Helping the hungry

President Reagan and Margaret M. Heckler, Secretary of Health and Human Services, should accept Mayor Schaefer's invitation to visit Baltimore in their quest for the Hungry and Truly Needy. The Baltimore Alumni Chapter of Kappa Alpha Psi, Inc. had no difficulty locating them. All it took was one call to City Hall. Ms. Deborah Tyler of the Mayor's staff only needed to know how many families they could assist.

COL. CHARLES R. KELLY with one of the Adopt-A-Family on their list.

Several days later they received computer printouts with the family profile of certified needy families. It's called Adopt-A-Family. Armed with these print-outs sheets, the Community Services Committee of Kappa Alpha Psi sprang into action. A canned goods, toys for tots, and clothing drive were all begun simultaneously.

Enough food and toys were raised to serve 26 families; ranging in size from 4 to 8 members. The boxes contained an oven stuffer roaster; cans of green beans, corn, sauerkraut, macaroni and cheese, rice, cranberry sauce, sweet potatoes; loaves of bread, and a 5 lb. sack of white potatoes. Each child in the family received at least 2 toys.

Then came the difficult but most gratifying part. Were any of you out on Xmas eve when the wind chill index hit - 20 degrees. The Kappa's were, because that's when the "Xmas Boxes" were delivered. But they were among the warmest on Xmas Day having shared and given of themselves so others would have a better Xmas. It's a good feeling. It was reported that they plan to serve twice as many for Xmas '84.

Among the participating Brothers were: Polemark Robert G. Draine, Sr., Chairman Lloyd C. Mitchner, Ernest R. Murphy, Col. Charles R. Kelly, William L. Hankins, Col. William S. Jackson, Clarence J. Harris, Milton Brown, Thomas Campbell, Jr. James "Gamma XI" Marrow, Carroll R. Gibson, John Albert Green,

William A. Hunt, Lewis E. Williams, Alvin J. Bagley, William Contee, Lorenzo Allen, Sylvester Patterson, John Patterson, Randolph Edwards, William O. Dennis, Dr. Robert G. Ammons, Augustus Chase, Maurice Coleman, Stuart Douglas, Meredith Evans, Eugene Goodall, Robert Johns, Earl Knight, Milton O. Langley, Milton Mayo, Richard Pope, Lewis H. Richardson, Donald E. Rigby, Al Smith, William R. Smith, Claude D. Urquhart, John S. Ward, Jr., Sam Adams, and William E. Adams.

Sigmas' Founders Day

Zeta Sigma Chapter of Phi Beta Sigma Fraternity, Inc. is proud to announce its 70th Anniversary Founders' Day Observance on Saturday, January 21, at Blue Crest North.

Featured guest speaker is National President, Dr. Demetrius C. Newton, Esquire.

The black tie affair will feature cocktails, hors d'oeuvres and full - course dinner and program.

Phi Beta Sigma Fraternity, Inc., an international organization of college and professional men, was founded in 1914 at Howard University and has as its principles Brotherhood, Scholarship and Service.

Dr. Demetrius C. Newton

As one of the eight Black Greek - letter organizations, Phi Beta Sigma has a membership of over 65,000 with 500 chapters throughout the continental United States, Switzerland and Africa.

Being both a social and service organization, Phi Beta Sigma has many programs in the area of Education, Social Action and Business.

In order to better these and other programs, the Fraternity works with organizations such as the National Pan - Hellenic Council, NAACP, UNCF, Urban League, National Foundation - March on Dimes, National Boys Club of America, Etc. Phi Beta Sigma Fraternity is an organization that is concerned and involved in meeting the need of our communities.

THE GOVERNMENT GIRLS ON THE GO, donated funds to Mr. Washington Pediatric Hospital for its young patients. At the presentation are (seated from left) Bernice Tyson, Mark Bailey of the hospital's child life and education department, and Mamie Jones, (standing from left) Hazel Woods, Elizabeth Taylor, Betty Hubbard, Carolyn Mells, Rachael Briley, Pauline Turner, Dorothy Pettaway, Mary James, Brenda Rigby, Barbara Gorham and Marcelene Cherkley.

Today's People on the Move

Dalton A. Tong

Dalton A. Tong vice president and chief financial officer of South Baltimore General Hospital, has been appointed to the Maryland Hospital Association's Health Care Finance Committee.

The 34-year old Columbia resident joins a panel of hospital trustees and executives from across the state which serves as the association's chief policy advisory body on finance and reimbursement issues. MHA is a non-profit, nongovernment organization made up of the state's 64 community acute care and special hospitals.

Tong is a certified public accountant who holds a Master's degree in Business Administration. He is an advanced member of the Health Care Financial Management Association and active with several professional organizations.

A member of the finance committee of the United Way of Central Maryland, he also serves on Dundalk Community College's curriculum advisory committee and a budget advisory panel to the Baltimore City school system.

He has lectured at Dundalk and Howard Community Colleges and has served on the board of Vantage Place Inc., Howard County community service organization.

Tom Carey

Baltimore City resident Tom Carey recently won the Third Quarter Award for his outstanding sales performances at Blue Cross and Blue Shield of Maryland.

Mr. Carey, formerly a field account executive, has been with the companies for five years and is now manager of Prospective Sales.

Mr. Carey garnered the field sales award by adding 689 contracts for Blue Cross and Blue Shield from July to September, 1983.

At the Annual Sales Banquet in February, 1984, Mr. Carey will receive a plaque and a gift certificate in recognition of his achievements.

Mary Arthenia Moore Smith completed all the requirements for the Ph.D. in Botany at Cornell University during the summer of 1983. For thesis research she investigated the role of polyamines in apical senescence and gibberellin-induced internode growth in peas.

Dr. Smith is the daughter of Rev. and Mrs. Samuel Moore of Guilford, Maryland. She is a graduate of Harriet Tubman High School and Morgan State University.

Before entering Cornell, she taught science in the middle schools of Howard County and later served as an instructor of biological science at Morgan State University. While at Cornell she received an M.S. degree in Botany, an outstanding teacher's award the Lewis Knudson Fellowship Award, and membership to the National Honor Society, Phi Kappa Phi, through the Cornell Chapter.

Presently, Dr. Smith is employed at Cornell University as a Post-doctoral research associate in plant physiology.

She is grateful to her family, the Guilford community, teachers of Harriet Tubman and professors at Morgan State University for the contributions they have made to her growth and education.

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PHONE MESSAGES
FOR MARYLANDERS
from Carl E. Smith, Community Relations Manager
Who Should Do Your Wiring?

Part of your monthly charge for basic service has been paying for maintenance of the telephone wiring that's inside your home.

Now we're introducing an optional Inside Wiring Maintenance Plan, and you have a choice.

Here's how the plan works.

Starting January 1st, for just 50¢ a month for every phone number you have, we'll fix your in-home wiring whenever it needs it.

Of course, as you well know, inside wiring problems don't happen very often. They're only 8% of all phone troubles.

When there is trouble, it's usually because of old wiring. Or exposed wiring that's been pulled loose.

So if you're a do-it-yourselfer, you might choose to do without the plan and fix the wiring yourself.

We'll always fix your wiring if you want us to. But if you don't have the plan, we'll have to charge you for the time and materials it takes to do the job. Your bill could be rather high.

Everyone will automatically be enrolled in the plan. But that doesn't mean you have to keep it.

Just let us know by April 1st that you'd rather take care of the wiring yourself. We'll give you credit for any back charges.

What's more, you can stop the plan at any time. Or start it up again. But when you resubscribe, there'll be a 30-day waiting period and a one-time service charge.

To make your decision easier, we'll send you more information in a special mailing in January. With it will be a postcard to return only if you don't want the plan.

We think this mailing will tell you everything you need to know. But if you still have questions after reading it, you can call us at our special toll-free number: 1 800 555-6000.

You know, even though we're changing, you can count on us to help.

That's one thing that will never change.

C&P Telephone

Read this like your life depends on it.

Breast cancer found early and treated promptly has an excellent chance for cure. About a week after your period, when breasts are normal, practise this self-exam. Ask your doctor to teach you this method:

1. In bath or shower. Fingers flat, move opposite hand gently over each breast. Check for lumps, hard knots, thickening.

2. In front of a mirror. Observe breasts. Arms at sides. Raise arms high overhead. Any change in nipples, contours, swelling, dimpling of skin? Palms on hips: press down firmly to flex chest muscles. Breasts do not usually match.

3. Lying down. Pillow under right shoulder, right hand behind head. Left hand fingers flat, press gently in small circular motions starting at 12 o'clock. Make about three circles moving closer to and including nipple. Reverse and repeat on left.

AMERICAN CANCER SOCIETY
This space contributed as a public service

Raiders win?

Lacy predicts the unthinkable

Oh, reservation!

This will be no ineffectual circling of the wagons, no Cowboys in a state of demoralization, no Forty-niners checked at the last minute as they enter the pass toward the the gold mines . . . And there'll be no Custer in midfield at Tampa Stadium this weekend.

Safely tucked away at home, behind management security downstairs and a triple lock on my apartment door, I still recognize the risk in predicting that the Los Angeles Raiders will defeat the Washington Redskins in the consummate sports hype known as the Super Bowl on Sunday.

Maybe I should beat you reader to the punch and let loose with a lusty boo!! of my own, but I think it will suffice to venture the guess that, as of Monday morning, our 1984 Indians will be happy to get back to the reservation.

Greatest since '0-0'

Oh, I know that in our neck of the woods the Redskins loom as the greatest things to grace a sports arena since double-O: October's Orioles . . . . And for anyone to think otherwise is treasonous, to speak or write otherwise is downright perfidy.

Those sins aside, bear with me as I make a few points which may or may not make sense.

The two teams met earlier in the year — early October — and Washington won a genuine hair-raiser, 37-35, on an acrobatic last-ditch catch in the end zone by Joe Washington . . . . Before that, the Skins had experienced what hundreds of thousands of witnesses have screamed at teams in thousands of games over the years: "Lucky!"

How often does a kicking team recover an onside kick? . . . . It happened, and Washington went on to capitalize on it.

But, in a more open look at the bizarre happenings in that Redskin victory, consider these facts.

No reverence there

The Raiders played without Marcus Allen, their explosive running back whose presence since has helped level the opposing pass rush . . . . They were awaiting delivery from New England one of professional football's most talented defensive backs in Mike Haynes . . . . They had not adjusted to the return of Jim Plunkett's steadiness at quarterback after a brief experiment with the less experienced, less orderly Marc Wilson.

It could be shocking in our legend to learn that of all the enemy camps in the National Football League, it is in Los Angeles that the beloved "Hogs" of Washington are not looked upon with the slightest degree of reverence . . . . With people like Ted Hendricks, Lyle Alzado and Matt Millen chuckling "Bring 'em on, we got the slop," at least there'll be no signs of awe at the kickoff.

The true test?

Now then, to wrap up this assessment, let's bear these things in mind:

The Redskins closed out their path to Tampa in hot-and-cold fashion . . . . They were at an emotional peak against the Dallas Cowboys and destroyed them, and in the National Conference semi-final they blew out the Los Angeles Rams . . . . Sandwiched between these, however, was a squeaker with the lowly Giants and at the NFC championship showdown they were made to feel human in surviving a 24-21 escape with San Francisco — all at home.

The Raiders became legitimate by snapping a Pittsburgh Steeler winning streak with a 38-10 coaster ride, then reversed two previous setbacks by Seattle with a 30-14 blowout.

But maybe the true test of Raider mettle occurred in that October clash on the RFK reservation . . . . That's when, as stated earlier, L.A. played without its biggest offensive gun, its vital defensive insurance (with Haynes joining all-pro Lester Hayes), committed six turnovers, and still lost by just two points — in the last 33 seconds.

Disturbing reminders

In back-checking this piece, it occurred to me that there is one disturbing aspect here . . . . actually, two . . . . They answer to the names of Newson and Robinson, both of whom also have picked the Raiders.

Moses Newson is a former editor who got smart . . . . but not smart enough . . . . Invariably, he seeks me out for advice when he has in mind investing a bob or two on the outcome of a big game or series . . . . That's like the doctor asking the patient to write the prescription.

Dick Robinson is a personification of the unique in-law . . . . He has remained a friend . . . . Three times during my current convalescence, he has called and suggested that I get out of the house for some fresh air and "a change of scenery" . . . . For Dick, the "change of scenery" usually has a racing strip and thoroughbred barns as a backdrop . . . . On three trips to the Bowie race track over the last four weeks, my friend and brother-in-law hasn't seen the number of the horse he picked on the board at the end of a race.

But be forewarned

Now, friends, that "on the board" doesn't mean horses finishing in the money, like first, second and third . . . . "On the board" means the three horses which pay off, plus the horse that crossed the line in fourth place, just in case a disqualification occurs.

So, be forewarned: these are the fellows who also are picking L.A.

I do have this consolation: Should Washington win, 90 percent of my readers will CLAIM they won also because they ALWAYS bet against my certain "kiss of death"

Should the Raiders win, the quiet will be earth-shaking . . . . And the 10 percent who try to sneak up to punish me for treason will find I now have no blind side.

Redskins ready for 2nd straight Super Bowl win

By Frank Lee

And it will be the second time around for Washington Redskins coach Joe Gibbs. It will be the second meeting of the season between the locals and the Los Angeles Raiders when they meet on Sunday at 4:45 p.m. in Super Bowl XVIII in Tampa, Fla. But, it will be the second straight trip to the "Big One" for Washington.

So the Redskins intend to make it another successful trip in an effort to prove that their victory over Miami in Super Bowl XVII, 27 - 17, was not a fluke and that this team is not "a flash in the pan."

Their chances are very good for another Super Bowl ring, although they will be facing a team that has a 2-1 record in NFL Championship clashes.

Washington will be up against the aerial activities of quarterback Jim Plunkett, tight end Todd Christiansen, and wide receivers Cliff Branch, Malcolm Barnwell, and Calvin Muhammad.

That quintet can be troublesome at times along with runningback Marcus Allen and Kenny King, but the locals have been stingy to ground attacks through most of the season and have improved vastly in the secondary against the pass.

Plunkett, who is not known to be a scrambler in the style of the San Francisco 49ers Joe Montana, could have problems avoiding some sacks that will be aimed at keeping him under pressure.

Defensively, the Raiders have linemen Lyle Alzado and Howie Long leading their pressure and All Pro cornerbacks Mike Haynes and Lester Hayes.

It all adds up to a well knit unit that has been playing at the top of the game in recent weeks. But, through their recent performances they have not had to contend with an attack as awesome as the Redskins will be presenting to them again.

The Hogs will be applying plenty of pressure on Alzado and Long and along with the battering of runningback John Riggins the Los Angeles defense will be having a rough late afternoon affair to remember.

In their previous meeting when Washington came back to defeat them, 37-35, after giving up a 16 point lead, the Raiders had the benefit of two long plays, (99 yards 99 yard pass, Plunkett to Branch and 97 yard punt return by Greg Pruitt).

Do not look for those things to happen in such a manner this time around. Washington's team effort becomes explosive and they catch the victory syndrome in playoff encounters. And, that's the way it is.

Los Angeles turns the ball over frequently in big contests and they will get plenty from the locals in forcing turnovers. And the special teams for Washington rate very high in all categories with continuous concerted efforts to give their opponents "diminishing returns."

The great intimidators the west coast could end the afternoon battered and disheveled and it could turn into another situation that swept the Los Angeles Rams on their second trip against the Redskins.

It will be a rough, tough battle for supremacy, but the scoreboard favors the locals in this battle. Washington is prepared for all situations and ready to get out of gate and show it.

They are here to stay and they will be trying to prove . . .

TAMPA—Redskins running back John Riggins does a jig at Tampa Stadium during picture taking session Tuesday. Riggins arrived in town in a flight suit and arrived at picture day sporting cowboy boots.

Brown: Sunday won't be same

By Walt Smith

TAMPA, Fla. — Charlie Brown burned the Los Angeles Raiders for 11 catches and 180 yards in Washington's 37-35 regular-season victory but he doesn't look for things to be that easy in Sunday's Super Bowl XVIII.

Brown was working against fourth-year cornerback Ted Watts in the earlier game. Sunday, in one of the key watchups, he faces six-time all-pro Mike Haynes, who came to the Raiders from New England in a trade after that game.

"Haynes is an all-pro," acknowledged Brown "It will be tough to beat him. I am going to have to be at my best to do it.

"He complements Lester Hayes (another all-pro corner) very well. It's just like a great tag team in wrestling. You can't pick on either one."

— —

Brown, in both the Super Bowl and Pro Bowl for the second time in his two NFL seasons, tied for the NFC lead with 78 receptions for 1,225 yards this season. He said he was sure Haynes "has been studying films of how I operate at the line of scrimmage. If I can be successful getting off the line, I think the offense can have a great day passing."

The Raiders specialize in man-to-man coverage of the wide receivers and that suits Brown just fine.

"I think that's the way we play best," said the South Carolina State product. "In the first game, Joe (Theismann) was just going to the open man, Watts is a good defensive back. At the start of the game, I had problems with him until I made a couple of adjustments.

"They played about 95 percent man-to-man that time and with the addition of Mike Haynes. There is no way they are going to change."

Brown, who reported to training camp last summer with "all-pro" license plates on his car, lived up to that symbol. Although he's not ready to proclaim himself the best receiver in the league, he feels he "can be the best and I don't think anyone is better."

"I play with a lot of pride and once you play with it you're going to be hard to beat," he said.

"I don't think there is a defensive back that can't be beaten or a receiver that can't be covered. It all boils down to who wants it the most."

The Raiders are proud of their reputation as intimidators and Brown, only 5-10 and 179 pounds, would appear to be a likely target. But he said he's not worried.

"They are a very physical and aggressive ballclub," said Brown. "I think they do intimidate some people, but I don't think we will be.

"They push a lot and they hit hard, but it's part of the game. We feel the game should be played very physical and I don't think anyone can intimidate the Washington Redskins."

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Raiders like to hit, talk

TAMPA, Fla. — The Los Angeles Raiders thrive on intimidating opponents but the Washington Redkins claim they won't be rattled Sunday when they square off in the Super Bowl.

Games have a tendency to turn into brawls when the Raiders are involved and when the clubs met during the regular season, the officials were kept busy through the early stages separating fighting players.

The Raiders built a 35 - 20 lead but Washington rallied to win 37-35.

"We just like to run our mouths off," said Lyle Alzado, the Raiders' defensive end. I enjoy being in a physical game. That's my backyard. I don't like to play against a technician team. I like it where it's me against the other guy and may the best man win.

"I don't care if the guy I'm playing against is an all-pro. I play the same as always. I'm just going to try and shove it down his throat."

All - pro Joe Jacoby, who'll line up opposite Alzado, and several of his cohorts on the Redskins' offensive line, say they don't intend to get sidetracked by the tough talk coming out of the Raiders camp.

"I'm not really a talker," said Jacoby, a massive 6-foot-7, 300 - pounder. "The way I look at it, we'll let them do the talking all week and we'll do the talking on the field on Sunday. I'm going to spend this week getting myself mentally ready to play. I build up slowly day by day and on Sunday I'll be ready to go. Talking back and forth is not my style. I don't talk during the week or during the game. I just go out and do my job."

Mark May, the Redskins' 6-6, 290-pound guard, laughed when someone mentioned intimidation by the Raiders.

"I certainly hope we won't be intimidated," May said. "I think the first few series on Sunday will decide things. They'll come out and try to intimidate us with all their pushing and shoving and talking, just like they try to do with everyone else.

"We know each other. We played against each other and they'll find out right away that that stuff isn't going to work against us like it did against Seattle and we'll settle down and play a good game.

"In a game like this, one team doesn't intimidate the other. We're all professionals and this is the Super Bowl. These are the two best teams in the National Football League playing for the championship. If they start cheap shotting us, we'll take advantage of their penalties.

3,000 to compete at 5th Regiment

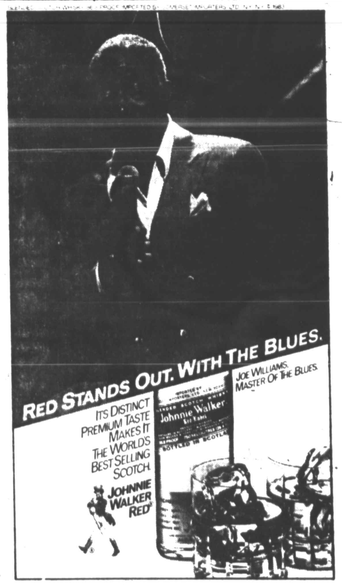
More than 3,000 youngsters will compete in the Maryland National Guard's 22nd annual scholastic meet Saturday, January 21 at Baltimore's Fifth Regiment Armory, beginning at 10 a.m. and lasting throughout the day and early evening.

Boys and girls representing high schools throughout Maryland will participate in what is considered the largest indoor track meet in the area.

In 1983, 66 public and private high schools competed in the event. Suitland High School in Prince George's won the men's team championship for the second consecutive year. The girls from Central High School, also in Prince George's captured the women's team championship in 1983 for the third year in a row.

This Guard track meet is a qualification event for the Eastern Indoor Meet held in Madison Square in New York City. For the first time this year, the scholastic competition will include the pole vault for boys.

Winners receive trophies presented in the name of the Maryland National Guard's major commands, and some deceased officers who organized the scholastic games 22 years ago.

Many of the participants in past meets have gone on to colleges and universities, where they have become world-class athletes, according to Edward Walker, meet director and coach at Lansdowne High School in Baltimore County.

"This is the best meet around," Walker said. "All we get is praise because of the amount of kids, the organization and the quality of the track team. The Guard meet is the only true state event," Walker said.