Mother asks help for her kids

AFRO photo by P. A. Greene

FAMILY IN NEED — Mrs. Gracie Veney, mother of 11 children is shown with seven of her children and one grandchild in her Belle Avenue home. The children are in need of coats, clothes and shoes for school. Mrs. Veney said she will not be able to buy her children anything for Christmas. See story page 32.

OLIVER COMMUNITY

Gets Christmas $$$ for supermarket

By Martin Evans
AFRO Staff Writer

Residents of East Baltimore's Oliver community, tired of having to search outside their own neighborhood for a place to do food shopping, decided they wanted to build their own supermarket.

And, as Christmas neared, they got the word Thursday that $350,000 in federal Urban Development Action Grant funds will be available to help them get one built.

Groundbreaking for the 22,800 square-foot facility, to be located at the corner of Aisquith and Harford road, is planned for March. The new facility is exected to open by the end of 1984.

The $1.6 million project is being billed as a unique blend of community and business involvement. The Oliver Community Organization, a neighborhood group, will own the building. They in turn will lease the structure to Superpride Supermarkets, which will run the business.

Profits will be shared under a formula by which the association will get 1 percent of the store's receipts over $6 million, and 1.5 percent of profits over $7 million.

Superpride also will pay the association $79,000 per-year in rent.

Additionally the partnership, aided by a $30,000 grant from a non-profit organization, will hire and train community residents to work in the store.

Profits passed on to the community organization will provide a valuable source of funding according to organization and city officials.

"If Reagan stays in office another four years many of the community groups who have depended on city funds will have to fend for themselves," said fourth district councilman Nathaniel McFadden.

The association's UDAG repayments also will be applied toward neighborhood development, amplifying its positive impact on the neighborhood, according to project and city officials. The new supermarket is expected to create 40 new jobs and generate $23,000 in new property taxes annually.

Morgan said residents currently must go out of the immediate area for food shopping, a time consuming and often costly hardship.

"Many of the residents do not have their own

(Continued on page 707

Sachs okays law dean's candidacy

(UPI) — The state Attorney General's office has ruled that the dean of the University of Maryland Law School is eligible to become attorney general, should he run for the post and win.

Dean Michael Kelly had asked the attorney general's office to determine if he has practiced long enough to become attorney general. The post is expected to be vacated in 1986, when political observers say current Attorney General Stephen Sachs will run for governor.

Under Maryland law, the attorney general must be someone who has lived and practiced law in the state for at least 10 years.

Kelly, who became a Maryland lawyer in 1968, has spent most of his career as a legal educator and wanted to find out if those activities constituted "practice of law." In a written opinion issued Monday, the attorney general's office ruled that those activities did.

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Merry Christmas

Don't let family reunions tear your family apart

When relatives collect under one roof for the holidays, domestic tensions often blow the roof off.

Consider, for example, this rather familiar scenario:

Mom and Dad are stewing because Grandma doesn't approve of the way they're raising her only grandson. Grandpa is sulking because he's being ignored.

And the turkey is getting cold.

"Most of us hunger for Norman Rockwell reunions with the whole family," says Bruce Sorter, a human relations specialist with the University of Maryland Cooperative Extension Service.

"But family reunions often can bring out the worst in those we care about most."

Moreover, returning home for reunions frequently means the resumption of old roles, roles that might have been the reason for leaving in the first place.

Explains Sorter: "Most of us are dropouts; we really never graduated from our families. So when we come back home, we experience the same old hassles."

Ironically, however, a large number of old hassles and family fueds can either be prevented or diffused.

What's the trick to helping relatives stay friends?

The first step, says Sorter, is to avoid conversational set -ups that put any family member on the defensive. Never order, threaten, preach or assume the role of powerful adult — even if your audience is small children.

Keep the free advice to yourself unless, of course, you've been asked. Next, Sorter suggests that you practice active listening. Acknowledge what's being said by those around you, paraphrase remarks that seem ambiguous, and ask for more information.

Says Sorter: "Most arguments escalate because people really don't know how to listen to one another. We make judgments before we truly understand the other person's point of view."

Finally, says Sorter, the most important secret to changing things for the better is to examine your own role in family arguments.

"The secret isn't to try to change your family, but to change your approach to it," stresses Sorter.

"You have to honestly ask yourself, what am I doing to create tension. If your family system isn't working, concentrate on changing your role in the system."

The holiday may be hazardous to your health

If the "blues" color your holiday season as intensely as traditional reds and greens, don't be surprised.

"You're probably a victim of the Christmas Depression Syndrome (CDS) — a recognized mental health disorder that each holiday season inflicts millions of Americans with frustration, anger, guilt and depression.

Not always limited to a simple case of holiday bah-humbugs, CDS can pose a serious health threat.

More suicide attempts occur in December and January than at any other time of the year, according to statistics collected by the National Institute of Mental Health.

And it's no seasonal accident either that hotline calls skyrocket nationwide during the holidays.

"At some time or another, almost everyone will pick up a case of holiday blues," says Billie Frazier, University of Maryland Extension human development Specialist.

Why so much unhappiness? Too many forced festivities and overinflated expectations for ourselves and our families, say mental health experts.

Ironically, mental health experts also believe that the high-pressure, unrelenting joy of those around us often only heightens our own unresolved conflicts and losses.

"The ultimate Christmas spirit' insists that all of our negative spirit should vanish," says Frazier.

"That's not only impossible. That's destructive."

Fortunately, holiday hangups and headaches can be kept to a minimum. Among the best antidotes:

— Try to keep your expectations realistic. Don't expect family squabbles and tensions to magically disappear.

— Program some time away from your family. Too much togetherness is a dangerous thing. — even during the holidays. Domestic "time -outs" can curb normal tensions.

— Acknowledge problems, but don't dwell on them. Make an early New Year's resolution to concentrate on what's going right in your life.

— If you're living alone, schedule time to be with others. Being alone during the holidays can be almost physically painful.

Pay a visit to unattached friends, use the telephone to communicate with faraway relatives, and plug into self-help and single groups like Parents Without Partners.

— Don't be affraid to set limits or say no. What's the point in sending Christmas cards if you hate to address them? Remember that your mental health is more important than any one tradition or event.

ROLLER SKATE WITH SAFETY

Again this year, during the week after Christmas, city children will be able to roller skate with safety. The Mayor's Traffic Safety Commission will provide safe roller skating areas either at Recreation Centers or on barricaded streets throughout the city, and these areas will be supervised by the Bureau of Recreation.

Mayor Schaefer wishes to stress the importance of parents encouraging their children to avail themselves of the opportunity to skate with safety and to use the barricaded areas.

If you have any questions as to the location nearest you, please call the Bureau of Recredtion at 396-7939.

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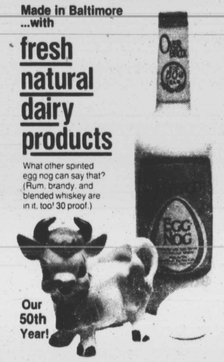

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