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School Board Elections Has 13 Candidates

News Briefs

DAVENPORT, IA— Police officers and black citizens in Davenport have accused each other of trying to be above the law, as they interpret events, centered around the shooting of a young black man at Cork Hill Park July 29.

Three black organizations—CORE, the NAACP and the A. Phillip Randolph Institute—supported by numerous members of the black community say police officers violated their own regulations when they shot at a fleeing man who was unarmed, in a crowded place.

CHICAGO, Ill.—Thousands of visitors from across the nation will participate in the largest black-sponsored event in the U.S. when PUSH EXPO '75 opens its doors at Chicago's International Amphitheatre September 24-28, for the 7th Annual Operation PUSH Business and Cultural Trade Exposition.

ORANGEBURG, S.C.—It only took one day to select a jury of eight blacks and four whites to hear the trial of Deputy Sheriff Clark Ryder, who was indicted for the murder of a young black man.

RALEIGH, N.C.—Joanne Little acquitted of murder in the death of Beaufort County (N.C.) jailer Carence T. Allgood, a 62-year-old white man, whom she maintained forced her to perform oral sex on him, is pondering a career in journalism.

SAN BERNARDINO, CA—San Bernadino City Councilwoman Esther Estrada along with 21 others have been indicted by the San Bernadino County Grand Jury. They were charged with conspiracy and election fraud.

Public Hearing

The Des Moines Human Rights Commission will hold a public hearing pursuant to Sec. 2-326 of the Ordinance No. 8920.

Hearing will be held in the Des Moines City Council Chamber City Hall at 9 a.m. Sept. 8.

The case is an allegation of retaliation filed by the complainant, Norman Koons, against the respondent, Associated Grocers of Iowa.

The Hearing Committee assigned to the case are Martin Waldinger, Mrs. Phyllis Hansell and Russell Davis. Michael Treinen, city attorney, will represent the Commission.

The hearing is open to the public.



Dr. Martin Luther King Jr. is highlighted in the American Freedom Train's final car which dramatically portrays moments in our history when the nation's fabric was stretched to the breaking point, only to rebound stronger and more unified. The pulpit is an exact replica of the one Dr. King preached from at Ebenezer Baptist Church. His vestments and bible are also part of the display that will be on board the American Freedom Train when it visits West Des Moines Sept. 16-21 See story on page.



BRAC — Black Republican Appointees Council members and guests line up for comments and introductions during their recent get-together and Bicentennial "Spirit of '76" cruise down the Potomac River from Washington, D.C. Left to right are: John Calhoun, deputy special assistant to the President; Dr. Edwin T. Sexton, special assistant to the director of the U.S. Department of Commerce's Office of Minority Business Enterprise (OMBE); Norris Syndor, special assistant to the Secretary of Health

To Fill Five Seats On D.M. School Board

Thirteen persons are involved in the race to fill five seats on the Des Moines School Board, with the election for Tuesday, September 9.

Voters will select three of the eight candidates vying for a three-year term and two of the five candidates seeking two-year terms.

3-Year Terms

Candidates for the three 3-year terms are Charles Betts, Jr., 42, of 3717 Lincoln Place Drive, president of Betts Cadillac, Inc.; Shirley Brown, 39, of 4124 Ovid Ave., a registered nurse; Dr. George Caudill, 53, of 3900 SW Twenty-eighth St., a pediatric allergist and an incumbent; Betty Grundberg, 37, of 5700 Kingman Blvd., a housewife.

Dr. Francis Keith, 44, of 617 E. Sheridan Ave., a dentist; Merle Schlamp, 75, of 324 Fifty-first St., a retired educator and an incumbent; Robert Stecker, 43, of 2711 Shawnee Drive, an emergency services officer with the Iowa Civil

Defense Division; and Harry Wagoner, Jr., 45, of 3707 E. Thirty-eighth Court, an electrician for Northwestern Bell Telephone Co.

2-Year Term

Candidates for two 2-year terms are Robert Ewurs, 48, of 1508 Twenty-fourth St., an unemployed equipment operator; Dr. Larry A. Forbes, 39, of 6100 SW Forty-eight Ave., a dentist; Nolden Gentry, 37, of 4303 Wadonda Parkway, an attorney and an incumbent; William Kayzlarich, 33, of 4140 Madison Ave., an electrical engineer who is retired because of physical disabilities; and Dr. John McCaw, 58, of 4210 SW Twenty-sixth St., a professor of religion at Drake University and an incumbent.

Some of the issues facing the candidates are a possible court challenge by the National Association for the Advancement of Colored People concerning desegregation, busing, collective bargaining and other items.

Education and Welfare (HEW); Samuel J. Cornelius, OMBE deputy director; James Denson, executive director of the D.C. Chamber of Commerce; James H. Blair, assistant secretary for Fair Housing and Equal Opportunity, Department of Housing and Urban Development (HUD); Ruth Washington, chairperson, Benefits Review Board, U.S. Department of Labor; Curtis Crawford, regional director, U.S. Board of Parole; and Samuel Singletary, former special assistant to the then Governor of New York, Nelson D. Rockefeller. (Photo by John Davis).

VIEWS and REVIEWS

by James B. Morris

Vote At the School Board Election

On Tuesday, September 9 voters in the Des Moines Independent Community School District are electing 5 members to the Board of Education from 15 candidates in the field.

Considerable interest has sparked the campaign, greatly due to the effort of the school board to find a solution to de facto segregation.

In an effort to comply with the guidelines set by the State Board of Education and the presence of representatives of the National Civil Rights Commission in the city to determine the racial balance in the school, the board has been working to meet their requirements.

These efforts by the board have been directed toward the elimination of de facto segregation by the appointment of a committee to study the problem and make recommendations.

However, at the first public meeting where citizens were given an opportunity to ask questions, the board was not prepared to meet the criticism leveled at the report who directed their objections solely on the question of busing.

Candidates have made numerous proposals many directing their objection to busing, gearing their campaign on this alone. Many do not realize that no matter who is elected, the guidelines set by the Civil Rights Commission will prevail. Some demand court action against any bus proposal which is the correct way to any opposition to it. Should such action be taken I hope these same people will abide by whatever ruling is made by the court and not engage in insurrection as has been done in some cities.

Various proposals have been considered by the School Board, I hope they will come up with a sound program that will entail the least amount of busing and yet accomplish the desired end.

Even though students have been bused for years for other reasons, to do so for the purpose of integration makes some people see red.

School integration has been the subject of discussions for many years. Contrary to the view of some, integration is desirable originally because of the inequality of schools. But it goes further because students of both races have an opportunity to become acquainted with each other and appreciate their qualities. And with the creation of better relationships, it can be carried on after school in employment and as citizens trying to make a better community.

De facto segregation comes about mainly because of the housing situation which manages to gather one group in one corner of the city. Once there, one finds it difficult to get out. Thus the custom of sending school children to the nearest neighborhood school creates problems we are trying to dispel. However as Negroes become better educated and better prepared they find themselves in a better position to move in the area of their choice and thus lessen the problem of sending all of their children to one school.

Whoever is elected, I hope will work for a peaceful solution of the de facto school segregation problem without resorting to mob action that has occurred in other cities.

In the meantime, every citizen should vote Tuesday.

We Commend Secretary Kissinger

Secretary of State Henry Kissinger deserves great credit for his untiring efforts which have brought about an agreement between Egypt and Israel which will, no doubt, be an opening wedge to settle the other problems between the Arabs and the Jews. Whether it is accepted by Congress and other members of the Arab world remains to be seen.

Of course, further settlement of the Mid East situation will require a lot more work on the part of Mr. Kissinger and a willingness of the other nations to cooperate.

I hope that America will not become so deeply involved in the execution of the treaties so as to raise the possibility of another Viet Nam.

Wrong Place To Object

The last session of the legislature enacted a measure requiring motorcycle riders to wear helmets. Some legislators opposed the measure because the federal government made it a requirement in order to receive certain funds. The majority approved it because of a number of accidents which had happened to cyclists who were riding without helmets.

Some riders opposed the measure because they say they cannot hear or turn their heads with the helmet on. Maybe some of these objections can be cured by the manufacturers.

A parade of cyclists gathered at the statehouse Tuesday to protest the legislation. But this is a legislative matter and the protest should be made to them. At least they were orderly in bringing their case before public officials.

NEWS

According to the U.S. Department of Commerce's Office of Minority Business Enterprise (OMBE), procurement by Federal agencies from minority businesses during fiscal years 1969 and 1974, increased from \$8.8 million to \$272.14 million, and direct procurement increased from \$3.8 million to \$429 million.

Records from the U.S. Department of Commerce's Office of Minority Business Enterprise (OMBE) show that in fiscal 1969 only 28 Government 8 (a) contracts were awarded to minority enterprises; in fiscal 1974, there were 2,246, 8 (a) contracts. Section 8 (a) of the Small Business Act permits waiver of competitive bidding to socially and economically disadvantaged firms.



Female Inmates Ask Assistance

TO THE EDITOR:

This is a letter to the people as well as the staff of your newspaper. We specifically want anyone and everyone, who may have family and friends, who are caught up in the Penal System, to take time to at least listen.

So often the men in institutions throughout Iowa receive publicity. While we receive the repercussions, we remain unrecognized. Most of society doesn't know we exist, or furthermore they don't know where Rockwell City's Women's Reformatory is located.

Being an inmate of the Reformatory, emotions are part of daily routine, with the

exception of loyalty to a fellow inmate's well-being, as now, when I compose this letter out of empathy, not compassion.

During my incarceration here I've become acquainted with a woman who is serving a life sentence for first degree murder.

She's not just a number, she's a beautiful, warm, intelligent woman and mother.

Mary Lou Carstens was sentenced to life in 1968, with no hope for parole until fifteen years has been served. Three appeals have been submitted in Iowa courts, but all have been denied. Yet she holds faith that she may still have a chance to prove to society she's human as well as we are. Her only appeal now is to the U.S. Supreme Court.

We, as her fellow inmates, have set up a defense fund (Mary Lou Carstens Defense Fund) to assist her in expenses

NOTICE
Letters to the editor and all articles submitted to the New Iowa Bystander become property of the paper which reserves the right to edit and/or omit any part thereof.

relevant to all legal procedures.

Although when receiving thirty-cents per hour, we are limited to our contributions. Therefore this is our reason for appealing to you, the public, not only for your financial aid, but also your moral support.

Sincerely,
Ms. Ruthie Abbington
Box 313
Rockwell City, IA

Send all replies %

The Superintendent, Mr. Ted Wallman
Women's Reformatory
Box 313
Rockwell City, Iowa 50579

eye that cycle



FRIENDSHIP IS THE THING IN EAST GERMANY as visiting black editors and publishers discover during their recent visit. Top: Arthur M. Carter, editor, Washington Afro-American; and Mrs. Brigitte Boegelsack, director of the Paul Robeson archives, admire a picture of Mr. Robeson.

Bottom: Black publishers are at a reception given for them in the penthouse 38th floor of Hotel Stadt Berlin by the GDR Peace Council and the League of Friendship Among Peoples. Among the guests is U.S. Ambassador John Sherman Cooper of Kentucky.

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1894

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The Black Press believes that America can best lead the world away from racial and national antagonisms when it accords to every man regardless of race, color or creed, his human and legal rights. Hating no man, fearing no man, the Black Press strives to help every man in the firm belief that all are hurt as long as anyone is held back.

Public Service Opinions

These editorials do not necessarily express the policy of this newspaper. You can express your opinion by sending a Letter to the Editor.

The Federal Highway Administration of the U. S. Department of Transportation has released information for persons considering getting into carpooling and saving money. The annual cost of driving alone a distance of 10-25 miles to work is \$646 for operators of subcompact cars to \$1,868 for standard size cars.

The automobile represents the single largest user of petroleum products; consequently, it is a major factor in the energy problem. Any solution to the energy situation as well as the problems of urban congestion and air pollution, must include reduced use of the automobiles, especially driver-only occupancy.

By sharing a car with one person, an employee can save up to 50 per cent in transportation costs. With five persons per car, employees save up to 80 per cent, an annual after-tax saving of \$281 to \$1,390, depending on the size of the car, carpool, and distance traveled.

Additional employee benefits include: less driving, reliable transportation, a guaranteed comfortable seat, the option of selecting riders, acceptable door to door travel times, saved energy resources, reduced air pollution, and reduced congestion in parking facilities and on highways.

Carpools carry more than 200 million commuters each day, more than twice as many as buses and fixed rail systems combined. Big American corporations, such as the Minnesota Mining and Manufacturing Company, Texas Instruments, Inc.; Hallmark Cards, Aerospace Corporation, Jantzen, Inc.; Government Employees Insurance Co.

(GEICO), and the Boeing Company, have discovered that volunteer car-pool programs increase auto occupancy between 10 and 35 per cent. This kind of reduction in an entire urban area can dramatically reduce rush hour congestion.

During the height of the 1973-74 energy crisis, Los Angeles reported a seven per cent reduction in rush hour traffic from the preceding year, eliminating 40 per cent of the city's normal traffic delays.

Nationwide, 50 million automobiles used for commuting each working day have had an average occupancy rate in the rush hour of 1.4 persons. However, 75 per cent of the automobiles involved in the commuter working day carry only one person — the driver.

Simply "doubling-up" in commuting automobiles (raising the occupancy rate to 2.0 persons per car) would save more than 500,000 barrels of oil daily and remove 15 million cars from the road.

Raising the occupancy rate to 3.2 persons per car would save more than one million barrels daily.

Carpooling is an immediately available way to improve transportation productivity and reduce costs. Each two per cent increase in auto occupancy nationally at rush hour would save about \$1 billion annually in operating costs and capital expenditures. With about eight per cent of the country's work force now using buses and fixed rail to commute to work, each two-per cent increase in ride sharing is equivalent to a 20 per cent increase in mass transit use.

(Iowa AAA News Service)

BARC Host Cruise Down The Potomac

The "Spirit of '76" was the prevalent mood and there were no stormy skies during a recent cruise down the Potomac River by a gathering of the Black Republican Appointees Council (BRAC) in Washington, D.C.

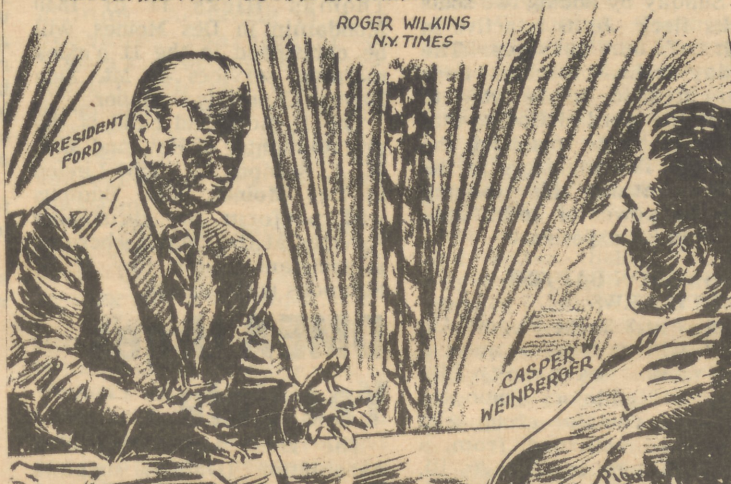
Billed as a "Gala Bicentennial Cruise" on the luxurious cruise yacht, "Spirit of '76" the outing saw a stella gathering of Black Republican appointees and their guests on board for a social get-together and business meeting.

Cruise departure time was 7 p.m. from Southwest Park Pier number seven, which is located between Hogates Restaurant and the Channel Inn in Southwest Washington. Return to the pier was at 9 p.m.

Some notables who were in attendance at the affair included: John Calhoun, deputy special assistant to the President; Lowell Perry, newly appointed chairman of Equal Employment Opportunity Commission (EEOC); John Wilks of the Republican National Committee; Samuel J. Cornelius, deputy director of the U.S. Commerce Department's Office of Minority Business Enterprise (OMBE); Dr. Edwin T. Sexton, special assistant to the director of OMBE; James H. Blair, assistant secretary for Fair Housing and Equal Opportunity, Department of Housing and Urban

Believe America Will Go Broke Trying To Be Decent?

CASPER W. WEINBERGER, RETIRING HEALTH, EDUCATION AND WELFARE SECRETARY WARNED "THAT THE MAJOR DANGER FACING THE NATION IS ITS TENDENCY TO SQUANDER ITS WEALTH ON DOMESTIC HUMAN NEEDS MIGHT PASS WITHOUT COMMENT IF IT DID NOT SEEM SO ACCURATELY TO REFLECT THE ATTITUDES WHICH SHAPE DOMESTIC POLICY IN THIS ADMINISTRATION."
HE ALSO WARNS OF THE PERIL OF FISCAL BANKRUPTCY RESULTING FROM "SOCIAL ENGINEERING."



Haile Selassie: "Great And Tragic"

BLOOMINGTON, Ind. — "Emperor Haile Selassie was a great African figure, although in his latter years a tragic one," Dr. Gwendolen Carter, professor of political science and of African studies at Indiana University Bloomington, said here this morning.

The deposed emperor died early today Aug. 27 in Ethiopia. Dr. Carter, an expert on Africa, said.

"He is probably best known for his heroic stand against the Italian invasion of Ethiopia in 1935, and his appeal to the League of Nations, which I was fortunate to hear."

"But his particular contribution to Africa lay in the personal support which he gave to independence movements all over the continent. It was this support, and his personal seniority among African leaders, that gave him the prestige and respect accorded

Development (HUD); Betty Lou Dotson, assistant director, Office of Equal Opportunity, ACTION; and Ruth Washington, chairperson, Benefits Review Board, U.S. Department of Labor.

The Black Republican Appointees Council is an organization made up of blacks who have been appointed to positions in government under the present administration, and other members of the Republican Party. Their aims are to promote good government and explain government practices, mainly, as they relate to minorities. It also seeks to serve as a conduit for input from the black community to the administration.

him by such widely diverse figures as Nyerere of Tanzania, Houphouet-Bongy of the Ivory Coast, and Sekou, Toure of Guinea.

"One mark of his prestige was the establishment of an Africa-whole in Addis Ababa, which became the center for the economic mission for Africa and the organization of African unity. Another mark of his prestige was the fact that he presided over many important international African conferences, and that he was called upon to negotiate between certain African states that were in dispute."

"Unfortunately, the forward-looking attitude toward independence in other African states was not reflected in a reformist's attitude within his own. He was aware of the need for change, but he allowed it to come far too slowly."

"In his own poverty-stricken country, much needed to be done and he was unwilling to face many of its most serious problems, including, at the end, the devastating famine that was ravishing several areas of Ethiopia."

"To the end, he believed that he knew what was best for Ethiopia, but events moved far beyond him and he died in isolation in Ethiopia, with many of those closest to him already executed or banished, and all out of effective influence within that country."

Conner Names CLPC Board

The Childhood Lead Poisoning Control Advisory Board met Wednesday at 3:30 p.m. Argonne Armory Library, said Julius S. Conner, M.D.; M.P.H., director of the Des Moines-Polk County Health Department and project director for the CLPC Program. As mandated by Federal law, two-thirds of the members come from "affected neighborhoods" and 50 per cent of those have children aged one to six, the ages of dangerous susceptibility to lead absorption.

New members appointed to two-year terms by Dr. Conner are: Jan Squire, 3706 Wakonda Drive; Mary Ann Lint, 802 E. 23rd St.; Mary Lu Saddoris, 642-37th St.; Mary Coates, 1523 Washington; Marlin Douglas, 1341 Washington; Lena Clyce, 1807-21st; Donita Hines, 1803 Mondamin; Cynthia Williams, 1626 Buchanan; Linda Simmons, 5611 Brattleboro; Sharon Malone, 1620 Washington; Peggy Ingram, 926 Oakridge St.; Daniel Ochoa, 714 S.E. Scott; and Don Nockells, 1440 S.E. Bell.

Professional and resource members are: Dave Barnes, Human Rights Commission; Tela Weber, Assistant City Attorney; Marguerite Muto, 4414 Beaver Crest Dr.; liaison member from the Housing Board; Gene Allen, City Urban Development; Charles Downard, 2880 N.E. 44th Court, Des Moines landlord; Kent M. Forney, president of The Polk County Bar Association; and Dr. Ronald Eckoff, representing The Polk County Medical Society.

Continuing members from last years board are: chairman, Tom Goldman, vice president of Iowa Paint Manufacturing Co.; Sara Crockrell, 1530 Jefferson; Mikel Johnson, 2436 Garfield; Brenda Pickett, 1814 Jefferson; Karen Shade, 2701 Woodland; Sheila Mickens, 1544-13th; Gayle Watkins, 3020 High; Connie Jones, 1334 E. Madison; Karen Overton, 3018 Columbia; Barbara Kooker, 2049 Des Moines St.; and Betty Coomes, 2421 Capitol.

Through its regional offices and funded organizations, the U. S. Department of Commerce's Office of Minority Business Enterprise (OMBE) served 24,683 clients, established 262 new minority businesses, and obtained 3,824 contracts for minority firms in fiscal 1974.

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church

SHILOH BAPTIST CHURCH NEWS

Rev. Mark Tunstra will deliver the message at the morning worship and serve communion, the senior choir will furnish the music.

The Matrons of Shiloh will be presenting Mary Clark and the East Side Choir in concert at 4 p.m. Sunday Sept. Refreshments will be served.

Shiloh Baptist Sunday School will hold their annual Sunday school picnic Saturday, September 6, 1:30 p.m. at Union Park.

Rev. William S. Heath, choirs and members will fellowship with Rev. Wiseman and the Progressive Baptist Church of Davenport, Iowa Sunday, September 14. They will leave the church at 9 a.m.

MAPLE STREET BAPTIST CHURCH NEWS

Albert N. Fox will deliver the sermon on Sunday, Sept. 1 for morning service. Communion will be served. The Combined Choirs will furnish the music.

The Annual Prince Hall-Americanism Day will be held at the Maple Street Baptist Church on Sun., Sept. 7, at 3 p.m. North Star Lodge No. 2 F&AM will be host to this year's affair with Doric Lodge No. 20 F&AM participating. All auxiliaries are urged to be present.

Maple Street's Annual Men's Day will be held on Sunday, Sept. 21. Eugene White is chairman.

WINGS OF GRACE CELEBRATE 17th ANNIVERSARY

The Wings of Grace Gospel Singers will celebrate their 17th Anniversary on Sunday, September 14, at 5:30 p.m. at the Maple Street Baptist Church.

Rev. and Mrs. William Hornaday of the Union Baptist Church, Burlington, Ia. will be our special guests. The public is cordially invited to attend. President is Rose Edmonds.

UNION BAPTIST CHURCH NEWS

Pastor Thomas, officers and members of Union offer sincere appreciation to Pastor Clay, choirs and members for services rendered in behalf of Men and Women's Day.

Sunday, September 7 at 4 p.m. Rev. Arthur Mills and members of Corinthian Baptist Church of Waterloo will be our guests.

MESSIAH TEMPLE CHURCH NEWS

Rev. Everett Cassel spoke last Sunday on, "Holiness Unto God." We must hold ourselves as separate, holy children, consecrated unto God if we expect to see heaven. It is not enough to say you know the Lord if you aren't willing to give up sin to act like you know Him. It is not our words we will be known by, but by our every action. Others judge Christ by what we do.

Messiah Temple welcomed Community Baptist Church and its choir at our evening services last Sunday. P. v. Guy Sanders spoke from Daniel, the third chapter. If we remain faithful to the Lord's will, He will remain faithful to go with us in all

situations.

Sunday school is at 10:30 with services at 11:30. Sunday evening services are at 7. Prayer meeting is at 7 on Wednesday evenings.

The Lord blessed our services last Sunday by adding two souls to His flock. Jesus is active in each of our services. The Sunday school teachers have been blessed to be able to deliver the word of God so that there can be no mistaking the meaning. The ministers in the pulpit continue this teaching from the power of Jesus. Join with us in his experience.

MT. HEBRON BAPTIST CHURCH NEWS

Sept. 7 at 3:30 the Pastors Aid No. 2 will present a musical program featuring The Heavenly Meditators. Come and hear this youthful group who have just returned from a successful tour in Chicago, Ill. and Detroit, Mich. Mrs. Esther Sain is president.

There will be prayer meeting at the church Wednesday night at 7 p.m. We will have our regular fellowship service at Morning Star Baptist Church at 7:30 p.m. Sunday evening. Rev. Jas Harris is pastor.

MORNING STAR BAPTIST CHURCH NEWS

Sunday, September 7 at 3 p.m. Rev. Stanford Rolly, pastor of the Southtown Penecostal Church and his congregation will be in worship with us on behalf of the Pastors Anniversary.

Anniversary chairman is Sis. Emma Miller. Co-chairpersons are Sis. Justina Holt and Sis. Fannie Wright.

Sunday, evening at 8 p.m., we will have our regular fellowship program with Mount Hebron Baptist Senior Choir, Sis. Zelma Jenkins and Sis. Lomenia Jones are the presidents. Rev. Alex Crawford, Jr. and Rev. James Harris are pastors.

Sick and shut-ins are Sis. Tiny Jenkins, Mercy Hospital, Room 353 and Bro. Elijah Jones, Iowa Methodist, Room S. Wing 132.

POST BOLINE MANFREDI 9662

The Post Boline Manfredi, 9662 on 1307 NE Fifty-six Avenue will hold Fifth District meeting on Sunday, Sept. 7. Registration will begin at 8:30 a.m. All members of Ladies Auxiliary 5487 please try to attend.

On September 10, Ladies Auxiliary 5487 will hold their regular meeting at 1338 Harding Road at 8 p.m. The auxiliary needs the cooperation of all its members. Ms. Leatrice Wallace is president.

Subscribe Today

Union Baptist Church

"The Friendly Church"
E. UNIVERSITY AT McCORMICK
REV. HENRY THOMAS
1340 McCormick
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
Evening Service 7:45 P.M.
Prayer Service Wednesday All Day

MACEDONIA MISSIONARY BAPTIST CHURCH

930 31st St.
REV. AVANCE HARDEN
Home 277-5445
Church 255-4286
Sunday School 9:30 A.M.
Morning Worship 10:45 A.M.
B.T.U. 6:00 P.M.
Elsie Chancellor, Director
Evening Worship 7:00 P.M.
Prayer Services-Wed. 7:00 P.M.

NEW BETHANY CHURCH OF GOD IN CHRIST

800 Des Moines St.
Pastor Andrew E. Johnson
Sunday School 10:00 a.m.
Morning Worship 11:30 a.m.
Sunday Youth Service 6:45 p.m.
Sunday Evening Service 8:00 p.m.
Mid week service Wed & Fri 7:30 p.m.
Everyone Welcome

Christening Services

Tone Franciene Hicks, daughter of Mr. and Mrs. Thomas Hicks II of 1640 Mondamin in Des Moines, will be christened in the 11 o'clock morning services at Mt. Zion Baptist Church in Oralabor.

The 11-month-old child is the granddaughter of Rev. and Mrs. W. J. Bumpus, Jr., 2500 Linden in Des Moines. Rev. Bumpus will perform the christening services at the church where he is assistant pastor. Rev. H. L. Simmons is the pastor.

DMEA Urges Yes Vote

The Des Moines Education Association (DMEA) suggests that the voters in the Des Moines School District will have an opportunity to protect their investment in school buildings when they vote "yes" for the 67½ cent Schoolhouse Levy on September 9.

This request to extend the present Schoolhouse Levy for eight additional years is proper and will provide the taxpayers with a pay-as-you-go method of improving and repairing the existing buildings. Major repairs and remodeling will be required and it is fiscally unsound to wait until disaster strikes and then require a bond issue to reconstruct a school building. Bond issues require the payment of interest over long periods of time.

The DMEA points out that the extension of the Schoolhouse Tax Levy is NOT a new tax on real estate. The voters in the Des Moines School District have operated a pay-as-you-go financing program for schools since the middle 1940's. The citizens of Des Moines have influenced the board of directors to levy only that amount needed.

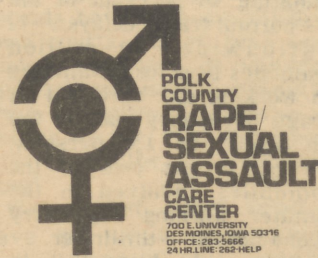
It is not required that the levy be for the entire 67½ cents every year. Present general fund expenditures for repair and replacement are limited due to the financing methods used in the State of Iowa. All routine maintenance of the school buildings must be financed by the general fund, therefore, the Board of Directors of the Des Moines School District, who are elected officers of the school district must make decisions about priorities on budget dollars. The easiest reduction to

make is the reduction of adequate maintenance funding. This causes major repair expenditures in future years.

The DMEA is aware that many of the school district buildings are in excess of 20 years of age and these buildings will be used for at least an additional 50 years if proper repair can be given to these buildings. It is a wise investment, the DMEA believes, of 67½ cents per \$1,000 of assessed value per year.

We urge voters to vote "yes" for the 67½ cent Schoolhouse levy on September 9.

The DMEA cares about the schools and we hope that every voter does too, and votes "yes"!



The Rape Care Center exists to aid victims of rape and sexual assaults. Our counselors are familiar with and can be with you during hospital, police and court procedures. CONFIDENTIAL help is available 24 hours every day to assist victims and their families with personal problems or procedures resulting from rape or sexual assaults.

If you are raped or assaulted call 262-HELP and/or the police immediately; DO NOT bathe, douche or change clothes.

REPORT RAPE & MAKE THE COMMUNITY SAFE FOR OTHERS

24 HOUR LINE
262-HELP
WANT ADS
GET RESULTS

PILGRIM MISSIONARY BAPTIST CHURCH

1732 Walker Street
REV. WAYLAND HEATH, Pastor
Sunday School 9:45 A.M.
Morning Service 11:00 A.M.
Youth Meetings Weekly 7:30 P.M.
Prayer Meeting Wednesday 7:30 P.M.

JACOB TEMPLE CHURCH OF GOD IN CHRIST

1501 Fourth St.
Elder A. C. Carroll, Pastor
Sunday School 9:30 A.M.
Sunday Worship 11:00 A.M. and 8:00 P.M.
Evening Services Tuesday and Friday at 8:00 P.M.

MORNINGSTAR BAPTIST CHURCH

1150 W. 13th
REV. ALEX CRAWFORD, Pastor
Sunday School 9:45
Morning Worship 11:00
Sunday Broadcast 9:30 A.M. to 10:00 A.M.

MT. HEBRON BAPTIST CHURCH

131 - 9th St.
West Des Moines, Iowa
REV. JAMES HARRIS, Pastor
Sunday School 9:00 A.M.
Morning Service 11:00 A.M.
Prayer Meeting Wed. 7:30 P.M.

Maple Street Baptist Church

E. 16th and Maple Street
REV. GEO. PARISH, Minister 266-8910
Sunday School 9:45 A.M.
Sunday morning worship 11:00 A.M.
Morning Worship 11:00 A.M.
Bible Class 6:30 A.M.
Evening Service 7:30 P.M.
Prayer Service Wed. 8:00 P.M.

MT. ZION BAPTIST CHURCH

Oralabor, Iowa
Rev. H. J. Simmons, Jr. Pastor
Sunday School 9:45 am
Morning Worship 11:00 am
Prayer Service 7:30 pm
Evening Service 7:30 pm

PHILADELPHIA SEVENTH DAY ADVENTIST

1150 13th St.
Rev. George W. Murray, Pastor
Sabbath School 9:30 A.M.
Morning Service 11:00 A.M.
Missionary Volunteer 30 P.M.
Prayer Meeting, Wed 8:00 P.M.
Doric Society 1st Sunday 1:00 P.M.

KYLES TEMPLE A.M.E. ZION CHURCH

Rev. J. H. Jones, Pastor
907 15th Street
Sunday School 9:45 A.M.
Morning Service 11:00 A.M.
Evening Worship 7:00 P.M.
Prayer Service - Wednesday 7:30 P.M.

SHILOH BAPTIST CHURCH

1213 Scott Street BL 5-6333
REV. WILLIAM HEATH, Pastor
ORDER OF SERVICES
Sunday School 9:45 A.M.
Morning Service 11 A.M.
B.T.U. 6:00 P.M.
Evening Services 7:30 P.M.
Wednesday Night Prayer Service 7:00 P.M.

Bethel A.M.E. Church

1528 East University Ave
REV. IVAN JOHNSON, Pastor
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.
Evening Worship 7:30 P.M.
Wed. Mid-Week Service 7:30 P.M.

Corinthian Baptist Church

9th and School Streets
Rev. F. W. Strickland
Sunday School 9:45 A.M.
Morning Worship 11:00 A.M.
B.T.U. 6:00 P.M.
Evening Service 7:00 P.M.
Prayer Service Wednesday 8:00 P.M.

Evangelistic Missionary Church

1340 E. 18th Street
ELDER EURICA FOUNTAIN, Pastor
Sunday School 10 A.M.
Sun. Worship 11:30 A.M. and 8 P.M.
Y.P.W.W. 7 P.M.
Sunday Evening Worship 8 P.M.
Tuesday Prayer and Bible Study 8 P.M.
Thursday Consecration and Healing 8 P.M.

St. Paul A.M.E. Church

1201 Day St.
Rev. Robert Clay
Church School 9:30 A.M.
Church Service 10:45 A.M.
Vespers Service 6:30 P.M. to 7:30 P.M.
Prayer Service Wed 7:30 P.M.
Youth Fellowships 5:30 P.M.

TRUE BIBLE BAPTIST CHURCH

1440 DeWolf Street 266-8212
Rev. Ezra Wiggins, Pastor
Sunday School 9:45 A.M.
Morning Worship 11:00 A.M.
Bible Class 6:00 P.M.
Evening Worship 7:00 P.M.
Prayer Meeting, Wed 7:00 P.M.

Mt. Olive Baptist Church

S.E. 4th and Scott Streets
REV. H. R. FIELDS, Pastor
Sunday School 9:45 A.M.
Morning Service 11:00 A.M.
Evening Service 7:45 P.M.
Wednesday Prayer Service 7:30 P.M.
Choir Rehearsal Fridays 7:30 P.M.

BURNS UNITED METHODIST CHURCH

811 Crocker Street
Rev. R. C. Pfaltzgraff
Rev. Henry Bevel
Sunday School 9:30 A.M.
Morning Worship 11:00 A.M.

MISSION TEMPLE C.O.G.I.C.

1161 Enos
Elder James McNear, Pastor
Assistant Pastor Minister E. Bell
Sunday School 9:30 a.m.
Sunday Morning Service 11:00 a.m.
Y.P.W.W. 6:30 a.m.
Evening Services 8:00 p.m.
Tuesday and Thursday nights 7:30 p.m.

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Wednesday Prayer Service 7:00 p.m.

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Provide Teachers With A Better Environment

Turning to the field of education for a moment: when I was a boy forty years ago, the approach to education was on a different level. In fact, it was downright authoritarian with the teacher making no bones about the fact that you were in school to learn to read, write, spell and work arithmetic and that it was his/her job to see that you did.

Learning was, of course, by the rote method, that is, you repeated your lessons over and over until they were committed to memory. Present-day educators, by and large, scoff at such methods, and perhaps rightly so. They say these are too slow, dull and, worse, do not train a student to think independently in a world that is becoming increasingly complex, demanding facile and flexible approaches to the solving of sophisticated and highly involved problems.

I know the arguments and they are indeed hard to deny. Yet something in me will not let the thought be put to rest that the old fashioned method of learning had something good going for it.

Today as I move about the country, I encounter young people in various walks of life and from many parts of the world. I am singularly struck by the facility with which, for example, young Africans trained in the authoritarian British method of rote learning and young Americans trained in Catholic schools where nuns are unswerving in exercising strict learning disciplines, handle the English language.

There is a direct correlation, it seems to me, between the ability to speak well, and one's ability to read and thus grasp wider ranging concepts and ideas.

There are certainly no easy answers. If there were the question would long since been laid to rest. But my suspicion is that in an age when youngsters are called upon to learn and absorb so much more complex information than their forebears, the iron external discipline necessary to the fulfillment of the endeavor is giving away to laxity and a curious permissiveness. Spare the rod and spoil the child? Perhaps.

This is certainly true. When I was a youngster, a teacher would whack your knuckles with a ruler and warm the seat of your pants with a leather strap if you cut up in class and failed to get your lessons.

If you squawked, you got another licking from your parents when you got home. Today, I suppose a parent would have a teacher arrested for assault if he or she attempted to discipline a child with a whipping. Then, too, some communities have laws against corporal punishment.

Let me emphasize this point: I do not want to return to a physical disciplinary setting. At the same time, I do not believe we should be bamboozled by the phoney liberals who urge permissive learning for our public school system while they place their children in private schools, with the best teachers and materials and insist they learn to read, write, spell and solve arithmetic problems and do all these things well.

Since I do not believe we should return to the distant past of rigid rote learning with attendant corporal punishment, what then should we do about the disastrous situation in our school systems?

I would favor, perhaps, community control of schools. This would involve parents and others of the community, so that the public schools where the bulk of poor children must go, are responsive and relevant to their needs.

My concern is a practical one. For as we try to open the doors of opportunity, doors that, hitherto, have been closed to our people, we will be prepared educationally to enter and, subsequently, succeed in a given career.

We have some great and dedicated teachers. Let us create an environment where they have a chance to teach. (NNPA)

Drake offers series for mature women

Drake University is offering a series of nine programs during the fall semester specifically designed to meet the unique educational needs of mature women.

Drake's program of continuing education for women, offered through the university's College for Continuing Education, is geared to encourage women to continue their education in order to fully utilize their potential abilities. According to Anne Schodde, coordinator of Women's Programs at Drake, specific offerings have been designed to include educational and vocational counseling, interest testing, credit courses, conferences and noncredit workshops.

The nine programs, with a brief description of each, the dates they begin and class meeting places on campus, are:

—“Women in America—History and Prospects,” an introduction to the entire area of Women's studies, including such topics as the image of women as reflected in literature and sociological perspectives regarding the traditional roles of women in marriage, family and parenthood, Tuesdays, beginning September 2, room 235, Meredith Hall.

—“Reading and Study Skills for the Returning Adult Student,” a course designed to develop efficient learning and study habits and to improve reading and rate of comprehension, Monday-Wednesday-Friday, beginning September 8, Morehouse Residence Hall.

—“Discovery and Options,” a career planning and self-discovery workshop for the woman who wants to learn more about herself, her interests and abilities, as well as the choices open to her, Wednesdays, beginning September 24, Medbury Hall Lounge.

—“Assertive Training for Women,” a course designed to build skills which enable women to express beliefs, feelings and

opinions in an honest, direct and appropriate way, Thursdays, beginning September 25, Medbury Hall Lounge.

—“Discovery and Options for the Woman Alone,” a workshop specially designed for the single, widowed or divorced woman interested in enriching her life, assessing her abilities and developing her potential, Mondays, beginning October 6, Olmsted Center.

—“Women's Community Leadership Institute Project,” a statewide project, sponsored and funded under Title I of the Higher Education Act of 1965 through Iowa Program IMPACT, to recruit and train women for volunteer community leadership roles at the policy level in the health, education and welfare fields, Tuesdays, beginning November 25, Olmsted Center.

—“Creative Writing for Publishing,” a workshop designed for the woman writer who wants to write quality poetry and/or fiction for possible publication, Wednesdays, beginning October 8, room 237, Meredith Hall.

—“Administrative Supervision for Women,” an introductory management training program for employed women to improve their knowledge, skills and

attitudes in ways which will contribute to their effectiveness in their organizations, Thursdays, beginning October 16, Olmsted Center.

—“Exploring Your Options for Change,” a one-day conference on continuing education opportunities for men as well as women who are interested in returning to college or learning about new educational opportunities, Saturday, November 15, 8:30 a.m. to 3:30 p.m., Olmsted Center.

Also offered this fall will be the “Lunch and Learn” seminar on Wednesdays, beginning September 10 in the Olmsted Center. The special noon hour program is designed for women

students who have returned to college so that they may gather and share common problems and concerns and learn more about what is available to them at Drake.

Detailed information about these programs, times and fees is available by calling or writing Women's Programs, Drake University, Des Moines, Iowa 50311, telephone 515 271-2184.

DOT EXPANDS SERVICES

AMES, IOWA — The Department of Transportation, Office of Drivers License, expanded its services in the Des Moines area, effective Tuesday, by opening a Drivers License Station at the Iowa State Fairgrounds and by extending its hours of operation at the Drivers License Station located at 5238 N.W. Second Avenue.

The Fairgrounds Drivers License Station will be housed in an “A” frame building located behind the Conservation Building, near the Race Track. The public should use the Grand Avenue entrance to the fairgrounds. The station will be open Monday through Friday the following hours:

Renewals - 8 a.m. — 4:45 p.m.

Written Tests - 8 a.m. — 4:15 p.m.

Driving Tests - 8 a.m. — 11:15 a.m. and 1 a.m. — 4:15 p.m.

Motorcycle Skill Tests are scheduled at 10 a.m.; weather permitting. Motorcycle applicants should call ahead for an appointment.

The Drivers License Station located in the Motor Vehicle Division Office at 5238 N.W. Second Avenue, north of I-80, will be open from 8 a.m. until 8 p.m., Monday through Friday, effective September 2. Specific hours are as follows:

Renewals - 8 a.m. — 8 p.m.

Written Tests - 8 a.m. — 7:30 p.m.

Driving Tests - 8 a.m. — 7:30 p.m.

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Around the State

Davenport

Cecile Cooper
Reporter

CATHOLIC INTERRACIAL COUNCIL

Archbishop Helder Pessoa Camara, Catholic Archbishop of Recife and Olinda in Brazil and internationally recognized advocate of non-violent social change, is the 1975 recipient of the Davenport Catholic Interracial Council's annual Pacem in Terris Peace and Freedom Award, according to an announcement today by Father John S. Smith, CIC President.

Dom Helder, whom Time Magazine has called "pastor of the poor," has confirmed plans to be in Davenport, October 18, to accept in person the CIC award.

In receiving the Pacem in Terris Award, the Brazilian prelate becomes the first non-citizen of the United States and the eleventh person to be so honored by the local group.

The award was originated by CIC in 1964 to memorialize the late Pope John XXIII for his historic plea for peace and justice in his encyclical letter, *Pacem in Terris*, and at the same time, to honor individuals who have made major contributions to the causes of peace and freedom.

Former Awards

Past recipients of the award include John Howard Griffin, author of *Black Like Me*, Martin Luther King, Jr., Sargent Shriver, A. Philip Randolph, Father James Groppi, Saul Alinsky, Jesse Jackson, Dorothy Day and former Senator Harold Hughes.

"We of CIC are very happy to be able to so honor Dom Helder Camara," Father Smith stated in making the announcement. "Few people today so represent in all aspects of their lives such thorough and continuing concern for the burning, people issues of our time: poverty, racism and socio-political exploitation, especially."

As Archbishop of Recife and Olinda in Brazil, Dom Helder has launched major programs of land reform and non-violent socio-political liberation in his own diocese which have significantly influenced movements for change throughout Brazil and Latin America.

Sometimes referred to as the Red Bishop because of his relentless advocacy of social and economic reconstruction, Dom Helder is the American Friends Service Committee's

nominee for the 1975 Nobel Peace Prize. In 1973, he received a "People's Peace Prize" in Norway; \$300,000 raised by European church and student groups, trade unions, and political parties.

As the famed voice of the poor and preacher of non-violent revolution, Dom Helder is described as "a persistent nettle in the breeches of his country's military regime." At least eight of his associates have been arrested and tortured.

Keokuk

Mrs. Kenneth R. Douglas
Reporter

Bethel African Methodist Episcopal Church held usual Sunday services the past Sunday, Rev. D. E. Johnson is pastor.

Rev. J. H. Mims filled his pulpit at Pilgrim Rest Baptist Church on last Sunday. Choosing his text from I Corinthians 1:9 his subject was "Labor Day for the Christians." Mrs. Laura Dawson of Des Moines attended the services. A very beautiful solo was sung by Ms. Charline Mims entitled, "Who is to Blame?" A nice crowd attended.

SCHOOL DISTRICT MEETING

Orientation for the combined staffs of the Keokuk schools was held at the Grand Theater on Wednesday morning of last week. The new superintendent of schools, Keokuk district, spoke to the group as did Dr. Robert Benton, state superintendent of public instruction.

Attending were school board president Robert Pearl, Mrs. Phyllis Harper, Mrs. Verona Williams, Jack Holder and Ms. G. Cooper, a reading specialist who has joined the staff this year. Those attending the picnic held in the afternoon in Rand Park were Mesdames Oleta Holton, Virginia Parsons, Gladys Conn and Bernice Robinson.

An American field service student, 17-year-old Pramod Daya from Port Elizabeth, South Africa will spend the next school year in the home of Mr. and Mrs. Jerry Baker in Warsaw, Ill., across the river from Keokuk.

FOR 90 YEARS

Roy Galbreath, pioneer resident, will celebrate his 90th birthday on September 7. His many friends wish him many more happy birthdays.

Mrs. Sharon Bell was a patient in St. Joseph Hospital several days the past week.

Roger Frye of Bloomington, Ill., spent the past weekend in the city visiting relatives and

friends.

Mrs. Pearl Cooper and Thurman Fields motored to Wisconsin Dells where they spent several days vacation.

BATES REUNION

Mr. and Mrs. Ora Bates hosted the Bates family reunion in Rand Park Saturday of last week. Approximately 80 persons attended.

States represented were Missouri, Illinois, Oklahoma, Kansas and Minnesota. The oldest member present was Mrs. Robert Mallory of Fort Madison. Rev. C. S. Jones of Minneapolis, former pastor of Second Baptist Church, Fort Madison, Ia., attended. A basket dinner was served.

Mrs. Opal McCutcheon left for her home in Milwaukee the first of the week. She had spent a couple weeks in the city visiting relatives and friends.

Mr. and Mrs. LaVerne Carter and family have returned home after a three-week vacation in the western states.

HUD Announces

Wiley Appointment

The U.S. Department of Housing and Urban Development announces the appointment of Phyllis Wiley as executive assistant to James H. Blair, assistant secretary for Fair Housing and Equal Opportunity.

In this capacity, Ms. Wiley, who comes to HUD from the Economic Development Division of the New Jersey Department of Labor and Industry, will assist Blair with all administrative and programmatic matters covering the entire scope of his responsibilities. She also will supervise a staff of special assistants to the assistant secretary, now being formed.

Ms. Wiley, the first black female executive assistant in HUD, for several years has been actively involved in projects dealing with the civil rights of minorities and women, and will continue this involvement, especially where it relates to the various units housed in the Fair Housing and Equal Opportunity Office of HUD.

From January 1970 to July 1972, Ms. Wiley was a special appointee to former Postmaster

Third-Year Sprinkler

Fitter Apprentice



DWIGHT BAGBY

Dwight Bagby, 1303 E. 17th Street, is a third-year sprinkler fitter apprentice who works for Midwest Automatic Sprinkler Company. He is a member of the United Association of Journeymen and Apprentices of the Plumbing and Pipefitting Industry Local Union No. 669 of Washington, D.C.

In addition to his on-the-job

training, Bagby is required to participate in related training by correspondence course from Pennsylvania State University.

Bagby said he likes the work very much and has traveled in several states while performing tasks as a sprinkler fitter. His rate of pay is \$7.14 per hour plus fringe benefits.

General Winton Blount as a national program specialist. Subsequently, she worked with the Public Relations firm of Apter and Associates in Washington, D. C. In January 1974, she became the Administrator of Program Operations for the Urban League Affiliate in Newark, N. J.

Ms. Wiley is a member of a

variety of political, educational and social organizations, such as the National Black Women's Political Caucus, League of Women Voters, Women United for Action, the N.E.A. and Alpha Kappa Alpha Sorority.

Ms. Wiley, who will maintain her residence in New Jersey, is a native of Ohio, and was graduated from Central State University of Ohio with a B.A. degree in English.

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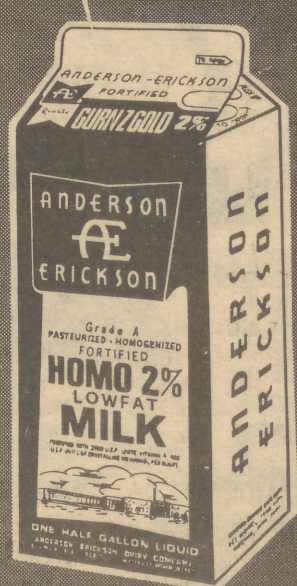
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by
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HAPPINESS THROUGH HEALTH

STUDY FINDS THE PILL RISKY FOR WOMEN OVER FORTY: A new British study has found that women over 40 taking birth control pills were four to five times more likely than nonusers to die of a heart attack. The study by Oxford researchers, published recently in the British Medical Journal, also found that younger women using the pill are two to three times more likely to die of a heart attack.

Yearly mortality for pill-users aged 30 to 39 were found to be 5.4 per 100,000, compared to 1.9 per 100,000 in women not on the pill. In the 40 to 44 age group, the death rate was 54.7 per 100,000 for pill-users, and 11.7 per 100,000 for other women.

The British group investigated 219 deaths from heart attacks in women under 50, and in a separate study compared birth-control pill use and other risk factors in 63 women under 45 who had heart attacks with 189 women who had not. They found that oral contraceptives were correlated with heart attacks in both studies.

The researchers postulated that heart attacks in pill users may be caused by an increased tendency to form clots which block the arteries supplying blood to the heart. It has been known for several years that the pill increases the risk of such clots forming in large veins and traveling to the lungs or brain.

ALCOHOL AND THE CANCER CONNECTION: There was bad news and good news in a recent HEW report on alcohol and health. The bad news: Heavy drinking raises the risk of mouth and throat cancer as much as heavy smoking does and more younger Americans are now engaging in such drinking. The good news: As many people have long suspected, moderate drinking increases longevity and reduces the odds of developing heart disease.

Whiskey is the principal villain. Heavy drinkers of Scotch, bourbon, rye and similar beverages are up to 11 times as likely to develop these diseases as moderate drinkers. Cancer of the hypopharynx, larynx, and tongue also have a "very strong" relationship with heavy alcohol use, the HEW report noted. When heavy drinking and heavy smoking are combined, the risk factor jumps enormously. Those who do both are 15 times as susceptible as people who neither drink nor smoke.

Mr. Morris E. Chafetz, who discussed the report, had some cheering news for moderate imbibers. As a statistical group, they live longer than abstainers or exdrinkers. In fact, Chafetz noted, "Moderate alcohol use may be physically, psychologically, and socially beneficial to active and institutionalized older people."

Moderate drinkers also have a lower rate of reported heart attacks than heavy drinkers, ex-drinkers, or abstainers." He defined such a drinker as one who consumes less than 1½ oz. of pure alcohol a day. This translates into about 3 oz. of whiskey, half a bottle of wine, or four glasses of beer.

SPECIAL DELIVERY FOR NARCOTIC ANTAGONISTS: Drug therapy for heroin addiction will get a boost from development of an implantable, long-acting narcotic-antagonist delivery system. Under the contract with HEW's National Institute on Drug Abuse, ALZA Corporation, of California, will work on developing a means of drug administration that will be active from four to six weeks.

"In concept, it's a small plastic device that might be implanted by simple surgical procedure," says Dr. William O'Neill, an ALZA official. "The

system is based on chronomer bio-erodible polymers that undergo predetermined degradation in the body so that they release the drug by erosion of the surface."

FIRST AID HELPS CHOKING VICTIMS: Choking deaths account for an estimated 4000 deaths in the United States each year according to a national life insurance company. Men, women and children die because of choking of solid food.

Laymen can learn to recognize choking episodes and successfully apply emergency rescue techniques. This tragic form of accidental death can be virtually eliminated if we can make people aware of the cause of choking and give them the proper precautions to take in order to keep choking from happening.

Choking is reported to be the seventh leading cause of accidental deaths in the U.S. annually. More people die by choking than are killed by poisonous snake bites, aircraft accidents, lightning or electric shock. Check on emergency

rescue techniques with your local health facility.

U.S. CUSTOMS PROMOTES FIRST BLACK WOMAN TO GS-14 POSITION

Mrs. Dorothy M. Pleasant of Oxon Hill, Md., has become the first black woman to achieve an executive level position at the U.S. Customs Service with her recent promotion to Senior Operations Officer.

A graduate of Spelman College in her home city of Atlanta, Ga., Mrs. Pleasant joined Customs in 1963 as a GS-5 grade Customs Aid. Acquiring special training in 13 different Customs positions, she rose rapidly to her present status in a predominantly male field.

As Program Manager for Operational Acceptance Testing, she will head a team of seven men and one woman testing Customs' Automated Merchandise Processing system (AMPS). The system uses modern computer technology to process merchandise through Customs in minimum time.

Mrs. Pleasant's husband, James, an Operations Assistant, whom she met at U.S. Customs, helped to design the system that his wife will test. The couple has seven children, five of them Mr. Pleasant's by a former marriage.

An avid seamstress, Mrs. Pleasant makes her own clothes. She enjoys cooking, dancing, and interior decorating when not traveling for business.

She intends to start work on a Master's Degree in Business Administration in January with an eye toward becoming a District Director for Customs some day. Mrs. Pleasant says she'd aim for Regional Commissioner, but time might prevent her from reaching that goal before retirement. She's certain neither her sex nor color would interfere. "I'm fortunate to be with Customs," she says.



CORRECTION

James B. Morris, Sr., publisher emeritus of the New Iowa Bystander, poses with Charles P. Howard, Jr. (center), retiring president of the National Bar Association, and his brother Judge Joseph Howard. The Howards are former Des Moines residents. In last week's issue of the New Iowa Bystander, they were erroneously named Powells.

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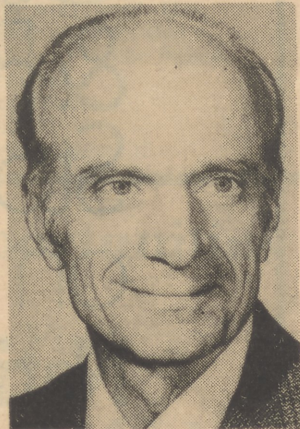
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8:00 am to 5:00 pm Mon.-Fri.



Members of the Model City Young Adults Action Committee presented a \$100 check to the Model City Senior Citizens to help the organization which is in financial difficulties. Standing are (l-r) Mary Moore, Jr., Terry Edwards, Jim Cooper, Maudine Ewing, and Veronica Turner. Seated are Darrell Lewis, W.C. Buice who accepted the check for the Senior citizens and Vickie Daniels. The money was raised through a benefit dance given by the YAAC.



RE-ELECT
Dr. John McCaw
to the
Des Moines School Board
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ENTERTAINMENT WORLD



MABLE JOHN

Never Too Busy For Sickle Cell ...

HOLLYWOOD, Calif. — Mable John, president of Fourth House Music Company, career woman and mother, is a very busy and involved lady, and in spite of her busy schedules Mable still finds time to help those less fortunate than herself.

Miss John has worked very closely with the Sickle Cell Anemia Foundation throughout America. A while back she visited a Sickle Cell Center in Cincinnati, Ohio, and while there she made a commercial for the Sickle Cell Foundation that is currently running in that city.

Miss John visited New Orleans where she took part in a 48-hour long telethon to help raise money for the dreaded disease. She slept not a wink, and worked to the point of exhaustion, helping the New Orleans Chapter of the Sickle Cell Foundation raise over \$100,000.00.

She has participated in many fund-raising campaigns and given up countless precious hours for the benefit of Sickle Cell Anemia patients; never

asking for anything in return. She is very sincere in her efforts and only wants that in the near future we see this terrible disease being defeated.

Recently, Miss John was visited by employees of the Cincinnati Sickle Cell Center, who wanted to see her again. Together Miss John and her guests lunched and she then showed them some of the scenic landmarks Los Angeles has to offer its visitors.

Mable John is not only president of her own publishing firm, Fourth House Music, she also co-manages a group of talented young singers known as the "Autographs," along with Ray Washington.

With her business, marriages and her charity involvements, Miss John's four sons (Limuel, Joel, Jesse & Otis) are very proud of their mother, and share the thought with Sickle Cell Foundation officers and members the world over, who readily admit, Mable John is one of the finest, most understanding human beings in the world.

New Boating Laws Now In Effect

Des Moines — All Iowa boaters are being urged to recognize several changes and additions to the boating laws which went into effect August 15, 1975. These changes were passed by the Sixty-sixth General Assembly and are now being enforced according to the Iowa Conservation Commission.

The changes are:

1. All documented vessels must now be registered with the Conservation Commission.
2. Visitors who bring boats into Iowa may now use these boats in Iowa for sixty days without having to apply for Iowa registration.
3. Air mattresses, inner tubes, or other toy or beach items need not be registered if used in a recognized swimming area. These swimming areas can in no case exceed three hundred feet from shore.
4. An owner may not transfer

title to his boat to any person unless the registration is current for the period prior to transfer.



Pryor Bids "Adios Amigos"

Just one of the many times that Fred Williamson and Richard Pryor get run out of the many towns and places in the motion picture, "Adios Amigo," as a result of Pryor, who plays the part of Sam, always

wheeling and dealing and leaving Williamson holding the bag, in this side-splitting, action-filled western movie, produced by Williamson under the Po Boy Productions banner and filmed on location in Santa Fe, New Mexico.

Gives Surprise Birthday Party For Hazel Jackson

HOLLYWOOD — It was a total surprise for Hazel Gordy Jackson when her husband, Jermaine Jackson, Barry White and his wife, Glodean, invited a small, select group of close friends and immediate family to the White's palatial hillside home in Sherman Oaks, California, for a mid-day surprise birthday party celebrating her 21 birthday.

Totally unaware of the surprise and gaiety in store for her, and accompanied by her husband, young Hazel arrived at the home of the Whites, following an invitation by telephone from Glodean to come over and chat; only to be surprisingly greeted by her father, Berry Gordy, Jr., her mother, Thelma Gordy, her grandparents, Mr. and Mrs. Robert Coleman, and many others shouting, "Surprise, Surprise," while flashbulbs exploded and cameras clicked. The hush that had prevailed previously while attending guests waited to shout "surprise," and "happy birthday," was turned immediately into gaiety and laughter amidst the toasting and well wishes to Hazel on her birthday.

A lavish luncheon was served buffet style, and the guests in attendance included her brothers, Berry Gordy, IV, Terry Gordy, Kenny Gordy, and Kerry Gordy; Diana Ross Silberstein and her two daughters, Tracee and Rhonda;

Smokey Robinson and wife, Claudette; Linda James of Love Unlimited; Mrs. Sadie Carter, Barry's mother, Mrs. Glodean James, Glodean and Linda's mother; Ms. Suzanne de Passe, vice president of Motown's Creative Department.

Billy Davis and Les Peterson of Motown Records; Mr. and Mrs. Blanchard Montgomery, vice president and general manager of Soul Unlimited Productions; Larry Nunes, Mike Nunes and Albert Denny all of Soul Unlimited Productions; Myra Waters, plus others.

Everyone had a fantastic time dancing the 'Hustle', eating, drinking, playing volleyball, basketball, putting on Barry's putting green, while helping to celebrate the 21 birthday of Mrs. Jackson, thanks to the thoughtfulness of her husband, Jermaine and Barry and Glodean White.

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Section for School News

Cooperation for Starting Time On Wednesdays

The half-hour later starting time for elementary schools on Wednesdays will provide time for staff development sessions for teachers, Dr. James Bowman, executive director of elementary education for the Des Moines Public Schools, said recently.

Elementary school classes on Wednesdays will start at 9:40 a.m. The regular starting time the other four days of the week will be 9:10., 20 minutes later than during the last school year.

"The new starting time for elementary schools has eliminated the possibility of early dismissal for elementary schools," Bowman said.

During the 1974-75 school year, staff development sessions were held on Wednesday afternoons and classes were dismissed at 2:30 p.m., a half hour earlier than usual.

The hour-long staff development sessions will start at 8:40 a.m. and will be used for teacher planning and workshop activities, "enabling teachers to upgrade their skills in instruction."

"Most teachers feel it is vital to their effectiveness and helps them to keep their efforts in phase with those of other staff members and provide children with a program which has depth and continuity," Bowman said.

Elementary principals have been asked to provide supervision for children who must come to school earlier than 9:40 a.m. on Wednesday, he said. Staff members will be rotated for this duty, he said.

"Parents who are at home are requested to have children arrive at 9:20 a.m., on Wednesdays," Bowman said. "Undoubtedly, this may present some hardships to some of us, but mutual cooperation can make the new schedule work."

SCHOOL LUNCH MENU

DES MOINES PUBLIC SCHOOLS LUNCH MENU
SEPTEMBER 8-12, 1975

MONDAY, Sept. 8
Hot Dog in Buttered Bun
Buttered Vegetable
Finger Food or
Green Salad
Frosted Spice Bar
Milk
TUESDAY, Sept. 9
Macaroni & Cheese or
Memphis Goulash
Buttered Green Beans
Whole Wheat Roll & Butter
Orange Juice Gelatin
Milk

WEDNESDAY, Sept. 10
ALL AMERICAN SCHOOL LUNCH

School Made Beef Burger
Vegetable Salad Trimmings
Potato Gems
Chocolate Cake
Milk

THURSDAY, Sept. 11

Turkey in Gravy
Mashed Potatoes
Buttered Peas or
Vegetable Salad
Hot Roll & Butter
Fresh Fruit Cup
Milk

FRIDAY, Sept. 12

Big Boy Sandwich
Potato Chips
Finger Foods
Red Apple or
Applesauce
Peanut Butter Cookie
Chocolate Milk

WEST DES MOINES COMMUNITY SCHOOL DISTRICT

Monday Sept. 8
Chicken Fried Steak on Bun
Hot Buttered Carrots
Hash Brown Potatoes
Chocolate Chip Cookie
Milk

Tuesday, Sept. 9

Pork Patty
Twotone Beans
Orange Juice Gelatin
Cinnamon Roll
Milk

Wednesday, Sept. 10

Pizzaburger
Buttered Corn
Sliced Peaches
Brownie
Milk

Thursday, Sept. 11

Turkey & Noodles
Green Salad
Schoolmade Roll
Fruit Cup
Milk

Friday, Sept. 12

Hoagie
Oven French Fries
Vanilla Pudding with
Strawberry Sauce Topping
Milk

URBANDALE COMMUNITY SCHOOLS

Monday, Sept. 8
Hot Dog on Bun
Hash Brown Potatoes
Fruit Cocktail
Milk

Tuesday, Sept. 9

Goulash with meat
Tossed Salad
Bread and Butter Sand
Pear Halves
Cookies
Milk

Wednesday, Sept. 10

Macaroni and Cheese
½ Slice Meat
Bread and Butter Sand
Buttered Beets
Peach Halves
Milk

Thursday, Sept. 11

Beefburger on Bun
Buttered Green Beans
Brownie
Applesauce
Milk

Friday, Sept. 12

Creamed Chicken on Mashed Potatoes
Peanut Butter Sandwich
Fruit Cup
Milk

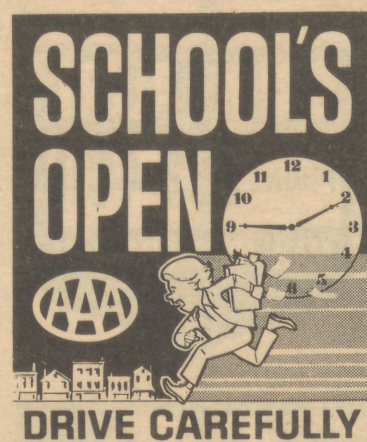
Competition for overseas study to close soon

The 1976-77 competition for grants for graduate study abroad offered under the Mutual Educational Exchange Program (Fulbright-Hays) and by foreign governments, universities and private donors will close shortly. Only a few more weeks remain in which qualified graduate students may apply for one of the 550 awards which are available to 52 countries.

Most of the grants offered provide round-trip transportation, tuition and maintenance for one academic year; a few provide international travel only or a stipend intended as a partial grant-in-aid.

Candidates must be U.S. citizens at the time of application, hold a bachelor's degree or its equivalent by the beginning date of the grant, have language ability commensurate with the demands of the proposed study projects, and good health. Preference is given to those between 20 and 35 years of age.

Application forms and further information for students not enrolled in universities may be obtained from the Correspondence Unit of the IIE at the above address. The deadline date for receipt of completed applications is November 1, 1975.



NEWS MUST BE TYPED

We appreciate receiving all the news from various active groups, clubs and churches in the area. However, the Bystander will no longer accept news that is not typewritten. This is for your benefit as well as ours. Thank you.

Area College Takes Courses Off-campus

Des Moines Area Community College will be taking arts and sciences courses to seven off-campus locations this fall, according to Paul Lowery, superintendent of the district.

Courses will be offered at Ames, Carlisle, Carroll, Guthrie Center, Knoxville, Newton and Perry. Coordinating the classes with local directors will be Kriss Philips of the college staff.

Registration may be completed the first or second night of the class, according to Philips. Classes begin with the fall quarter opening, Sept. 8, and carry credits that will transfer to four-year institutions.

AMES

Richard Schneider is the local coordinator at Ames. Offered in the public high school will be six courses: Introduction to Sociology and Economics I, both meeting from 7 till 10 Monday nights; General Psychology, meeting Tuesday and Thursday nights from 7 to 9:30; Expository Analysis (freshman English) from 7-10 Wednesday nights; Personnel Supervision, 7 till 10 on Tuesdays, and American National Government, Thursdays from 7 till 10.

All carry three credits with the exception of General Psychology, which is a five-credit course.

CARLISLE

R. J. Hekel is the local contact at Carlisle where a three-credit course, Introduction to Business, will meet from 7 till 10 on Monday nights.

CARROLL

Superintendent of the Carroll Community Schools, Allen Stroh, is the local coordinator for that area.

Offered will be eight courses—a four-credit Accounting I class meeting Mondays and Thursdays from 7 to 9:30 p.m.; Expository Analysis, three credits, 7 till 10, Mondays; Human Growth and Development, four credits, 7 till 9, Mondays and Wednesdays, and Criminal Investigation I, a three-credit course, 7 till 10, Wednesdays.

Other classes in Carroll are: Introduction to Business, three credits, 7 till 10, Tuesdays; U.S. History, four credits, Tuesdays and Thursdays, 7-9; Introduction to Literature, three credits, Wednesdays, 7 till 10, and Career Planning, three credits, 7-10, Mondays.

GUTHRIE CENTER

There will be three classes at Guthrie Center with Larry Brandt the local coordinator. All are three-credit courses and meet from 7 till 10 p.m. They

are: Monday—Career Planning; Tuesday Expository Analysis, and Thursday—American National Government.

KNOXVILLE

Knoxville, with Ed Nichols the local coordinator, will have four courses available. One, General Psychology, carries five credits and meets from 7-9:30 Mondays and Wednesdays; Human Relations, Thursdays, and Introduction to Philosophy, Tuesdays.

NEWTON

Clarence Beavers is the coordinator in the Newton Community School. Three-credit courses available from 7 till 10 p.m. are: Expository Analysis, Wednesdays; Fingerprinting & Identification Techniques, Wednesdays; Human Relations, Mondays; Introduction to Business, Tuesdays, and Police Community Relations, Mondays.

Four credits may be earned by taking Principles of Accounting I on Mondays and Wednesdays from 7 to 9:30 p.m., and U.S. History on Tuesdays from 7-10 p.m.

PERRY

Four courses will be offered at Perry with John Turner the coordinator. All are three-credit classes and meet from 7 till 10. Personnel Supervision and Basic English Review (Adapter) will meet on Mondays, Introduction to Women's Studies on Tuesdays and Social Recreation on Thursdays.

Extension courses are offered in the local high schools in each of the seven locations and are open to high school seniors with the approval of local school officials. Adults in the area may also register for the courses.

Volunteer Corps

Holds Registration

Drake University's Revitalization Corps, the student volunteer effort, will hold registration for students and anyone in the community interested in doing volunteer work.

The periods will be from 11 a.m. to 2 p.m. Wednesday and Thursday, September 10-11, in Parents Hall of the Olmsted Center, 29th Street and University Avenue.

The Revitalization Corps offers volunteer opportunities in the arts, accounting and business aid, counseling, criminal justice, tutoring and other aspects of education, medical care, psychology, recreation, and social work.

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Apple Sauce Coffee Cake



If you've priced coffee cakes at a supermarket recently you already know that it will pay you to bake at home. A recent perusal of the frozen variety averaged 23 cents per serving and you can make a lot of coffee cake at home for the price of six servings.

This recipe for Apple Sauce Coffee Cake makes a versatile one that may be served as dessert or for tea as well as breakfast or brunch. It is made like a jelly roll with a cinnamon-apple sauce filling. Before baking the roll is slashed lengthwise down the center which achieves an unusual butterfly effect. The spicy applesauce imparts a shiny glaze that can be further enhanced after baking by drizzling confectioners' sugar icing over all. The dough is a simple sweet dough using the Rapidmix method that eliminates the step of dissolving the yeast separately. The recipe

may be used for cinnamon rolls and other coffee cakes as well.

RECIPE

2 to 2½ cups unsifted flour
¼ cup sugar
½ teaspoon salt
1 package Fleischmann's Active Dry Yeast
¼ cup milk
¼ cup water
3 tablespoons Fleischmann's Margarine.

1 egg (at room temperature)
½ cups applesauce
¼ teaspoon ground cinnamon
Melted Fleischmann's Margarine
Confectioners' sugar frosting

In a bowl thoroughly mix ½ cup flour, sugar, salt and undissolved Fleischmann's Active Dry Yeast.

Combine milk, water and Fleischmann's Margarine in a saucepan. Heat over low heat until liquids are warm.

(Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and ½ cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Meanwhile, combine applesauce and cinnamon in a saucepan. Bring mixture to a boil, stirring occasionally. Continue to cook over medium heat until mixture is fairly thick, about 15-20 minutes. Stir often. Cool to lukewarm.

Punch dough down. On a lightly floured board roll dough to a 14x10-inch oblong. Spread cooled applesauce mixture over dough to within ½ inch of each edge. Carefully roll up from long side as for jelly roll. Roll as tightly as possible. Pinch seam and ends to seal. Carefully place on greased baking sheet seam side down. Slash roll lengthwise in center to within ½ inch of bottom and about 1 inch of each end. Do not spread dough apart. Let rise, uncovered, in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake in a moderate oven (375 degrees F.) for 20 to 25 minutes, or until done. Remove from baking sheet and cool on wire rack. When cool, frost generously with confectioners' sugar frosting. Makes 1 large coffee cake.

Alston-Stewart Wed

In California

Ellen Patrice Alston and Warren Allen Stewart were married in the University AME Zion Church of Palo Alto, California on Friday, August 15. The ceremony was held at 7 p.m., Rev. Elcie Winston presiding.

Attending the couple were Linda Mitchell of Oakland, California and Autrey Porter of Palo Alto.

Ellen is a 1970 graduate of Omaha Central High School. She later attended Stanford University in Palo Alto where she received her bachelor's degree and recently completed her masters in education.

Warren is a graduate of the University of Iowa from which he received his bachelors degree in mathematics. He recently completed a master's degree in electrical engineering at Stanford.

The bride is the daughter of

Mrs. Henrietta E. Alston and the late Mr. Charles W. Alston of Omaha, Nebraska.

The groom is the son of Mrs. Josephine B. Stewart and the late Mr. Clarke D. Stewart of 1062 11th Street, Des Moines.

The couple will reside in Palo Alto.

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Schools Crackdown On Student Smoking

A policy of strict enforcement of the state law prohibiting smoking by students in school buildings or on school grounds and a tough penalty schedule for violators was announced by Dr. Dwight M. Davis, superintendent of Des Moines Public Schools.

He directed all principals to "do everything we can to eliminate smoking on school grounds. You should use the discipline policy to enforce this."

A bulletin being prepared to be sent to parents with students, points to the state law which prohibits smoking by students in school buildings or on school premises.

The bulletin also said that the discipline policy of the Des Moines Public Schools includes direct reference to the state laws on smoking by students.

"This notice has been prepared and is being distributed to all secondary students to advise all concerned persons that it is the desire and intent of the Board of Education, the Superintendent of Schools and all school district employees to vigorously implement all provisions of the Discipline Policy including the prohibition of smoking by students in school buildings or on school premises," the bulletin said. Information in the bulletin will be used in newsletters by elementary principals.

Four levels of punishment were listed in the bulletin:

Suspension for the remainder of the day for the first violation;

a three-day suspension for the second violation; suspension to the Department of Pupil Services for the third violation; and recommendation for consideration for expulsion for the fourth violation.

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James E. O'Day



"A Debt of Love"

Too many years, adults have stressed the belief that children owe their parents love. Actually, it is the other way around. Parents owe their children love, a love that should start when the child is in the cradle.

Brought unasked into a hostile world, a baby needs the love and protection of parents in order to develop a feeling of confidence and security. The babe, which find itself cuddled when it is afraid, fed when it is hungry, changed when it is wet, bedded down when it is sleepy and tossed when it wants to play, will grow up secure and confident.

As babies grow into aware and

questioning children, it is important that their parents let them know that there is someone who wants and cares for them, that they are a part of a loving unit — a family that will face all odds with them.

But parents must remember one thing — an overprotective love can stifle a child's independence and growth as an individual. Children who are the object of an overprotective, stultifying love often turn out to be adults who cannot face the world with strength and confidence.

If the debt of love is overpaid, the child may suffer in later life.

Appoints Merideth As Acting Provost

ATLANTA, GEORGIA — Dr. Charles W. Merideth has been appointed acting provost of the Atlanta University Center for the academic year 1975-76. The announcement was made by Chancellor Lisle C. Carter who stated that this appointment is a further step in the implementation of the 1972 Plan of Reorganization.

A graduate of Morehouse College, Dr. Merideth received the Ph.D. Degree from the University of California at Berkeley and has done post-doctoral study at the University of Illinois.

Previous positions held by Dr. Merideth include staff scientist, Lockheed-Georgia; visiting professor, University of California at Berkeley; acting chairman, Chemistry Department, Morehouse College; and director of the Dual Degree Engineering Program of the Atlanta University Center and the Georgia Institute of Technology. He will continue to serve as director of the Dual Degree program.

Dr. Merideth has been prolific in research activities. Among his research projects is one funded by a \$75,000 grant from the National Aeronautics Space Administration (NASA) in 1972 to study chemistry in the upper atmosphere. Also, in 1972, he received a three-year grant of \$55,000 for air pollution research from the National Institutes of Health. In 1974, NASA awarded the educator/scientist a \$40,000

grant to conduct studies related to air pollution and the space shuttle program.

The native Atlantan is a member of Phi Beta Kappa and numerous other honorary and learned societies.

He presently serves as a member of the Board of Directors of the Grady Homes Boy's Club, and has served previously as a member of the Mayor's Citizen's Advisory Council, the Energy Crisis Task Force Committee of the City of Atlanta, and the Morehouse College Board of Trustees.

In his capacity of acting provost, Dr. Merideth will supervise and administer all Center coordinated academic affairs. He will serve as Chairman of the Council of Deans and will work with the presidents and deans in academic matters involving cooperation among the individual institutions. He will strive to achieve excellence and efficiency in the conduct of all centerwide academic programs and seek to eliminate unnecessary duplication.

In announcing the appointment, Chancellor Carter stated that "The AU Center is extremely fortunate to acquire this dynamic educator to serve for the interim period in this important position."

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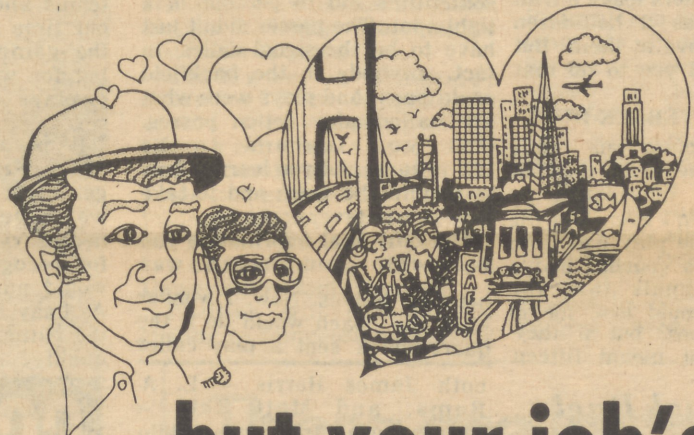


Buttons, Buttons, Who has the Buttons?

During their recent cruise down the Potomac River from Washington, D.C., members of the Black Republican Appointees Council (BRAC) were treated to the sight of a display of BRAC membership buttons by Gail Chapman, second from left. Ms. Chapman, a surgical nurse at Washington's Doctors Hospital Center, was a guest hostess on the BRAC Bicentennial

Cruise, which took place on the luxury yacht, "Spirit of '76". Looking on are left to right: Samuel J. Cornelius, deputy director of the U.S. Department of Commerce's Office of Minority Business Enterprise (OMBE); John Calhoun, special assistant to the president; Dr. Robert Wright, city councilman of Columbus, Ga.; and Mimi Austen, assistant to Howard H. 'Bo' Callaway. (Photo by John Davis).

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"Local Interviews September 9"

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Ashby Has Reminiscences Of Young Football Days

By ALLEN ASHBY

Now that the gridiron season is on us again, a couple of us old used-to-be guys began to compare the game as it is played now and when we played.

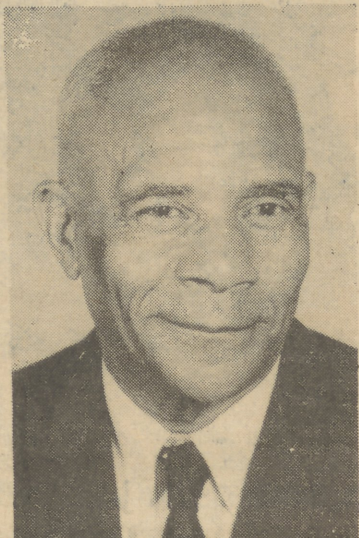
Well, in the first place, everybody played both ways and there were not very many subs. So both teams got pretty tired as the game wore on. Several games were won because the coach of the winning team had a fast runner on the sideline, and could get him into a tight game late in the last quarter. Once you got him around the corner, the other club was too tired to catch him, and the guy became a campus hero. Then there were lots of little fellows playing at just about any position.

For instance, I knew a fellow who was a linebacker at 5'4" and 140. But there were several of them then. Blocking and tackling were different. Then, you tried to knock your man down all the time. Now it seems as if you can do a good job by just getting in his way at the right time.

If you tackled a runner above the waist you got a chewing out from the coach and even the rest of your teammates. Now you grab'em where you can. There were a lot of diving tackles then, and I don't think people knew that one could do a much better job of tackling by driving into a runner. I have seen clever runners leave a trail of as many as a half-dozen tacklers who dove at them. But coaches wanted you to do that then.

COACH-QUARTERBACK DUEL

The quarterback was really the boss on the field. Coaches could send in information by subs who couldn't even join the huddle until one play had been run. Sometimes coaches had a series of signals that the quarterback would look for in certain situations, but if they were caught, it meant fifteen



ALLEN ASHBY

yards.

Quarterbacks had to check for each tackler after every play to learn where the guy came from. Then they would call a play to take care of that tackler. There were no instructions from the sidelines because the coaches didn't have the constant communication that they have now with spotters. I sometimes think that modern football is primarily a duel between coaches who call ninety-five per cent of the plays and not the signalcallers.

Teams could invent plays and sometimes did to get out of a tight spot. The passer didn't just have to be the signal caller. In fact, anybody in the backfield could pass, and plays were what are called play action passes. But you learned to be self-reliant, and you learned how to handle the team and to take care of whatever came up.

The only real information you got from your coach was between halves. Now, I wonder what the coach would do if the quarterback sent a play caller

both James Harris — L. A. Rams, and Matt Reid — Birmingham Americans while he was offensive coordinator at Grambling State University).

Banks has passed for 2690 yards in two seasons and has completed 45 per cent of his attempts.

His counterpart at Wayne State, Ed Skowneski, passed for 677 yards last season but get this, the spirited rusher ran for another 637 yards in posing problems for any defensive front. Both are being considered for College Division all-America status.

The Wayne State Tartars, 7-3 last season, will see action one week before Howard, against Grand Valley St. Game time for the Bison-Tartar matchup the following week is set for 1:30 p.m.

back to the sidelines, and called his own play. Would they hang him? Don't bet they wouldn't.

Oops

I read the list of first black athletes in that issue of Ebony magazine, and I wonder if it was meant to be a complete list of firsts. Perhaps not, because they left off one of the all time greats in the National Football League.

Duke Slater played tackle for the Chicago Cardinals beginning in 1928, for ten seasons, and was named on some of the all time all-star teams. Then there was a back, Joe Lilliard of Mason City, who played at least one season with the Cardinals in the early thirties.

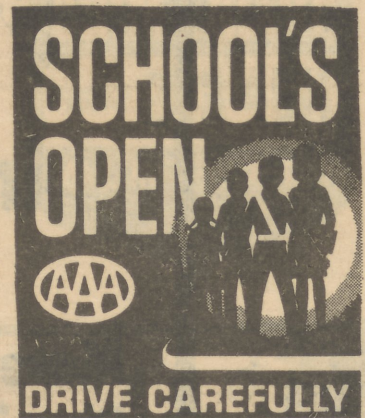
Wonder how they forgot these fellows? Then there was a black quarterback who started the season, I think, 1930 with the Bears, but I don't think he finished it.

Our Hilltop Club

Several people have expressed an interest in joining our Hilltop Tennis Club, and they seem a bit put out because they can't understand what we want in the way of members.

Well, we figure we will have this rash of people wanting in the club each tennis season, and then they will lose interest. To begin with, we have no benefits for members. It is a group who have stuck together throughout the years because we all like tennis and are willing to spend our time and money to promote the game, not just for blacks, but for whoever wants to learn or play.

It is a thankless task, and after over forty years we are getting a little recognition, but we never did do the things necessary to perpetuate the club for recognition. If we had, we would have given up long ago. As I say, we did it for the love of the game. Do you think you can qualify?



World Heavyweight Champion Muhammad Ali recently visited with Lowell W. Perry, Chairman of the Equal Employment Opportunity Commission. After Chairman Perry gave the Champ an account of employment discrimination problems faced by the EEOC, Ali visited many of the offices at EEOC headquarters in Washington, D.C. Champ Ali suggested to Chairman Perry that he use his newly-found "Accu-Punch" to kyo EEOC's discrimination cases. Pictured left to right are William Bell, Consultant to Chairman Perry, Muhammad Ali and Chairman Perry.

Bison Practices Run

Smoothly For Opener

WASHINGTON, D.C. — Good weather (overlooking 90 degree temperatures) and excellent team spirit have helped the Howard University Bison progress smoothly during summer preseason drills in preparation for their opener against Wayne State University in Detroit September 13.

An original cast of over 90 hopeful gridders has wilted to less than 80 as Coach Douglas Porter claims "we're about the business of finding out who wants to play."

"I'm pretty pleased with our progress thus far," Porter said Thursday (August 28) after eight days of practice. "We're on schedule and we haven't encountered any major

injuries."

There have been several minor problems with 285 pound defensive tackle Kevin Cunningham hobbled by a foot ailment as is freshman defensive end Harrison Peterson. All-conference offensive guard Keith Napier suffers from a groin injury, starting safety Herman Redden has pulled a hamstring, and Anacostia High product Theodore Robinson has a strained ankle.

Porter believes the squad reported to camp in much better shape this season than in 1974 with defensive end Glenn Davis, tackle Ben Harris, and fullback Donald Barnes in tip-top condition.

Quarterback Duel Highlights Game

While progress is being made at Howard University in Washington, Wayne State fans are already anticipating a quarterback duel between two highly rated quarterbacks when the two teams meet in Detroit, Sept. 13.

Howard signal caller Michael Banks is a Northern High School product from Detroit. A Michigan all-stater who opted for the Washington area instead of Michigan State, Banks led Howard to an 8-2-1 record last season as a sophomore and to an 8-2 mark as a freshman starter.

Chosen to the all-Mid-Eastern Athletic Conference team and labeled the league's offensive

MVP, Banks is being primed by coaches for a possible pro job in coming years (by the way, Coach Douglas Porter tutored

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Des Moines School Board

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Price, NSC Hope To Put It Together

NEW YORK — "Let's put it all together, girl, love is all there is." These are lyrics from a song popularized by The Stylistics. They are also the words that inspired the Spartans football team of Norfolk State College to the championship of the Central Intercollegiate Athletic Association (CIAA).

Norfolk State will be hoping to "put it all together" when they meet Grambling State University in the 5th Annual Whitney M. Young, Jr. Memorial Football Classic in New York's Shea Stadium on Saturday, November 15.

Spartan first-year coach, William "Dick" Price, tells how he put it together: "Coach Heard and I were riding down the highway when we heard the song on the car radio, and it hit

us both that this was what we needed to make our team a winner. We needed to put all the things that we had been preaching and teaching together."

The song was adopted as the theme for the 1974 football campaign. The players sang it in locker rooms and on the bus headed for games. The school band played it before games and during half-time. The fans shouted it when the going got tough.

After eleven (11) successful years as head track coach at Norfolk State College in Virginia, Price had forgotten about his earlier ambition to become a head football coach. He had attained national and international prominence in college track, and was a nominee to coach the Olympic

team.

His track teams had won four CIAA championships and two national championships. Besides track, he was contented to instruct physical education majors and be a family man with wife Dorothy and daughter Lisa, 8.

But added laurels were waiting for him. Bod Ledbetter had left Norfolk State to become assistant coach of the New Orleans Saints of the National Football League, leaving the Spartans without a head coach.

Price also served as an assistant coach on the football team and after several proddings from former school president, Dr. Brooks, he took over the reins of the football team.

"I'm an emotional type of guy," said Price, "and I guess I

sort of infected the team when I took over. We used the basic system that Coach Ledbetter had installed and I worked on execution, spirit, pride, and a will to win."

The Spartans did indeed "put it all together" as they went on to the CIAA championship with an 8-0 record. Their overall mark was 8-3, losing to North Carolina A & T; Tuskegee and Grambling outside of the conference.

Last year Norfolk State lost to Grambling 16-10; with the Tigers coming from behind to win in the fourth quarter.

Co-captain Jim Whitehead said, "each year we get closer and closer to beating Grambling. Shea Stadium will be a good place to do it."

a close look at recruit Keith Tucker, a Bermuda product who will be one of college soccer's great utility players.

Other newcomers include two Washington, D. C. area candidates in Jeppah Millhouse, an all-city selection from the Rosedale Darts, and Goalie Allen Gilean, a graduate of Spingarn High School.

Gilbert Bamposse, a Ghanaian, rounds out Phillips additions.

The rest of last year's starting standard bearers are veterans. They include Dominic Ezani and Michael Davy (CH), Keith Tullock and Mario McLennon (HB), Lincoln Peddie and Ayomi Bamiro (CF), Keith Lookloy and Samuel Acquah (FB), along with wingmen Richard Davy and Tunde Balogun. Goalie Trevor Leiba will hold forth again at his cherished spot.

In the opinion of outgone captain Bain, "the 1975 Bison booters are a good bet to dominate the NCAA-sponsored finals again." Bain expects seven freshmen returnees, including six starters, to be much improved in the new campaign.

"We had the best Bison team of my four-year stay at Howard," said the three time all-America ace, now under contract with the Washington Diplomats of the North America Soccer League. "We really had depth for the first time. The usual pressures were negated. Our defense was fantastic (holding 12 of 19 rivals scoreless — while five others accumulated one point per game)."

Shunned by the major powers, save unabashed Clemson, the Bison eleven is regarded as the team to beat in the NCAA Soccer Guide for 1975. Last season's 19-game schedule has dwindled to 11 games this year and eight of those must be played on the road.

Despite the antagonism held for the Howard squad, Coach Phillips can still expect to bulge his present record — up, up, up from 55-1-2 to even greater heights by the conclusion of the coming season.

Bison Soccer Outlook Bright

The defending NCAA Division I soccer champion, Howard University, must resume warfare in 1975 without a pair of last season's most indispensable players — captain Ian Michael Bain and freshman Kenneth Illodigwe.

Bain, an honorable mention all-America last season and chosen in the first round of the North American Soccer League draft, was expected to be missed due to graduation, but the loss of Illodigwe will have Coach Lincoln A. Phillips searching for a suitable substitute.

Illodigwe, a freshman sensation from Nigeria who scored the winning goal for Howard in their 2-1 championship victory over St. Louis last season, was the third leading Bison scorer in 1974 with 10 goals. He has reportedly transferred to Clemson University in South Carolina.

Phillips will probably be looking to compensate by taking



Winning Form

Tennis champ Benny Sims employs one of many overhead slams which enabled him to receive the Beefeater Trophy of Excellence as this year's American Tennis Association National Championships winner.

Sims, both an NCAA and NAIA All American defeated Richard Williams of Los Angeles 6-3, 4-6, 6-0, 7-6 at the ATA's 58th Annual Championships held in San Diego, California.



VOTE FOR:
NOLDEN
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Candidate for
Re-election to

Des Moines School Board

"An Experienced Board Member"

"With A Commitment To Children"

VOTE TUESDAY, SEPT. 9, 1975

There are lots of great things about this new Flynn plastic gallon jug.

Actually our new plastic gallon jug is the next best thing to the cow herself for keeping Flynn Milk fresh. The re-sealable screw on cap insures complete freshness. The built-in handle makes it easy to carry and easy to pour from. The plastic is translucent so you can always see how much milk is left. Of course, we wouldn't be so excited about the container if we weren't so sure about what we put inside it. It costs no more than milk in waxed cartons. And you pay no deposit. Available now at your store. For home delivery call 243-6211.



-flynn
Flynn Milk. It keeps you going longer.
Div. of Prairie Farms, Inc.

PUBLIC NOTICES

NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS In the District Court of The State of Iowa In and For Polk County Probate No. P-13-3613

IN THE MATTER
OF THE ESTATE OF
LUCILLE HATTIE SKIPPER,
Deceased.

TO ALL PERSONS
INTERESTED IN THE
ESTATE OF Lucille Hattie
Skipper Deceased:
You are hereby notified that
on the 16 day of July, 1975, the
undersigned was appointed
Administrator of said estate.
Notice is hereby given that all
persons indebted to said estate
are requested to make
immediate payment to the
undersigned, and creditors
having claims against said
estate shall file them with the
Clerk of the above named
District Court, as provided by
law, duly authenticated, for
allowance, and unless so filed
within six months from the
second publication of this notice
(unless otherwise allowed or
paid) such claims shall
thereafter be forever barred.
Dated this 25th day of August,
1975.

Dorothy M. Holmes
Administrator of said Estate
6224 Forest Avenue
Des Moines, Iowa

MORRIS & MORRIS
Attorneys for said Administrator
221 Locust Street
Des Moines, Iowa

Printed and published in the
Iowa Bystander August 28, 1975
and date of second publication
4th day of September, 1975.

ORIGINAL NOTICE

In the District Court
of the State of Iowa in and for
Polk County
Equity No. 4-2091

UNITED FEDERAL SAVINGS
AND LOAN ASSOCIATION OF
DES MOINES,
Plaintiff.

vs.
CARL E. CONNALLY and
JOSEPHINE C. CONNALLY,
Defendants.

TO THE ABOVE NAMED
DEFENDANTS:

You are hereby notified and
required to serve upon Grant,
Lozier & Sarcone, Plaintiff's
attorneys whose address is 902
Liberty Building, Des Moines,
Iowa 50309, an appearance,
motion or pleading to the
Petition which is now on file on
or before the 2nd day of October,
1975 and within a reasonable
time thereafter to file a
duplicate with the undersigned
Clerk of Court.

If you fail to do so, judgment
by default will be taken against
you for the relief demanded in
the Petition.

You are further notified that
the Petition of the Plaintiff in
the above entitled cause of
action is now on file in the office
of the Clerk of the District Court
of the State of Iowa, in and for
Polk County, asking judgment
against the Defendants named
in the caption hereto, and
against the mortgaged property
hereinafter described, for:

(1) The sum of \$27,261.53 with
interest at 9.0% from August 1,
1975, being the amount due plus
interest upon the promissory
note in the principal sum of
\$26,750.00, dated October 11,
1974, which note was made and
executed by the Defendants,
Carl E. Connally and Josephine
C. Connally payable to this
Plaintiff, which note this
Plaintiff has declared due and
payable forthwith because of the
default of the Defendants in
failing to make payment of
monthly sums of principal and
interest due. The said sum
includes delinquent interest and
advancements to and including
August 1, 1975, and represents
the total sum due after allowing
Defendants all just credits; also
asking for judgment for any
further or future advancements
Plaintiff may be required to
make for continuing abstract of
title or for any other purpose
authorized by the terms of said
note and mortgage and by Iowa
law.

(2) Also asking judgment for
costs including statutory
attorney fees.

(3) Also asking as against the
Defendants above named a
decree of foreclosure of the
mortgage made and given by
the Defendants, Carl E.
Connally and Josephine C.
Connally, which mortgage is
dated October 11, 1974, recorded
in Book 4478, Page 964 of the
office of the Recorder of Polk
County, Iowa, said mortgage
being given to secure the above
mentioned note and other sums
claimed, which mortgage covers

YOUR RIGHT TO KNOW and be informed of the
functions of your government are embodied in
public notices. In that self-government charges
all citizen to be informed, we urge every
citizen to read and study these notices. We
strongly advise those citizens seeking further
information to exercise their right to access to
public records and public meetings.

the following described real
estate, to-wit:

Beginning 33 feet East and 33
feet North of the Southwest
corner of the West Half of the
West Half of the Southeast
Quarter of Section 34, Township
78 North, Range 24, West of the
5th P.M., thence East 131.75
feet, thence North 85 feet,
thence West 131.75 feet thence
South 85 feet to the place of
beginning, now included in and
forming a part of the City of Des
Moines, Iowa

Plaintiff waives its rights to a
deficiency judgment and elects
to have period of redemption
reduced to 60 days as the
property has been abandoned.

Plaintiff also asks for the
appointment of a receiver to
take charge of the mortgaged
premises and to collect the
rents, issues and profits arising
or which may be had therefrom
and to apply them as by Court
directed. No money judgment is
asked except against such
persons who executed said note
and mortgage.

Frank W. Leonhardt
Clerk of Polk County
District Court
Polk County Court House
Sixth and Mulberry Streets
Des Moines, Iowa 50309
by Janis M. Chase, Deputy
Printed and published in the
New Iowa Bystander August 28,
September 4, 11, 1975.

PUBLIC NOTICE
ORIGINAL NOTICE
In the District Court of the State
of Iowa in and for Polk County

D.M. No. CO 95095

In Re the Marriage of
LA VERA CLAUDIA BERRY
and
JACK EARL BERRY
Upon the Petition of
LA VERA CLAUDIA BERRY,
Petitioner.

And Concerning
JACK EARL BERRY
Respondent

To: the above named
Respondent.

You are hereby notified that a
Petition of the above named
petitioner in the above entitled
action is now on file in the office
of the Clerk of the above named
Court, which petition prays for a
dissolution of the marriage of
the petitioner and you, the
respondent, for the reason that
there has been a breakdown of
the marriage relationship to the
extent that the legitimate
objects of matrimony have been
destroyed and there remains no
reasonable likelihood that the
marriage can be preserved; for
waiver of conciliation; for
disposition of the personal
property of the parties; for
permission to remarry within
one year following the date of
decree.

For further particulars, see
said petition now on file.

You are further notified that
to defend the above entitled
action, you must make an
appearance with the Clerk of the
above District Court of Fifth and
Court Avenues, Des Moines,
Polk County, Iowa on or before
the 10th day of October, 1975.
You are further required to file
a motion, answer or other
pleading to the petition with the
Clerk of the above named
District Court within seven (7)
days after the appearance date.
You must, in addition, serve by
mail or personal delivery, a
copy of such appearance and
motion or pleading upon
petitioner's attorney.

You are further notified that
you have a right to require
conciliation with the petitioner
but if you fail to comply with
this Original Notice in any
respect conciliation may be
waived, your default will be
entered, and judgment or decree
rendered against you for the
relief demanded in the petition.

Frank W. Leonhardt
Clerk, Fifth Judicial
District of Iowa
Morris & Morris
Attorney for Petitioner
2201 Locust
Des Moines, Iowa 50309
Published in the New Iowa
Bystander September 4-11-18,
1975.

Advertising Doesn't Cost
It Pays.

NOTICE OF SHERIFF'S SALE ON SPECIAL EXECUTION

District Court of
Polk County, Iowa

Northern Federal Savings and
Loan Association
versus

Thomas Edward Smith, Brenda
L. Smith, Polk County, Iowa,
Dial Finance Co. of Park Fair.

BY VIRTUE OF A SPECIAL
EXECUTION TO ME
DIRECTED, issued by the Clerk
of the District Court of Polk
County, Iowa, in favor of
Northern Federal Savings and
Loan Association, and against
Thomas Edward Smith and
Brenda L. Smith, on a judgment
rendered by said court on the
21st day of August A.D. 1975,
wherein it was ordered,
adjudged and decreed that the
following described property be
sold to satisfy said judgment,
to-wit:

Lot 298 in Four Mile, an
Official Plat, now included in
and forming a part of the City of
Des Moines, Iowa

NOW, THEREFORE, public
notice is hereby given that
unless the said defendants
appear at my office in Des
Moines, on or before the 10th
day of October A.D. 1975, at ten
o'clock A.M. of said day, at
which time said above described
property is hereby advertised to
be sold, and pay off the amount
of said execution, with interest
and costs, I will sell said
property, or sufficient thereof to
satisfy said Execution, with
interest and costs, at public
outcry, to the highest bidder, at
the east front door of the Court
House, in Des Moines, Iowa, for
cash in hand to pay off said
Execution.

Dick J. Clemens
Sheriff of Polk County, Iowa
By Nadine Hall
Deputy

Published and printed by the
New Iowa Bystander at Des
Moines, Iowa on September 4 &
11, 1975.

ORIGINAL NOTICE

In the District Court
of the State of Iowa in and for
Polk County
Equity No. 4-2091

UNITED FEDERAL SAVINGS
AND LOAN ASSOCIATION OF
DES MOINES,
Plaintiff,

vs.
CARL E. CONNALLY and
JOSEPHINE C. CONNALLY,
Defendants.

TO THE ABOVE NAMED
DEFENDANTS:

You are hereby notified and
required to serve upon Grant,
Lozier & Sarcone, Plaintiff's
attorneys whose address is 902
Liberty Building, Des Moines,
Iowa 50309, an appearance,
motion or pleading to the
Petition which is now on file on
or before the 2nd day of
October, 1975 and within a
reasonable time thereafter to
file a duplicate with the
undersigned Clerk of Court.

If you fail to do so, judgment
by default will be taken against
you for the relief demanded in
the Petition.

You are further notified that
the Petition of the Plaintiff in
the above entitled cause of
action is now on file in the office
of the Clerk of the District Court
of the State of Iowa, in and for
Polk County, asking judgment
against the Defendants named
in the caption hereto, and
against the mortgaged property
hereinafter described, for:

(1) The sum of \$27,261.53 with
interest at 9.0% from August 1,
1975, being the amount due plus
interest upon the promissory
note in the principal sum of
\$26,750.00, dated October 11,
1974, which note was made and
executed by the Defendants,
Carl E. Connally and Josephine
C. Connally payable to this
Plaintiff, which note this
Plaintiff has declared due and
payable forthwith because of the
default of the Defendants in
failing to make payment of
monthly sums of principal and
interest due. The said sum
includes delinquent interest and
advancements to and including
August 1, 1975, and represents
the total sum due after allowing
Defendants all just credits; also
asking for judgment for any
further or future advancements

Plaintiff may be required to
make for continuing abstract of
title or for any other purpose
authorized by the terms of said
note and mortgage and by Iowa
law.

(2) Also asking judgment for
costs including statutory
attorney fees.

(3) Also asking as against the
Defendants above named a
decree of foreclosure of the
mortgage made and given by
the Defendants, Carl E.
Connally and Josephine C.
Connally, which mortgage is
dated October 11, 1974, recorded
in Book 4478, Page 964 of the
office of the Recorder of Polk
County, Iowa, said mortgage
being given to secure the above
mentioned note and other sums
claimed, which mortgage covers
the following described real
estate, to-wit:

Beginning 33 feet East and 33
feet North of the Southwest
corner of the West Half of the
West Half of the Southeast
Quarter of Section 34, Township
78 North, Range 24, West of the
5th P.M., thence East 131.75
feet, thence North 85 feet,
thence West 131.75 feet thence
South 85 feet to the place of
beginning, now included in and
forming a part of the City of Des
Moines, Iowa

Plaintiff waives its rights to a
deficiency judgment and elects
to have period of redemption
reduced to 60 days as the
property has been abandoned.

Plaintiff also asks for the
appointment of a receiver to
take charge of the mortgaged
premises and to collect the
rents, issues and profits arising
or which may be had therefrom
and to apply them as by Court
directed. No money judgment is
asked except against such
persons who executed said note
and mortgage.

Frank W. Leonhardt
Clerk of Polk County District
Court

Polk County Court House
Sixth and Mulberry Streets
Des Moines, Iowa 50309
by Janis M. Chase, Deputy
Printed and published in the
New Iowa Bystander,
September 4, 11, 18, 1975.

The Second Forty

(A forum about
mature women)

by Margaret Brookfield

Have you a problem as a
mature woman, or with one?
For advice write Margaret
Brookfield, Information Center
on the Mature Woman, 515
Madison Avenue New York,
N.Y. 10022.

Not in My Kitchen; Please
Dear Margaret Brookfield:

My husband recently retired
from a really high-powered
executive position — now he
looks on our home as the place
to exercise his talents! He wants
to rearrange my kitchen and
closets and reorganize my
cooking and cleaning habits.

I've tried to go along with
some of his suggestions, but
instead of operating more

efficiently, as he claims I
should, I find it takes me twice
as long to do anything in the
house. How can I convince him
that I know my job and that he
should leave well enough alone?
H. W.

Dear H. W.:

I think you should get your
husband out of the house and
into some situation where his
executive experience could be
used to better advantage, for
example in a church or
community activity.

One possibility might be to
find out if your town has a
branch of SCORE (Service
Corps of Retired Executives),
which is part of the U. S.
government's Small Business
Administration, and suggest that
he volunteer his special
knowledge to this worthwhile
group.

As the name implies, it's
made up of retired business
executives, and its function is to

counsel — free of charge —
people who are having
difficulties with business
problems or who are interested
in setting up a small business.

If such a branch doesn't exist,
he sounds like a forceful enough
person to go out and organize
one.

Don't Cop Out, Get a Check-up
Dear Margaret Brookfield:

I'm miserable, and what's
worse, I'm making everyone
around me miserable too. I can't
sleep at night and drag myself
around the house during the
day, snapping at my husband
and my college-age children
when they're home. I haven't
the energy to take care of my
appearance, and I really look
like a hag. I know that's why my
husband has stopped suggesting
we go out to dinner, as we used
to do at least once a week. My
friends tell me it's because I'm
going through the menopause
and assure me it's natural to
feel this way and that eventually
I'll get back to feeling O.K. But
how long must I endure feeling
this way?

O.B.

Dear O. B.:

I'm afraid your friends are
living in the past. The first thing
you should do is see your
physician — or a gynecologist —
to see if your symptoms are
caused by the menopause. If
they are related to a decrease in
estrogen production, as
sometimes happens, your doctor
may prescribe estrogen
replacement therapy for you.

It's also entirely possible that
your insomnia and resulting
fatigue are not related to
menopause, and that your
physician will prescribe some
other treatment.

In any event, you owe it to
yourself and your family to get
a thorough medical check-up at
this time.

Are you looking for an interesting job with a
growing company that offers an excellent
benefit program? Free parking, four-day
work week, good working conditions such as
beautiful building with company furnished
cafeteria, etc. If so, call or stop in at
Personnel Department.

PREFERRED RISK INSURANCE COMPANIES

1111 Ashworth Road
West Des Moines, Iowa 50265
225-5234

An equal opportunity employer

WANT ADS

help wanted

HELP WANTED

Immediate need for temporary keypunch operators, typists and clerks. Openings available 7:00 a.m. to 3:45 p.m. Excellent working conditions and free parking. Contact: Employee Relations Department Customer Service Center Meredith Corporation 501 Employers Mutual Building 717 Mulberry Phone: 284-9643 An Equal Opportunity Employer

HELP WANTED

Bank teller, permanent full time position. Previous bank experience preferred, good salary, excellent benefits and pleasant surroundings. For appointment call Denna Griffin, 277-6441, First Federal State Bank, 2401 University, Des Moines, Iowa. An equal opportunity employer.

HELP WANTED
SUPPLY CLERK

Need individual to handle a variety of duties in our Supply and Mail Department. Some heavy lifting required. Excellent starting salary and fringe benefits program. American Mutual Life, Sixth and Grand Avenue, 280-1331. An Equal Opportunity Employer.

HELP WANTED
STENOGRAPHER

Immediate opening at our eastside office for experienced stenographer. Good attendance a must. 8 a.m. - 5 p.m. 5-day week. Liberal employee benefits. Iowa Power & Light Co., 823 Walnut, An Equal Opportunity Employer

miscellaneous

FOR SALE

Roomy house, reasonable. 13 near Forest and University. Call 279-5474.

APARTMENT MANAGER

Single or couple to manage 18 units. Free apartment included. For interview an appointment, call 243-8685.

AVIATION

Young men looking for opportunities in the field of aviation. Will train as: control tower operator, computer technician, structural mechanic/inspector, aircraft electrician, airport serviceman, aircraft engine mechanic, aircraft electronics technician. Excellent salary and liberal fringe benefits. Call 244-9071 collect for appointment.

card of
thanks

CARD OF THANKS

The family of Geraldine Martha Baker wishes to thank Bishop E. A. Crankshaw, H.R. Fields, other ministers, pallbearers, Wesley Tindrell and Estes & Son for telegrams, condolences, resolutions, sympathy cards, floral pieces, cars, food, gifts, donations, all other expressions and services rendered our family during our dear loss. God bless you all.

Signed by

Kenneth Hardeman
Margaret Lawery
Son and mother

LETTER OF THANKS

The family of Adell Robinson wishes to thank Rev. H.R.F. Fields, Rev. H. I. Thomas, Rev. Sonny Brown, Bishop E. A. Tindrell, Wesley Tindrell, and Blanche Williams for services rendered.

The ladies who helped at home and served dinner. Harris Funeral Home of Oakland California, and Estes & Son of Des Moines.

Thank you for the telegrams, condolences, resolutions, sympathy cards, floral pieces, food, and gifts. Donations, expressions of sympathy, and all services rendered to our family during our dear loss.

Rev. W. A. Robinson, Marion Howard and family, Virgil E. and Eddie V. and families, all of Des Moines.

John L. and family, Gladys Amstron & family, Olivette Davis and family all of Chicago, Illinois.

Richard and family of Oakland, California. And Helen Nunn and family of Blytheville, Arkansas.

Thank you very much,

HELP WANTED

The City of Iowa City is seeking qualified women and men to compete for the following positions:

ASSOCIATE PLANNER
(\$998 - \$1244 / mo.)

Performs a variety of technical planning research and analysis work. Makes investigations and participates in the preparation of planning studies. Supervises the collection, analysis and compilation of basic planning data. Will assist in the preparation of a comprehensive plan. Attends Planning and Zoning Commission and other meetings. Master's degree in planning or a related field, and one year professional planning experience preferred. Apply by October 15, 1975.

CLERK / TYPIST
(\$3.16 - \$3.97 / hr.)

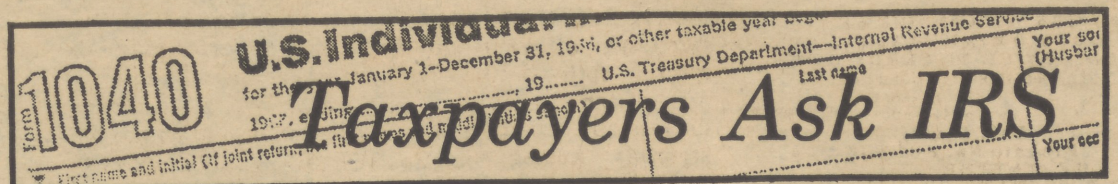
Temporary part-time (approximately 3 months, 20 hours per week) position in the Department of Finance. Mornings preferred, but hours are somewhat flexible. Main duties will be filing and billing traffic tickets. Immediate vacancy.

ENGINEERING AIDE (Survey Crew)
(\$2.80 - \$3.50 / hr.)

Temporary position in the Engineering Division of the Department of Public Works. Hours are flexible, and may range from 20 to 40 hours per week, if desired. Employment period will be from September through November, and possibly December. Apply by September 5, 1975.

Personnel Department
Civic Center
410 E. Washington St.
Iowa City, Iowa

An affirmative action, equal opportunity employer:
Female / Male.



This column of questions and answers on federal tax matters is provided by the local office of the U.S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q. I use my automobile for business travel. I would like information on the standard mileage rate for automobile expenses.

A. When determining deductible auto expenses resulting from business use, you have the option of claiming a deduction for the entire cost of the automobile's operation including depreciation, or the standard mileage rate.

The standard mileage rate is 15 cents a mile for the first 15,000 miles of business use and ten cents for each succeeding mile of business use each year. Parking fees and tolls incurred during business use are deductible in addition to the standard mileage rate.

To use the standard mileage rate, you must: own the car; not use the car for hire (such as a taxicab); not operate a fleet of cars, using more than one car simultaneously; use only the straight line method

of depreciation and not claim additional first year depreciation on the car.

If your alternate vehicles for business purposes, you may claim the standard mileage rate on each car, if all qualify. However, you must first combine the business mileage from the cars and then apply the standard mileage rate to the total business miles driven.

Q. When I took a new out-of-town job I had to break my apartment lease. The landlord kept my security deposit. Can I deduct the loss as a moving expense?

A. If the landlord kept your deposit because the apartment needed cleaning or redecorating, you cannot claim a deduction. However, you can claim a deduction if the deposit is forfeited because certain specific terms of the lease are broken as a result of the move.

Remember, in order to claim moving expense deductions

the distance between your new place of employment and former residence must be at least 50 miles farther than the distance between your former job and former residence. You must also work at least 39 weeks full time during the 12 months immediately after you move. You may deduct your allowable moving expenses even if you do not itemize your deductions.

Q. A private company awarded me a fellowship for use while I am working toward a Ph.D. Is this taxable income?

A. Any fellowship you receive while you are a degree candidate that is made primarily to further your education and training may be excluded from your income subject to the following conditions: you are not employed by the firm when you receive the grant; you are not being compensated for past services to the firm; you do not obligate yourself to perform present or future services. However, the amounts paid to you in pursuing your studies are not excludable if your studies or research are primarily for the firm's benefit.

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Black History Is Part Of Freedom Train

An exact model of the pulpit used by Dr. Martin Luther King, Jr. at Ebenezer Baptist Church in Atlanta, Georgia, is one of the special items that will be on display when The American Freedom Train visits West Des Moines, September 16-21.

The train, portraying blacks in every facet of American history spanning 200 years throughout its twelve-car exhibit, will be open for viewing each day from 8 a.m. - 10 p.m. with the exception of Friday and Saturday for which the train can be viewed from 8 a.m. - 12 midnight.

Children under 3 will be admitted free. Admission will be \$1 for children 3-12 years of age and for senior citizens 65 years and over. All others will be \$2.

This 25-car stream-powered locomotive was specially designed as a Bicentennial salute to America. Painted red, white and blue, it is on a 21-month journey through 80 cities in 48 states.

Each car displays significant

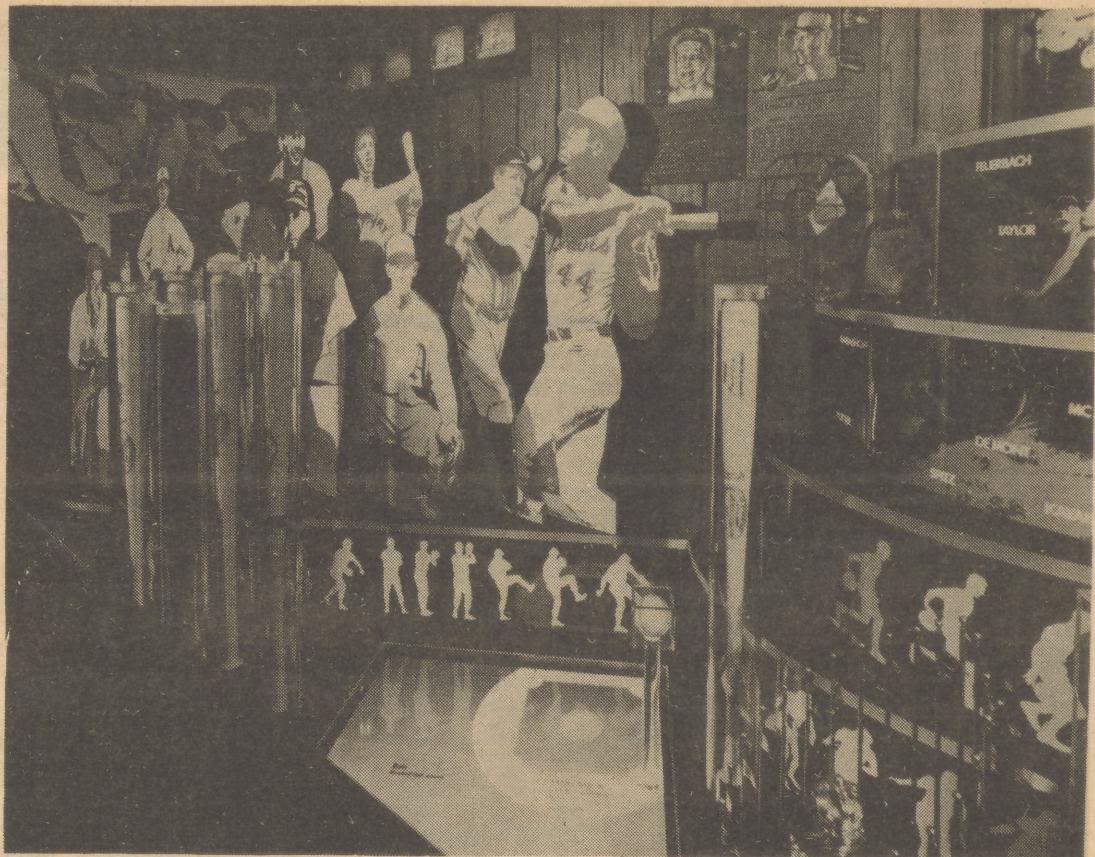
life-size replica of his pulpit in Ebenezer Baptist Church, Atlanta.

Four movie projectors simultaneously flash scenes from the peace marches he led on Cicero, Selma, Montgomery, Detroit, New York and Washington, D.C. before he was cut down by an assassin's bullet in Memphis on April 4, 1968.

Other blacks featured in the train's 10 exhibition cars include 18th century poet Phillis Wheatley. Kidnapped as a child and sold into slavery, she was later freed and became the first black woman, and second American woman, to have her works published.

Social reformer Marcus Garvey, who founded the Universal Negro Improvement Association, and Frederick Douglass, author, editor, lecturer and U.S. minister and consul general Haiti, are also featured.

Matthew A. Henson was the first American to raise the U.S. flag at the North Pole in 1909. This great moment in American history is reflected in the



Henry "Hank" Aaron's bat and ball (center right) with which he hit homerun No. 714 to tie the "Babe's" record is just one of the many items of sports memorabilia to be seen in the American Freedom Train's

car devoted to the spirit of achievement in the sports world. There's a model of the first catcher's mask, a fingerless glove and bats held by such greats as Stan Musial and Roberto Clemente.



A Sioux shield, Navaho baskets, an Arapaho headdress, a Black-foot horned bonnet, and Seminole lacrosse sticks are part of the extensive collection of Indian artifacts aboard the American Freedom Train.

periods in our nation's growth. When viewers pass through the cars on a moving walkway, they will experience 20 decades of heritage in an emotion packed 20 minutes.

Car 10, for example, named "The Conflict and Resolution" car, is so real that history is brought to life with films of crowds marching and the sound of King's voice saying those immortal words: "I have a dream...."

Visitors who board the train's unique moving walkway through its 10 exhibit cars will see President Lincoln's historic preliminary Emancipation Proclamation as well as innovative multi-media displays reflecting the contributions of Crispus Attucks to the Rev. Dr. Martin Luther King, Jr.

Attucks, then 47, was the leader of a group of patriots who were fired on by British soldiers in the infamous Boston Massacre of 1770 and became the first casualty of the Revolutionary War. A photograph of Attucks is displayed in Car 1 of the train amid other patriot leaders and a display of the original British Brown Bess, Hessien and Charleville muskets, flintlock Kentucky rifle and Minuteman powder horn.

The conflicts of the '60s, nearly 200 years later, are recalled on the Freedom Train by Dr. King, foremost advocate of nonviolence and racial brotherhood. His black robe, a red prayer shawl trimmed in gold, and the bible used by this Noble Peace Prize recipient are included in a multimedia presentation, along with a

Olympic champions Jesse Owens, Wilma Rudolph and Wyomia Tyus.

Also on display are action replays, uniforms and giant sneakers of all-time basketball greats Kareem Abdul-Jabbar, Wilt Chamberlain, K.C. Jones, Bob Lanier, Meadowlark Lemon and Bill Russell.

There's a knockout every four seconds as the Freedom Train's screens replay the championship fights of Muhammed Ali, Joe Frazier, Joe Louis, Archie Moore, Sugar Ray Robinson, Jersey Joe Walcott and Ike Williams.

The American Freedom Train is a dream turned into reality that depicts our nation's progress from the period of the American Revolution to America's exploration in space.

The collection of historic artifacts and documents in the exhibit includes George Washington's personal copy of the Constitution, President Abraham Lincoln's preliminary Emancipation Proclamation, President Kennedy's rocking chair, rock samples from the moon and Dr. King's Bible, robe and prayer stand.

Among the members on The American Freedom Train Foundation's National Advisory Board are Mrs. Coretta King; Henry Aaron; Roy Wilkins, executive director of the NAACP; Vernon Jordan, executive director, National Urban League; Luther H. Foster, president, Tuskegee Institute and publisher John H. Johnson.

The American Freedom Train is sponsored by the non-profit American Freedom Train Foundation, Inc.

Subscribe Today



One of the American Freedom Train's 20-pair of artifact windows that dramatically portray different decades in America's history is seen in the early morning twilight. The windows are lighted for night viewing while en route or on sight.

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1. Graduate — State University of Iowa.
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3. Participation in pre-school education including Director of the Home Start Program for Drake University Teacher Corps.
4. Extensive service to the School community, including elementary, junior high, and city-wide advisory boards; various PTA offices, including President of Franklin PTA and RISE volunteer.
5. Shirley has served as President of the Iowa Gymnastics Education Association, as executive director of the Family Centered Childbirth Education Association, and she and her husband, Don, have served as chaircouple for the Des Moines Area Christian Family Movement. Shirley is President of the Board of The Child Development Care Center.
6. The Browns have children in the Des Moines public schools at the elementary, junior high, and high school levels.

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