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State of the State Concerns

Governor Hughes's $6.9 billion budget for fiscal 1985-86 attempts to answer all requests and please everybody. It is sweetened by the fact that it calls for no major tax increase.

This is the conclusion of the legislative Black Caucus headed by Baltimore's Gen. Clarence W. Blount. On Thursday, a day after the Governor presented his spending plan to the General Assembly, the Caucus gathered to draw up its position paper.

Number one item on the Caucus agenda, an increase for public schools in the city and 23 counties over and above the 60 million additional increase Hughes proposed, and less than the spending level suggested by the Civiletti school aid task force.

The Caucus wants a $1 million requested for Community College of Baltimore which the Hughes budget rejected. Further, it backs additional monies for welfare recipients, Aid to Dependent Children, increase salaries for state employees over the 6 percent hike Hughes wants, as well as an increase over the +5 for unemployment compensation.

The Caucus is firmly against the Hughes proposal on appointments over Circuit Court judges and rejects any plan which would relieve judges from the election system.

This is easily understood when you look at the figures in the city of baltimore only 8 of 24 judges are black.

The Caucus also backs a $1 million grant for expansion of the N. M. Carroll Home for the elderly in Baltimore City, of rehabilitation and education programs for prisons, direct funding of the Opportunities Industrialization center (OIC), protection of the $2 and a half million for the enhancement of black colleges including Morgan University.

Already the Caucus has scheduled hearings on other matters including the Provident Hospital indebtedness, the governance of the University of Maryland Hospital, Chesapeake Bay cleanup, Dept. of Public Safety and Corrections, and procurement contracts and minority set aside.

As the weeks go on there will be revisions but we're glad to see the Caucus take a position and begin work on issues of such great concern to their constituents in our communities which they represent. Before the 90-day session ends April 9, we will hope their efforts pay off.

On Morgan

Some news sources have quoted the Legislative Black caucus as requesting the resignation of Morgan State University President Andrew Billingsley.

This is not so. The Caucus, concerned about a recent state audit which affects the university's fiscal rating, has asked the University's Board of Regents to meet with them to discuss the report and to determine how the elected legislators can help.

The Caucus, nor any other body, has the power to fire or hire a university president. That is the role of the Board alone.

We hope that those who would cloud the issue with such misinformation would remember this and deal with the facts. The university deserves a chance to meet with public officials and give its position without trial by media.

Lady Delois Singletary

Most photographed city resident this week is Mrs. Delois Singletary. She is the 58 year old nurse's aide who won the $5.5 million Maryland Lotto Jackpot, the largest payoff since the gimmick was initiated three months ago.

All week, Mrs. Singletary's Ivanhoe Ave. home in the Wilson Park section of northest Baltimore has been filled with happy visitors, her four children, six grandchildren, news media and other well wishers.

Though all the excitement, Mrs. Singletary has come through as a modest and capable woman whose associates and relatives describe as one who is a great giver, one to weather hard times and is reserving in her good fortune. Even those who [illegible] legalized numbers games are a [illegible] people who can ill afford to play [illegible] praise Mrs. Singletary's subdued reaction and her lady-like manner.

For example, she told an AFRO reporter "Everything I ever got, I worked hard for.....you always want to sit down and think of things you'd like to have, but when you win the money you have to think of what you really want." And with that she announced she would hire an accountant before she made a move. She did.

When she received her first $277,302.76 it was minus a 20 percent tax reduction, leaving her a total of $221,842.21 to take home. She'll receive the rest of her winnings in 19 annual payments of $76,913.01.

Obviously, this does not make her a millionnaire as the Lotto ad suggests, but this good income for anyone who has spent a lifetime as a salaried employee. Mrs. Singletary's monies, properly invested, can earn her additional funds and provide her and her family with the better things of life. We hope so, and wish her well.

Tale of two cities

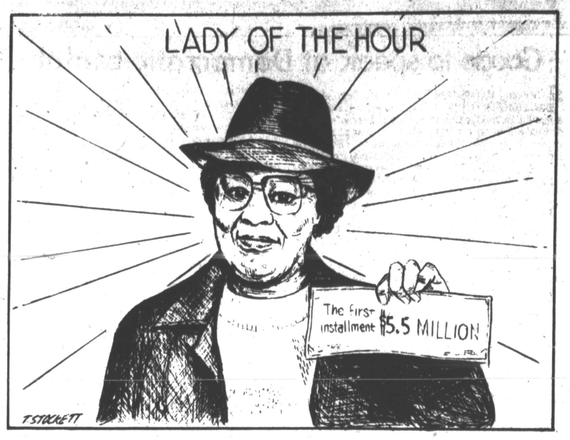
One hundred and twenty-five years ago, Charles Dickens published one of his more readable classics. But, in 1859, "A Tale Oi Two Cities" was in no way related to the ties that bind Baltimore and Washington this weekend.

The Redskins are in Tampa, (FL), seeking to win their second straight football Super Bowl. And, Baltimoreans are, for the most part, hand in hand in supplication, wanting it to come about.

Just three months ago, the Orioles were battling to gain victory in baseball's World Series. And Washingtonians were elbow to elbow with Baltimoreans to share in the ecstacy when it happened.

All year long, sports fans, the media, public officials, school kids aping their elders, even the clergy of the neighboring towns, exchange barbs over imagined slights and magnified insults. But when it comes down to one or the other against the world, it becomes a different matter.

For the outsider, the interloper, it's not a story of competing with Baltimore or Washington alone. It's a tale of taking on two cities — both rooting that the Redskins bring home the bacon.



Parren J. MITCHELL

Destroy affirmative action?

During his presidential campaign, and, early on, after his election, made it clear that he was determined to destroy affirmative action programs. He has never wavered in that extent. His administration has sought out every opportunity to attack, smear, and discredit affirmative action. The Attorney Generals office, once a friend to minority causes, has again and again made public statements against affirmative action, or has been in the courts arguing in support of those who want to destroy affirmative action.

The Attorney Generals office argued against the Detroit plan to end discrimatory practices in the police department. Fortunately the Supreme Court let the earlier decision which upheld the affirmative action plan stand. But the point is that "the people's lawyer" was once again arguing against the best interests of blacks and other minorities.

The attacks on affirmative action became even more intense when on January 17, 1984 the United States Civil Rights Commission voted , with only two dissents, to condemn affirmative action, quotas and other remedies, approved again and again in the past as being necessary to combat, not past discrimination, but present ongoing discrimination. Despite a statement to the contrary from the head of the United States Civil Rights Commission, it is clear that the commission, which was stacked by Reagan, will serve only as a mouth-piece, a rubber stamp for Ronald Reagan, with only as few of its members demonstrating the courage to speak for that which is fair and right and just.

The Reagan administration is becoming almost desperate in its efforts to sell the idea that affirmative action is unconstitutional. It is advancing some of the most tortured, illogical arguments ever made. By way of illustration, in the Detroit police case, the Justice Department argued that only those black citizens who were the original victims of discrimination could benefit from the affirmative action plan. They just did not understand that the affirmative action plan was aimed at the general pattern of discrimination in the Detroit Police Department.

Emboldened by the attitude of the Reagan Administration, a number of national organizations have initiated a sustained, intense propaganda campaign against affirmative action. For example, the association of General Contractors continues its campaign to end set-aside for small businesses and for small and disadvantaged businesses.

The A.G.C. has developed a highly questionable publication which purports to show that such set-aside are costly to the government and add to the national deficit. This is poppycock, of course, but this report has been mailed to all the Members of the United States House of Representatives and the United States Senate. I shall send to each of the Members of Congress a report which will give a point by point rebuttal to the A.G.C. position reports.

I did not believe Ronald Reagan when he said a few years ago that he did not know racial prejudices existed. He knows that not only does it exist, but he also knows that it is on the increase. Instead of taking a forth-right stand on behalf of those who are the victims of prejudiced and discrimination, this presdident choses to attempt to dismantle affirmative action programs which are essential to the deterrence of discrimination against black people. Ronald Reagan must be voted out of office. He is "a clear and present danger" to us.

Madeline MURPHY

Diplomacy, civil rights, luck and caring

There has been much to rejoice about in the first few days of January and 1984, on the fronts of statesmanship, honors, just sheer luck and caring people.

There was Jesse Jackson, making the kind of successful inroad into foreign diplomacy that should have been expected from our president.

Why hadn't President Reagan and his special envoy, Rumsfeld, paid more attention to the plight of Lt. Robert Goodman? Was it because Lt. Goodman was black that he wasn't considered to be the satisfactory bargaining chip to begin talks with the Syrians in earnest, to free us from the carnage of Lebanon?

Even in late December, there had been the kind of carping criticism of "nebulous diplomacy" of Jesse's pilgrimage, that Jesse would interfere with delicate negotiations with the Syrians.

Nevertheless, Jesse had a plan and he did it!

He did it with grace, style and with no small risk to his political future. For the father of Lt. Goodman warned about what we all were worrying about: "Should he be successful, he would deserve full credit. If the consequences of his actions are that Rob's captivity is prolonged, he should be held responsible."

And though the risk was great, the final result not only made us proud as black Americans, with the freedom of Lt. Robert Goodman, but also enhanced Jesse Jackson's stature as a sober, intelligent, caring person, increasing his name recognition in the bargain just in time for the New Hampshire debate and primary.

It was interesting that just before the debate, "Saturday Night Live" ran a poll and Jesse came out second, all during the time I was viewing the show. The rainbow coalition seems to be working and that's no mean feat!

Then on the front of civil rights, we might send kudos to Enolia McMillan who put black Baltimore on the map as the new national president of the NAACP. For whatever reasons, this honor comes at a time in life, when octogenarians give us hope that although we haven't climbed the last mountain, nor forged the last stream, we have bought time with the excuse that there are still twenty or more years remaining to make our mark! How encouraging from a personal viewpoint.

This lends impetus to our struggle that given good care, and health; given the invigoration of a just cause, that we must keep pressing onward and upward. Congratulations to Mrs. McMillan and all those who have contributed to the local and national chapters to make our fundraising and civil rights efforts part of the basis for this honor.

But as we have seen with the new Civil Rights Commission's meeting at Hunt Valley this last week, we still have a long way to go.

Especially is this so when that Commission believes "intent" to be the main criterion in finding discrimination—a nebulous puff of smoke that beclouds the real issue of racism in this country; that stifles growth, kills ambition; costs money in taxes—while keeping us separate and unequal; and incites the more pussilanimous in our country to propose genocide.

When John Bunzel, a Reagan appointee on that commission, in proposing a redefinition of discrimination states that there has been a substantial decline in a discrimination that is "not so readily explainable today," he has shown abject ignorance and insensitivity toward the stubborn resistance of black unemployment to go down in an improving economy, as white unemployment declines. Who is Bunzel kidding?

We know the explanations.

Of hunger and homelessness, we have racism as the explanation for we live it.

And so civil rights is a pressing issue for the NAACP today as it has been. We have only just begun.

Let those millions of blacks who need us, get the help from those millions of blacks who've forgotten the struggle and made it. Let us encourage them to reinvest through their NAACP dues in our children's rights to life, liberty and the pursuit of happiness.

Now comes Mrs. Deloise Singletary on the scene, the supreme example of poetic justice in this crazy gambling state, where the machine in its infinite unbiased wisdom, clicked out the winning number to a representative of that group of us who firmly believe in "something for nothing" because all we've got is nothing anyway.

Her luck vindicated for all of us the creeping stealth of the lottery as a reverse Robin Hood, that steals from the poor to enrich the wealthy. Oh how we needed to share in her good fortune!

Last but not least, the true sense of what a community can do for its own was evidenced last week, when fire destroyed Quantico Avenue and left 10 people homeless. The miracle that no one was killed evolved as neighborhood people rallied around the displaced and distraught with food, clothing and shelter.

Juxtaposed against the recent flailing we have gotten about the black family in the white press, this was indeed an example of our humanity. A reminder of days past when such actions were the rule rather than the exception, where all black people were one family.

And so this has been a great New Year. It bodes well for us with maybe more surprises, more kindnesses, a new agenda for the Democratic Party under Jesse's goading, and good luck to come.

It is satisfying to rejoice over these historic happenings, so that in reflection we too shall come alive again. Hey! I'm OK, you're OK!

Letters

Symbol of hope

Dear AFRO:

For me, the lights that shine on our Christmas trees and through our windows during the holiday season are symbols of hope. Furthermore, they serve to brighten our lives and warm our hearts during the most hostile and frigid time of the year.

In my mind also, Martin Luther King, Jr. was and remains a brilliant light, a beacon of hope in a world that is oftentimes cruel and unfeeling. He told me and actively demonstrated to me that the efforts to combat the dehumanizing and demoralizing impact of racism, intolerance, and poverty must be diligently undertaken and never hampered by despair. His own sacrifices and vision have added in calculably to my own sense of dignity and personal integrity.

So then, as one means of celebrating this inspiring man's life on his birthday, I intend to let the same lights I used during the holiday season shine brightly and proudly through my windows, I want the world to know that I will eternally appreciate the value of his contribution. I pray that others will join me.

JOHN ARTHUR JONES

Blacks are 50%

Dear AFRO:

I was a candidate for the city council seat in the Second District in 1983. One of my issues among my many issues was to eliminate racial discrimination against blacks in the police dept.

There are approx. 2,415 Balto. City police officers and there are only approx. 415 black police officers, approximately less than 21 percent. Just recently the U.S. Supreme Court ruled in favor of Detroit's quota plan to make the officer corps at least 50 percent black to mirror the city's black population.

My son and I have also filed charges of racial discrimination against the Baltimore City police department, with EEOC in 1983. I can promise you that this will be the fight of the century!

The Social Action Committee of the Ray Of Hope Baptist Church of which I am chairperson held a "protest march" against racial discrimination at the Central police station in June of 1983. The results: for the first time in the history of the Baltimore City police department, blacks were 50 percent of the new recruits.

Zatella Giles, Chairperson
Social Action Committee,
Ray Of Hope Baptist Church

Samuel BANKS

Time to prepare for Black History Month

In a very short period our nation and the world will be recognizing National Black History Month. This observance was begun in 1926 by the late Dr. Carter Godwin Woodson who is universally recognized and honored as the Father of Black History.

Dr. Woodson's singular, sacrifical and unrelenting efforts advanced and extended study, research and the dissemination of materials relating to Black History and life throughout our nation. He was, indeed, a SCHOLAR EXTRAORDINAIRE. Our nation, to be sure, is in heavy debt to him for his remarkable intellectual contributions.

The "Journal of Negro History," the "Negro History Bulletin" and the Associated Publishers were founded by Dr. Woodson as academic conduits for informing the American public about the highly significant contributions of black Americans to American and world history. The two publications are widely utilized in our nation's elementary and secondary schools, institutions of higher education, churches, sororities, fraternal groups and the broader lay public.

As the fourteenth national president of the Association for the Study of Afro-American Life and History, I take special pride and satisfaction in this year's 58th observance of National Black History Month. OUR NATIONAL THEME, "BLACK AMERICANS IN THE STRUGGLE FOR EXCELLENCE IN EDUCATION", IN VIEW OF A PLETHORA OF EDUCATION REPORTS IN 1983, PROVIDES A TIMELY, INSTRUCTIVE AND VITAL BLACK PERSPECTIVE. Moreover, the National Black History Kit in support of the national theme, can now be ordered from ASALH's national headquarters in Washington, D.C. The address is as follows:

Ms. Willie L. Miles, ASALH, 1401 Fourteenth Street, N.W., Washington, D.C. 20005, (202) 667-2822.

N.B. Cost of the kit is $9.50. In view of the heavy requests for kits, orders should be placed immediately.

It is ironic, given our military efforts "to make the world safe for democracy", that when Dr. Woodson founded the Association for the Study of Afro-American Life and History in Chicago in 1915, over twelve (12) million Black Americans were reeling from institutional racism, suppression and exclusion. While the world, specifically Europe during World War I, was being made safe for democracy, black citizens who participated in the war, were being maintained in separate and unequal status and political and economic and Princeton University background (i.e., graduate and later president of, Princeton) and lofty vision of a just and tranquil world order, could not transcend his racist proclivities and actions in order to accord Black citizens elemental justice and equality of opportunity. In point of fact, Wilson placed his official imprimatur on racial segregation in the federal work place.

The return of Black servicemen to the United States in 1918, after helping make the world safe for democracy, resulted in some of the worst racial upheavals and violence in the history of our nation. James Weldon Johnson was moved, in view of the severity and pervasiveness of brutal attacks on Black citizens, to refer to the summer of 1919 as "red hot." While history does not, in fact, repeat itself, the bleak, debilitating and melancholy state of a disproportionate number of 33 million Black Americans parallels the wrenching and desperate socio-economic state of Black Americans in 1919. BLACK AMERICANS, IN BETWEEN, MADE THE FITFUL JUMP FROM RURAL GHETTOS TO URBAN GHETTOS. THE OVERRIDING CONCERN, AS IN THE PAST REMAINS CONSTANT. SURVIVAL IN A VERY HOSTILE NATIONAL ENVIRONMENT.

In this connection, Black Americans have long believed and accepted high quality education as the passport to success in our nation. One of the first things that our Black forebears, young and adult, did, with the adoption of the Thirteenth Amendment in 1865, was to crowd make-shift schools and churches seeking education. Black Americans, there socio-economic status notwithstanding, then and now, have a fierce and powerful passion for education. The basic problem, past and present, is that the white majority holders and controllers of power have been disinclined and largely uninterested in educational parity for Black Americans.

The 58th national observance of Black History Month represents a wondrous opportunity for all citizens to study the extraordinary efforts of Black Americans to acquire education and to make their way in the 'merican social order. However, remember that while February is National Black History Month, the study of Afro-American History is a year-in and year-out and ongoing academic and intellectual endeavor.

Please do not permit Black History Week to pass without immersing yourself in a deeper and continuing study of Afro-American or Black History. I highly recommend the following books as starters:

Carter G. Woodson. The Mis-Education of the Negro.

Carter G. Woodson. The Negro Church.

Carter G. Woodson and Charles H. Wesley. The Story of the Negro Retold.

John Hope Franklin. The Militant South From Slavery to Freedom (Best single comprehensive treatment of the Black American).

Benjamin Quarles. Frederick Douglass, The Negro in the Making of America.

Chancellor Williams. The Destruction of African Civilization

Vincent Harding. There Is A River

Each of the aforesaid works has an extensive bibliography for further study and research.

In closing, I should like you to reflect on and discuss with members of your family, friends and associates, an observation made by Dr. Woodson over 50 years ago in his The Mis-Education of the Negro:

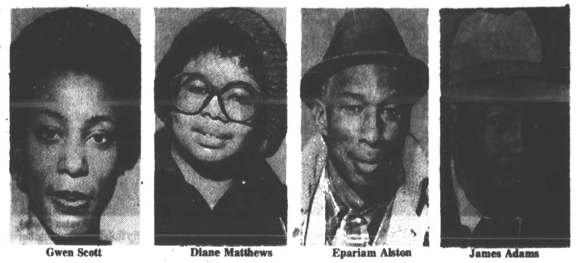
No systematic effort toward change has been possible.
for taught the same economics, history, philosophy,
literature and religion which have established the
present code of morals, the Negro's mind has been
brought under the control of his oppressor. The problem
of holding the Negro down, therefore, is easily solved.
When you control a man's thinking you do not have to
tell him not to stand here or go yonder. He (she) will
find his (her) 'proper place' and will stay in it. You
do not need to send him to the back door. He will go
without being told. In fact, if there is no back door,
he will cut one for his special benefit. His education
makes it necessary (P.xiii).

Black History Month, in the final analysis, will be what you make it.

PLEASE MAKE IT COUNT FOR ALL AS WATU WAZURI (BEAUTIFUL PEOPLE).

AFRO SURVEY

What would you do if you won Lotto?


Gwen Scott — Diane Matthews — Epariam Alston — James Adams

This week the question to the man and woman in the street was, "What would you have done if you had won the $5 million Lotto jackpot?'

Gwen Scott, 25, photographer, "I'd immediately buy a house, car and pay off all my bills. After all that is done, I'd seek a financial advisor."

Diane Matthews, 40, examiner, "Well, I'd get out of debt and buy a house. The one I live in now is not adequate. I probably would also attempt to invest some of the money."

Epariam Alston, 55, janitor, "Buy a house, that's what I would do. I would live good, go out to expensive restaurants, to shows and just be happy."

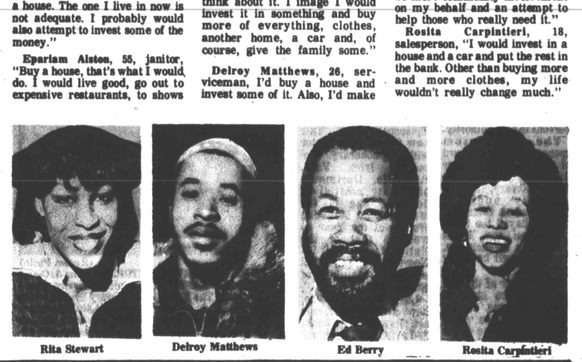
James Adams, 51, cook, "I'd buy a home and a car and completely stop working. I don't think my lifestyle would change much, but I'd just be buying a little more. I would do some traveling and more than likely give some money to charity before Uncle Sam takes it all."

Rita Stewart, 30, beauty consultant, "I really would have to think about it. I image I would invest it in something and buy more of everything, clothes, another home, a car and, of course, give the family some."

Delroy Matthews, 26, serviceman, I'd buy a house and invest some of it. Also, I'd make sure I put some away for my nieces and nephews who may want to later attend college and last but not least, I'd give some to the people who were recently burned out."

Ed Berry, 34, manager, "There really is no telling what I would do. One thing though, I'd set myself financially straight for the rest of my life. Maybe I'd invest some of it. There probably would be more community involvement on my behalf and an attempt to help those who really need it."

Rosita Carpinitieri, 18, salesperson, "I would invest in a house and a car and put the rest in the bank. Other than buying more and more clothes, my life wouldn't really change much."


Rita Stewart — Delroy Matthews — Ed Berry — Rosita Carpinitieri

The arbiters of the 1984 presidential race have decided to allow Jesse Jackson into the large almost encircling valley of the Democratic Presidential nomination contest unmolested. It is as if these political professionals have calmly sat down and analyzed how they believe Jackson will conduct his campaign.

These same professionals have conceded the legitimacy of Jackson's candidacy. Anyone looking to see attempts to treat Jackson shabbily is looking for the obvious that simply won't occur. If the Jackson crusade is to be boon or bust it will be of Jackson's own making, it will be his moves that will make it so.

The professionals know in Jackson they are dealing with a media thoroughbred. And they certainly know the man from North Carolina, by the way of Chicago, can get so hot you could fry an egg on his words. Words, happily, that have the solid sound of sense to them, delivered in reasoned if sometime contrived phrases.

Unlike former Congresswoman Shirley Chisholm when she embarrassingly impaled herself on political martyrdom in 1976, Jackson is not about to be pitied or dismissed ever so courteously.

Fact is if Jackson could somehow be at every political supper, factory gate, or delegate selection caucus between now and Democratic convention time, the considerable impact of his personality alone would give every other Democratic contender headaches they never dreamed possible.

He can't of course so his message and appeal will have to reach into every nook and hamlet of America through the state and local organization of his campaign. It is reasonable to suggest that if the Jackson campaign organizational effort had a Jesse Jackson to manage each of them we would see one hellava campaign.

Let's face a political fact of life in these United States in 1984: Jackson is not going to be the Democratic Presidential nominee. What he will be, in fact already is a serious player on the national political chessboard.

COMMENTARY:

Walk, Jesse, Walk

By Anthony Armstrong

Jackson's candidacy is the more valid now because he enjoyed at least as much status and credibility even before his smashing success in negotiating the release of captured Navy flyer Lt. Robert Goodman.

Not only did he secure the flyer's release but his handling of the aftermath, at the White House meeting with President Reagan, was better, much better than it had to be. Even the errors like his premature announcement that he would select a female as his Vice Presidential running mate or his statement that he will raise less than ten million dollars as a campaign war chest have not hurt too much, at this juncture in his campaign.

In contrast, no other candidate has risked setting his feet in any such political cement with definite announcements about the choice of a running mate, because it is much too early to do so.

The hoped for gain in such an announcement from Jackson is clear; the result, however, is clouded by so many other considerations that women will make before selecting their candidate be measured.

Based just on timing alone, to say nothing of the questionable affect of such an announcement so early on, and since it was not a commitment he should not have made. From the stand point of money; how much, where it will come from, where it will be spent no seasoned politician is willing to reveal or even have too much to say about money, because people think political money is dirty money.

Just for a minute though, let's look at presidential politics and what ten million dollars will buy. Walter Mondale will probably spend at least ten million dollars in California and New York alone just to win the nomination. Before this thing is over, the kind of money Jackson mentioned will get him "across the street", maybe.

These blunders aside, however, Jackson is clearly a formidable candidate; if he were anything but black he would have a bonafide chance for the nomination itself. Jackson's problems in this campaign are not Jackson but the people who are starting to move around the country professing to speak for him.

I suspect their motives are more their own status than their thoughtful desire to advance the Jackson candidacy. Two examples come to mind, one from a speech delivered here in Baltimore last week, the other from a campaign swing through Boston, Detroit, Chicago and Atlanta.

In the Baltimore speech a nice enough gentleman, after plowing through a somewhat dull

(Continued on page 20

NAACP REPORT:

Who is Martin Luther King, Jr.

By Magdalene Fennell

One of the commentators on a nationally televised show asked this question of black students attending a public elementary school in Atlanta, Georgia: "Who was Dr. Martin Luther King, Jr.?" To his surprise and that of many viewers, most of the children remembered hearing his name but little else about him.

Here in Baltimore, a roving reporter asked the same question of public elementary school children. The results here were similar to those in Atlanta. Martin Luther King, Jr. was thought to be an astronaut, a baseball player, a statue, and a place. With the innocence of childhood, some responded to the question by shrugging their shoulders.

Should black children be chastened for knowing little or nothing about our martyred civil rights leader or should we, the adults? Does their imperfect knowledge signify disinterest, or does it expose our failure to acquaint them with the man and his mission?

As a rule, elementary pupils range in age from five to twelve. When Dr. King was murdered in 1968, none of the present crop of primary students had been born. In all probability their mothers and fathers were still in their teens.

Unless told otherwise by parents, grandparents, or teachers, today's third or fourth grader thinks that we have always taken a seat at the front of the bus; that stores, hotels, and restaurants have always served black people; that men and women have always been the only inscriptions printed above the doors to public lavatories.

These children did not live through the Martin Luther King Experience and could not be chastised for knowing so little about it. The chastisement belongs elsewhere. It is the responsibility of parents, teachers, and caring adults everywhere to share with children Dr. King's contribution to the struggle. His legacy is one that should be cherished and passed down from generation to generation.

What should we tell our children about Dr. King, a man who touched in a positive way the lives of millions of people? Information about his life and times is readily available. There are books about him that children can read for themselves.

There are books about him that parents can read to their children. There are recordings of his speeches. Together families can listen to them and discuss their meaning.

Children should know that articles written about Dr. King while he lived are preserved for posterity on microfilm. Pictures of his going to jail, being pushed with cattle prods, adapting the philosophy of passive resistance to the problems confronting black people, praying for his oppressors, accepting the Nobel peace prize, being cut down by an assassin's bullet are all recorded on microfilm and as close as our local library.

Children should be told that the life of Martin Luther King, Jr. stimulated creativity. He inspired musicians to compose melodies; poets to write poems; artists to capture his likeness on canvas; sculptors to chisel his image in marble; and biographers to record the events of his life.

Elocutionists study his speeches and copy his style. His words have found their way into books of quotations and collections of essays. His "I Have a Dream" speech is recognized throughout the world as a masterpiece of oratory. Streets, libraries, museums, and schools have been named in his honor.

In 1986 the birthday of Martin Luther King, Jr. will become a national holiday. In the history of our nation, the birthday of only one other person has been so designated. Shouldn't our children know why this signal honor was bestowed upon Dr. King? Isn't he a fantastic role model for them to emulate?

Let us as adults resolve that when January 15, rolls around again, those young children whose lives we touch will know who Martin Luther King IS - teacher, preacher, and king of the freedom fighters.

Diabetes Part 2

By Derrick Matthews, MD

In the first part of this two-part article an explanation of diabetes was given as well as statistics regarding the frequency of diagnosis and occurrence. Diabetes is a disease resulting from the consequences of inadequate insulin, a substance manufactured by the pancreas; insulin helps to transport glucose from the blood into the cells of the body.

As mentioned before there are two main types of diabetes. Non Insulin Dependent Diabetes occurs mainly in overweight adults. Insulin Dependent Diabetes usually present in children. The majority of this article addresses Insulin Dependent Diabetes.

The long term consequences of childhood diabetes can be very serious and involve multiple organ systems of the body. They include the kidneys, the eyes, the nervous system, the heart, the joints and the immune defense system. A large part of the problems in these multiple organ systems is due to damage of the small blood vessels of these various organs.

The biggest controversy regarding Insulin Dependent Diabetes is whether good control can prevent or reverse these multiple problems or are they the result of an individual's particular reaction to the disease. There seems to be support for both theories.

The only point agreed upon is that uncontrolled diabetes can result in dehydration, acidosis in the blood, coma, and death. Insulin Dependent Diabetes is controlled through diet, exercise, and insulin.

The diet is a controversial subject. Until very recently diabetics were told to avoid large concentrated amounts of carbohydrates because of the sudden increase in blood glucose. A recent study came out late last year which placed doubt on the need for strict observation, however. There is a need for greater study on this subject. Most doctors try to be moderately strick regarding the dietary intake and the kinds of foods.

Exercise plays a very important role in treatment of diabetes. Diabetics in good physical shape and who exercise, help what little insulin is left in their bodies to do its job in getting glucose energy into the cells. In addition, a body in shape uses its energy more efficiently. Thus there can be a lower need for insulin.

The third phase of childhood diabetes treatment is insulin. This is manufactured by companies to be given when the human body itself does not produce it. In the past it used to be pork or beef insulin, but due to refining of manufacturing techniques, human insulin is becoming cheaper and more readily available.

Insulin is always given by injection as it is destroyed in the stomach when taken by mouth. Usually a short acting insulin for immediate use as well as a long acting insulin for coverage over several hours are given together.

Frequently more than one injection is given a day: once in the morning for breakfast and lunch and once in the late afternoon for dinner and evening snack. A diabetic usually learns very early in his/her childhood how to give his/her own injection.

Family support is very important. The family helps to teach the child about diabetes when the child is young. It can help monitor the diet and also monitor the level of glucose. Many diaetics, especially when initially diagnosed, question why it was they who got the disease and truly need their family at that time. Children with diabetes also can get support from special summer camps.

There are two new aspects of diabetes treatment currently being investigated. Home blood glucose monitoring is one. In the past diabetics were a taught to monitor their urines for sugar to gauge how effective control of their blood sugar was. This has been found to be very inaccurate.

Currently doctors more frequently are recommending that diabetes get their own blood from their finger and measuring the glucose level using a special chemically treated stick called a Dextrostix.

This is far more accurate than measuring the urine sugar, especially when using a machine called a glucometer to measure the Dextrostix. Unfortunately the Glucometer can be expensive for many families.

As can be seen uncontrolled diabetes can result in dehydration, coma and death. The long term effects, whether due to poor control or the inherent nature of a particular person can affect multiple systems of the body mainly due to blood vessel damage.

Control of diabetes is brought about by exercise, diet, and insulin. Monitoring of the treatment is done mainly by the patient. In the future tighter control for selected patients may be effected by an insulin pump.