Jogging can be hazardous to your health

WASHINGTON — Jogging is the leading cause of sports injuries, an orthopedic surgeon says, also warning that summer athletes who begin sports after a long layoff are particularly prone to ailments.

"Fractures, dislocations and sprains and strains affect at least one out of every 10 Americans each year — and many are related to athletics taken up during warm weather months after a long period of inactivity," said Dr. Roger Michael in an interview.

Jogging, "the latest craze," is behind most injuries, he said.

For example, joggers running with tennis shoes may develop a condition called plantar fasciitis of the foot — an inflammation of the supporting structures of the arch."

"Also I see people with shin splints from jogging — that is a condition thought to be an inflammation of the covering of the bones where the muscles attach," he said. A more serious joggers' injury is a rare condition called "compartment syndrome" that can lead to muscle death in the leg.

Michael, chief of Orthopedic Surgery at Union Memorial Hospital in Baltimore, is a member of the American College of Sports Medicine.

He said joggers should wear well - fitting running shoes that have "a firm sole, adequate padding under the laces, an arch support and a built - up section around the heel to protect the achilles tendon."

Secondly, he said, joggers should condition their feet and legs on a soft surface and go through systematic muscle stretching before they run.

Other summer injuries doctors commonly face include tennis elbow, tendon injuries from golf's "unnatural swing," swimmers' shoulder and swimmers' knee, pains under the kneecaps of bicyclists and joints overstretched from yoga.

Skateboarding, however, is no longer as dangerous because of the increase of skateboard parks, protective helmets and knee and elbow pads.

For conditioning, Michael said aerobic sports such as "jogging, cross country running, bicycling, swimming are preferable because they don't necessitate the constant and intensive training that many other sports require."

TINY T - SHIRTS — William Scanion (L) and Melissa Byrd model their new Union Memorial Hospital T-shirts. All new borns at Union Memorial are given the shirts, size 12 months, with "I was born at the Union Memorial Hospital" printed on the front. Girls get hot pink printing and boys get baby blue. The T - shirts are given to the mothers of the babies at discharge.

Umoja boatride coming soon

The first Umoja - Harambee Boatride will be held Monday night, July 31, from 8:30 p.m. to 12:30 a.m. on the Port Welcome.

"The Oneness of JuJu," a group of musical artists, will perform as well as "Malik and Crative Force."

There will also be films of black entertainers of the past.

The boat will cruise to the Patapsco River Basin, turn around and return to the port.

Umoja and Harambee are Kiswahili words. Kiswahili is an East African language spoken in Uganda, Kenya and Tanzania. Umoja means unity. Harambee means all pull together.

The theme of the boatride is "In unity there is strength." If the boatride is successful, it will benefit the Alkebulan Center — formerly the Timbuktu Center — ans Save the Children Developmental Center.

The Alkebulan Center is located at 2024 Edmondson Ave. and Save the Children Developmental Center's address is 1429 McCulloch St.

For ticket information, call 669-1281.

Ali looking for new deals

CHICAGO, Ill. — Muhammad Ali reportedly has a verbal agreement with sports agent Mark McCormack to look for new "deals" for the former Heavyweight Boxing Champion.

According to a Wednesday's news reports, Ali said he wants McCormack to line up, "movies, exhibitions, lectures, endorsements, commercials, foreign tours, business ventures.

If he can produce, we have a deal," Ali told the newspaper.

McCormack is a Cleveland attorney who handles sports figures such as Arnold Palmer. He has about 250 clients, including authors and broadcasters.

Ali emphasized the agreement with McCormack did not signal a break with Herbert Muhammad, his manager and agent since 1966, reports said.

"I have no signed paper with anybody except Herbert," Ali said. "Herbert is still no. 1. Herbert and I have a perfect arrangement. He got me the best deal any boxer ever had. He made me some $40 million.

"If McCormack brings in a movie contract and my attorneys and I like it, then we'll take it to Herbert and his attorney, Charles Lomax, to review. If they like it, we take it, and everybody get a cut."

Davis saddled with leg injury

SAN ANGELO, Texas — Running back Anthony Davis will be lost to the Houston Oilers for at least six weeks because of a broken leg suffered in a training camp practice sesson, a club spokesman said.

Davis, acquired in an off - season trade with Tampa Bay, suffered a broken fibula in his left leg in a collision last Friday with linebacker Steve Kiner.

Team doctors said Davis may not be ready to play before mid - season.

"I tried to stop his momentum, not tackle him, but he banged into me. I probably caught him with my kneecap," Kiner said.

The aggressive Kiner also sent running back Rob Carpenter to the sidelines Friday after an exchange of blows following a tackle. Carpenter ended up with a knot on his head and a headache.

Kiner admitted he lost his temper with Carpenter when the back tried to break his stronghold and keep running.

"I never hit him with my fist. I hit him with an open hadn and I don't think I hurt him," Kiner said.

"The drills aren't designed to hurt people," Defense Coordinator Eddie Biles said. "But we want our guy to get in position to make the tackle before breaking down. It's his responsibility to break down and the running back's responsibility to avoid.

"Sometimes one or the other doesn't and you have a collision. That's what happened Friday."

Voter drive set Saturday

The Henry McNeil Turner Society of Bethel AME Church will hold an all - day voter registration drive on Saturday, July 29 at Swan Drive in Druid Hill Park.

The event is being held in conjunction with the Third Aleer Call prayer service and is sponsored by Ms. Marie Antoinette Phillips.

Afram to be held August 5,6

Afram - Expo '78 comes to Rash Field in the Inner Harbor, Saturday, Aug. 5 and Sunday, Aug. 6.

This year's theme is "Afram Salutes Our Youth — the Best is Yet to Be," spotlighting opportunities in tomorrow's world of business, technology and the professions.

Featured entertainers are The Sal - Soul Orchestra, Jazzmobile's All - Stars, Pockets and First Class.

The Afram opening ceremonies begin at noon Saturday.

Representatives of African nations will participate in the festival.

Sunday's religious services feature the Rev. John Bryant of Bethel AME Church, the Saint Bernadines' and City Temple Choirs plus leading Baltimore Gospel Groups.

There will also be an Afram Parade Sunday at 2p.m. starting at the Fifth Regiment Armory and ending at the Inner Harbor. Afram festival hours, Saturday and Sunday are noon to 8 p.m.

Free admission, everyone is invited! Afram - Expo '78 is sponsored by the Urban Services Agency and its affiliates.

For more information, phone 276-4646.

Star Parties to be held

You can learn facts about the sky at night at three special Star Parties.

Sponsored by the Baltimore City Bureau of Recreation, each "party" will be held at Cylburn Park, 4915 Greenspring Ave., from 8:15 to 10 p.m.

An astronomical slide show will be shown indoors followed by observations outdoors with telescopes, weather permitting.

First Star Party, Tuesday, Aug. 15, 12 - Day Old Moon and Venus;

Second Star Party, Friday, Aug. 18, Full Moon and Big Dipper and;

Third Star Party, Friday, Sept. 8, Moon will be in first quarter and, if the sky is clear, the Andromeda galaxy can be observed.

Pre - registration is required. The fee is $2 per family.

Contact Mrs. Elizabeth L. Merryman, Nature Program Coordinator, Bureau of Recreation, 1129 N. Calvert St., 212-2, 396-5642 or 396-5646, for further information or registration forms.

Art exhibit on display

Prints, drawings and water colors by Camellia Blackwell, Janice Cromwell and Raymond Harris are represented in the exhibition, "Natural Visual Creations" at the Green Earth Cafe, located at 823 N. Charles St.

This exhibit can be viewed on Mondays, 11 a.m. to 9 p.m., Tuesdays through Thursdays, 11 a.m. to midnight, Fridays and Saturdays, 11 a.m. to 3 a.m. and Sundays, 11 a.m. to 9 p.m.

The exhibition will be open through August 20.

Hamfest to be held

The annual Maryland Hamfest, sponsored by the Baltimore Radio Amateur Television Society will take place Sunday, July 30 starting at 8 a.m. at the Howard County Fairgrounds, just off I-70 and Route 32 on Route 144.

There will be a giant flea market, indoor and outdoor exhibit areas, top prizes and plenty of good food and refreshments.

For information or reservations, write BRATS, P. O. Box 5915, Baltimore, Md. 21208, or call 655-7812 evenings from 6 to 10 p.m.

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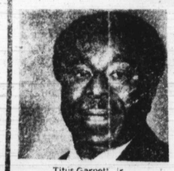

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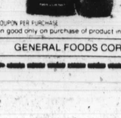

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200,000 expected at AFRAM '78

See page 13

Gladys Knight's sad, sad divorce
See Showtime

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TATTLE TALES RETURNS
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5 homicides in 3 days

Column one below

Cop bullet kills tot, 3

'Go back to your wife'—one victim's last words

Miss Frances Boyd, 40, was found brually beaten to death on Aug. 2 in her Baker Street home. A friend is charged with her death.

Ms. Pearl Fenwick, 54, was killed Aug. 2 after she told a friend, "Go back to your wife."

Mrs. Mary M. White, 47, was found lying dead on the second floor of her home around 6 a.m. Aug. 1.

William Jukes, 32, a cab driver who had been "playing" with a friend on Aug. 2 around 3:45 a.m. was shot three times with a 12 guage shotgun.

Anthony E. Jones, 22, died after being shot in the chest Aug. 2.

After a comparatively violence free summer in Baltimore, these five homicides police said were committed in the city since Aug. 1.

A homicide detective told the AFRO. It has been a very busy week for us and we have made four arrests out of the five homicides."

The first murder was in the 200 block Amity St, Mrs. Mary M. White, 47, was found dead on the second floor of her home around 6 a.m. Aug. 1.

(Continued on Page 2)

Photo by Bumbray and Johnson

READY FOR THE SHOW — Pat Bowley will be modeling swimwear and other fashions at Lawrence Parker's Anniversary Show of Stars benefit for the United Negro College fund at the Inner Harbor Marina, Friday, Aug. 4, 7 p.m. The fashion show, featkging local celebrities and live entertainment, is the kick - off event to benefit UNCF. Other activities are scheduled and the fund drive will culminate in January 1979. For more coverage, see Our World.

INSIDE;
Lydell's after $200 G's
see Sports

Shot eating popsicle on Perkins Sq. steps

It was a hot, humid Tuesday at the Perkins Square Housing Projects in the southeast section of Baltimore. The evening air was filled with sounds of children playing, people talking and the usual friendly summer arguments between families and friends.

This peace ended suddenly with the sound of a shotgun blast followed by two other shots. Bullets flew everywhere. The air was filled with screams. Nothing was the same again.

When the shooting ended Cherise Kess, age 3, of the 200 block S. Ballou Court, who had been sitting on a neighbor's steps eating a popsicle when the violence erupted, was dead from a bullet that passed through her chest.

It was later determined that she was killed by a .38 caliber bullet from a policeman's gun.

What prompted gunfire in the public housing project?

Who killed the small child?

The incident, according to written police reports, began around 7:30 p.m. Tuesday with a neighborhood fight that flared after a seven - day feud between two youths. The brawl grew to nine persons when relatives and friends joined in, police said.

One man, who had been beaten with sticks and rocks, went into a house and returned with a 12 guage, single barrel shotgun. Officials said he fired into the brawlers hitting three persons.

Cherise Kess

He was later identified as Garner Fallin, 43, of the 1500 block E. Preston St. He has been charged with three counts of assault.

(Continued on Page 2)

(AFRO Photo by Roman Hankewycz)

CHILD'S DEATH SCENE—A Baltimore City Police officer stands guard over the 200 Ballou Court scene where 3-year-old Cherise Kess was killed by a stray policeman's bullet during a shootout Aug. 1.

United Way dumps proposal to give black groups more $

By Fred Hines
AFRO Staff Writer

The United Way of Central Maryland has turned down a proposal submitted in June by a predominantly black ministers group asking that a guaranteed percentage of United Way funds go to minority agencies.

In a report released Thursday, Aug. 3, by United Way's Long Range Planning Committee, the organization said the Interdenominational Ministerial Alliance's (IMA) proposal would do more harm than good.

The IMA proposal would have created a new umbrella agency — called "Inner-City Associated Charities" — that would have received a percentage of funds from United Way every year and then distributed the funds to minority controlled agencies.

This would have been similar to the United Black Fund in Washington, D.C.

"It is modeled on precisely those features of the relationship between the United Way and percentage agencies that have generated so much needless conflict over the past decade," the report said.

"Just when the United Way is on the verge of success in resolving the conflict to the benefit of all concerned, acceptance of the Alliance proposal would be tantamount to turning around and heading back to 1969."

Rev. Marion Bascom, who made the proposal on behalf of IMA, told the AFRO that United Way's decision was "being studied with great seriousness."

He called the organization's decision "very inopportune" and said United Way had not formally told him of the decision.

Bascom had presented two separate position papers to United Way in March and June challenging

(Continued on Page 25)

Provident slapped with $917 G suit

A former counselor with the Provident Hospital Project ADAPT is suing the hospital for $917,000 in punitive damages for unlawful suspension and refusing to compensate him during the period of the suspension.

Lorenzo Plater, 2400 block Linden Ave., charges the hospital and its trustees with "unjustly" suspending him without pay. This action, the suit said, caused Plater to suffer "severe mental anguish, emotional distress and experience extreme humiliation in his community."

The cocket was filed Aug. 1 on behalf of Plater by Attorneys Nelson R. Stewart and Nathaniel W. Moorehead.

Provident Hospital officials could not be reached for comment.

According to the suit filed in the Court of Common Pleas of Baltimore, on July 26, 1977, Plater claims while he was a counselor with ADAPT at 221 East 25th St., an incident occurred when he was off duty and not performing any of the functions for which he was hired.

(Continued on Page 2)

Coroner's aide charged with stealing $10 from dead woman

A 29 - year - old Baltimore woman drowned Thursday after falling into the Inner Harbor, and a medical examiner's assistant was arrested on charges that he took money from her clothes while inspecting the body.

Police spokesman Mike Bass said William Clark, 32, an employee of the City Medical Examiner's office, was charged with taking $10 from the woman's body.

Bass said the drowning occurred when the woman, whose name was not released, and a friend, Alan Zimmerman, 28, also of Baltimore, were sitting near a barge on the Inner Harbor about 12:30 a.m. when Zimmerman began climbing on a boat.

When Zimmerman returned, the woman was missing, Bass said. Zimmerman, who saw air bubbles in the water, jumped in the water to try to save the woman but could not locate the body, he said.

Officers Steven Kuhn and Walter Roberts called police scuba divers to the scene and the body was found about 1 a.m. five feet from the wharf. Bass said there were no signs of violence on the body. UPI

Lee to breakfast with black politicos

Acting Gov. Blair Lee III is wooing Baltimore's black politicos.

He is expected to present a six - point program, including a promise for more blacks in decision - making jobs and greater accessibility to his office, at a breakfast Saturday, Aug. 5.

The meeting, which will include members of Maryland Legislative Black Caucus, will be held at 9 a.m. at the Baltimore Hilton Hotel.

The six - point program is part of Lee's campaign for the Democratic gubernatorial nomination and was developed in part by black officials working on the campaign.

The program includes:

— A commitment to a statewide affirmative action plan.

— Increasing the budget of Morgan State University and considering the needs of other predominately black schools in Maryland.

— Black representation on all levels of state government.

— Further accessibility to the governor's office.

— A way to keep the tide of Proposition 13 from affecting Maryland.

Lee may also disclose the release date for his urban policy for Maryland.

Sources said the urban policy — which became a key item in the Lee - Hoyer campaign at the insistance of Del. Larry Young, campaign coordinator for the Seventh Congressional District — could be ready within two weeks.

After his meeting with the black officials, Lee will spend the rest of the day campaigning in the black community in an attempt to drum up some additional votes.

AUG