-ABC.

* * *

Starsky and Hutch: Hutch is captured by a mobster who plans to hook him on heroin and then deny him a fix until the detective reveals the whereabouts of the jealous hood's former girlfriend. 9:00-10:00 p.m.-ABC

* * *

Don Krishner's Rock Concert: Songs by K.C. and the Sunshine Band, D. J. Rogers, comedy by Billy Braver and Natural Gas. 1:30-3:00 a.m. - ABC.

Soul of the City. 12:30-1:30 p.m. - Channel 45.

* * *

Tennis: Bjorn Borg and Sue Barker face Ille Nastase and Martina Navrailova in the World Invitational Tennis Classic's mixed-doubles final. 4:30-6:00 p.m.-ABC.

60 Minutes: The hour has three segments. 1. A story on child abuse visits Parents Anonymous, a Los Angeles-based self-help group. 2. The Ultra Secret, examines how the British cracked a World War II German code considered unbreakable. 3. A feature on diamonds 7:00-3:00 p.m. - CBS.

Six Million Dollar Man: Steve passes himself off as a top OSI neurophysiologist to find out why an anonymous concern has offered the real scientist a million dollars for one week of his time. 8:00-9:00 p.m.-ABC.

* * *

ABC Movie: "The scalphunters", a hardened trapper (Burt Lancaster) and a fugitive slave **(Ossie Davis)** strike an uneasy alliance against a gang of cutthroats. 9:00-11:00 p.m.-ABC.

Monday: July 11

Summer Show: Baltimore Mayor Willia mDonald Schaefer talks about this evening's All American City Celebration at Memorial Stadium. 9:00-10:00 a.m.-Channel 13.

* * *

Mike Douglass: Liv Ullman, Elliott Gould, Sean Connery, Sir Richard Attenborough, director of "A Bridge too Far" and the film's producer Joseph E. Levine. 4:30-6:00 p.m.-Channel 13.

* * *

Little Vic: Part 2 finds Gillie helping groom Little Vic at a Louisiana training farm and watching as the horse makes its track debut. 7:30-8:00 p.m.-ABC.

DISCO 77: Latimore, "It Ain't Where You Been", and the **Manhatans** "Kiss and Say Goodbye", join host Walter Murphy. 7:30-8:00 p.m.-Channel 9.

* * *

The Jeffersons: Canny George encourages Lionel to have Jenny sign a prenuptial financial agreement disposing of their joint property in the event of a divorce. 8:00-8:30 p.m.-CBS.

* * *

Baseball: Regional coverage of the following games: Yankees-Orioles and Royals-White Sox. 8:30-11:00 p.m.-ABC.

* * *

Sonny and Cher: Muhammad Ali, Marilyn McCoo, Billy Davis, Jr. and Lyle Waggoner are the guests. 10:00-11:00 p.m.-CBS.

The Diet Corner

By Helen K. Fleischer
Director, Diet Workshop

Not to decide is to decide . . .

Pop poster wisdom is scattered across the walls of our offices, houses, and schools these days. It comes in yellow, purple, blue, orange . . . a whole spectrum. People glance, say "Hmmmmmm," and go their merry ways. I saw that poster and immediately thought "DIET!" because that's the way my mind works.

Now I don't want you to have the idea that all diet and no relaxation have made Jill a dull girl. It's simply that once your overweight has gone, your diet is going to remain with you, at least in moderate form, for the rest of your life if you want to remain thin. Subconsciously, I am always diet-oriented.

You have two decisions to make about your weight. Not to diet is one, and believe me, many people opt for the negative decision. The second is whether you intend to remain forever thin. That comes at the end of a successful reduction program. I think that this is the harder one to make because it is a sort of eternal marriage to a program of eating. Like any marriage, there will be days when the restraints will chafe. Like any marriage, working at the melding of personality and program becomes more certain as time goes by.

Good maintenance starts with good dieting. You must learn mature eating habits — no more gulp and gallop attacks on the table. Small bites, thoughtful chews, and relaxing intervals between helpings spread a smaller amount of food over a mealtime. Variety, rather than childish reliance on the same, secure menus helps. Foresight rather than hind-sight is an absolute necessity so that your shopping never includes a single item that will prove too seductive to overcome. No one in your family benefits from junk snacks, anyway.

Banishing the old butter topping for every vegetable in favor of adventuring with spices and herbs becomes the set rule of the diet house. So does substituting high calorie ingredients for low calorie ones in all situations. Oh, it can be done — witness this:

Creamed Turkey Dinner
1 tsp. dressing mix
6 oz. cooked sliced white meat turkey
1 pkg. cauliflower, well-cooked and well-drained
1 can mushrooms, drained, reserve liquid
1 can asparagus, drained

Place the turkey on plate. Blend the drained cauliflower and liquid from the mushrooms with dressing mix until smooth. Heat in saucepan, adding mushrooms and asparagus. When thoroughly hot, pour over sliced turkey and serve.

Do I ever want a divorce from my diet? Sometimes when I see a person in a dining room devouring a hot fudge sundae as I bite into a succulent, chilled melon, I have my moments. Then I search around the room for a mirror, and what I see reassures me that it is all worthwhile. How can you measure the thrill of one sundae against the delight of always looking for a dress that is size 10?

Now that you've become thin are you having a maintenance problem? May I help? Write to me at The Diet Workshop, 6999 Reisterstown Rd., Baltimore, Md. 21225.

'Bubbling' cast party at Ca Prez

By Fred Hines

Every now and then there is a need for those we place so highly above us to come down and check out the community folk and find out what they are doing, how they are thinking.

Such was the case Saturday night when members of the "Bubbling Brown Sugar" cast visited the Club Ca Prez for a party.

Sandi Hewitt, the gospel singer in the play said she was enjoying herself at the party because "we're getting a chance to get loose and be ourselves."

Ms. Hewitt seemed more interested in talking about other things besides the play and told of her background as a country girl who enthusiastically related to city dwellers.

"When I see people on the street I'm very interested in talking to them. Once a conversation is started we take it from there," she said.

There is nothing like fried chicken and the cast members jumped into it full fledged as they laughed, joked, danced, and mingled with everyday people.

Other cast members attending were Vivian Reed, Millard Hurley, Myles G. Savage, William Bremer, Marilyn Johnson, Joseph Attes, J. Edward Adams, Terri Burrell, Ronald Stevens, Dolly Lauria and Bernard Johnson.

"Franky and the Spindles" entertained and sang various songs that had many of the people on the dance floor standing around listening and mellowing out instead of dancing.

The group of vocalists include Frank Kennedy, Robert Kennedy, Charles Stanback, Grayes, Joe Shields, and Raymond Shields. They display a profound exuberance that becomes evident in the songs they sing and the energy radiated.

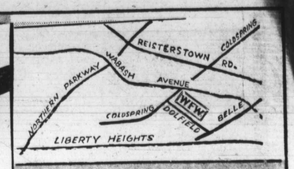
How many encores? No telling.

It was good to see black people, the renown and the never heard of dancing together and releasing some tensions.

The Club Ca Prez did what it set out to do by providing a relaxing, make yourself at home welcome to Baltimore kind of setting for "Bubbling Brown Sugar".

There is no telling how sweet they will get when the curtains open next time.

WABASH FOOD WAREHOUSE wfw



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Gold Medal Flour 5 lb.	99c	82c	17c
Bisquick 40 oz.	1.19	98c	21c
McCormick Tea Bags 100's	1.69	1.42	27c
Cherrios 15 oz.	97c	84c	13c
Pringles-Twin Pak 9 oz.	89c	74c	15c
Blue Bird White Plates 100-9 in.	1.09	75c	34c
A1WF Foam Cups 51-9 oz.	59c	47c	12c
Grill Time Charcoal 20 lb.	2.59	2.19	40c
Boron Charcoal Lighter 32 oz.	59c	43c	16c
Wyler Drink Mix 24 oz.	1.65	1.19	46c
Kraft Imitation Mayonnaise Qt.	97c	89c	8c
Red & White Fruit Drinks 46 oz.	49c	39c	10c
V-8 Vegetable Juice Cocktail 6-6 oz. cans	89c	72c	17c
Niblet Whole Kernel Corn 12 oz.	39c	31c	8c
Red & White Peanut Butter 18 oz.	89c	76c	13c
Green Giant Peas 17 oz.	41c	36c	5c
Del Monte Spinach 15 oz.	39c	31c	8c
Uncle Bens Converted Rice 2 lb.	99c	83c	16c
Diamond Foil 75 ft. roll	99c	86c	13c

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AFRO Exclusive

New U. S. jobs program closed to city's poor

(SEE COLUMN 4)

Money tips for women (SEE STORY INSIDE)

Baltimore Afro-American
WE ARE IN OUR 85th YEAR

The skater's life (see Community Sports)

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Dope war triggered murders in project

Court oks Eastside prison

There will be another prison on the Eastside.

The Court of Appeals today ordered a lawsuit seeking to bar construction of a medium security prison in East Baltimore. The court's decision came in a case filed by Baltimore City officials and community organizations who fear the prison at the old Continental Can Company would create a safety hazard

The prison is a pet project of Gov. Marvin Mandel, who hopes the 900-bed facility will relieve overcrowding in other state institutions. The $36 million project was narrowly approved by the 1977 General Assembly after strong lobbying by Mandel.

State officials expect to house convicts in the new prison sometime next year.

Zatella Giles, spokesperson for CCEB, said even if they lose in court the fight has not ennei.

* * *

"We shall not give up the fight until we get rid of the prison," she said. "We're going to demonstrate to the world that there are no human rights here."

Mrs. Giles said that her group has other strategies but would not reveal them.

Falcon, however, was slightly less optimistic stating that if they lost the appeal he did not know what would be their next step.

The appeal brief against the Board of Public Works was filed June 28 and charged that finding a site for the jail was pushed to Gov. Marvin Mandel's office as a high priority.

* * *

It said that businessman, Morton Sarubin formed the Second Biddle Associates in July 1976 in order to acquire the Continental Can building and grounds then proceeded to sell the property to the state without

(Continued on Page 2)

(AFRO photo by Roman Hankewycz)

STROLLING—Ms. Joanne Shelter, 22, and her children Merrel Walker, 3, and Lakia Shelter, age 1, take a walk in the hot afternoon.

2 executioners found Murphy Homes security easy to get through

Dope dealing in public housing?

A drug war between competing "dealers."

Heavy drug traffic visible on the corners of George St. and Fremont Ave. near several low-income housing developments.

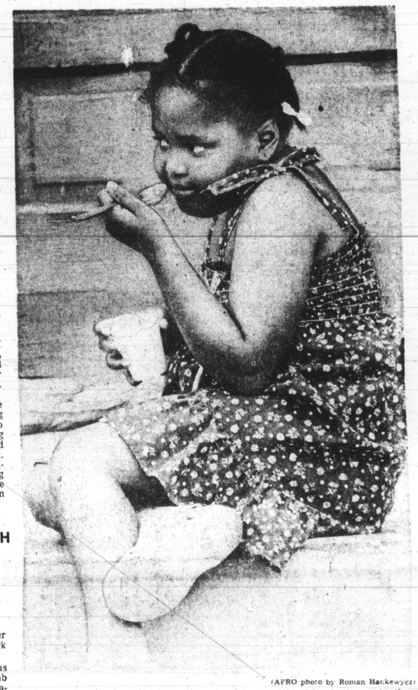
A man confined to a wheelchair and an unemployed housewife, both slain, in a 736-family, 14 floor tax-supported high-rise building, as a result of this narcotics activity.

These are some of the bleak conditions facing homicide detectives this week as they try to unravel a double homicide in the George B. Murphy Homes in West Baltimore.

Police said the bodies of William "Smitty" Smith, 45, and Ms. Linda Hall were found in a ninth floor apartment July 11 by Ms. Hall's 13-year-old son.

Mr. Smith was shot once in the head and found lying on his bed. Ms. Hall, who lived in the same building was lying on the couch and had been shot in the neck. She lived in another apartment in the same building and was lying on the couch and had been shot in

(Continued on Page 9)



(AFRO photo by Roman Hankewycz)

COOLING OFF — Vicki Augustine Baclerkin, 8, eats a snow cone on the steps of a friend's house in the 1100 block N. Montford Ave.

SUSPECT NAMED IN DRIVER'S DEATH

Family begged him to give up cab

Homicide detectives state they are looking for Reginald Williams, 19, of the 2400 block Halcyon Ave. as a suspect in the murder of a Diamond Cab CoMpany driver.

Detectives State they believe Williams is the same person who stole a gun on Monday.

"We begged him to give up driving a cab but that was his life. He had been robbed before but never told the family, because he did not want to upset us."

In a shaken voice, seated at the dining room table in her Coleherne Rd. home, Mrs. Juanita Matthews made the above statement to the AFRO.

She was speaking of her 59-year-old husband, Harry W. Matthews, who was shot to death July 13 when he answered a call to a vacant house in the 4700 block Pilgrim Rd.

Mr. Matthews, who was also known as "Bunche" had been a cab driver for Diamond Cab Company for 15 years.

Police state a man who was standing on his porch on Pilgrim Rd. around 4:00 a.m. waiting for his rider to pick him up for work witnessed the shooting.

The witness is quoted as saying he saw the cab drive up in front of the va-

(Continued on Page 9)

WILL INVESTIGATE MINORITY HIRING, CONTRACTS

Feds here to probe subway

Federal transportation officials will be in town next week to investigate possible violations of the Mass Transit Administration (MTA) affirmative action plan for the Baltimore subway.

If serious, blatant violations are found the state could lose more than $600 million in federal funds set aside for the eight-mile underground segment and bring work to a screeching halt.

Harold Dorrell, head of the regional civil rights office of the Urban Mass Transportation Administration (UMTA) based in Philadelphia, said Thursday that the five day review will take on two parts.

The main review, according to Dorrell, will be an investigation of the use of minority business enterprise for work on the subway.

"We know something is wrong," he said. "Problems exist with the way the program is being handled because we keep getting monthly reports from minority contractors."

Dorrell said he is coming to Baltimore because several audits made by his office for April and May revealed that there was a shortage in the use of minority contractors.

He pointed out that the trip is to confirm the minority contractors' report and audits that there is an underutilization of minority contractors."

He added once the review is completed and studied MTA will receive a set of recommendations and be ordered to comply within a certain period of time.

While in Baltimore, Dorrell intends to meet with Robert Dashiell, attorney for the minority contractors, on the matter of minority contractors working on the subway.

Dashiell earlier this

(Continued on Page 9)

REPLACES MOSLEY AT LAKE CLIFTON

New principal of city's largest high school

There's a new leader at Lake Clifton Senior High. John Mohamed, who replaces Boyse Mosley as principal of one of the nation's largest schools.

Mohamed was named acting principal of Lake Clifton last week by the school board after serving one year as assistant principal of Douglass Senior High School.

"I certainly do want to be principal," he said. "It is something every educator looks forward to."

* * *

A 20-year veteran of the city schools, Mohamed began his career at Hamstead Hill Junior High School. From there he served at Clifton Park Junior High School, as a community school coordinator based at Lombard Junior High, an associate of the community student team in Region 4 and a regional specialist for the community student team before going to Douglass.

Mohamed does not foresee making any sweeping

(Continued on Page 9)

JOHN E. MOHAMED, new principal at Lake Clifton says he will be "humanistic and fair but stern."

A HUNDERD DOLLAR smile by Georgie Wade, 1900 Wolfe St., who won $110 by having The AFRO in her home. She rolled her lucky number, 841, on the AFRO Lucky Number Machine.

Wolfe St. housewife beats 'Mr. Fro' for $100

"I thought I was going to get the station wagon — you'd think I'd get a free AFRO or something!", joked Mr. Vernall Smith of 2209 Bryant Ave. after winning 10 big bucks in the "AFRO in Your Home" contest.

Driving through Baltimore in 90 degree weather, 'Mr. Fro' and his assistants' attempted to give away AFRO dollars at three locations in the city on Wednesday.

After several drawings in the 1300 block of Argyle Ave., Marion Gardner of 1320 Argyle Avenue won $10.

Directly up the block from Ms. Gardner, Theresa Daley of 1338 Argyle Ave. won $20 dollars after showing 'Mr. Fro' her current copy of the AFRO.

After spinning the "Fromachine" with the numbers 260 toppling out, Ms. Daley surrounded by children and neighbors proceeded to win the combination.

Feeling a little under the weather with all the excitement, Ms. Daley asked William Queen, also of Argyle Ave. to throw the dart for her.

After two attempts to hit the AFRO's lucky number calendar and missing each time, Mr. Queen then hit the number 620 for Ms. Daley to provide the winning combination. Ms Daley, quite content with

(Continued on Page 2)

U.S. admits jobs program 'not for unemployed poor'

The $8 billion new jobs program for the nation is not designed for the unemployed poor.

A U.S. Department of Labor jobs program official admitted this week that the Expanded Public Service Employment Title 6 Program is instead designed for unemployed professionals.

The above facts were uncovered this week when Delegate Troy Brailey went to the Department of

(Continued on Page 2)