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FRIDAY, MAY 19, 1972

Food Stamp Appeals -- WIN -- Cost Of Living

In Black Hawk county on May 22 and 23, there will be a hearing concerning the food stamp appeals that WRO helped gather and send in to the State Social Services Department in the first part of April. The hearings are in two parts: the 22nd are the general food stamp appeals concerning the form, people who were turned down, or people who felt they had to pay too much for the stamps. On the 23rd the appeals will involve ADC recipients in the Work Incentive Program, (W.I.N.).

Under new regulations, ADC mothers in the WIN program are having to pay more for their stamps. Previously mothers in WIN (Job Training), received \$44 extra for travel and clothing plus free tuition and child care. They also received \$30 as a work incentive. Under new regulations, WIN payments are all counted as income, even the tuition and child care money which never passes through the mothers hands but goes directly to the vendor. The mothers will be able to still have the \$30 not counted, as any ADC

recipient working can make up to \$30 a month without it changing her grant. In many instances, the amount that WIN mothers are now paying for stamps has increased to \$40 or more. Oftentimes the bonus food stamps is now less than \$30. In many instances, the WIN mother would have more actual income by dropping out of the program, especially if her travel, clothing and other expenses exceed the \$44 she receives for them.

OTHER NEW DEVELOPMENTS WITH FOOD STAMPS:

In early April, U.S.D.A. raised the amount of food stamps bonuses \$4 for some of the lower income families, making the amount of stamps \$112 a month for a family of 4 with an income under \$270 a month. Families of 4 with \$270 to \$290 income a month will receive \$3 more in stamps per month, larger income families are not to get an increase. These changes will go into effect July 1. The overall income guideline for eligibility was raised to \$373; presently it is \$360.

WHAT ABOUT THESE AMOUNTS, THE COST OF LIVING, ETC.?

In a recent Des Moines Register article (4/27/72), the U.S. Government Labor Dept. announced that the intermediate standard of living for an urban family of 4 has risen to \$10,971 a year. A subsistence budget or standard of living was set at \$7,214. Yet just look at it. A welfare mother in Iowa with 3 children gets \$243 a month or \$2,916 a year. A WIN mother receiving \$30 extra still only gets \$3,276 a year (for 4 people). Sure they get some in food stamp bonuses and medical.

According to December, 1971 statistics, an economy diet for a family of 4 for one month costs \$111.10. That is only \$27.77 for each person in the family to eat on for a month. Oddly the same government gives VISTA Volunteers \$40 a month to eat on in order for them to have an adequate diet. Most studies and nutritionists say it takes at least \$1.00 a day per person to get an adequate diet. Yet in a Courier article of 3/16/72 the headline stated, "POOR FOOD BUYING POWER UP 159%". In smaller letters it said "Increase Credited to Stamps". This was compiled by John Stout, Director of Black Hawk Social Services. It was pointed out that from 2/71 to 2/72 food stamp recipients in the county paid \$993,803 for \$2,574,278 in stamp coupons, a bonus value of \$1,580,470. The figures are undoubtedly true but yet misleading. The figures make it sound like the poor are really doing well and are able to eat a lot. True, the purchase power for a family may be 159% greater, they may be able to get \$112 dollars worth of food instead of \$40 (approximately) but are they still getting enough adequate food to eat?

Nursing Home Volunteers

National Nursing Home week is being celebrated nationally May 14 to May 20. As part of the observance, local nursing home officials are joining with the Volunteer Bureau of Black Hawk county to issue a special call for volunteers to help in nursing homes.

There are many interesting and challenging volunteer opportunities in nursing homes. Activities for patients range from craft classes to discussion groups, along with entertainment possibilities for those interested. There are gift carts to be pushed, reading to patients, letters to be written, and materials to be gathered for classes. There are Bible study groups, religious services and some transportation needs.

Activity directors need volunteers to help with newsletters, parties, and helping patients with "Service to Community" projects.

There will be a training session for new volunteers on May 17 at the Americana Nursing home. This session will be for all of those interested in helping in Waterloo nursing homes. Volunteers will be placed at the different homes after that meeting.

Anyone who would like to help with this important need is asked to call the Volunteer Bureau afternoons at 235-6211.



Pictured above are Mrs. Sandra Tredwell Dougherty, chairman and Mr. Harris Ceasar, vice chairman of the Waterloo Sickle Cell Foundation.

Community Sickle Cell Foundation Of Waterloo

The Community Sickle Cell Foundation of Waterloo has formally organized in Waterloo. Officers elected at Wednesday's meeting are: Mrs. Sandra Tredwell Dougherty, chairman, Mr. Harris Ceasar, vice chairman, Mrs. Leonard Williams, recording secretary, Mrs. Barbara Adams, corresponding secretary and the Rev. Robert Burt, Jr., treasurer.

The following committees were organized with the elected chairmen as follows: Mr. Vernon Weems, chairman of the by-laws committee. Mr. Weems will be assisted by Mrs. Gwendolyn Hickey and Mrs. Marvin Ellis. The fund raising and resource committee will be chaired by Mrs. Beatrice Allen and assisted by Mr. Ace Redd and Mrs. Aaron Roberts and Mr. Monroe Stevenson. Mrs. Cuba E. Tredwell, Jr., was elected to serve as chairman of the volunteer committee. Mr. Milford Buckner and Mrs. Dorothy Sallis were elected to the co-chairmanship of the public information committee with Miss Vera Roseburr serving as publicity chairman.

The foundation feels strongly that the fight against Sickle Cell

Anemia is a community problem and that a united community effort is the only effective way to win the battle.

One of our mottos - "A Sickle Cell Tested Family Is A Happy Family," will be one of the themes of the foundation's testing program. Mrs. Whittier Bryant, chairman of the testing committee, will be working with Mrs. Gwendolyn Hickey, Mrs. Barbara Adams, Mrs. Tommie Vanarsdale, Mrs. Marvin Ellis and Mrs. Ulesee Anderson, the foundation's affiliated corps of nurses. A long range goal of the foundation is to set up mobile testing stations in various areas of the city in order to reach all of the community members desiring to be tested.

Dr. W. M. Cannon of Schoitz Memorial hospital will be meeting with the foundation's medical staff to assist in the testing program.

The next meeting of the community Sickle Cell foundation of Waterloo will be Wednesday, May 24, at 6 p.m. at the Jesse Cosby Neighborhood center. All members of the community are urged to be present to join in the community

fight against Sickle Cell Anemia.

Community organizations and businesses represented at the foundation's meeting included: The East Side Citizens Committee, Local # 46, The African Palace, Youth Achievement League, Ministers Fellowship, Juvenile Police League, Jet Delivery Service, Waterloo Defender, Low Rent Housing Agency, Plaza Tailoring Shop, Vocational Rehabilitation Agency, Payne A.M.E. Church and Saviour Baptist Church.

Black Businesses

Sunday, May 14, the owners of black businesses met in the spacious home of C. Tredwell at 107 Alta Vista.

Plans were discussed concerning the forming of a permanent group.

Several objectives were mulled over for future use.

It was decided that the group has great potential.

The next meeting, to be held Sunday, May 21, at 6:30 p.m. in the Jesse Cosby center, will be for the purpose of electing permanent officers.

THE ERRANT ENQUIRER

Youths Reveal Feelings
About East High



I will be graduating the 26th of this month and I must be honest about it, I am looking forward to every minute of it. In fact, I thought I would never see the day that I would graduate -- and now the day is closer than what I thought.

I got accepted to Talladega college in Alabama. They gave me financial aid and scholarship assistance. I hope to major in political science if possible. If not in political science, then I would like to major in sociology.

I am looking forward to these plans in the near future, and I

hope to come back and accomplish some of the things that I've wanted to accomplish before, but just didn't have the "know how."

C. Stoval



I am presently a senior at East High and will be graduating June 1.

My senior year at East has been very profitable for me.

I am one of the top 20 students in my senior class. Also I am a State of Iowa Scholar, an Iowa Tuition grant recipient and a National Merit scholarship commended student. Also I received a \$3,000 college aid package from Wartburg college.

After graduation this summer,

I hope to get a job to earn some money for college expenses this fall.

In the fall I will attend Wartburg college in Waverly. There I intend to major in business administration or education.

After graduation from college I plan to get a job in some business firm or else become a teacher of math in a secondary school.

Delores Andrews



I feel my education would have been better if we had more black teachers. If we had more black teachers, the black young men and women would have a chance for a better education. The white man doesn't really care if we make it or not.

My opinion about East High is that it seems like a prison. I know because everytime you want to express yourself on any situation it seems that they try to confuse your mind.

They have more rules and regulations than we can handle. For instance, I remember I had to go to the restroom and they wouldn't give me a pass. So I walked out of class and went to the restroom, came back and got kicked out of school for one day.

I have decided that when I finish school I will find a full time job and go to Hawkeye at night to take up accounting. Knowing that jobs are hard to find in Waterloo for the blacks, I realize it's not going to be easy to carry out this plan.

As soon as I finish my accounting course, I will go to Minneapolis, Minn., to work.

Kenneth Allen

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NOTICE

The Housing Commission is looking for prospective single-family dwellings (one to six bedrooms) for lease. The Commission needs 50 existing houses in good condition and 25 existing houses which require rehabilitation. Any party interested in offering their property to the Housing Commission for lease should stop by the Commission's office at 209 West Fifth Street, Suite F, Waterloo, Iowa, to obtain an application form.

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PAT PEARSON, a native of our city, a graduate from Crescent Beauty School, is now working with Rudean's Beauty Salon. Pat invites all of her friends to stop in and pay her a visit.

WHAT'S GOING ON



Antioch Baptist Choir

Antioch Baptist Church

The Antioch Baptist Gospel Concert choir will present its third annual formal concert Saturday, May 27, at 5 p.m. and Sunday, May 28, at 6 p.m.

These performances are sponsored by the Antioch Gospel chorus, Mrs. Maggie Johnson, president, and Zone 2, Deacon George Berdell, leader.

We extend to you an invitation to come and witness this beautiful, exotic and spiritual rendition of soul and gospel music.

The concert is free to the public, but a financial participation from you will be accepted with humility and sincerity.

All proceeds will be placed in the church's Building fund.

The concert entitled "Reaching For His Hands," will have soloists from Payne AME; Union Missionary Baptist; Mt. Carmel Missionary Baptist; and Antioch Missionary Baptist churches.

We are hoping and praying for your attendance and participation with us for this is the "Church of the Open Door."

The choir women will be dressed in formals and the men in formal suits.

The organist will be Drucilla Robinson; pianist, Phyllis Henderson; director, Sonomia Smith.



Maggie Johnson

This year's honors went to Mrs. Maggie Johnson, a long time resident of Waterloo and hard worker in the church since the mid 1920's.

Throughout the years she has held many presidencies and chairmanships but this one lets her know how much she's loved by so many.

Shown here with her crown, she will reign until next Mother's day when someone else will be chosen on the basis of their work in the church and their love for its members. Meanwhile, she says: "I'll take out my switch if I need to." And she will.

Jesse Cosby Neighborhood Center

The Jesse Cosby Neighborhood center board requests your nominations for membership on their board.

Nominations have to be in by May 24. Anyone wishing to be a member of our board would have to live in either Tract 17 or 18, and be a low-income person.

Voting will be at Jesse Cosby center, 1112 Mobile, May 25 and 26, from 8:30 a.m. to 4:30 p.m.

Nomination papers will be in the laundromat on E. 4th, Crawford's laundromat on Logan Ave., Cliff's Supper club, Livingroom Lounge, Midtown center, African Palace and the Operation Threshold office.

Sign at one of these places if you are interested.

Payne Memorial A. M. E. Church

The Pastor's Aid club of Payne church will sell bar-b-q dinners this Saturday, May 20. The donation asked is only \$1.50. You may call Payne church, 233-8189, or Mrs. Elma L. Ferguson, 234-5091, the president, to place an order.

Payne church and the Waterloo community will show appreciation to Pastor Leonard N. Williams. June 14, 15, 16 and 18 are the dates chosen by the Pastor's Aid club of Payne to honor their leader. On Wednesday, June 14, the evening meeting shall honor Pastor Williams as a community leader. Community people will take part in the service.

Pastor Williams will be honored as a youth leader on Thursday, June 15.

Friday, June 16, Pastor Williams will be honored as a spiritual leader.

Sunday, June 18, will close the celebration with "Let the Church Sing Again."

Visiting ministers and choirs will be invited to participate each day.

Pastor and Mrs. Williams will be leaving on June 19 to attend the AME general conference to be held in Dallas, Texas.

The Women's day committee of Payne church will present "The Ebony Fashion Flair" on Saturday, June 3, at 7 p.m. Fashions will be provided by Stearns of Waterloo. Door prizes will be given. Tickets are only \$1, and refreshments will be served. Children under 12 will be admitted free. Mrs. C. E. Tredwell, Jr., is the Women's day chairman, Mrs. Bennie Moore is the fashion show chairman.

On Sunday, June 4, the Pastor's Aid club will sponsor a pork chop fellowship dinner following the morning worship service. Tickets are only \$1.75 for adults and \$1 for children 12 and under. The menu will include pork chops, fruit cocktail, potato salad, greens and as-

sorted desserts. Reservations may be made by calling Payne church, 233-8189.

Sunday, May 21, the Rev. Glen Nelson of Sedalia, Mo., will be our guest preacher. The Choral and Children's choirs will sing.

Saturday, May 27, Payne will have a "24 Hour Prayer Vigil." Twenty-four hours of continuous prayer for: The unsaved, the sick and shut-ins, world peace, those who hunger, racial justice, world leaders, brotherhood, etc.

Time: 6 p.m. - Saturday, May 27, to 6 p.m. Sunday, May 28.

Guest choirs are invited. Payne is having an Ebony magazine subscription drive. Johnson Publishing Co. is giving us a special rate (\$5 per year) and our church gets \$2.50 from each \$5 subscription sold. The regular price is \$8 per year.

If you already subscribe, your renewal will be added to your present account; if you don't want to renew, you can take a subscription for a friend in the hospital or for an organization such as a lodge, a recreation center or a church library, etc.

If you will help, please telephone the church or mail your check to the church. This is a Women's day effort.

Mrs. Marguerite Tredwell, chairman (232-7277). 30

If you are unemployed or underemployed and need help obtaining assistance, contact Brotherhood of Jobless Workers, M-W-F -- 233-7259.

Club News

The Waterloo Women's Civic club members will hold their annual scholarship tea on May 21 from 4 to 6 p.m. Guest speaker will be State Representative A. June Franklin. The tea will be held at Antioch Baptist church, 426 Sumner St. All are invited.

The Waterloo Women's Civic

club members dined at Porky's Red Carpet Lounge Monday, May 8.

The Adloyho club held its final meeting of the season on Friday, May 12, at the home of Mrs. Frank Dixon of Independence. Highlight of the evening was the installation of officers for the coming year as follows:

Mrs. Albert Magee, president; Mrs. David Davis, first vice president; Mrs. Mamie Williams, second vice president; Mrs. Eugene Holt, secretary; Mrs. Ella Moorehead, treasurer; Mrs. Viveret Norman, financial secretary.

Mark your social calendar for a lawn tea being planned by Adloyho and scheduled for June 11 from 3 to 6 p.m.

Enek Iban Isng, "Dance of the Women of the Land" Saturday, May 20, sponsored by Les Dames.

Music by the Terry Shane trio, featuring Derrick Davis of Chicago on organ.

Special feature: Students attending UNI from the countries of Ghana, Liberia and Ethiopia, dressed in their native costumes, will perform dances of their respective countries.

Admission: \$5 per couple, \$2.50 single.

Time: 8:30 p.m. to 12:30 a.m. Place: Clayton House

Civic club annual scholarship tea; Sunday, May 21, Antioch Baptist church.

Eastside Citizens committee: Regular meeting Saturday, May 20, at 7:30 p.m. Highlight of the meeting: Information about our community's involvement in the fight against sickle cell anemia. Public invited. Place: Jesse Cosby Neighborhood center.

Sunday, May 21, 4 p.m., the Pastor's Aid club of Mt. Calvary will present the Rose Hill Church of God and Christ in a program. Rev. Enoch Epps will bring the message.

Sunday, May 28, three groups of the Mt. Calvary church will present the Songs of Joy, a group of male gospel singers from Pilgrim Rest Baptist church in a special program. Public invited to all programs and to regular services on Sunday morning, 11 a.m.

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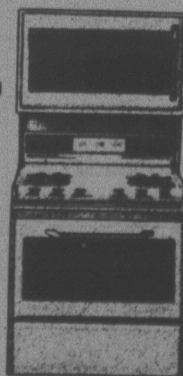
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Spending Money For Fun And Profit

By Jan Stinson

PART II: The Pros and Cons Of Protein.

Meat is the single largest expense in the food budget accounting for twenty to forty per cent the total food bill. Meat is served to many families at all three meals and most meals are not considered complete without meat or a meat dish. We are the number one consumers of meat in the world. The price of meat has more than doubled over the past ten years and it is in this area that the wise homemaker can realize the greatest savings. It is not necessary to eat meat at every meal since other foods contain adequate amounts of protein such as cheeses, eggs, and dried beans and peas to name a few. Using other sources of protein is one means of trimming the food budget. However, if yours is a family that really insists on meat at every meal there are ways to satisfy them and please your pocket book.

There are two points that can not be stressed enough and they are knowing the prices and allowing yourself adequate time to shop. When women learn to shop for a cut of meat with the same care they use in selecting a dress they will have made a major accomplishment. Too many of us consider buying groceries an unpleasant chore and hurry through our list as quickly as possible. Selecting meat takes time and patience. The new clear plastic meat trays have been a real boon enabling us to see both the top and bottom of a cut of meat but the gristle is not as easy to spot as a large layer of fat or a big bone. I don't know how stores feel about it but for many years I have pinched and poked meat gently with my fingers since gristle can be felt as a large lump in the meat. Next week we will have a butchers view of meat grading and points on purchasing the various cuts of beef, pork, veal, and lamb. The following points will help you to select and save on your next trip to the meat market:

1. **KNOW YOUR PRICES.** Not just the regular price but the sale prices as well. Check your local paper for the stores near you featuring sales and select the store with the greatest value.
2. **GET TO KNOW THE BUTCHER** in the stores you shop and don't be afraid to ask him questions. Most of them are quite willing to help you get the cut and size you want and are interested in pleasing their customers. Many butchers can tell you how to cook a cut of meat to bring out the best in it. Even the cheapest are tasty and tender when properly cooked.
3. **BUY A FREEZER.** If you can afford a television then you can afford a freezer, and if there is a question about which to buy first I'd heartily recommend the freezer. The money you can save by stocking up when a good sale comes will pay for the T.V. sooner than you think. Select a freezer suitable in capacity to your families size and needs.
4. **SHOP THE SALES.** Meat sales are not as frequent these days and it is wise to buy as much meat as your budget will allow when a sale is on. It is nice to have a little extra cash on hand to take advantage of these sales. There have been times when I have not had to buy meat for months at a time just by shopping the sales and stocking up.
5. **DON'T BE AFRAID TO EXPERIMENT** with new or unfamiliar cuts of meat. If your butcher can't tell you how to cook them refer to a good cook book. If the experiment doesn't work out and the meat is inedible even though properly cooked TAKE IT BACK and demand another piece of meat. Too often we are too busy to go back to the store or too polite and we write it off as bad luck but stores want to know if their merchandise is inferior. After all,

they need their customers and are anxious to please.

6. **TRY NEW METHODS OF COOKING MEAT** and new ways of utilizing various cuts. I have found that an inexpensive pot roast cut and cubed at home makes just as good a stew as the stew beef at half the price and it works just as well in Chop Suey, Stroganoff, and other meat dishes calling for cubed beef. If you want to spend a little more time and less money buy a meat grinder and use it to make your own hamburger. Pot Roast on sale costs about 49c per pound while ground beef costs 79c a pound.

Any readers who have questions or comments may send them to Jan Stinson, 9412 S. Sangamon, Chicago 60620. Next week we will continue our discussion of meat from the butchers standpoint.

The Americanization Of French Roulades

Thank the French for the lard or drippings and place in term, roulade, which means a shallow braise dish. Com-slice of meat rolled around a bise tomato sauce, onion and filling and cooked. Yet thanks any reserved seasoned flour go to the culinary creativity and pour over meat. Cover tightly and bake in a slow oven (325° F.) for 1 1/2 hours.

Add mushrooms to sauce and sprinkle cheese on top. Cover and continue baking for 20 minutes.

Round steak is the perfect

1 can (8 ounces) tomato sauce

1 small onion, chopped

1/2 pound fresh mushrooms, sliced

1/2 cup shredded Cheddar cheese

2 tablespoons chopped parsley

Cut steak into 6 serving pieces and pound to 1/4 inch thickness. Place 3 carrot strips on each piece of steak.

Season carrots with 1/4 teaspoon salt.

Reba Staggs, home economist of the National Live Stock and Meat Board, Lean and boneless or easily boned, it assures ease in cutting into individual servings and rolling up the filling.

Swiss Beef Roulades

2 pounds round steak, cut 1/2 inch thick

3 medium-sized carrots, each cut in 6 strips

2 tablespoons flour

1 1/4 teaspoons salt

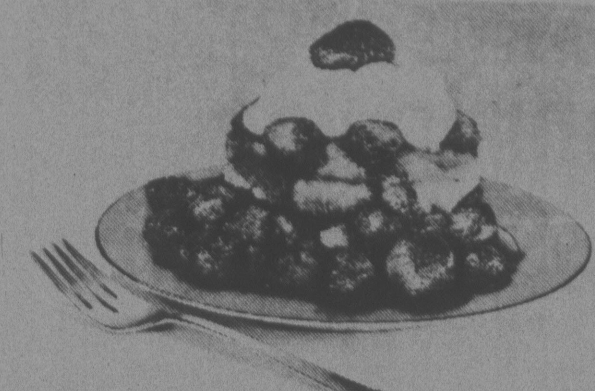
1/4 teaspoon pepper

1/4 teaspoon garlic powder

3 tablespoons lard or drippings

spoon salt, roll meat around carrots and fasten with wooden picks. Combine flour,

1 teaspoon salt, pepper and garlic powder. Dredge meat in seasoned flour, reserving any excess. Brown roulades in



Celebrate Spring with Shortcake

Baskets of red ripe strawberries have become a bright accent on produce shelves the year around. But real berry connoisseurs are partial to the berry grown in their own area. So the top season for strawberry shortcake is the time of the native harvest. For a tender unusual biscuit shortcake use corn starch along with flour.

Strawberry Shortcake

1 1/2 cups sifted flour
1/2 cup corn starch
2 teaspoons baking powder
1/2 teaspoon salt

1/2 cup margarine
3/4 cup milk
1/2 pint heavy cream

Strawberries, sweetened
Sift together flour, corn starch, baking powder and salt into mixing bowl. Cut in margarine until coarse crumbs form. Mix in milk with fork just until dough forms. Gently knead on lightly floured surface 15 times. Roll to 1/2-inch thickness. Cut with floured 2 1/2 inch biscuit cutter. Place on ungreased baking sheet and bake in a 450° F. (very hot) oven until lightly browned, 15 to 20 minutes. Break biscuits apart while warm, but not hot. Whip the cream. Spoon cream on bottom halves. Top with half of berries. Cover with biscuit tops, more whipped cream and remaining strawberries. Makes 10 servings.

Five-And-Dime budget? See The "Tuna Cookbook"

Turkey Tuna
Did you ever want to serve an elegant dinner for a special occasion — only to find you've got a five-and-dime budget?

Author Sheila Metcalf describes this dilemma in the introduction to her new book, published by Doubleday & Company, Inc., "The Tuna Cookbook".

Housekeeping on a slim budget several years ago while her husband was a graduate school student, she faced the bleak prospect of Thanksgiving dinner without the traditional gobbler.

Sheila's solution was a deliciously improvised dish called "Turkey Tuna" which contained two cans of tuna seasoned with poultry stuffing and chicken gravy — all oven-baked.

The canned tuna, incidentally, was a "going away present" from Sheila's father who loaded 12 cases of the seafood into the van which bore the Metcalfs to graduate school.

Father's sage advice was: "You may not appreciate this now...but you will eventually."

While Dad proved prophetic, even he didn't realize he was providing Sheila with the inspiration for "The Tuna Cookbook" with its 155 ways to prepare America's favorite seafood.

A Flying Fish Story

The "crow's nest", traditional highest observation post for seafaring men, has been augmented by the "whirlybird" many a modern tuna clipper uses in the quest over vast ocean reaches to find food for U.S. canning and consumption (25 pounds of tuna per capita each year). The helicopters — as "flying crow's nests" in spotting tuna schools and relaying their whereabouts to the clipper, can often slice weeks off the time U.S. fishermen spend at sea to produce America's most popular canned seafood.

It's A Bargain
On a recent business trip to the United States, an oil industrialist from Iran when asked what the biggest difference between people here and those in his country, replied: "Americans are more bargain-crazy."

The truth of the observation was proved recently by an 87-store supermarket chain based in New York with the most successful single-item promotion in its 68-year history. The item? Canned tuna.

A total of 6,500 cases was sold in six days. The reason for this run on tuna? It sold for about a nickel less than normal.

Which proves, as any observant Iranian businessman will tell you, that Americans know bargains as much as they love them.

During World War II when every hand and ship was needed, America's tuna clippers responded. Moving across the Pacific, they served as supply vessels for troops on isolated islands. But U.S. dining rooms still had tuna. Smaller tuna boats and, often, fishermen out of retirement, replaced the huge clippers and their younger crews. It proved rewarding. During the war emergency, albacore (white meat tuna) — missing since 1927 — was re-discovered off the North American shore.

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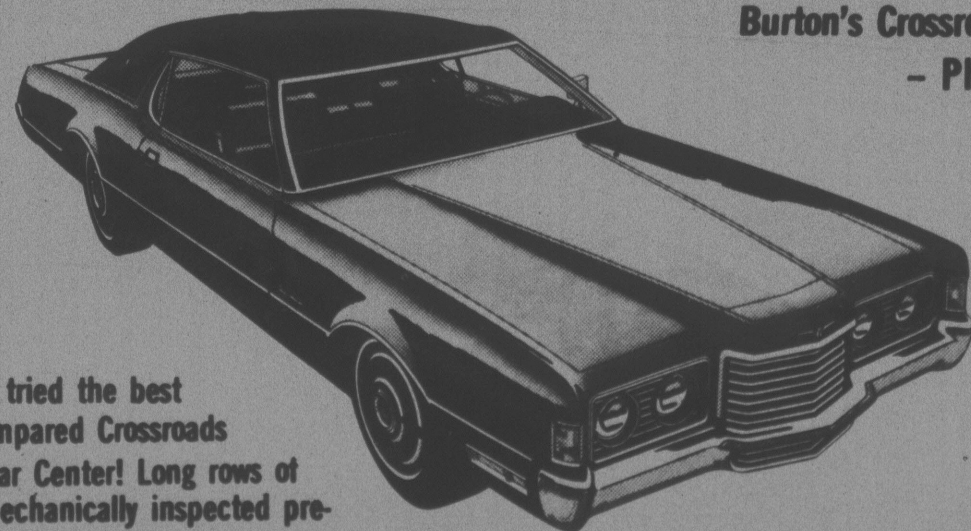
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School Administration Uses Double Standard

At the school board meeting Monday, May 8, it was brought to light that the school administration uses a double standard in disciplining white and black students.

In the recent altercation at Bunker Junior High school, both black and white students were involved. The black students were taken to the police station and were expelled from classes. They were searched and no weapons were found.

The white students involved in the same disturbance were searched and were found to have several weapons, some of which

were taken from the science room. These white students were allowed to remain in school and attend classes.

This situation was the same almost a week later. The board denied any knowledge of the existence of a double standard being used between white and black students.

The school board maintained that all students are treated equally in the Waterloo Public schools.

Yet, they found it difficult to explain why this situation had occurred under such a fair and just school administration.

Harris Ceaser read a letter

from a parent whose child was involved in this disturbing situation at Bunker Junior High.

The letter, which was from Mrs. Darlene Anderson, was documented proof of what had happened to her son.

Charles Vaughn, head of the guidance counselors in the Waterloo schools, gave supportive statements that the situation did exist and he had recommended that the white students be punished also.

Dr. Harvey remarked that the double standard type treatment of black students had happened far too often already and that it should be stopped.

Black Hawk County Democratic Central Committee

May 10, 1972

Dear Fellow Democrats,

The May meeting of the Black Hawk county Democratic Central committee will be held at 7:30 p.m. Sunday, May 21, at Local 838's Security House, 515 Rainbow Drive, Waterloo.

The state Presidential convention will be held on May 20 at the Veterans' auditorium in Des Moines. It will convene at 9 a.m. with registration being from 6 p.m. to 9 p.m. on Friday, May 19, at the Hotel Fort Des Moines and from 8 to 9 a.m. on May 20 at Veterans' auditorium. We will be selecting national committee persons who will also be two of the 12 at large convention delegates selected. We will also be adopting a national platform to send on to Miami in July for the national convention.

The Administrative council met on May 9 and discussed the following agenda:

1. The Iowa Public Opinion survey has reached a completion level of approximately 65 percent. The state has granted us an extension

from May 1 until June 1 to try and attain a higher completion level. Because of the time factor, the Administrative council has decided to set up a phone bank and hire phoners to complete the survey. The state will cover well over half of the cost involved.

2. The Candidates committee will have an extensive report to give. At the present time we are still seeking candidates for the office of county attorney and the 17th Senatorial seat.

3. A decision must be reached on when to start headquarters in July. The feeling at the Administrative council was that registration from the survey will be in full swing and headquarters would centralize that effort.

4. The Black Hawk county Buck drive will be kicked off on Tuesday, May 23. Tickets will be distributed at the Central committee meeting. I am requesting that all Central committee persons make a point to be there and in the meantime start organizing their precincts for workers to help them canvass the area for dollars. This

method of getting help on this project has been proven in the past as the most successful way of getting results. From 9 to 10:30 p.m. a lunch will be served at Local 838's Security House for the people who are working on the Buck drive kick off.

5. The Constitution will be presented for the third reading and for adoption.

As much information as possible will be given concerning the new ward and precinct lines. A discussion will be held on how to make changes where necessary on committee persons who have been reprecincted from one area to another. This is of immediate importance and again I ask all committee persons to be present for this very important Central committee meeting. The public is also invited to participate with us.

Sincerely,
Ben C. Benzine,
Chairman
Black Hawk County
Democratic Central
Committee

The question in the minds of the black community is, why in this land of democracy do we have to be watch dogs in order to receive equal treatment?

This is the type of treatment that breeds riots.

Summer Volunteer Program Needs Volunteers

There are still many interesting volunteer opportunities open for the teens in the Waterloo-Cedar Falls community for this summer. Some of the programs requesting volunteers this summer include: Hospitals, Red Cross, Big Brothers, the county Health center, the Cedar Falls Public Library, and the city of Cedar Falls. There are many opportunities to work with pre-school youngsters in day care centers and at camps through the YMCA. The Waterloo Community Playhouse needs volunteer crews for the summer musical production of "1776."

Young people who are interested in volunteering their services may obtain an application from their counselors at school, or call the Volunteer Bureau of Black Hawk county after noon at 235-6211.

NURSING HOME VOLUNTEERS

On Wednesday, May 17, there will be a training session for volunteers in nursing homes at Americana Nursing center, 201 W. Ridgeway Ave. at 1:30 p.m.

Discussion will center on experiences of volunteers, new areas for involvement and ground rules for successful nursing home volunteering.

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All volunteers who have worked in homes in the past or new people who are interested in this kind of volunteer opportunity are encouraged to attend.

For further information, people may call Mrs. Lynn Cutler at the Volunteer Bureau of Black Hawk county afternoons at 235-6211.

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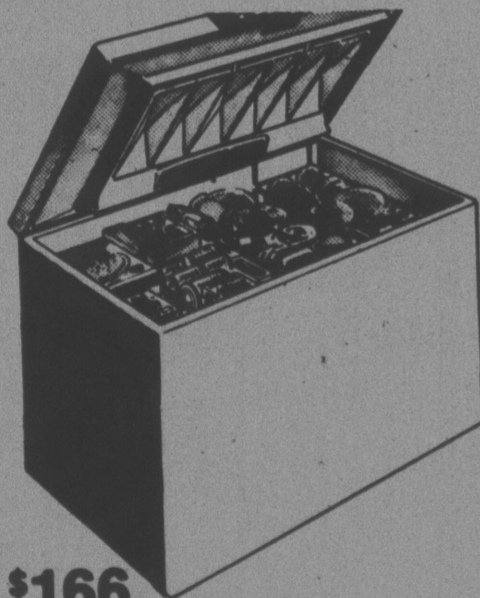
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From The White House To Us

Office of Congressman
Louis Stokes

Congressional Black Caucus Introduces Bill To Suspend Action Against North Vietnam

WASHINGTON, D.C., May 9 -- The Congressional Black caucus issued the following statement today concerning President Nixon's "latest and most barbarous acts of war in the Indochina theater." The statement was issued in behalf of the 13-member caucus by Rep. Louis Stokes, chairman.

STATEMENT

Last night President Nixon again used the national airwaves to bypass the United States Congress. Nixon told the American public that of three alternatives in Southeast Asia -- withdrawal, negotiation and "decisive military action" -- only the last was open to him. This was hypocritical.

We know from the Kissinger papers that even the President's own advisors have counseled against more military action. In fact, only the joint chiefs of staff and the President's "kitchen cabinet" have consistently advocated a display of more military might. Neither of these bodies is elected by or is accountable to the American public.

Last night he announced that, as he spoke, North Vietnamese ports were being mined, the United States was preparing to "interdict the delivery of supplies," and rail and other communications were being cut off, while the air and naval war would continue.

He studiously avoided the use of the word "blockade" which international law defines as an act of war. But this distinction is merely semantic. The President of the United States has committed an aggressive and flagrant act of war.

He has acted without the consent of Congress, in violation of the United States Constitution. He has defied established canons of international law and the wishes of the American people.

CAUCUS BILL TO SUSPEND BLOCKADE

We are placing a Concurrent resolution in the hopper today. Our bill demands that "the mining of the North Vietnamese ports, the interdiction of supplies, the cutting off of rail and other communications, and the continued bombing of North Vietnam be suspended immediately, pending President Nixon's appearance before this body to explain why his actions do not constitute a declaration of war, which is clearly within the constitutional prerogative of the Congress."

We urge our Congressional colleagues and the American people to work for speedy enactment of this legislation. As long as this war remains outside the control of the Congress, and in the hands of the President, the needless, tragic and daily bloodbath will go on.

The text of the resolution follows:

RESOLUTION

Whereas President Nixon announced on May 8, 1972, the imposition of a blockade of the ports of North Vietnam;

Whereas said ports are used by many nations of the world;

Whereas said blockade interferes with the internationally-guaranteed rights of said nations to travel freely and constitutes an

act of war under international law; Whereas this act of war was committed by the President without the consent of the United States Congress, in violation of the Constitution of the United States and against the wishes of the American people;

Whereas said action poses a grave threat to the peace of the world and to the lives of millions of innocent people; Now, therefore, be it

RESOLVED BY THE HOUSE OF REPRESENTATIVES (THE SENATE CONCURRING), That it is the sense of the Congress that the mining of the North Vietnamese ports, the interdiction of supplies, the cutting off of rail and other communications, and the continued bombing of North Vietnam be suspended immediately, pending President Nixon's appearance before this body to explain why his actions do not constitute a declaration of war, which is clearly within the constitutional prerogative of the Congress."

30

STOKES RELEASE

Upon his return to Washington, D.C., Congressman Louis Stokes (D-21, Ohio) made the following statement in reference to yesterday's primary elections in Cleveland, Ohio:

"I have personally documented thousands of cases in which my constituents were denied their constitutional right to vote. In at least 12 precincts, not one vote was cast. The cause of this unconstitutional denial of one of our most important rights as American citizens -- whether fraud or neglect -- is immaterial. What we must be concerned with is the result.

"The Voting Rights act of 1965 has been clearly violated. It is incumbent upon the Justice department to prove that, in this country, nobody gets systematically stripped of his right to vote.

"I am disturbed about the discouragement that I saw yesterday as I walked through my district. I am worried about the shaken faith in the political system of people who waited 10 hours to cast a ballot, and then went home at midnight, having not had the opportunity to state how they think this country should be run.

"I am worried about the elderly and the handicapped who came out once, were turned away, and never went back. And the new 18-year-old voters who were disenfranchised before ever exercising their newest right.

"Voters are urged from all sides -- get out and have your say in the voting booth, work with the system and it will work for you.

"How many of these people will consider themselves permanently disenfranchised? How many of them are disaffected for life?

"If the Cuyahoga county elections are any example of the responsiveness of the present political system, then I despair to think of where our country goes from here."

Congressman John Culver (Dem., Iowa), a member of the House Committee on Government

Operations, declared today that the reform of Congressional committees is the foremost task of governmental reorganization.

Filing additional views to a committee report surveying and analyzing the proposals for executive reorganization made by President Nixon, Culver asserted that "the restructuring and reorientation of House committees is an essential task which needs to be undertaken regardless of the exact extent of executive reorganization."

Culver pointed out that Congressional committees for more than 25 years have been realigned to take account of the revolution in public problems and policy as well as the added dimensions of Congressional responsibility and concern which have occurred. "It is," he said, "our first obligation to see that there is a coherent, realistic, and contemporary setting for the consideration of all legislation and to be sure that the most commanding and imminent issues of public policy are embraced and realized within the Congress."

Culver emphasized that a num-

ber of important policies such as health services, the environment, economic conversion and population distribution and growth "fit at best uncomfortably and sometimes not at all into the committee structure within which we now operate."

Culver said that committee reform "strikes to the core of our ability to fulfill meaningful and effective democratic assessment and control. Executive reorganization which is not accompanied or preceded by Congressional committee reform could well be an exercise in futility."

10,000th

The Keokuk County hospital of Sigourney has had many patients since its first in 1954. They just served their 10,000th recently.

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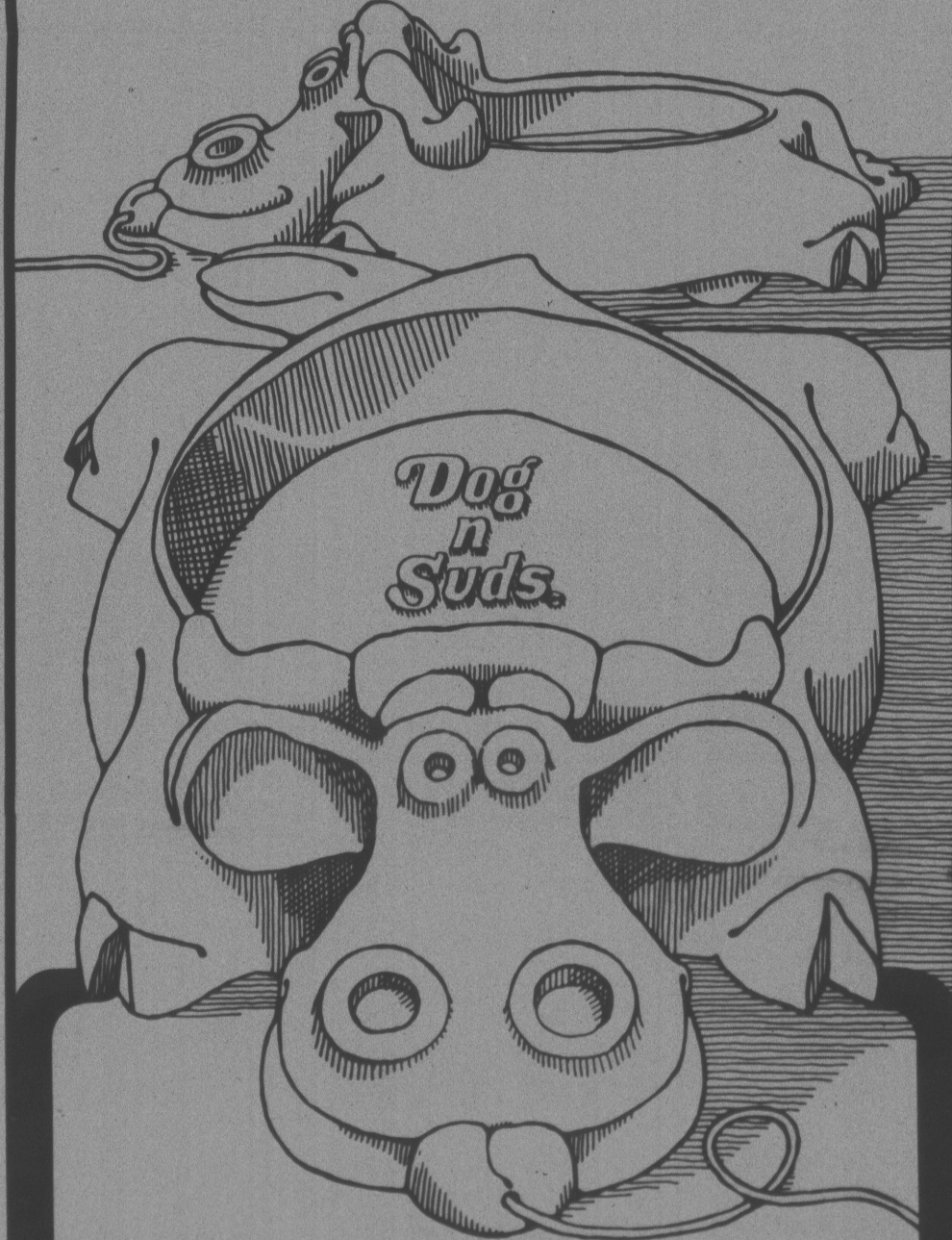
He's probably the greatest toy your youngsters will have... they can fill them up with food, run races with him, load him up with toys—even play with him in the bathtub. They can paint him crazy colors. With Pully Bully they can be a rancher, or a rustler... and he's free at Dog n Suds.

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Black Business Week Ends

The week ended on a high note for the Black Business and Professional group of Waterloo and Cedar Falls.

After a rousing week of tours, group participation and celebrations, the organization enjoyed a delicious dinner and entertainment by the Soul Searchers at the Cabaret.

A high spot of the evening was when Judy White, a dancer, was joined in her performance by local talent, Gaylord Washington.

Henry Parker arrived at the event straight from the airport after he flew in from Puerto Rico.

School Volunteers To Be Honored at Governor's Mansion

Notice of a tea honoring school volunteers has been received by Mrs. Lynn Cutler, director of the Volunteer Bureau of Black Hawk county and Mrs. Mary Lou Simon, coordinator of Volunteered Services, Black Hawk - Buchanan county school system.

The tea will be held Monday, May 22, from 1 to 3 p.m. at the governor's mansion in Des Moines. Governor and Mrs. Robert Ray will be present to recognize the efforts of school volunteers. It is being held in conjunction with School Volunteer Recognition week, May 21-27.

All school volunteers are welcome to attend, and those who are interested are urged to call either Mrs. Cutler at 235-6211, or Mrs. Simon at 277-3330.

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FIRST BLACK TEACHER ELECTED PRES. OF THE AMERICAN CLASSROOM TEACHER. BECAME THE FIRST BLACK PRESIDENT OF NEA (NATIONAL EDUCATION ASSN) WITH MORE THAN 800,000 TEACHER MEMBERS IN 1968. APPOINTED DIRECTOR OF THE WOMEN'S BUREAU OF THE U.S. DEPT. OF LABOR AND U.S. DELEGATE TO THE UNITED NATIONS COMMISSION ON THE STATUS OF WOMEN - THE FIRST BLACK WOMAN. HER HONORARY DEGREES ARE MANY AND HER ABILITY IS TREMENDOUS. HATS OFF - TO ELIZABETH KOONTZ.

WHO WAS CRISPUS ATTUCKS?
WHO WAS SOJOURNER TRUTH?
WHO WAS FREDERICK DOUGLASS?

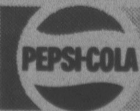


ONE AT A TIME



Miss Black Teenage America...She's got a lot to live!

Congratulations to June Kelly, Miss Black Teenage America 1971. Miss Kelly is part of the Pepsi generation... alert, active and on the go. She's involved in school and church activities, loves to sing and would like to teach voice in the future. And whatever that future may be, Pepsi will be a part of it, keeping her refreshed and ready to go. Pepsi-Cola is proud to be a part of this year's Pageant and wishes Miss Kelly continued success.



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