—More Mrs. Santa cases

(Continued from Page 8)

Case 30 — I am writing this letter to ask you if you could send more basket for Christmas. I have my children and two of them stay with me. Also, I have a niece. I am in school at the hospital. My children's ages are 11, 9, 8 and 6.

Case 31 — I am writing for a friend who is in need of Thanksgiving basket and a Christmas basket. She has two children 8 and 9. She is a good mother and a good lady, but she has a hard. She is very kind, courteous, good and nice mannered girl. I think it is time her down and out, as she deserves more.

Case 32 — I am a mother of five. I have three of my sister's children. My sister is dead and this is why I would like a basket.

Case 33 — I am the mother of 4 big children. I do wish that they have a nice Christmas this year. Last year it was not as good because their father is in the hospital. He jumped off the bridge in Edmondson and Hilton. Of course he and I are separated. I am on social services but still they are big kids and they do know what's going on. I would appreciate very kindly if you would take time and help us this year. Their sizes are 14, 14 and 13 (boys). The girl wears size 13. Their ages are 6, 10, 11 and 12.

Case 34 — I need help for my five children and myself. I get welfare every month and every time I finish paying my bills, I don't have any money left. Please send me some kind of help for my children. Their names are Vanessa, Peggy, Michele, Janice and Denis. Their ages are 11, 9, 10, 13 and 3 years.

'Needs coats'

Case 35 — I have five children and my husband is dead. I don't have much income coming in and I am not able to work. I have heart trouble, high blood pressure and I had a breast removed because of cancer. Cold weather is coming and my children need coats. Clothes and shoes to help keep them warm this winter. By the time I pay rent, gas bill, insurance and all bill to heat with, I don't have much money left to buy food. Most of all, right now we have been living on potatoes, soups or rice. I cannot afford to buy meat because prices are too high for my pocket book. Please, if you give out baskets for Christmas, would you please help me and my family out at Christmas?

Case 36 — I am asking for help. I have 7 children. My food stamps have been cut because I have a son 18. I am not getting any help from him. Please help us with a Thanksgiving basket.

Case 37 — I will like help with a Thanksgiving basket. I do not have anything because I am not working. I have a big family of six.

I've never asked for help'

Case 38 — I have five children. I am asking for a Christmas basket for us. I really need one. So, if you can help us, I will thank you so much. It's kind of hard to get ends to meet the way food is today (but we do it). I never ask anyone to help us, so if you can please do so. Just one basket for us or anything that could help us for Christmas. My children's ages are 10, 9, 8, 7 and 1.

Case 39 — I am 63 and disabled. I have an enlarged heart and arthritis. I'm asking you if you would please help me for Christmas. I don't want too much. All I want is something to help me with my dinner. I don't need any clothes because I don't go anywhere but to the hospital.

'Trying to make it'

Case 40 — I am writing for my mother-in-law who is sick and a widow. She is trying to make it. She has five children. She gets a check but after paying rent and gas and electric and food, she does not have anything to carry her and the children over. So would you please send them a basket for Christmas?

—Parks

Continued from page 1

revolving credit to the new company.

Following the acquisition of the assets, the new company will continue Parks' business. Parks' employees will be employed by the new company and the new company will continue its relationships which Parks has established with its buyers and customers.

Current management of Parks operation will remain the same. Hoit, Hagebert reports, "There will be an increase in employment of 55 people within the next year. Those 55 people were lost under the current conglomerate.

"We are buying the fixed assets of the Parks Sausage Company with the industrial revenue bonds. We are buying the plant and the equipment."

Despite objections from Thomas Waxter, the City Council gave its approval of the $2.5 million bond by a 14-1 decision, making way for the repurchase.

—Rent control

Continued from page 1

penalties, but he added that "to get really effective legislation, we've got to get those people out of office."

Kirschman said that the Rent Control Campaign is still seeking the basic components of bill no. 283, such as code enforcement, rent ceilings and releif from unjustified rent increases, but labelled Councilman Norman Reeves' bill, the latest rent control legislation introduced, an "insult" to city residents.

"They all dance around the question of what to do about people faced with exorbitant rent increases.'" she said.

Reeves' bill would require landlords to furnish reason for rent increases which amount to more than five per cent of a tenant's current rent. His bill would allow as many increases of five percent or less that a landlord desires.

—Morgan crisis

Continued from page 1

are declining student enrollments, and budget deficits.

The Morgan board of regents is scheduled to meet Wednesday, Nov. 26 for its regular bi-monthly session. While board chairman David Johnson would not state specifically whether the board would again address the controversy surrounding the president, he did say, "I expect the board to thoroughly discuss all the issues affecting the school."

Although the board recently affirmed its support for the president, some members of the faculty feel that the board may change its mind and reconsider the 7-5 vote it took in June to retain him.

Dr. Jesse McDade, a member of the philosophy department, stated, "When there is so much disenchantment, the board will have to realize that they have to let him go. But the question is when?

"We've had just about every

—Sugar Ray

Continued from page 1

scoffs at "the boy in a man's game."

The confrontation itself figures to be a test of Leonard's speed against Duran's firepower.

"Lightning versus thunder," the pitchmen like to call it.

No one knows whether in atmospheric turbulence the lightning causes the thunder or vice versa, but realists insist that Tuesday night in the Superdome the lightning must be wary of the thunder.

chantment, the board will have to realize that they have to let him go. But the question is when?

"We've had just about every known constituency ask for his resignation. Until he leaves, the school will be embroiled in turmoil."

Local fans are attached to Sugar Ray with a fanaticism compared only to their never-dying love for Muhammad Ali.

The Palmer Park (Md.) youngster launched his pro career here at the Civic Center on Feb. 9, 1977, and the love affair has grown stronger each day since that Saturday afternoon.

He has been cherished as Maryland's most famous boxer since Joe Gans emerged from the kitchen of a Broadway oyster bar in 1906, to win the world lightweight title.

'Killed in car accident'

Case 29 — I'm writing in behalf of a woman who is in need of help at Christmas in the way of food to make a dinner for her family. She is on welfare. She has had two deaths in her family, her mother and a brother, who were killed in a car accident. The mother died at once, but her brother was in shock trauma for 7 days before he died. Having to buy clothing and flowers and everything, it put the family in bad shape. Anything you can do will be greatly appreciated.

Case 40—I am writing in hopes of seeing if possible we can receive a Christmas basket for my family. I have two grandchildren who stay with me. My brother has had two strokes and I have bone cancer. What monies we have are not enough after bills are paid. We would appreciate anything.

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SURVIVAL ★ News to help you cope with the '80's ★

Thanksgiving dinner: different this year?

Ways to cut down on cost and calories

How much money are you planning to spend for your Thanksgiving meal this year?

And, when it is all said and done, how many extra and unnecessary calories will you consume between Thanksgiving day and the end of the holiday weekend?

And finally, can you afford the indulgence in either?

Despite the fact that food prices are sky high, cooks all over the country will be spending way beyond their means for the sake of a traditional feast that lasts, for all intents and purposes, one day.

And, despite the fact that the Thanksgiving meal is one of the most healthy and nutritious meals that Americans eat all year long, cooks are going to literally mutilate the nutritional values by splurging in the use of the richest preparations possible.

All for the sake of tradition.

SURVIVAL got to thinking that there had to be a better way. Most black Americans are not rich enough to blow nearly a week's salary on one meal, and the incidence of high blood pressure and heart disease is too prevalent in black life to ignore the fact.

So instead of tradition we are stressing good sense, moves that will help you save money and keep dangerous foods out of your system. There is no reason to feel that by doing what we suggest here that your holiday will be any less festive than it is usually. What it will be, we hope, is a little more wisely planned and a lot healthier.

First of all, let's do a sample shopping trip. We are assuming that you are a family of four and that you are going the traditional route.

Your menu might include fresh baked turkey, macaroni and cheese made from scratch, homemade rolls, candied sweet potatoes, fresh green beans, sausage dressing, and sweet potato pie.

Your grocery list, then, is going to have to include the following:

1 box macaroni
pkg. sharp cheddar cheese
2 cakes yeast
5 lb. bag flour
5 lb. bag sugar
Pkg. sausage (bulk)
onions (2 lbs.)
green peppers
brown sugar
2 lbs. butter
dozen eggs (extra large)
fresh green beans (3 lbs.)
bread or cornbread mix for dressing
16 lb. turkey
quart milk
6 medium-sized sweet potatoes

Your total grocery bill for this one trip to the market is going to be over $40, according to figures obtained from Giant Food Stores.

Now let's take the same menu with just a few variations. Instead of a 16 lb. turkey, you will buy a package of turkey legs and a package of breasts. Your macaroni and cheese will be made from a prepared mix instead of from scratch, cutting away your need for milk and cheddar cheese.

Instead of making rolls from scratch you buy a box of prepared rolls, use canned sweet potatoes instead of fresh potatoes, margarine instead of butter.

Because you no longer have a 16 lb. turkey on your list, you also do not need sausage for the dressing unless you want it, or the bread or cornbread mix for the stuffing. And your sweet potato pie is bought already baked.

Your new list includes:

2 pkg. turkey parts
2 cans sweet potatoes
1 box prepared rolls
1 box prepared macaroni and cheese
2 pkg. frozen green beans
1 sweet potato pie

Same meal, basically, but, less work, and your total bill comes to less than $25.

Okay, so you've cut down on money spent, but how about those extra calories? With the second menu, let's assume that you baste the turkey parts in juice from turkey necks or gizards, or with margarine. The sweet potatoes will be baked in orange juice and margarine, not candied. No pork will be used in seasoning the green beans, but instead bay leaves and onions, as well as a little garlic powder and a dab of orange juice. The prepared pie will in no way be as rich as you or your mother would have made it, because large bakeries often use less fattening agents than real butter or whole milk in their preparation processes.

You have cut down your preparation time in the kitchen by two-thirds. Your calories are substantially reduced and we have already seen how much money you have saved.

SURVIVAL had a visit this week from Kraft Kitchen representatives who offered still another way to cut cost and calories from your Thanksgiving holiday this year.

It's called tailgating, we were told, a way of preparing foods on grills outside right before the beginning of a football game. Apparently, it is quite a tradition.

But in looking over the recipes, we noticed that they could be cooked indoors as well, were low in calories and in cost and were quite easy to prepare.

Not all of the recipes used involve turkey, although turkey can certainly be substituted in any of them. And instead of using lots of butter, barbeque sauce is the main condiment.

We are going to include several of the recipes from the Kraft kitchens, with turkey substituted for the meat suggested in the original recipe. We recommend these meals for any family wishing to cut costs and calories, or to any working woman who would like to prepare a Thanksgiving meal but who does not have the time to go the traditional route.

Whatever you do, be mindful of the fact that everything you cook can be cooked for less than you have done in the past, and that one sure way of helping yourself and your family members to remain healthy for next Thanksgiving is to cook wisely this year.

Happy holiday!

JUST BECAUSE IT'S THANKSGIVING doesn't mean you have to pay big money for turkey and all the trimmings. A hearty soup or stew, fixed with the right ingredients, can be equally as festive and cut down on costs; and sandwiches made from barbequed turkey parts can be the answer for busy working women who want to celebrate but who do not have the time to cook a big holiday feast.

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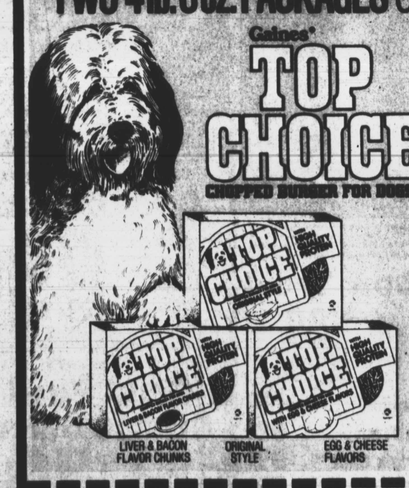

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