Baltimore Afro-American

OPINION

founded August 1892 by John H. Murphy Sr., 1840-1922. Published every Tuesday and Saturday by the AFRO-AMERICAN CO. of Baltimore City Inc. Carl Murphy (1889-1967) Editor-publisher (1922-1967).

Rent control

An idea well - worth examining is the one proposed this week by the People's Campaign for Rent Control that would give Baltimore residents an opportunity to vote this fall on the establishment of a Rent Control Board.

It is in the nature of the human experience that outcries will be raised that the proposal represents an unwarranted invasion of the market place, but the situation that it deals with is so important that every possible approach deserves thoughtful consideration.

As we read the proposal, landlords are not denied the right to raise rents or to receive a decent return on their investments.

What they are prohibited from doing is raising rents arbitrarily and without justification. A Tenant - Landlord Commission would hear all requests for increases and this Commission would include two landlords, two tenants and a homeowner.

Obviously, the principal beneficiaries of rent control would be low - income tenants who usually pay a disproportionate share of their income for rent, and who are most adversely impacted by rent increases.

This in itself should be persuasive enough to assure a proper hearing for the proposal, but what should also be considered is that given the reality of continued inflation and the failure of most pay checks to keep pace, the middle - income tenant also needs protection against traumatic rent increases.

The proposal should be seen as one that cuts across racial and economic issues and in so doing possesses the potential to bring into being a powerful coalition linked together in a common purpose.

Such a coalition could be extremely important in dealing with other matters of citywide concern.

Petitioning the rent control proposal to referendum in the November election requires 10,000 signatures and backers of the measure are confident that this number will be met and surpassed.

In our view the proposal should be placed before the voters of the city for their collective judgment. Therefore we urge support of the petition.

A good idea

With the height of the vacation season upon us, energy conservation again is a chief topic of of discussion. Recently Maryland State Police issued a report indicating that the State's speed enforcement program is saving fuel and lives on Maryland highways.

Extra troopers have been patroling the roads since May 1 in support of the governor's energy conservation program. Inasmuch as countless Washington drivers use the nearby Maryland highways, what goes on there is of paramount importance to them.

According to the statistics issued by the State Police report, 18,450 speeding tickets were issued furing a four - week period, a 17 percent increase over the same period last year. This, if nothing else, is a warning to all drivers who may venture onto the Maryland highways.

More important, however, is the figures released by the Maryland Energy Policy Office, which revealed that the speed crackdown has resulted in a saving of 2,352,000 gallons of fuel. They said that the average car uses one percent more fuel for each mile per hour it travels above the 55 - limit, and the average truck uses two percent more fuel for one mile it travels faster than the 55 MPH national speed limit.

Moreover, an additional benefit has been the lowering of the fatality rate. When the campaign started, eight more persons has been killed on Maryland highways as compared to the previous year. But during the period mentioned only two more persons were killed as compared to the previous year. Officials say lower speeds were the primary factor.

If it takes a massive anti - speed campaign to slow motorists down, it is good. By the same token, motorists gain a big benefit by saving gas, and helping the energy conservation program.

It matters little what hppened before, it is clear not that motorists have come to the realization that they must save gas. Of course, now the main reason is the rising cost of gas. During the tectic gas - line days of a few weeks ago, it wasssuggested by many motorists interviewed while in the gas lines that "as soon as the price of gas becomes $1.00 per gallon, there will be plenty of it . . ."

Well, it is now virtually $1.00 per gallon (99.9 in many places), which is little difference than a $1.00, and as they suggested suddenly gas seems to be plentiful. At least, there are no gas lines, and nobody seems to be complaining about not being able to get it when they want to get it, or must have it.

Area motorists, at least, alearned a good lesson: they don't need as much gas as the thought they needed, and they can walk, cycle or ride the Metro in many instances. As many more of them, take advantage of the things they learned during the gas - line days, the big oil boys will find that they may have backed themselves into a corner. By putting the squeeze on the poor unprotected motorist, grabbing high profits and blaming OPEC for the shortages and rising prices, the oil companies may well have forced the little motorists to do a little thinking. Sometimes it takes a big sacrifice to discover that you did not need to go the way you had been going, or do many of the things you had been doing.

Moreover, with the cost of everything rising rapidly, all of us have learned in recent weeks that we must conserve money as well as gas. Thus, there may be a good lesson coming from all of the inconveniences we had to suffer during the gas crunch and, in the long run, we may benefit as well as help the energy conservation program.

The Birds—team players

Some observers have suggested that the Orioles are doing it all with mirrors — the "it" being their stubborn hold on first place in the American League's Eastern Division.

Without benefit of a single certified super star, a free spending owner with limitless dollars, an overpowering lineup of heavy hitters, or locker room feuds to keep the pot boiling, the Orioles go on blithely along their way doing what they seem to do better than anyone else — winning.

If they aren't doing it with mirrors, then what?

We suggest that the secret of the Orioles' success is team - play.

It's an old fashioned term not in wide circulation today, but it has proven powerful enough to keep the Orioles out in front for most of the season, and in the absence of complete self destruction, a la the Boston Red Sox of last season, should take them into the playoffs and on to the World Series.

But that is getting ahead of the lesson we believe the Orioles are teaching the people in their hometown.

By playing as a team, with different players emerging as stars on different days and everyone contributing to the total effort, the Orioles are demonstrating on the field that pulling together is not a bad idea at all.

The Orioles have no single hero, but a whole group of heroes, white and black, and the fans cheer them all.

This is good for our town. The success of the Orioles won't solve the many problems we face, but there is nothing wrong in taking a little time out to cheer them on. And even if they fail — and we don't believe they will — to survive the fox dog days of summer and make it to the cool breezes of October and the World Series, we'll continue to cheer them for showing us that team play is not out of style.

Now that it costs $1, there's plenty

Madeline MURPHY

It seems that every time I have had to broadcast and see my childhood friend, Larry Dean, I become the bearer of bad news: "Did you know," I'll say, "that Dr. Brown or Dr. Taylor (and the list goes on) died?"

It's as if our only ties with the past are the deaths and demise of mutual teachers, friends or acquaintances.

It's gotten so that every time he sees me, I imagine Larry braces for more bad news! But many of us are at that age when deaths rather than births seem more prevalent.

And as I remember the deaths of three people recently, I recall their qualities and how they made the lives of those close to them better and bearable.

One, a doctor, whose wife early - on was bitten by the political bug. She ran and won office in the state Senate in an era when other women were complaining about male domination. There was never a period in which this man was either publicly chauvanistic or threatened by his wife's indicudual success. Quite a rare attribute.

Rather, there was a pride, warmth, a secret sign language that permeated their public appearances together. And the loss of this man I'm sure is felt more deeply because of this close, supportive relationship.

Another, wife of a newspaper executive, who enjoyed the role of homemaker and mother, whose down - to - earth comments, oftimes cryptic, could be insightful as well as concise. She used this role as an important contribution to the success of her husband.

And when she was dying, she used her spiritual insight and relgious devotion not only to ease her own pain, but made her suffering less traumatic for her family as well as the hospital staff who served her. Some innate quality, some steadfast faith resided within her, that allowed her to surrender willingly.

And finally, a very elderly woman of 90, who looked upon her four grown children as unique individuals; who never counted as one against the other, any single contribution. Atypical of the guilt destroying mother.

So often, we mothers seem to have electronic tote boards in our heads that count — "Johnny didn't call this week, but Mary did" — or "You didn't remember my birthday and if it hadn't been for Jane I would have been all alone."

She felt strongly that each child made his own contribution to the richness of her life — none giving the same, but all giving some special preciaous quality.

Such wisdom should be bottled and sold to all of us who fall into the trap of odious comparison!

But does this mean that because of these three who have died, that their contributions die with them?

I prefer to believe as the Zulu's that their spirits hover near and live on forever. That we can speak to them and in some uncanny way they answer.

That when we think of them, lift them from our recessed memories we also re - awaken their spirit.

That this nearness makes us reassess our lives in relation to what their influence, character and personality did for us in their lifetime.

It would seem that it is then that longing for them is eased for a moment; and it is then that we too, being fragile mortal beings should no longer fear our own deaths.

As William Mitford said, "Men fear death, as if unquestionably the greatest evil, and yet no man knows that it may not be ther greatest good."

At least to me it is a comfort to remember my parents, aunts, uncles, etc. and in remembering bring them a bit closer to continue to enrich my life.

Mrs. Murphy is a commentator on Impact News on Tuesdays at 6 p.m. on WEAA - FM.

PARREN MITCHELL

Health insurance abuse and the elderly

There is ample evidence that senior citizens are being sold multiple, duplicative and essentially worthless insurance policies by some unscrupulous insurance agents.

In fact, the House Select Committee on Aging has just completed investigations which reveal that senior citizens are being taken for as much as an estimated $1 billion out of the $4 billion they annually spend for health insurance in supplementation of Medicare.

I have co - sponsored legislation introduced by Rep. Claude Pepper, D — Fla., chairman of the House Select COMMITTEE ON Aging, to end abuses in the sale of health insurance to the elderly.

Examples of abuses revealed in the House Aging Committee's investigation include:

Salesmen who represented themselves as representatives from Medicare in order to gain entry to homes of senior citizens;

Insurance agents purposely causing seniors to cancel perfectly good policies and to take a new policy. The only reason for the change: the agent received a 60 percent commission on new policies sold and only 5 percent on renewals;

Agents deliberately selling senior citizens more insurance than they need. Examples of senior citizens with 10, 15 and even 30 policies were not uncommon. (Such policies usually contain a clause which says that only one will pay).

Specific cases follow:

1. A 76 - year old Illinois woman was sold some 71 life and hospitalization policies since she was widowed in 1976. Some 42 of the policies are currently in effect. It was reported she had to mortgage her farm to keep up with the premiums which in one year amounted to $15,000.

2. An 80 - year old Pennsylvania woman spent more than $50,000 on 31 policies over a three year period. She took out a $3,000 loan from a bank to make insurance payments.

3. A Pennsylvania widow also near 80 was spending $100 of her $109 old age pension on insurance. She said she sold baked goods and dipped into her small savings to survive.

4. An 87 - year old Wisconsin woman purchased 19 different policies from six agents representing nine companies and costing $4,000. As in these other cases, the policies were largely worthless because of duplication.

5. A Florida couple age 82 and 78 delayed repairing their refrigerator, television or stove because they were trying to keep up with $2,882 yearly premiums on 19 separate insurance policies.

6. An Ohio woman bought 13 different policies over a two - year period, costing her more than $9,000 or 68 percent of her income.

7. An 84 - year old Texas woman paid more than $15,303 for 23 health policies. Investigation revealed that several of the items she thought were insurance policies were worthless vehicle warranty contracts and a deed to worthless, unwanted Texas land.

8. A blind 94 - year old Kansas man was sold 26 accident and health policies in the past three years.

It is important to note that major scandals have erupted in half of the states. The reform legislation will give senior citizens some advice as to what are acceptable policies.

Many companies return as little as 25 cents on the premium dollar back to their insured. The new legislation will require that policies sold to senior citizens return at least 75 cents on the premium dollar, in order to be able to qualify for FEDERAL CERTIFICATION.

The major provisions of the reform legislation, H.R. 2602, include the following:

Creation of a program of voluntary certification so that those companies which met federal standards would receive, in effect, the government's "good housekeeping" seal of approval to use in their advertising.

The bill is pending before the Health Subcommittee of the House Interstate and Foreign Commerce Committee. Hearings were held on the bill on June 13 at which time senior citizens, consumer and industry representatives testified. The outlook for passage is considered good.

Mr. Mitchell represents **Maryland's 7th District in the U.S House of Representatives.**

LETTERS

Celebrate Marcus Garvey Day, Aug. 18

Dear AFRO:

The eighth annual Marcus Garvey Day will be held Saturday, Aug. 18 from noon to 6 p.m. in Harlem Park, Gilmor Street and Edmondson Avenue.

There will be music, art, poetry, games for youth and positive vibrations. A seminar will follow at 6:30 p.m. in Harlem Park Junior High School.

Marcus Mosiah Garvey was born on the island of Jamaica in the town of St. Ann on Aug. 17, 1887.

Marcus Garvey was a serious young man and in 1914, in his native country, he organized the Universial Negro Improvement Association (UNIA) to rehabilitate, unite and uplift the black race.

In 1916 Garvey journeyed to the United States and established the UNIA here. In one year, Garvey visited more than 38 states.

The masses of black people in the United States were receptive to Marcus Garvey. To American blacks who had been victimized by lynchings, deceived by the promises of improved conditions

Marcus Garvey

after World War I and disenfranchised from voting, Marcus Mosiah Garvey provided hope and instilled pride and respect.

Marcus Garvey said, "Black is beautiful."

He organized black people under the black liberation flag with its colors of red, black and green.

He organized a world - wide army of black men.

He founded a newspaper.

Garvey worked tirelessly to establish a strong economic base for black people.

He organized the largest world - wide mass movement of black people the world has ever known.

Marcus Garvey said, "We, black people, are the only people in the world who laugh at our misfortunes and show no interest in collective selves.

"It is obvious, according to the commonest principles of human action, that no man will do as much for you as you will do for yourself."

Marcus Garvey died in 1941.

The community is encouraged to share in the commemoration for Marcus Mosiah Garvey, Saturday, Aug. 18.

CHARLES A. DUGGER

Arena Players note passing of Richard Ward

Dear AFRO:

Arena Players, Inc., Baltimore's long established community theatre group, pays special tribute to Richard Ward, recently deceased actor, director, and television personality.

Mr. Ward was the 1973 recipient of Arena Players annual Artistic Achievement Award presented during the group's yearly banquet.

Several actors from Arena Players were fortunate enough to work with Mr.and Mr. Ward in the first black professional production of Arthur Miller's "Death of a Salesman" and the production of Lonnie Elder's "Cermonies in Dark Old Men" at a local regional theater.

All Arena Players who knew and loved Richard Ward acknowledge his sincerity, his creativity, his devotion to his profession, his contribution to their own growth, and would have wished for him a little longer stay on earth.

SAMUEL H. WILSON Jr.
President, (P.T.T.)
Arena Players, Inc.

Howard dean is '79 Dow-Jones winner

DEAN MILTON WILSON of the Howard U. School of Business and Public Administration has received the 1979 Dow Jones Award "for distinguished service and outstanding contribution to collegiate education for business administration." Wilson has designated the $7,500 award to the university to be used for financial aid for students in business administration.

'Re-elect Pressman'

Why is Comptroller Hyman A. Pressman being challenged for the office?

It would be sheer folly for voters to discard what he has diligently built in the 16 years he has held the office. Never has there been even a rumor of corruption, conflict of interest, or anything remotely resembling inefficiency. He has an enviable record.

It would be deplorable, and a definite liability, to change just for the sake of change. The office is too important to Baltimore.

Mr. Pressman should be re - elected and re - elected for as long as he continues to perform well. There simply is too much at stake for the office to be disrupted at a time when Baltimore is beset with gigantic problems and programs.

Experience, honesty, track record, etc. should not be ignored.

Baltimore cannot afford the luxury of changing just for the change.

O. J. SMALL

G. JAMES FLEMING

Don't write him off!

There was once a university president who was the most abused of university presidents when he reached his campus.

He was young; therefore, the old and seasoned professors (each of whom felt he, himself, should be the new president) made snide remarks about him ("Not even dry behind the ears," etc.).

He was "a preacher" and looked down upon as "another one of them."

He had no Ph.D. and, therefore, considered "not suited to be president of our great university."

Unlike his predecessors, he was black so, please believe it, he was pre - judged as not being "able to raise all the money this university needs."

In some circles, he was the object of vile language. Once, off - campus, he was burned in effigy.

"I've been 'buked and I've been scorned," this president once said, jokingly and in reminiscence.

No one expected this university president to last very long. Many people expected him soon "to go back where he came from." Back to some small - town pulpit.

But, this university president did not go back where he came from. He remained as head of his institution for 35 years; outrode all upheavals and buried most of his enemies.

He did more. He raised more monies, erected more buildings, and attracted more Ph.Ds. than all his predecessor presidents put together. When he died, he was loved and respected, and held in high repute, nationwide.

This president just would not be written off, neither would he be "cussed off," or maligned, or frightened away. He out - thought, outwitted, out - constructed and outprayed, his revilers — and he won friends and support along the way.

All this has come to mind as we have been listening to the remarks being hurled anew at President Jimmy Carter — from little darts to rank condemnation. Some wishful thinking, too.

Some of the anti - Carterites started out asking, "Jimmy who?" And they have continued being everything, from skeptical to brutal.

"What to expect from a country boy," some continue to ask.

"That Georgia Mafia" is another way of digging at the President, referring to some of Carter's palace guard — as if all presidents have not had their henchmen and their kitchen cabinets, from Massachusetts, or Texas, or Missouri, or New York.

The diatribes against Mr. Carter (some of which he has invited) are so current, there is no need here to carry an extensive summary.

The latest, however, includes Rosalynn Carter, the President's wife — really, a repetition from her first days in the White House.

Mrs. Carter was reminded then that "Nobody elected her President . . ." In different versions she is being reminded again, as it has come to light that she was with her husband at Camp David summit. "Right at his elbow," the Carter critics said.

Worst charges, of course, were made against Mrs. Franklin D. Roosevelt. That venerable lady was painted in some circles as a Communist and also accused of inviting black household help to rebel against their white madams and their low - paid jobs.

(Mrs. Woodrow Wilson was credited or discredited with running the country during the long illness of her husband).

Don't write off Jimmy Carter. The last primary is not over and the pivotal convention vote has not been cast. And, of course, the 1980 election is more than a year away.

Right now, of course, if the polls and the computers (and some commentators) have their way, it will take a miracle to return Jimmy and Rosalynn to the White House.

"I've been 'buked and I've been scorned," to repeat that old Negro spiritual, but, in the case of the university president with which this column started, he lived it through, he rose above his detractors, he built for the future, and he remained in office for 35 years.

What for Jimmy Carter? Only the days and months ahead can tell. But, don't write him off too soon. Remember Harry Truman in 1948.

ELIZABETH M. OLIVER

PROGRESSIVE INTEREST GROUP, headed by Mrs. John R. Coasey, is holding the Grand Drawing Saturday at the Civic Center on behalf of the Orchard Street Church Restoration Committee.

LOOK HERE at the prizes 1st - 1979 Cutlass Supreme car, 2nd- mink stole, 3rd - 19-in. color TV, 4th- SX-70 Polaroid instant camera and an all - expense for two trip to San Juan, Puerto Rico for the person selling over 300 raffle books. A book of six tickets is only $5.00.

For tickets call 367 - 7612 or 367 - 8058 and ask for Mrs. Coasey or Mrs. Virgie Thompson. Mrs. Coasey is member of Mayor Schaefer's Honorary Fundraising Committee for the Orchard Street Museum.

MEMBER OF Mayor Schaefer's Election Finance Committee is Allen Quille, a prominent businessman who most recently has served as general chairman of the fundraising for the new St. Francis Academy on Chase Street.

HIGH ECCLESIASTICAL OCCASION is the coming Aug. 12 - 15. Headquarters for the St. Martin's Churches of Christ Spiritual First Annual Congress will be Rev. F. H. Franklin's church at Madison and North Aves., that neat attractive and colorful spot where you see flowers and brighh green carpet.

ARRIVING from eight different states and 30 churches will be delegates, clergymen, ministers, prophets; evangelists and mediums, Sunday school, missionaries, church mother, nurses, ushers, members of the choirs and young people's departments, trustees, deacons and acolytes plus many, many guests.

STUDY AND WORSHIP begin officially at 8 p.m. at the Aug. 12 Musicale. Guests and clergy will register officially at 9 a.m. Aug. 13 with communion and consecration preceding the opening session. Baptism is at 10 p.m. Aug. 13.

FR. FRANKLIN'S church is the U.S. headquarters and the spacious dining areas will witness the many congressional participants being served breakfast and dinner, deserts and sandwiches at a nominal fee, not more than $2.

THE FIRST ANNUAL Congress 1979 is slated to be a huge success for the St. Martin's Church, the AFRO's 1978 Church of the Year.

The church, Fr. Franklin and Brother Mike are to be praised for the devotion to the young people in the area, the many food baskets and jobs they give (even if it isn't Christmas or Thanksgiving) the participation in the AFRO Clean Block with a $500 gift and the gifts to Mrs. Santa.

DIAL 669 - 1984 for information and try to attend some of the public sessions to be with the colorful throng from across the nation.

DEL. TROY BRAILEY, vice chairman of the Maryland Legislative Black Caucus just returned from the annual meeting of the National Conference of State Legislators in San Francisco, Calif.

Brailey, a former president of the Brotherhood of Sleeping Car Porters and co - chairman along with the late A. Philip Randolph of the March on Washington, is on the national Conference of State Legislators' Transportation Committee.

HE REVEALS one of the most exciting of all the many activities in San Francisco was the tour of all transportation in San Francisco (cable cars etc) hosted by the California Transportation Dept.

Among those Brailey met were California Gov. Jerry Brown, Ernest M. Morial, the black mayor of New Orleans, La., Sen. Howard Baker of Tennessee; Lou Harris, president of Lou Harris Asso., John B. Connally, former governor of Texas and many other federal and private industry bigwigs.

WE HEARD a few of the big chiefs say they had met Del. Brailey in San Francisco before he came back on the Baltimore scene sooooo we called him and asked him to give us a new note or overview.

It seems they were impressed with his long record in the Maryland General Assembly (he is the senior member of the House) and how me makes friends easily.

SOON TO COME is a story on an all - black state of Washington town Del. Brailey learned about while out West. It contains info about a black man who established the town near Seattle and his wife named all the streets.

ANOTHER INTERESTING personality is Del. Frank M. Conaway, also a member of the Maryland General Assembly who has established a magical series of business enterprises in a short time and is the only member who has been elected again after losing his seat in the House of Delegates.

Through magic of personality he has opened a thriving insurance firm, a travel agency and other companies all operated in excellence and in high efficiency which he says is the essential to success.

Both Conaway and Cong. Parren J. Mitchell are to be subjects of success stories in coming national magazines this fall.

AH, 'TIS AUGUST and the sign is Leo, the symbol of the lion, power and charm for all born under these stars.

Have you noticed the moon has already turned red and there's a mist that signals the coming of autumn and the blazing colors of nature?

AUGUST is slated to be the turning point in Leo lives with money pouring down like rain from heaven for the next seven years.

The stars predict that since Jupiter is in the 7th House — or something like that.

Different astrologers say different things but at any rate, if you are a Leo, look for fortune and good health too. How wonderful can it be.

THE POET SAYS "Return not home in August. The fields will be dry and all roads covered with dust."

HOWEVER, August is the month of homecomings since all vacations must end by Labor Day, Monday Sept. 3.

BACK TO SCHOOL preparations consume the time of most young people. My grandson Elmer W. German III here from Howard is set to enter McDonough School Aug. 19 to begin football practice and stay on campus.

MEANTIME, he is working here at the AFRO home office. His first job is significant to us Olivers.

My mother Rose Murphy Oliver worked in the mailing room. I'm here now. Elmer's mother Marsha was magazine editor before she went to Howard. Elmer makes the 4th generation on the job.

ONE OF HIS subjects at McDonough will be lourpalism. Both his mother and great-grandmother and I started at the bottom and worked up in this plant. We were all practically reared in the AFRO office.

DURING WORLD WAR II, when the men went to battle Cousin Ida Peters (entertainment editor) and I kept our kids Carl and Marsha here while we worked into the night. Babysitters were almost unheard of in those days, and the little tots slept in the ladies room many a night.

ELMER is thrilled with his job, learning about the many relatives and how a newspaper works.

WE SEE HISTORY from a different point of view, from the lives of our forefathers who worked hard and long hours and have gone on to heaven. It's a story of joy and sorrow as we remember Uncles Dan, Arnett, John, George and Carl and Aunt Francis who gave their lives for the AFRO.

AUG. 13 marks the AFRO's 87th birthday and a few hours afterwards, we begin our 88th year. "Tis a time for celebration here and we'll be well into "going on" our first century.

AUG 23 is the date of a grand occasion when the Oblate Sisters hold their honors banquet to mark a highpoint in theic Restoration Campaign for St. Francis Academy.

Among those to be saluted in William (Little Willie) Adams who has done so much toward aiding the campaign. Praises go to Allen Quille who has spearheaded the effort to restore not only old St. Francis Academy but all the Chase Street area.

YOU'LL BE HEARING more about that.

NEXT most important event of all is the National Baptist Convention which comes in Cleveland the first week of September, right after Labor Day.

THIS GROUP is the largest religious group in the world and usually the convention at its peak witnesses nearly 20,000 persons on the scene.

AFRAM, the black citizens festival at the Inner Harbor, missed the mark of nearly 1 million attendance because of rain and generally lack of enthusiasm and a growing distaste for what's happenning.

MANY CITIZENS looked up it as giving OTHERS the advantage of making money off of us and so few of us gaining anything but food and drink and fun.

AFRAM is the only ethnic festival sponsored by the city.

Italians, Germans, Lithuanians etc. all sponsor their own events privately.

FOR EXAMPLE, the Italians who celebrate this weekend are preparing their own kinds of foods, handicraft and so forth under their own direction and with their own hands.

THEY DETERMINE every step that is taken and rarely will any other nationality have any input.

Instead, we have invaders who see us as the Big Spenders, which we are, just consumers.

Instead, we have invaders who see us as the Big Spenders, which we are, just consumers.

We should change all of this. We have the leaders, churches by the hundreds and capable people who will not sell us down the river for a few coins.

QUESTION: Who were the folks who were selling Soul Food Pizzas? Not us.

FAMILY DAY as designated by the Maryland House of Delegates is set for Aug. 5 (Sunday) all day at the spacious grounds of Bishop Monroe Saunders First United Church, Apostolic, 5150 Baltimore National Pike.

A week of events is already in progress with seminars on Parent - Youth problems etc. Religious services start Sunday at 5 p.m. but get there early in the afternoon, bring all your family and a BIG basket lunch. The lawns are as soft as velvet and the trees giving plenty cool shade. Elinor D. Powell is co-chairman along with Del. Brailey who is author of the legislation.

AUG. 8 at 10 a.m. ths mayor will open Baltimore's 250th birthday celebration in Shot Tower Park.

Energy Saving

Turn off the lights!!

It's easy to use more light than you need.

More than 16 percent of the electricity we use in our homes goes into lighting. Most Americans overlight their homes, so lowering lighting levels is an easy conservation measure.

Indoor Lighting

— Turn off lights in any room not being used.

— Light - zone your home and save electricity. Concentrate lighting' in reading and working areas and where it's needed for safety (stairwells, for example). Reduce lighting in other areas, but avoid very sharp contrasts.

— **To reduce overall lighting in non - working spaces**, remove one bulb out of three in multiple light fixtures and replace it with a burned - out bulb for safety. Replace other bulbs throughout the house with bulbs of the next lower wattage.

— **Consider installing solid state dimmers or hi - low switches** when replacing lightswitches. They make it easy to reduce lighting intensity in a room and thus save energy.

— **Use one large bulb instead of several small ones in areas where bright light is needed.**

— **Use bulbs - life incandescent lamps only in hard - to - reach places.** They are less energy efficient than ordinary bulbs.

— **Need new lamps?** Consider the advantages of those with three-way switches. They make it easy to keep lighting levels low when intense light is not necessary, and that saves electricity. Use the high switch only for reading or other activities that require brighter light.

—**Always turn three-way bulbs down to the lowest lighting level when watching television.** You'll reduce the glare and use less energy.

— **Use low - wattage night - light bulbs.** These rotor come in 4 - watt as well as 7 - watt sizes. The 4 - watt bulb with a clear finish is almost as bright as the 7 - watt frosted bulb but uses about half as much energy.

Try 10 - watt **reflector floodlights** in directional lamps (such as pole or spot lamps). These floodlights provide about the same amount of light as the standard 100 - watt bulbs but at half the wattage.

Try 25 - watt **reflector flood bulbs** in high - intensity portable lamps. They provide about the same amount of light but use less energy than the 40 - watt bulbs that normally come with these lamps.

— **Use fluorescent lights whenever you can; they give out more lumens per watt.** For example, a 40 - watt fluorescent lamp gives off 80 lumens per watt and a 60 - watt incandescent gives off only 14.7 lumens per watt.

The 40 - watt fluorescent lamp would save about 140 watts of electricity over a 7 - hour period. These savings, over a period of time, could more than pay for the fixtures you would need to use fluorescent lighting.

— **Consider fluorescent lighting for the kitchen sink and countertop areas.** These lights set under kitchen cabinets or over countertops are pleasant and energy efficient.

— **Fluorescent lighting also is effective for makeup and grooming area.** Use 20 - watt deluxe warm white lamps for these areas.

— **Keep all lamps and light fixtures clean.** Dirt absorbs light.

— **You can save on lighting energy when redecorating.** Remember, light colors for walls, rugs, draperies, and upholstery reflect light and therefore reduce the amount of artificial light required.

Outdoor Lighting

Have decorative outdoor gas lamps turned off, unless they are essential for safety, or convert them to electricity.

Keeping just eight gas lamps burning year - round uses as much natural gas as it takes to heat an average - size home for a winter heating season.

By turning off one gas lamp, you might save from $40 to $50 a year in natural gas costs.

Use outdoor lights only when they are needed One way to make sure they're off during the daylight hours is to put them on a photocell unit or timer that will turn them off automatically.

Straight Talk About Aging

Physical fitness, challenge for all ages

By Dr. Matthew Tayback

Some symptoms of aging we bring on ourselves. Physicians are almost unanimous in agreeing that physical inactivity hastens aging and that some conditions seen among the elderly are due not to disease but to disuse.

Evidence indicates that people exercise less as they grow older, mainly because they expect to be less capable. Trapped by our attitudes in a self - defeating cycle, we fulfill our own notions of old age. The less we do, the less we are capable of doing.

Without exercise, muscles shrink and atrophy, bones may lose their calcium and joints stiffen. It is a biological fact that physical function which are not repeated frequently will undergo a decline in efficiency and the organs and tissues involved will atrophy.

For example, lung capacity diminishes as we grow older, usually at the rate of one percent a year after age 20. But research has shown that people who exercise can boost their lung power to higher levels.

At 60 an active individual can have the lung power of a 30 year old who doesn't exercise, according to C. Carson Conrad, executive director of the President's Council on Physical Fitness.

"Older Americans are losing years of life and forfeiting a more abundant way of life because of their basic misconception about fitness," says Conrad.

Research has proven also that many health problems associated with aging are acquired changes resulting from poor health practices, rather than simply the passage of time. It is confirmed now that proper diet and regular physical activity as part of an individual's lifestyle are major factors in the maintenance of physical and mental vigor.

In respect to cardiovascular disease, physical activity and diet combined with smoking and personality type appear to be the principal factors accounting for risk of heart disease.

Physical fitness for the later years should ideally have been a part of a lifetime program. According to many physiologists, however, when such a program has not occurred for one reason or another, the damage may be remedied.

The need for fitness and training in the seventh and eighth decades is no different than in the third and fourth. In addition, physical training can restore an older person's level of fitness to that of a person 10 to 30 years younger, according to a University of Toronto study.

There are many forms of exercise. All physicians agree that any reasonable exercise is better than no exercise at all.

In terms of total fitness, nothing is better than an aerobic program. This is true for all ages, and today aerobics have been adapted to the physical needs of the elderly.

Aerobic exercise works faster and more efficiently in bringing about desirable body changes that spell fitness, promote heart health and cardiovascular fitness. Aerobics is the intake of oxygen that achieves a balance between oxygen intake and the amount of oxygen that is used up in the working muscles.

If you are out of breath when walking steps, hurrying or running, you are using more oxygen than you took in and are borrowing heavily on stored oxygen in the muscles. Aerobic exercise — sustained muscle activity — is much more effective in promoting physical fitness than stop and go activity.

Some aerobic exercises are: brisk walking, calisthenics and deep breathing, cycling, swimming, running and running in place, jogging and cross country skiing.

Weightlifting, tennis, golf, down hill skiing, football, handball, racquet ball, sprinting and bowling are stop and go exercises, which are better than no exercise, but particularly for the elderly, are not equal to aerobic exercises.

For further information regarding your group or personal physical fitness program, call Mrs. Agnes Taylor, Physical Fitness Coordinator, Maryland Office on Aging, at (301) - 383 - 2100.

Dr. Tayback is state director on aging.

Money Matters

Those electronic banking machines

More and more banks are installing machines that let depositors handle account transactions electronically.

When you use one of these new "automated teller" machines, the Maryland Association of Certified Public Accountants points out that you are entitled to receive a receipt or other written document as proof of your transaction. Before opening your account, be sure to ask what alternatives the bank has for providing a receipt in case of machine malfunction.

The receipts are important because only with them can you verify or reconcile the periodic statements of transactions that banks offering "automated teller" machines must regularly provide each depositor. (By the way, the CPAs add, if you find an error, you have 60 days to report it.)

To use one of the new "electronic banking" terminals, you will often be given a plastic "debit" card and a notice which bears your own personal identification number or password.

Don't ever carry both together in your purse or wallet. If stolen, the thief would have everything he needs to withdraw money from your account.

Fortunately, even should that occur — or should you lose your card — your liability would be limited to $50.00 iif you report the loss within two days. If you don't, your liability rises to $500.00.

Incidentally, a new regulation which becomes effective Aug. 1, 1979 provides that a card holder will bear no liability for unauthorized use of the card if the bank fails to advise the card holder what the liability is for unauthorized use, the telephone number and address to which stolen or lost cards should be reported and the days the institution can be notified.

In another area of concern to the banking public, the Maryland CPA Association observes that savers usually assume that a bank holding their depositis will automatically pay the highest rate of interest currently offered for that type account.

As the song goes, "it ain't necessarily so." It's up to depositors to keep informed about available rates and, if necessary, up to them to shift accounts in order to obtain the highest interest.

Furthermore, there are factors other than the interest rate which help determine how much you can earn on savings.

One is the frequency of compounding. Although daily compounding of a $1,000 savings account may earn only a dollar or two more per year than compounding quarterly, a big difference can show up in what you would lose with quarterly compounding if you had to withdraw the money before the end of the quarter.

Finally, the Maryland CPA Association says, don't let a savings account go without deposits, withdrawals or some form of written communication for too long.

It's likely, generally after 12 years of inactivity and in accordance with state banking laws, that the bank may be required to transfer your account to the state.

Strange twist at Howard

Dear AFRO:

Recently, I learned of a very unfortunate situation at our beloved Howard University. This situation is most disturbing as it is now more than ever that Afro - American students are in need of the highest quality of education that can be rendered to them.

I speak of the unjustified removal of one of the most respected and accomplished teachers at the Howard University School of Dentistry. Dr. Neim,e periodontic specialist, with over 15 years of practical and theoretical experience, with medical degrees from Paris, France, as well as from the United States, was removed because she raised the question of justice with the Dean of the School of Dentistry. She questioned the unequal treatment given to various members of the dental faculty; for this she was removed without a hearing.

It is a strange twist of life when we, Afro - Americans, who have fought and died for equality now treat others unequally. This fact is underscored when the victim is also a person of color. The dental school students have put it more accurately. . . an egregious mistake has been made . . ."

It is one thing to remove one who is not interested in training competent black dentists; it is another matter when one removes a teacher whose sole concern is the betterment of our community, of our people. This situation should be corrected.

AL GASKINS