Community College of Baltimore Spotlight

Teacher-student Conrad Eichelberger: martial arts expert

By Gusty Taler
Special to the AFRO

When Conrad Eichelberger says he gets "a kick out of life," he really means it.

At 27 years of age, he has earned a black belt in karate and is considered a master in the art of "street fighting," a highly specialized form of self-defense involving a variety of kicks and blocking techniques, as well as numerous weapons of opportunity.

Conrad's position at the Community College of Baltimore is unique, in that he is both a student and an instructor. While working towards an associate in arts degree in mass communications, he also teaches karate, judo and kung-fu in the College's division of continuing education and community services.

"The Community College of Baltimore," according to Conrad, "has one of the best martial arts programs in the state. Many of the instructors, including myself, are nationally ranked.

"We even have several women instructors. One of the women, Beverly Sykes, a full-time CCB employee in the division of continuing education and community services, is a Baltimore Colt cheerleader."

Teaching classes while taking classes would certainly keep the average person quite busy.

But Conrad is not the average person. Not only is he an expert in the martial arts, he is a talented writer and actor as well.

In fact, he has just completed his second movie script, entitled "Super Dragons," which he sold to Warner Brothers Productions.

His first film, "Killer Karate, Killer Kung-Fu," will be produced by United Artists and will feature Conrad and several other CCB students, including Leory "Super Foot" Taylor, "Speedo" Brown, Richard Huggins, Eddie Butcher and Ricky "Jumping Jack" GARDNER.

Conrad is currently involved as well in the local production of various training films on the martial arts.

"There's a lot to learn about the art of self-defense," Conrad remarked, "not only in terms of the various techniques, of which there are thousands, but also in terms of its history, which dates back to the beginning of the third century."

KAH POW!! — Conrad Eichelberger gets a karate chop from one of his young students, Frank McMiller, 6. Frank has been taking karate lessons for 1½ years and already has a yellow belt.

The art of karate alone involves more than 7,000 different kicks. In order to be considered an expert in karate, one must master a minimum of six kicks with the appropriate hand techniques. After 10 years of study, Conrad has mastered 20 kicks and has even invented his own, which he calls "The Chopper."

Sound control, which is taught at the intermediate level (yellow belt), is used to intensify the power of the hit.

"By screaming," Conrad explained, "one uses his or her internal forces to help in the battle. This concept of inner strength, or 'chi' serves as the basis for chi-do karate, a street fighting technique which I have originated."

Because chi-do karate is such an advanced form of self-defense, only those individuals who have earned at least a brown belt (advanced intermediate) are qualified to study it.

It involves the techniques used in wrestling, judo, karate, kung-fu and boxing. The first phase of stdy focuses on the techniques employed in boxing and wrestling. The second phase concentrates on karate and kung-fu techniques. The third phase emphasizes two types of kung-fu kicks: "the dragon" and the "the tiger." The fourth and final phase deals with the techniques of "total combat."

One can study ci-do karate, as well as other forms of self-defense, at any one of Conrad's three schools located in the Baltimore Metropolitan Area. Conrad has also published a chi-do karate manual, entitled "The Bamboo Code."

Conrad's abilities, however, are not limited to the martial arts or the field of mass communications.

An accomplished organist, he hopes to produce his first album, featuring original jazz and gospel numbers, sometime next year.

An avid photographer, he enjoys shooting and developing his own photographs. In the little spare time he has, Conrad enjoys reading mystery novels, especially the tales of Sherlock Holmes.

In terms of future plans, Conrad stated that he would like to pursue an advanced degree in cinematography production.

"Ultimately, I would like to produce full length feature films onthe martial arts. If possible, I'd like to set up a production stdio right here in Baltimore."

For someone as versatile and talented as Conrad, anything and everything is possible.

MSU schedules fall registration

Continuing students at Morgan State University will enroll for classes for the fall 1979 semester Aug. 29 and Aug. 30 in the McKeldin Center.

Persons with last initials beginning with A-L will enroll from 10 a.m. to 3 p.m. on Aug. 29.

Those with last initials beginning with M-Z will enroll on Aug. 30 from 10 a.m. to 3 p.m.

Students who have not pre-registered will do so on Aug. 31.

Late registration will be held Sep. 4 through Sept. 6 from 9:30 a.m. to 3 p.m.

Registration and orientation for new students will be held Aug. 29 and Aug. 30 from 6 to 8 p.m.

Graduate registration will be held Aug. 27 through Aug. 30 from 3:30 to 6 pm.

Classes at the University begin Sept. 4.

Bowie offers new programs for fall

A bachelor of science degree pogram for registered nurses who need to complete their four-year college requirements will beginthis fall at Bowie State College. Applications are being accepted for the new program, the only one of its kind in southern Maryland.

Registrations for classes, as well as other department courses, are scheduled for Thursday, Aug. 23, and Friday, Aug. 24, at the James Physical Education Complex of Bowie State College. Classes begin Aug. 27.

Final curriculum approvals for the nursing courses are pending before the State Board for Higher Education. A special curriculum committee of the state board has already sanctioned the course requirements, and the Board of Trustees of the State Universities and Colleges has also approved the curriculum.

Registered nurses will be the only students accepted for the program, which will focus on management and administration, research, ethics, diagnosis, patient assessment, nursing responsibilities and other advanced courses designed to gain the bachelor of science degree.

Roberta G. Gropper, formerly a chairman and associate professor of the department of nursing at Prince George's Community College, has been appointed director of nursing at Bowie State College. Students can contact eighter Ms. Gropper or Diane Hutchins of the Admissions Office at 464-3268 or 464-3473 for more information.

administrative management

The master's in administrative management program, with specialties in public and private business management, continues this fall at the Bowie State College campus, as well as at Andrews Air Force Base and Fort George Meade. The State Board for Higher Education is reviewing final curricular requirements for the program.

The administrative managment program offers courses in organizational behavior, personnel management, fundamentals of business administration, quantitative methods for decision making, planning, budgeting, evaluation, marketing management, managerial economics, business policy, fundamentals of public administration, public finance, public policy analysis, and dynamics of group behavior. Call 464-3208 for more information.

Parent education

The Adler-Dreikurs Institute for Human Relations and the Bowie Family Education Center will also continue their unique program of parent education and effective parenting techniques.

Special workshops on education, marriage, sexuality, family, aging, violence in the community, discipline in the classroom, counseling techniques, and psychotherapy will also be held.

The Adler-Dreikurs Institute is sponsoring the workshops, which will focus on the general theme of "The Challenge of Human Relationships: Rights and Responsibilities."

Graduate courses

The graduate college will also be offering its regular courses in English, physical education, mathematics, science, early childhood education, special education and general education. For details call 464-3208.

Continuing education

The college of continuing education will also be offering several special workshops and classes on such topics as adult life stages, career upward mobility, indoor gardening, decision making for middle managers, crisis intervention, how toruna home business, personal development, human relations, counseling the hard toreach client, and optimal healththroughout the lifespan. For more information about these workshops call 464-3460.

Classes on TV

Television courses that bring college into the home will also be available on Maryland Public Broadcasting (WAPB Channel 22).

The courses include "English Literature I" and "The American Story: American History Through the Civil War."

Weekend sessions

Weekend classes in business administration, economics, history and politics will also be offered in special eight-week sessions this fall. For more information call 464-3460.

Evening classes

Evening classes in communications, education, business administration, economics, English and modern languages, fine and performing arts, history, politics, mathematics, natural sciences, physical education, psychology, sociology, anthropology and social work begin classes on Aug. 27, with the coursesgenerally beginning at either 5 or 7:30 p.m. Call 464-3460 for more information.

Special programs

Special programs for people who work at the Prince George's County Administration Building in Upper Marlboro are also offered, as well as programs at the Prince George's Department of Social Services in Camp Springs and the Computer Science Technicolor Center in Greenbelt. Call the College of Continuing Education at 464-3460 for more information.

ANDREWS Air Force Base

At Andrews Air Force Base, undergraduate classes will be offered in arts and humanities, business administration, economics, mathematics, psychlogy, sociology andsocial work. Graduate programs in counseling psychology and administrative management will be offered.

For more information about the undergraduate courses call 736-7967 or 981-4483, and call 464-3208 for more information about the classes from the Graduate College.

24 majors

Fully accredited programs in the undergraduate college are also offered in 24 majors leading to the bachelor of arts or the bachelor of science degrees.

These programs include anthropology, art, biology, business administration, communication, early childhood education, elementary education, engineering (in cooperation with the University of Maryland and George Washington University), English,

Also, history, international studies, journalsim, mathematics, music, nursing, physical education, political science, psychology, public administration, science, social work, sociology, speech and theater.

115 years

These programs and other special offerings this fall mark the beginning of the 115th year for Bowie State College, a one-time small liberal arts college that has grown to nearly 3,000 students and now teaches more than 20 undergraduate degree programs and several others for the master's degree.

Bowie State College is about five miles east of Greenbelt and Lanham and about seven miles north of the Capital Beltway (Route 495).

The Baltimore-Washington Parkway is less than five miles west of the College using either the Greenbelt Route 193 exit or the Laurel Route 197 exit, which brings motorists within two miles of the campus.

Registration for undergraduate classes is scheduled for Aug. 23, 9 a.m. to 2 p.m., last names A to L and Aug. 24, 9 a.m. to 2 p.m., last names M to Z.

Graduate college registration is Aug. 23, 4 to 8 p.m. continuing students only, and Aug. 24, 4 to 8 p.m., new and continuing students.

The college of continuing education is registering students Aug. 23 and 24 at the same times as the graduate college.

All on-campus registrations will be held at te James Physical Education Complex.

Freshman orientation is Aug. 20 through Aug. 22.

For more information about Bowie's fall semester, call 301-464-3211.

NURSING

A new program starting this fall for RN's who want a Bachelor's Degree
(with curriculum pending final approvals)

Plus:

12 degree majors
Graduate programs
Evening & weekend classes
Off-campus centers

Register:
August 23 & 24 at Bowie
Call 464-3211
for details & times

Bowie State College

Cherry Hill Family Day

The Cherry Hill community, will hold its 4th annual Cherry Hill Family Connection Day Festival, August 18 and 19, from 10:30 a.m. to 9:00 p.m. at Cherry Hill Junior High School, 2700 Seamon Avenue.

Expand Your Horizons

Towson State University Fall Semester

Broaden your scope, increase your knowledge and enjoyment of the world around you.

Late (on-campus) registration—University Union Aug. 21, A-K: Aug. 22, L-Z—12:30-3 and 5:45-8 pm
Payment in full due at this time.

For additional information, call or write:
Division of Continuing Studies, 321-2022
Graduate School, 321-2501

Towson State University is an Equal Educational Opportunity Institution in compliance with Titles VI and IX. Admissions shall be determined without regard to race, color, religion, sex, age, national origin, or handicap.

THE COMMUNITY COLLEGE OF BALTIMORE

college for the community...
offers over 50 career & transfer programs...from Art to Urban Development

EARLY BIRD REGISTRATION
8 A.M.-9 P.M. Mon.-Thurs.; 8 A.M.-4 P.M. Friday. Aug. 16-26

FALL GENERAL REGISTRATION
August 27-September 5
9 a.m. to 8 p.m.

Registration for day & evening for both campuses

Classes start September 6

HARBOR CAMPUS
Lombard St. & Market Pl.
Phone 396-1850

LIBERTY CAMPUS
2901 Liberty Heights Ave.
Phone 396-0380

ECC offers dental assistant program

Applications are being accepted for the dental assisting program at Essex Community College for the fall semester, said Rhoda Levin, chairman of the allied health division at the college.

Students in the program take classroom instruction and clinical courses in chairside assisting, performing basic laboratory procedures and exposing and developing radiographs.

Others classes in the curriculum cover the education of dental patients in proper oral hygiene and managing the dental office. Graduated of the program are eligible for certification by the American Dental Assistant Association.

Applicants should have a high school background in biology and algebra. Enrollment in the program is limited by the availability of clinical facilities so early application is recommended.

For further information, contact the admissions office at Essex Community College, 682-6000, ext. 260.

ANITA DAVIS

Miss Anita Davis 15 years of age and a graduate of Lemmel Junior High is wearing La Cosby Curl Cold Wave. Her hair was curled and cut by Ann Blair Robinson of Blair Beauty Salon at The Master Beauticians Association Seminar on August 13th.
The seminar was conducted by Mr. Jose of the Master Sylists and Educators from San Francisco, California.

BLAIRS BEAUTY SALON
1355 W. North Ave. 523-6888

Register Now For Fall

Catonsville Community College
800 S. Rolling Road
Baltimore County, Md. 21228
455-4000
Classes begin September 15

Essex Community College
Rossville Blvd
Beltway Exit 34
Baltimore County, Md. 21237
682-6000
Classes begin September 6

Dundalk Community College
7200 Sollers Point Rd.
Baltimore County, Md. 21222
282-6700
Classes begin September 6

The Baltimore County Community Colleges provide the facilities, professional staff, and opportunities for people to grow intellectually, socially, culturally and physically. Formal courses, informal courses, day classes, night classes, weekend classes, off-campus centers, all provide exciting, quality instruction at low cost to area residents.

baltimore county community colleges

— Serving People of All Ages

Cut Your Cost Of Living At Pantry Pride!

Pantry Pride

Everything Is On "Special" This Week At Pantry Pride!

That's the beauty of Warehouse Prices. They're not just a few advertised specials to lure you into the store . . . but a whole store full of low prices. So you save not only on what we advertise — you save on everything you buy!

DOUBLE THE DIFFERENCE GUARANTEE
If you can find lower overall prices this week at any other supermarket Pantry Pride will pay you Double The Difference. Just buy 25 different items worth $20 or more at Pantry Pride. Compare prices on the same items at any other supermarket. If their total is lower, bring your itemized Pantry Pride register tape and the other market's prices on the exact same items to Pantry Pride, and we'll pay you Double The Difference In Cash!

Fresh Valley Meats & Poultry

Boneless Roast Chuck $1.49 lb. FANTASTIC! Bonus Buy Fresh Valley U.S.D.A. CHOICE

U.S.D.A. Choice London Broil Shoulder Cut $1.99 lb. Bonus Buy Fresh Valley

Corned Beef Mash's Brisket Point Cut $1.29 lb. Flat Cut . . . . lb. $1.59 Bonus Buy

U.S.D.A. Grade "A" Turkey Breast Farmer Gray $1.29 lb. Bonus Buy

U.S. Gov't Inspected Chicken Quarters Leg 49¢ lb. Breast Qtrs . . . lb. 53¢ Bonus Buy

U.S.D.A. CHOICE Sirloin Steak $1.99 lb. Bonus Buy Fresh Valley

ESSKAY SILVER LABEL Smoked Ham Whole & Shank Half 99¢ lb. Rump Half . . . lb. $1.09 Bonus Buy

Ground Chuck 3-lb. Pkg. & Over $1.59 lb. Bonus Buy

Turkey Drumsticks U.S. Gov't Inspected 49¢ lb. Bonus Buy

Fresh Spare Ribs Delicious 3-lb. Pkg. & Over $1.49 lb. Bonus Buy

Pork Sausage Briggs Mild & Old South 99¢ lb. Bonus Buy

Top Quality Fresh Produce

Cantaloupes Sweet Western WOW! 2 for 99¢ Bonus Buy

California Red Plums FRESH Sweet Eating 49¢ lb. Bonus Buy

Endive or Escarole HOME GROWN Fresh Crisp 29¢ lb. Bonus Buy

Tangy New Onions U.S. NO. 1 5 lbs. 89¢ Bonus Buy

Red Radishes FRESH CRISP 5 Cello Pkgs. 99¢ Bonus Buy

Romaine Lettuce FRESH CRISP 39¢ lb. Bonus Buy

Valencia Oranges CALIFORNIA Large 56 Size 5 for 99¢ Bonus Buy

Yellow Sweet Corn SWEET EATING Fresh 12 ears 99¢ OUR EVERYDAY LOW PRICE

Watermelon FRESH, RIPE Fiery Red Whole 9¢ lb. Cuts Slightly Higher OUR EVERYDAY LOW PRICE

Pascal Celery CRISP 39¢ stalk Bonus Buy

Fresh Crab Meat CHESAPEAKE BAY Regular 12-oz. can $3.99 Bonus Buy

Fresh Bluefish Whole (Service Dept.) 55¢ lb. Dressed (Self Service) 79¢ lb. Bonus Buy

Pantry Pride Sliced Bacon No. 1 Quality 1-lb. pkg. 99¢ Bonus Buy

Filberts Soft Margarine 3 8-oz. mugs $1.19 Bonus Buy

SLICED TO ORDER IN STORES WITH APPETIZER DEPARTMENT

Sliced White Bread PANTRY PRIDE 22-oz. loaf 29¢ OUR EVERYDAY LOW PRICE

Esskay's Bologna SANDWICH $1.59 pound Bonus Buy

Hot Pepper Cheese HOFFMAN'S $1.99 pound Bonus Buy

Minute Maid Orange Juice FRESH 3 1-qt. ctns $1.89 Bonus Buy

Hy Tyme Cola SAVE 10¢ 64-oz. bot. 59¢ OUR EVERYDAY LOW PRICE

Charmin Bath Tissue SAVE 34¢ 4 roll pkg. 79¢ OUR EVERYDAY LOW PRICE

Punch Laundry Detergent SAVE 20¢ 84-oz. box. $1.99 OUR EVERYDAY LOW PRICE

Kensington English Dinnerware FROM ENOCH WEDGEWOOD (TUNSTALL) LTD. • In 3 Beautiful Patterns THIS WEEKS FEATURE: Dinner Plate each 49¢ With Each Additional $5.00 Purchase

Pantry Pride Saltines SAVE 11¢ 2 16-oz. boxes 99¢ OUR EVERYDAY LOW PRICE

Bounty Towels SAVE 24¢ 85-sq. ft. roll 65¢ OUR EVERYDAY LOW PRICE

Lucky Leaf Apple Juice SAVE 1¢ 64-oz. bot. 99¢ OUR EVERYDAY LOW PRICE

PRICES EFFECTIVE FROM SUN., AUG. 12 THRU SAT., AUG. 18, 1979. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.