Your health

Pill-popping not the answer

By Dr. Thurman Evans

We live in a drug oriented society. There is a drug for anything and everything.

If your head hurts, take a pill, you'll feel better; if your foot hurts, take a pill, you'll feel better. If you're feeling low but want to be high, take a pill; if you're feeling high but want to come down, take a pill.

Yes, a pill for anything and everything.

Media advertising is largely responsible for this society's attitude towards and dependence on drugs for well-being. Drug companies take full advantage of the fact that at least 96 percent of all American households have a minimum of one television set.

Further, the drug companies know that beginning at about age 3 television viewing averages around three to four hours per day; it increases to the adolescent years, during which it tapers off only to rise again after marriage.

From a very early age individuals of this "free" society are conditioned to the message of "medicine for all maladies."

There is no need to feel pain; there is no need to feel tired; there is no need to feel tense; there is no need to feel sleepy; there is no need to go to sleep; there is no need to need, for drugs will provide every answer.

The media messages about medicines, in many instances border on the unbelievable. "Take Sominex tonight and sleep, safe and restful, sleep, sleep, sleep" is the message of one sleeping pill. Not included is the fact that combined with alcoholic ingestion sleeping pills may put you to sleep forever.

"Everybody needs a little help now and then," is what we hear from the Ex-lax commercials. Commercials about laxatives contribute to the fact that they are amongst the most commonly purchased over the counter drugs in inner cities across the country.

What this message does not speak to: Laxatives are chemicals, and taken in excess, can result in dependence that can cause bodily harm.

In addition, laxatives are completely unnecessary when our diets include a good portion and variety of fruits and vegetables.

For those who suffer from pain due to arthritis, arthralgia and rheumatism "take doctor tested, doctor approved aspirin" or "Ben Gay" or whatever for "quick relief" and "fast recovery."

The millions of dollars spent by the sponsoring companies for advertising their product pays off. People buy them. People use them. People abuse them. There is no such thing as a harmless drug or harmless medication.

In the past, doctors have not helped improve this situation.

It is estimated that doctors write more than one billion prescriptions each year. There are 25 to 30 million patients hospitalized annually averaging 10 drugs apiece during their stay, with some patients receiving as many as 30 to 35 days.

Approximately 1 out of every 20 hospital admissions are due to adverse drug reactions.

Think before you run out to purchase a drug or get a prescription for every little pain or discomfort that may be bothering you. The following 5 points will be helpful in facilitating your thought process:

1. When your doctor has advised that you don't need medications, do not insist on receiving medication. Do insist that he-she educate you about your condition.

2. Inform your doctor of all medications-drugs you are taking when seeking medical attention. Remember, alcohol is a drug.

3. Do not be afraid to ask how a medication should be taken. Taking medicines improperly can cause sickness, and-or it may be less effective or too potent.

4. Never take a drug, prescribed for someone else because they seem to have the same thing you have.

Many people, young and old, do this. However, senior citizens very frequently exchange medications for what they consider to be similar illnesses.

This is extremely dangerous because the medication may not deal with the illness and, it may cause an illness you didn't have originally.

5. When buying an over the counter drug, read the label.

Important information on possible problems are outlined there. If you have difficulty understanding what the label says, ask the pharmacist — that's one of the reasons they are there.

Tax tactics for 'Over-65ers'

If you're over 65 and plan to sell your house in the near future, you should know about tax breaks on the profit from the sale. Even without buying a replacement home, you can avoid some, if not all, of the taxes on the profit.

If you're over 65 and selling your house for less than $35,000, all your profit is tax - free.

If your house brings more than than $35,000, a certain percentage is tax - free. This is called your exclusion. To find out how much you're entitled to, follow this example from Citibank (N.Y.):

— You've sold your house for $60,000.

— You made a profit of $24,000 (selling price minus the price you paid for it, closing costs and captial improvements over the years).

— Multiply the profit by $35,000 24 x 35 equals 840 (in thousands).

Divide the result by the $60,000 sales price (840 divide by 60 equals 14). The answer is your exclusion — $14,000.

— Thus, you would pay no tax on the first $14,000 of profit, and you would owe capital gains tax on the balance of $10,000 ($24,000 - $14,000 equals $10,000).

If you buy another home within 18 months or build a house within two years after the sale, you can subtract the exclusion to get a lower "revised sale price." Using the example above, substract $14,000 ($60,000 - $14,000 equals $46,000). If the new house costs at least $46,000, you can postpone paying all capital gains taxes

If you buy a new house for less than $46,000, say $40,000, you must pay tax on the amount you saved. To find the amount, take the sales price of the former house minus the exclusion ($60,000 - $14,000 equals $46,000), and subtract the buying price of the new house: $46,000 - $40,000 equals $6,000. You owe tax on this amount.

Now subtract the amount you saved. ($6,000—in this case), from the profit from the sale of your former home minus the exclusion ($24,000 - $14,000 equals $10,000). So, $10,000 - $6,000 equals $4,000. This means you can postpone taxes on this amount ($4,000).

Remember, in order to qualify for this tax benefit you must have turned 65 by the date of the sale of your house, and have owned and used the home as your principal residence for at least five years out of the eight preceding the sale date.

Phone-y Business

94.5% of American households have telephones, and almost every one of them is rented from the phone company. Until recently, you had no other choice. Now all that has changed.

On October 3, 1977, when the Supreme Court declined to review a case brought by AT&T and the U.S. Independent Telephone Association against a Federal Communications Commission ruling, a whole new world was opened for consumers who wanted to buy their own phones. The decision, which was the culmination of years of legal wrangling, permits you to purchase a phone from any FCC-registered manufacturer, and hook it up to the Bell System yourself.

It is still unclear how much money, if any, you will be able to save by buying your own phone. It all depends on the prices phone manufacturers are going to charge, the amount of credit the Bell System is going to give you on your monthly bill for not renting their phone (estimated at 55¢-70¢), and the amount of money you might have to spend on repairs that otherwise would have been performed free by the phone company.

Buy With Care

Before you decide to buy your own phone, check the jack now in your home. New phones are connected to the wall by a phone cord with "modular" plugs that easily clip into both the wall jack and the telephone with no tools. If your present jack is an older model, you'll have to have it replaced, and you may need rewiring.

All new phones are being registered by the FCC to insure their compatibility with existing telephone company equipment. Newer phones carry a registration label on their underside that looks like this:

COMPLIES WITH PT 68, FCC RULES
FCC REG. NO. 000000-00000-00-0
RINGER EQUIVALENCE 1.0A

You will need to report the FCC registration number to your local phone company before you hook up your phone to the Bell System. (They are able to tell if you have a non-Bell instrument on their lines, and they can cut off your service if you don't report it.) The reason the company has to know what is at the end of their transmission system is that incompatible equipment will foul up service for both you and your neighbors. For example, if your "ringer equivalence" number (which tells them how many bells you have in your phone) is 100 high, your phone probably won't ring when someone calls you.

If you bought a phone before January 1, 1978, it might not have a registration label. In this case, you should call your local phone company to tell them which model number phone you have bought. They will look up your model number on a list compiled by the FCC to make sure your piece of equipment has been "grandfathered" into the Bell System (meaning that it will not cause disorders on the line). If you want, you can get a copy of the list directly from the FCC at 1919 M Street NW, Washington, DC 20554.

If you buy your own phone, you'll have to pay for all maintenance and repairs, so make sure you know where to go if something goes wrong. If you're having trouble, first check with the phone company to see if they can fix the problem from their office. If they have to make a house call, you'll have to pay, even though they won't repair your phone.

Choosing A Style

If you decide to buy a phone, you'll have a wide variety of models to choose from. You might want to try out a model as an extension phone first to test a company's reliability before you replace your main telephone.

Phone prices will vary considerably, so it will pay to shop around and compare the phone company's prices with those of independent phone manufacturers. A standard black rotary desk model will probably cost around $25, while a fancy phone could cost over $100.

When you buy a phone at one of 1470 Bell System PhoneCenters around the country, you must remember that all you are buying legally is the phone shell. Ma Bell retains the legal right to the innards (as one woman who tried to will her phone to her children recently found out). But if you buy at an independent store, you own the whole phone. In either case, you will save money on installation charges if you take the instrument home and connect it yourself.

by Jordan Goodman

When buying a phone, it's a good idea to bring along a scrap of your carpet or some drapery fabric to match colors. You will be able to choose from a variety of shapes and sizes. Here are just a few of the 13 Design Line® phones available:

If you're a skilled programmer, IBM would like to talk with you about career opportunities in Kingston, New York.

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Positions involve the development of a software component which supports TP networks in a total communications and distributed systems environment. Programming activities include developing objectives, design, code, documentation, and the testing of systems which interface with the remote DP user through teleprocessing, as well as host subsystems.

Programming Publications

Positions involve assignments in programming writing, working in a laboratory environment as a part of a team developing IBM programming systems. Candidates should have a technical capability and mastery of technical writing fundamentals with particular emphasis on programming publications.

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Positions are available in the Central Services of networking communications systems, distributed intelligence, and operating systems. Worldwide responsibility for problem solving in a complex operating environment after participation in program development. Candidates with recent programming experience with teleprocessing systems, access methods, operating systems, and/or distributed systems are desired.

Excellent Benefits

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You Can Win $$ Dollars IN THE AFRO IN YOUR HOME CONTEST

MR. FRO WITH DOUGH WILL PAY YOU $10.00 WHEN HE FINDS THE AFRO IN YOUR HOME

• HE MAY CALL YOU ON THE PHONE
• HE MAY VISIT YOU IN PERSON

Mr. Fro with Dough wants to pay you $$ to have the AFRO-In-Your-Home. Here's how: —

Mr. Fro and his Fromobile travel the streets of Baltimore every Wednesday and Saturday. When he stops in your area and you bring your current AFRO to the Fromobile, you or one of your neighbors will be a lucky winner.

The AFRO lucky number machine will determine the $10-winner in your neighborhood.

The lucky winner will also have a chance to win $20.00 or $100.00 by hitting their lucky number on the AFRO Lottery Calendar.

Ms. Fro calls on the phone

Additionally, Ms. Fro picks names at random from the telephone book and from Mr. Fro coupons that are mailed to the AFRO to see if you have the AFRO in Your Home. If Ms. Fro finds that you have the AFRO in your home, you win $10.00 and will also have a chance to increase your winnings to $20.00 or $100.00 by hitting your lucky number.

Mr. Fro also gives AFRO readers AFRO Tee Shirts and AFRO Lottery Number Calendars as consolation prizes.

★ You can be a $100.00 winner

FILL OUT AND MAIL TO: AFRO-AMERICAN NEWSPAPERS 628 N. EUTAW ST.

I WOULD LIKE MR. FRO WITH DOUGH TO CALL OR VISIT ME IN THE AFRO IN YOUR HOME CONTEST

NAME _____

ADDRESS _____

PHONE _____

It Pays to Read the AFRO

FBI crime report shows decline, marking the fourth quarter in a row

WASHINGTON — The nation's crime rate for the first nine months of 1977 was six percent lower than in the same period of 1976, the FBI has reported.

This marks the fourth quarterly decline in a row.

Violent crimes including murder, rape, robbery and aggravated assault dropped one percent while property crimes including burglary, larceny - theft and motor vechile theft declined seven percent, the FBI said last week.

Two types of individual crimes showed increases, the report said. Rape increased eight percent and aggravated assault three percent.

Attorney General Griffin Bell said the improved showing may result in part from a steady decrease in the 17-24 age group, which commits most crimes.

He said it also might mean law enforcement is improving. In a statement issued with the report, Bell said, "Law enforcement efforts are showing results and these results are welcome news to everyone."

The report, based on figures turned in voluntarily by police agencies, showed decreases in serious crime in all geographic areas, the FBI said.

There was an overall decrease of seven percent in urban areas — more than 25,000 population — while suburban areas declined five percent and rural areas declined three percent, the report said.

Photo by Glen

MAYOR DENNIS J. KUCINICH is seen with four black cabinet members he has named since being elected in Cleveland as the nation's youngest chief executive. Reading L to R are Morris A. Pettus, service director; Kucinich; Ms. Isabel Hendricks, director of human resources and economic development; Jim W. Barrett, safety director, and Earl W. Williams, director of community relations.

High court rules violations in rights of accused rapist

WASHINGTON — The U. S. Supreme Court has unanimously ruled that the rights of an accused rapist were violated by the "suggestive manner" in which the victim was asked to identify him at a preliminary hearing where he had no lawyer.

The opinion by Justice Lewis Powell noted the victim was asked to identify her assailant after she watched James Raymond Moore being led before a Cook County, Ill., judge in 1967 and charged with rape and deviate sexual behavior.

When asked a short time later if her attacker was in the courtroom, she pointed at Moore.

"It is difficult to imagine a more suggestive manner in which to present a suspect to a witness for their critical first confrontation than was employed in this case," wrote Powell last week.

He noted that the woman, raped in a dark bedroom, saw her assailant for only a few seconds. But before she was asked to identify him in court, she was told she was going to view a suspect; was told his name; heard it called as he was led before the bench and heard the prosecutor recite evidence believed to implicate him.

Powell said Moore's right to have a lawyer was violated by the court.

"Had petitioner been represented by counsel, some or all of this suggestiveness could have been avoided," he said.

The court reversed a 7th U.S. Court of Appeals decision denying Moore's request for a ruling that the identification testimony should not have been admitted as evidence at his trial.

It sent the case back to lower courts, however, to decide "whether the failure to exclude that evidence was harmless constitutional error" and whether it requires a new trial for Moore.

Justice John Paul Stevens did not participate in the case.

Moore, a Roosevelt University student, was convicted in 1968 of rape, robbery and deviate sexual assault.

The crime was committed around noon on Dec. 14, 1967, by a black man when the victim, a white woman, was taking a nap in her bedroom. She said her assailant wore a bandana over his face and covered her eyes, but she caught sight of him without the mask for a few seconds.

Moore was arrested a week after the crime. When he was taken into the courtroom the following morning, he was the only black man there except for a uniformed bailiff.

Blacks to get leftover jobs

JOHANNESBURG — The South African government plans to relax its rules a bit and open some skilled jobs to blacks because they are no longer sought by whites and those of mixed race.

Twelve of 25 work categories are to be abolished and the system itself reviewed, Labor Minister S. P. Botha said last week.

However, the new rules will open only a fraction of the skilled jobs, most of which are closed to blacks by white unions.

4 get top posts in Cleveland Legislature

CLEVELAND — A record-setting number of four blacks has been named to top-level cabinet positions in the Cleveland city government by newly-elected Mayor Dennis J. Kucinich.

Appointed were Jim W. Barrett, safety director; Ms. Isabel Hendricks, human relations and economic development director; Earl W. Williams, community relations director and Morris A. Pettis, service director.

Kucinich, 31, the youngest mayor in the nation, said of the appointments, "They are hard-working, dedicated, community - minded administrators and will play a key role in my efforts to revitalize the city by improving the quality of public services."

Barrett, 43, is the second black to be appointed safety director in the city's history. Prior to his appointment, he was chief deputy clerk of the Cleveland Municipal Court and administrative assistant to the clerk.

He has also served as chief of security and assistant safety director for former Mayor Carl B. Stokes.

Ms. Hendricks, 38, is a political and community activist in the Glenville area. Prior to her appointment, she was a teller supervisor for the Cleveland Central National Bank.

She is a graduate of Kent State University where she majored in business education.

Williams, 49, has been community relations director since 1970. He was first appointed to that post by Mayor Stokes and retained the position through former Mayor Ralph Perk's administration.

He is a graduate of Alabama State University and also attended the graduate school at Cleveland State University.

Prior to his appointment, Pettis, 31, served as supervisor in the municipal clerk's office for Kucinich.

He has a bachelor's degree in urban studies from Cleveland State University.

Kucinich, formerly clerk of the Municipal Court, said, "If my appointment of four black directors means anything, it is that my administration is an administration of all the people.

"The era of racial polarization is over. My cabinet reflects the diversity of the city of Cleveland and the work of my administration will reflect the needs of the people of Cleveland."

State legislator blasts press as 'irresponsible'

HARRISBURG, Pa. — House speaker K. Leroy Irvis has charged the capitol press corps' with "inaccurate and irresponsible" reporting that he said contributed to the legislature's poor public image.

Irvis, D-Allegheny, did not single out any reporters or news organizations, but he said the press generally has poisoned public opinion by highlighting the legislature's failures and ignoring its accomplishments.

"Day after day, the press says, 'They're a bunch of fools, a bunch of asses, a bunch of idiots, a bunch of junketeers, a bunch of crooks,'" Irvis said last week.

"We are vulernable. We have have fools and clowns. But is it responsible journalism to select the few jackasses, clowns and crooks and use them to characterize the whole process? That's how we're so often portrayed."

Irvis said one example of inaccurate reporting was in a news account that said House members are not required to but sometimes break the rules.

When asked to list other instances of inaccurate reporting, he replied, "I suppose I could if I took the time to do it, but I'm not going to take the time to do your research."

Irvis further stated, "Very often the people who represent the media have been ill-trained, are poor observers, are ignorant of the governmental process and they reveal this in their writing.

"Worse than the people who serve here (in the Capitol newsroom) are their editors, many of whom have never observed the legislative process, know very little about it and then pontificate about it over the air and in print.

I perceive it as a great danger in this country that there has been so much inaccurate reporting and irresponsible speculation. I'm talking about the Capitol press and the national press.

I don't want some drunken reporter who gets second hand information from another reporter about something that happened on the floor of the House writing it as fact. Many people believe that which is written is gospel, but a good many people who write about government don't understand that."

Irvis made his charges during an interview about the legislature's difficulties this year, which included its inability to balance the state's budget for six months, a fistfight between representatives on the floor of the House, the conviction of former Speaker Herbert Fineman, the indictment of Senate Appropriations chairman Henry Ciantrani and news accounts of trips and expensive dinners paid for with taxpayers' money.

A professional poll taken in October showed only 22 percent of Pennsylvanians approved of the legislature's performance and 78 either disapproved or had no opinion.

Irvis emphasized he didn't blame the media only for the General Assembly's image.

"It's probably been more the legislature than the media. I don't think we've done our job in becoming more effective."

Subcommittee kills food stamp system

WASHINGTON — The House special welfare subcommittee has voted to do away with most of the $6 billion food stamp program and give poor people cash instead.

The 16-12 vote is keeping in line with President Carter's welfare reform proposals, but Ways and Means Committee chairman Al Ullman, D.-Ore., warned that it could doom Carter's welfare plan in the House next year.

"You're going to have so many consequences of this action, it will inevitably block the decision - making process," Ullman said during debate on whether the poor could be trusted to buy food if given the cash.

In other action, the subcommittee refused to raise to the official federal poverty level, the minimum income floor that Carter's plan proposes for every American family.

Cleaver trial in February

OAKLAND, Calif. — The trial of former Black Panther Eldridge Cleaver on charges of attempted murder and assault with a deadly weapon will start in Alameda County Superior Court Feb. 24.

Cleaver appeared recently before Superior Judge Alan A. Lindsey, who set the trial date.

The charges spring from a 1968 gun battle with Oakland police, in, which Panther Bobby Hutton was killed and two police officers wounded.

Brighter jobs picture predicted for the '80s

NEW YORK — An improved jobs picture is predicted for the 1980s with two areas in which minorities find less discrimination — services and government — due to comprise a larger portion of the work force.

The forecast was developed by Conference Board, which published results of its economic analysis in its monthly magazine, Across the Board.

Contributing to the improved opportunities for getting a job will be a slow down in the growth of the labor market, says Dr. Leonard Lecth, who directs research for the board.

Lecth said some 14 million people, an average of two million a year, joined the labor force between 1969 and 1976 but only 1.7 million are expected to enter it from 1976 to 1980.

There is a possibility that figure could drop to 1.4 million during the first half of the '80s, he said.

Biggest jumps in the labor force over the past decade came from young people between 16-24, up 36 percent for the group, and women, who accounted for 60 percent of the growth during the decade's first six years, the Conference Board found.

Both groups will be entering the labor market at a slower rate over the next 10 years, it was said.

According to the Conference Board's forecast, a Gross National Product growth of 3.5 percent annually plus the slowdown in the labor market's growth could "create enough jobs to hold the unemployment rate to 5 percent during the first half of the 1980s."

UPI Telephoto

WOMEN FOR TREATY—As Panama's chief of state Gen. Omar Torrijos (L) listens, an unidentified woman tells President Carter's aide Hamilton Jordan (R) that Panamanian women will march Dec. 12 to the Canal Zone to deliver a letter to C. Z. Gov. H. E. Parfitt for President Carter urging the ratification of the Canal treaties. The confrontation took place secretly at the Legislative Palace in Panama City.

Sex law dropped by court

TRENTON, N.J. — The State Supreme Court has thrown out New Jersey's 157-year-old fornication law saying the state has better things to do than meddle in the private affairs of couples.

In a 5-2 ruling written by associate justice Morris Pashman, the court overturned New Jersey's 1790 law against married and single men having sex with an unmarried woman.

"We conclude that the conduct statutorily defined as fornication involves, by its very nature, a fundamental personal choice," Pashman wrote last week. "Thus, the statute infringes upon the right of privacy."

Pashman's decision overturned the fornication conviction of Charles Saunders and Bernard Busby of Newark, who were accused of raping two women in July 1973.

The rape charges were eventually dropped, but the two men were convicted of the lesser crime of fornication.

3 kids left alone, perish in fire

NEW YORK — Unemployed, separated from her husband, Mrs. Freida Laguerre left her five children in the candlelit apartment for which she had never ordered electricity and went out to a social club in her decaying Bronx neighborhood.

About 11 p.m. a candle ignited a fire that killed three of the children — Timothy, 8 months; Jeanine, 2 years and Anthony, 3. Fire officials who found their charred bodies on mattresses lying on the apartment floor said they "never had a chance."

The two older children — Raul, 10 and John, 9 — were able to leap to safety from a window of the second-floor apartment.

Mrs. Laguerre did not learn of the fire until she returned home from her evening out. She was arrested when she arrived at Jacobi Hospital about 2 a.m. searching for her children.

Jenkins sees end to racism

NEWPORT, Tenn. — The problem of racial discrimination "must and will be solved in this decade," a member of the National Labor Relations Board has predicted.

Howard Jenkins Jr., made this prediction while addressing the 21st annual seminar of the University of Tennessee.

He said that one of the great problems confronting America today is the extent to which black people are brought into the industrial work force.

"The program's designed to accomplish this have not been too effective," he said. He pointed out that it took the Labor Board a quarter of a century to find out it had power to require fair and equitable representation of black and white workers.

"I regard this as one of the big issues which has to be resolved in this decade," Jenkins said.

"We will have not one America but two" he warned, unless the racial discrimination problem is solved.

He noted that in the quest for equality, Tennessee was making progress that greatly exceeded the "lagging efforts" of other sections of the nation.

Convicted Hanafi Muslims' motion for retrial is denied

WASHINGTON — The judge who presided over the trial of 12 Hanafi Muslims convicted of seizing three Washington buildings has denied a defense request for a retrial based on claims that a woman juror acted irrationally.

"There was nothing in the demeanor of the juror in question during voir dire, trial or deliberations to indicate anything other than that she was at attention, competent and sane," District of Columbia Superior Court Judge Nicholas Nunzio said last week.

The Hanafis were convicted July 23 on a variety of kidnapping, assault and murder charges for the March 9-11 takeover of three buildings and the holding of 149 hostages. A reporter was killed in the takeover of the District Building, Washington's city hall.

Defense attorneys contended the juror may have been pressured by other jurors and noted that she committed herself to a mental institution after the eight-week trial.

Nunzio said he subpoenaed records from St. Elizabeth's Hospital that "indicate absolutely no suggestion that the juror was suffering from a mental disability before or during the trial period."

Three members added to NAB Task Force

WASHINGTON — The National Association of Broadcasters has added three new members to its Task Force on Minority Ownership.

The Task Force is designed to foster an increase in minority ownership of broadcast facilities.

The new members are Eugene Jackson, chairman and president of the National Black Network in New York; William Kennedy 3rd, president of North Carolina Mutual Life Insurance in Durham, and Edward R. Lucero, president of Colorado Equity Capital Corp. and Minority Enterprise Small Business Investment Corp. in Denver.

Other members of the Task Force are Donald A. Thurston, NAB board chairman and Task Force chairman; Ragan A. Henry, president of Broadcast Enterprises Network in Philadelphia; Benjamin L. Hooks, executive director, NAACP; William A. Leonard, vice president, CBS, Inc.; Donald H. McGannon, board chairman and president of Westinghouse Broadcasting Co. in New York; Lloyd Morrisett, president, The John and Mary Markle Foundation in New York; Thomas S. Murphy, board chairman of Capital Cities Communications in New York, and NAB president Vincent T. Wasilewski.

People Helping People The United Way