

THE WATERLOO



15¢

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Defender

"We will inform the public ... without fear or favor!"

FRIDAY, JANUARY 26, 1973

PILOT HOT BREAKFAST PROGRAM

One of the priorities of the African Palace and Operation Free is hunger. The main area of concern is the effect hunger has on youth in the educational system. Hunger contributes to many problems with which the educational system is confronted including, but not limited to, problems with discipline, tardiness, defiance of authority, drowsiness and a lessened ability to concentrate in the classroom.

Hunger has no color nor economic bracket within which it falls. Many children, and not just those from low income families, go to school without breakfast.

With this realization, it was decided to implement a Pilot Hot Breakfast Program to feed hungry children. Through this program it is hoped that children will learn about their nutritional needs. Since this is to be an educational experience for children, other areas will be included in the program which will help children grow culturally. Examples include learning about regional and ethnic foods, exposing children to a wider variety of foods, providing nutritional games which will reinforce knowledge of nutrition and explaining to older children that they should help younger children

carry their meals to the table.

We do not feel that our efforts are duplicating existing services. Only three schools in Waterloo are currently serving cold breakfasts to children from Kindergarten through the third grade. It is our belief that these breakfast programs can and should be expanded to include a wider variety of foods, as well as providing the children with an educational experience. Since it is not possible at the present time for the schools to implement such a program, a community group was formed to do so.

In order to operate the program

effectively, funds are needed so that all children who participate in it can be served an adequate morning meal. Volunteers are also needed to coordinate the activities which we will be having. They will eat with the children in order to explain etiquette, nutritional values of their morning meal, etc. The Black Hawk County Extension Service will be conducting a training program for the volunteers. Volunteers will be expected to arrive at the Jesse Cosby Neighborhood Center, 1112 Mobile St., at 7 a.m. and stay until 8:30 a.m. The program can also utilize baked goods such as rolls and biscuits.

Checks should be made payable to "Feed a Hungry Child" and sent either to the African Palace or directly to the National Bank of Waterloo. People interested in volunteering should call the Volunteer Bureau, 235-6211, leave their names and specify which days they will be able to participate in the program.

Thank you for your contributions.

On last Monday, the first day of the program only 10 children came. Since that time, over 50 children have eaten each morning.

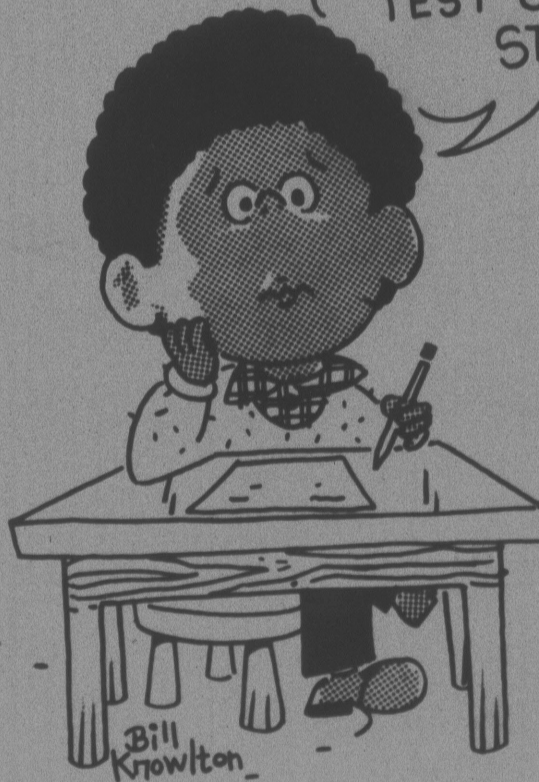


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Defender Teen-Age Editor Celebrates "Sweet-Sixteen"

The living room of Mr. and Mrs. Dick Washington, 112 Argyle last Saturday night as Debra Simp-

son celebrated her 16th birthday. Karen Sampson was also an honoree for she too has "turned Sweet Sixteen". The menu consisted of Tuan Fish salad, relishes, punch, cake and ice cream.

Some of the guests present were Steve Johnson, Karen Scott, John Gary, Albert Anderson, Annette O'Neal, Ricky Ellis, Denise Sanders, Norman Montgomery, Delen Williams and Carl Franklin.

Some of the records which were most frequently heard were: Is Love "The Ohio Express" I wish I could talk to you "Slyvers", I can't stand "Smokey Robinson", In the time of Shelter "Luther Ingram", Could it be I'm falling in Love "Spinners".

Debra is a 10th grader at Central High school. She is also a member of Payne AME's Youth Choir and one of the Teen editors for the DEFENDER.

EX-EMPLOYEE CHARGES EEOC WITH DISCRIMINATION

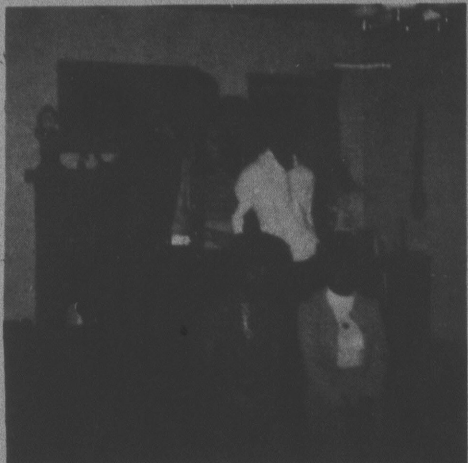
MEMPHIS, TENN. -- (NBNS) -- Lester Lackey Rowe Jr., a former investigator for the Equal Employment Opportunity Commission has charged in a class-action suit that the agency discriminates against its white employees.

Rowe said he worked for the agency for three years, and during that time black employees were repeatedly given preferential treatment and undeserved promotions while whites were refused advancement.

LAWMAKERS CONTINUE FIGHT FOR ANTI-BUSING LAW

WASHINGTON--(NBNS) -- Five Michigan Democrats made their first order of business in the 93rd Congress introduction of a bill to prohibit busing of school children beyond the school nearest their home.

All of the Congressmen are from the area of Detroit which is involved in court action over orders to bus school children across school district lines to bring about desegregation.



EXPECTANT MOTHERS ELIGIBLE FOR WELFARE

CHICAGO --(NBNS) -- A Federal judge has ruled that expectant mothers can apply for public aid before their babies are born. In his ruling, District Judge Richard B. Austin said that a policy of the Illinois Department of Public Aid

that prevented mothers on welfare from applying for aid for additional children until after the child is born was unconstitutional. He said the law was contrary to a recent Supreme Court ruling that requires state welfare agencies receiving federal funds to conform to federal welfare regulations.

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WHAT'S GOING ON

Corinthian Baptist Church

915 Willow Street
Rev. Arthur Mills, Pastor
607 Beech Street - 233-8132
Sunday School - 9:30 a.m.
Worship Services - Sunday at 11 a.m. and 7 p.m., Wednesday at 7 p.m.

Union Missionary Baptist Church

207 Shilliam - 235-1213
Rev. L. J. Jordan Pastor
215 Shilliam - 232-3968
Sunday School - 9:30 a.m.
Worship Services - Sunday at 11 a.m. and 4 and 7:30 p.m., Wednesday at 7:30 p.m.

Rose Hill Church Of God In Christ

Sunday School - 10 a.m.
Morning worship - 12 a.m.
Evening Service 8 p.m.
Rev. R. McDonald
Asst. Pastor Dave Robinson
800 Broadway St.

Antioch Baptist Church

426 Sumner - 233-2587
Rev. Eugene H. Williams Pastor.
2301 Idaho - 234-8152
Sunday School - 9:30 a.m.
Sunday Worship - 11 a.m. and 4:30 p.m.

Go Out! for dinner next Saturday. . . the Ladies Lounge committee will be serving delectable (finger-lickin') golden brown fried chicken and all the trimmings. . . here at the church. . . dinners are \$1.25. . . Mrs. Maggie Johnson is the dinner chairman.

LCST: A ladies watch: The watch can be yours with proper identification: Contact the office.
New Office hours:
Monday evening from 7 to 9 p.m.
Wednesday evening - 6 to 9 p.m.
Friday evening - 7 to 9 p.m.
Saturday 11 until

WANTED: Man or boy to work parttime in a service station -- hours from 5 to 10 p.m. \$1.40 an hour to start until business is built up. If interested: Contact the office.

Installation of officers will be held the third Sunday in February -- 4:30 p.m. Each officer is asked to give \$2.

The Annual Days and other Saturdays and Sundays taken in 1973 are as follows:

Deacon's Annual Day - Sunday, Jan. 28.
Saturday, Feb. 3 - OPEN
Sunday, Feb. 4 - Annual Minister's Day.
Saturday, Feb. 10 - Hospitality Banquet.
Sunday, Feb. 11 - Hospitality Annual Day.
Saturday, Feb. 17 - Zone I - dinner.

The Brotherhood is sponsoring their Annual Game dinner featuring: Coon, beaver, venison, rabbit, squirrel, pheasant (you name it) just \$1.50. . . for exotic -- tasty -- sweet -- succulent bits of meat and wild rice. Dean Brown Hentz is the leader.

I would like to thank the following people for gifts of food you gave to my family and me on Christmas Day: Mmes. Maggie Johnson, Annabelle Norman, Ella Morehead, Louise Walker, Janie Zanders, Bertha Bryant, Alcoza Bell, Ruby Webster, Katie Moten, L. V. Hentz, Katie Moore, Berthell Wentland. Rev. E. H. Williams and Bro. Loyd Tims. . . may God continue to richly bless you and may your lives be filled with peace.

The Lounge committee is sponsoring a "Baby Contest" featuring the following contestants: Scharlin Alexander, Kimberly Sanders, Brian Williams, Brian Zanders and Alicia Annette Smith. . . votes are 25 cents. . . proceeds will be used to furnish our new lounge. . . contest ends Sunday, March 24. . . Mrs. Janie Zanders is contest chairman.

Notices and/or announcements may be placed in the church mail box if you cannot reach the secretary in the hours specified. . . mailbox is located on the front (Sumner Street) side of the church.
The Senior Choir will be featuring another "Trip for Two" to some far away place. . . when plans have been completed. . . more details will be given at a later date. . . Bro. A. C. Anderson is president.

Mt. Carmel Missionary Baptist Church

805 Adams - 233-9482
Rev. R. S. Ruckett, Pastor.
823 Adams - 234-3928
Sunday School - 9:30 a.m.
Worship Services:
Sunday - 11 a.m. and 7:30 p.m.
Wednesday - 7 p.m.

Church Of God In Christ

Sunday School - 10:30 a.m.
Worship - 11 a.m.
Evening - 7:30 p.m.
Rev. Pearl Hayes Pastor
307 Shilliam Ave.

Pilgrim Rest Baptist Church

825 North Barclay
Rev. Elick Patterson, Pastor
417 Almond - 232-3372
Sunday School - 9:45 a.m.
Sunday Worship - 11 a.m.
Wednesday - Prayer Services at 6 p.m.

Savior Baptist Church

Sunday School - 9:30 a.m.
Worship - 11:30 a.m.
Rev. Robert Burt Pastor
1220 Roosevelt.

Church Of God In Christ Gospel Temple

Sunday School - 9:30 a.m.
Worship - 11:30 a.m.
Service Tuesday and Friday at 7:30 p.m.
Y.P.W. - 6:30 p.m.
Rev. Finzer Pastor
601 Douglas St.

Payne Memorial A.M.E. Church

Rev. Leonard N. Williams, Sr. Pastor.
1024 Mobile - 232-1381
Sunday School - 9:30 a.m. Naomi Sisk, Superintendent.
Sunday Worship 11 a.m.
Youth Hour - 6 p.m.
Mid week - Hour of Power Wednesday at 7 p.m.
Monday-Friday - Headstart at 10 a.m. to 2 p.m.
Wednesday at 8 p.m. Senior Choir rehearsal.
Friday at 7 p.m. Celestial Choir rehearsal.
Saturday at 10 a.m. Operation FREE
11 a.m. Children's Choir
Noon - Youth choir rehearsal Catechism classes. Mrs. Harris (Pearl) Ceaser, instructor.
Saturday at 4 p.m. Choral Choir Rehearsal.
New York trip - May 18-22 \$100 with \$10 down payment call 233-8189 if you have questions.

Cityview Temple Church of God In Christ

2024 Clearview
Rev. Ira Battle Pastor.
1624 Newell
During the pastor's absence, in charge is Evangelist L. Blalock at 234-4033.
Sunday School - 10 a.m.
Sunday Worship - 11:30 a.m. and 7 p.m.
Weekday Service - Tuesday and Friday at 7 p.m.

The Jesse Cosby Neighborhood Center

The Jesse Cosby Neighborhood center has well-baby clinic each second Tuesday in every month. Parents are urged to bring their children. Vanella Byrd is the center director.

Unique

Registrations are being taken now for the spring semester. Classes will be offered in Humanities, Children's Literature, Field Experience in Urban Education, Afro-American Literature, Mathematics for General Education. Classes will begin the week of Jan. 30.

African Place

The African Palace proudly announces the "FREE BREAKFAST" Program.
The breakfast program will be held at the Jesse Cosby Center, Monday through Friday from 7:15 a.m. to 8:30 a.m. beginning Jan. 22.
The program is more than a feeding program for instruction will be given in nutrition. Help will also be given with homework or any school problems. Mr. Ace Redd, Palace Director has said, "Parents are needed." Operation Education also gets underway on Jan. 22 at the African Palace.
Classes for high school credits also for high school drop-outs will be held.
Certified teachers will conduct the programs.

W. R. O.

The Welfare Rights Organization has reelected Mrs. Alle B. Anding as their president. Though Mrs. Anding was willing to step aside for someone else, the group overwhelmingly reelected her. The WRO meets the second and fourth Thursday nights at 7 p.m. at the Welfare Advocators office.

Children's Movie At Public Library Saturday, Jan. 27

"The Cuckoo Clock That Wouldn't Cuckoo" is one of the

children's movies to be shown at the East public library on Saturday, Jan. 27 at 10:30 and 2:00 o'clock. The hero of the story is Hans Tickertocker, a master clockman, who is ordered by the prince to repair a broken cuckoo clock.

Other movies to be featured are "Blueberries for Sal", the filmed version of Robert McCloskey's popular story about a little girl and a little bear, "Time of Wonder", which describes the happenings in the natural and human world on a Maine island, and "Yosemite National Park: It's Geology, History and Beauty".

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Reservation Form

I would like to go on the trip to New York City with the Edythe Primm Missionary Unit of Payne A.M.E. Church on May 18-22, 1973.

I understand that I must pay the first \$10.00 of the \$100.00 when I make reservations. (This fee is NOT refundable)

There are only 35 seats available.

The \$90.00 balance must be paid in this manner: On or before February 15, 1973 at least \$35.00 must be paid.

On or before March 15, 1973, \$70.00 must have been paid.

On or before April 1, 1973 the entire amount of \$100.00 must be paid.

I understand that I have reserved a space and that no monies will be returned after April 1, 1973 unless I am ill.

Signature _____

- \$10.00 REGISTRATION ENCLOSED
- ENTIRE \$100.00 ENCLOSED
- THE AMOUNT OF \$ _____ ENCLOSED

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Open Letter To My Sisters And Brothers

ARE WE WAITING FOR ANOTHER DR. KING?

While reading about how Reverend Leonard Williams was treated in one of our Almighty Courts, of Justice, I couldn't help thinking of the years past when Dr. King was treated the same. Yet as I look even deeper I can see a great difference in the two.

You see, we as a community didn't really know Dr. King, when anyone of us are free to go to Pastor Williams church or home and know his doors will be open to us at all times. When we have a problem of any kind that takes support from the community, he is right there to do what ever he can to help out.

You say, "Man we need more preachers like Pastor Williams," but you go to bed at night without a thought of calling his home to find out if he is sick or if he is eaten all day, but as soon as the "Man" do or say something to hurt your feelings, you make it your business to find him. Oh, I'm not saving everyone in our Black community does this, but I am saying, Our Influential Blacks Do This Every Time. Now that he needs your help and support, you have other things to do.

It seems to me, we, YES WE, of all the races in the world

should stand behind our leader even if he or she is a wine-O. Because we have been pushed, walked on, spit on, even messed on, have so much to fight for and so few men to lead us in this fight for our rights.

Pastor Williams will help us sick or well. He is right there where he feels the wrong should be righted.

We all know that he is under the doctor's care right now, and yet he is still willing to fight his battle alone. He don't ask you to put your jobs or reputations on the line for him. Yet he is doing this for you every time you have to go to the School Board or you need better homes, or your job isn't paying enough. He is right there to give a voice or go to jail if it needs to be to help you.

He never once asked you to change the name of the church you go to or to pay for the help he gives when you take your problem to him. Yet your own pastor will tell you that he isn't gonna put up with that kind of action or talk or nonsense, and you keep right on going to his church and giving him your money that Reverend Williams help you get the job to earn the money.

Let us just take a real good look

at what's going down:

When we start to add up the things Reverend Williams has done to help better the Black Community, we would have to look at ourselves and our friends and say, "There is a man that practices what he preaches."

Yes, Reverend Williams practices what he preaches. But what about the rest of us? Do we?

Have you been to Reverend Williams home to see if there was anything you could do to help? Have you even called him on the phone to offer help.

So I beg, YES BEG you to take a real good look in your hearts and see if what you are doing to a man that has worked so hard for you as a body of people who have just as many rights as any other people.

I say, Pastor Williams, I am proud to have worked with you and I want to be counted in when you have need of someone.

Keep on doing the good work you are doing.

Bonnie Jean Seenster
813 Galena
Waterloo, Iowa.

LOVE IS SHARING

What do you think of yourself? How do you feel about yourself and your brother's and sister's love?

Why do you teach to share love between brothers and sisters when you don't share yours. Do you ever teach, "Thou shall not steal"? Did you ever think that right belongs to your brothers and sisters as well as your?

Do you ever share with them? Are you willing to fight for the poor?

Do you feel that poor people are treated justly? Which are your purposes, to be your brothers and sisters who have fellowship in the same church with you? They are living in this big, big world side, by side with you.

Did you ever think to yourself that color is only skin deep?

In the day of judgement who will see God first, the rich or the poor?

Will the rich be buried deeper than the poor? Then where is the Soul going?

Will your Soul be as poor as mine or will my Soul be as rich

as yours?

Can you say that you lived the strong Christian life that God wanted you to live and be true? Or will you have to say yes Lord I am Condemned, I did not do my share with my brothers and sisters?

I know that God dwelled among the poor, but I didn't. I know that God loved the world but I don't. I know we are all purpose to be God's Children and we should live like brothers and sisters, but I have mine and I'm not sharing it with anyone else.

I took my share anywhere I could whether it was right or wrong. After all I am a rich man, why should I care if the poor have or not.

Yes, I belong to the same church as my brothers and sisters, but why should I have love for them? They can't give me nothing.

Because of your Christianity, how can you say you love God

and fight your brothers and sisters?

GOD IS LOVE.
Allie B. Anding
President of WRO
P. S. Is Reverend Williams any less a Christian because he shares with his fellow man?

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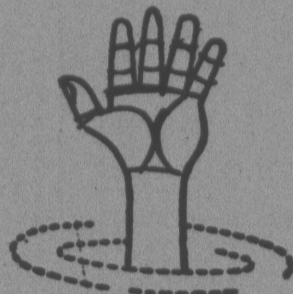
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HELEN HELP US

Dear Helen,
I don't really have a problem but my friend does. I'll call her Layne.

Well anyway Layne is pregnant (six months). She is my best friend and is trying to say that the father is (I'll call him Carl).

This child does NOT belong to Carl, but she always was crazy about him. She "forced herself" on him. Carl is also a good friend of mine. Carl's father suggests that the matter be taken to court. I don't know if that's smart for you see the girl comes from a very bad home situation.

Her parents are real strict. She is 16 and no boyfriends, no boy calls etc. Please as a friend to them both with both asking me for advice, I turn my question to you. Please help me I need your suggestions right away! Anything you suggest will be greatly appreciated. Don't say stay out of it because if it goes to court I could be called as a witness.

Help me Please!!!!

Dear Help Me Please!!!

Your friend does have a problem. She needs to contact some adult who she can trust who would go and talk with her parents.

Who the father is at this point is not important, but plans need to be made for the baby. Does Layne wish to keep the child, does she want to put the child up for adoption?

What do the parents expect of Layne?

Now as to Carl, has he had sexual relations with Layne? Could he possibly be the father?

I don't need to tell you or your friends I'm sure, but this problem is one of the many reasons why teenagers ought not to be indulging in sex.

A simple paternity test can be of a little help.

To Layne's parents: Parents need to discipline their children, but to take discipline to such extreme as no boys are allowed to visit or call generally leads to this kind of situation.

A court situation can only hurt both of your friends as many unkind

things can be said on both sides. Again tell Layne to contact some adult who will stand with her.
Helen

THE COOKS CORNER

Our cook of the week is Mrs. Esther Mae Lee of Louisiana. She is the mother of James, John and Dorothy Turner of Waterloo.

It is said that there is NO gumbo like Louisiana gumbo.

Below is Mrs. Lee's own recipe.

RECIPE FOR GUMBO

2 pounds Shrimp and Crabs, about 6 for crab meat.

1 pound weiners and 1/2 lb. ham
1 large onion - 4 parts Garlic.
1 part of Celery and 1 bell pepper - small.

1 large can or two small cans of (Tomatoes)

1 small can of Okra. 1 Bay leaf and Gumbo fillet.

Mix

Cut up onions, Garlic, celery, and bell pepper. Cut weiners and ham up. Cut the shrimp in half. Put the shrimp and crabs in the pot, you are going to fix the gumbo in fill the pot half with water on low heat. Put in Fry-pan. Two tbs. of fat. Fry Weiners and ham, just a little. Take out put into pot and brown two tbs. of flour in same fat. Brown in the flour the onion, garlic, celery and bell pepper. After browning put in tomatoes and brown. Then put all of this into the pot, with the shrimp and crabs. Put salt, black pepper and red pepper in to taste. Cut up two more parts of garlic into pot if you have can Okra, drain before you put in. Cook one hour and a half. Slow

THE POET'S CORNER

Choice of Color by Lenore Williams

If you had a choice of color, Would you respect each other? Would you argue, fuss and fight, All through morning, noon, and night?

Would you still be pushed around, Because you were either red, white, or brown?

Could variety be a success, Would it matter which was best? There's a diff between white and brown,

Is that story in your home town? Say dig up, you are my brother, Even if you ain't my color.

Great Commission Prayer Crusade

A Key '73 RESOURCE



PRAYER STRATEGY

Objective: To mobilize and unite all existing prayer resources, i. e., church prayer groups, Christian organizations, Bible classes and other established prayer groups and, in addition, to develop new prayer resources, especially neighborhood prayer groups.

I. Purpose of organized prayer groups.

A. To pray specifically for a moral and spiritual awakening in America and in the entire world.

B. To pray for the awakening of the church (local and worldwide) and existing church-related groups in the cause of Christianity around the world.

C. To pray for personal needs.

D. To pray for Operation Penetration, Key '73 and other organized efforts to awaken America and the world to the claims of Christ. Because of the absolute urgency of the moral and spiritual crisis, there needs to be a rededication to prayer, calling women of America and the world to pray.

II. Structure of the neighborhood prayer meetings.

A. Limit the size of each prayer group from three to approximately 20. (If more attend, you should divide the group into two groups.)

B. Set a weekly time to meet.

C. Be prepared with prayer lists and appropriate Scriptures emphasizing prayer.

D. Be sure to arrange schedule for an unhurried time of group prayer.

E. Meet for only one hour.

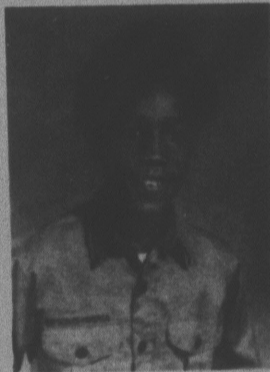
F. Hostess hand out individual prayer requests to people as they arrive.

G. Pray conversationally. Pray simple, specific prayers to encourage all to pray.

H. Ask women to give individual prayer requests.

I. Keep an up-to-date record of prayers asked and prayers answered.

J. Be prepared to give instruction to people in how to pray.



MRS. H. O. SPELLER

Mrs. Herb Speller and daughter Yvonne have just returned from an Education Conference held in Washington, D. C.

The meeting dealt with the improvement of the total process of education, the influence of parents in school activities and the problems of getting information concerning the schools.

Mrs. Speller also had an opportunity to discuss some of

larism in our country and the world.

Note: This same structure can be used for couples' or men's groups.

SMITH AND DAVIS MEET IN CUBA

HAVANA -- (NBNS) --Havana Radio, monitored here, said that Pvt. Billy Dean Smith, recently acquitted in a Vietnam fragging case, was greeted by a number of persons including Angela Davis upon his arrival in Cuba last week.

EIGHTEEN INDICTED IN FHA HOUSING SCANDAL

WASHINGTON --(NBNS) -- The Justice Department has announced that two real estate companies and 16 salesmen in Detroit have been indicted for submitting allegedly false information to secure federally insured mortgage funds from the Federal Housing Authority.

BLACK STUDENTS PROTEST "DIXIE"

PENSACOLA, FLA.--(NBNS)-- Black students continued to boycott schools in Escambia county in protest of the display of the confederate flag and the playing of "Dixie" at football games and other school events.



(Courier Photo by Jim Humphrey) MISS YVONNE SPELLER

the problems confronting the Waterloo schools.

Eugene Speller, brother of Herb, who formerly lived in Waterloo now lives in Worthington, Ohio and is associated with the National Program for Education Leadership, who conducted the program.

Eugene was also one of the keynote speakers along with Mr. Berlin Kelly.

Yvonne is a senior of East High school.

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Mark Reed assisted the little Panthers of Northern University High school, in a victory over Dike Friday night. The little Panthers are seventh graders. They remain undefeated. Dike was also upset their record by 37-17. Mark scored six of their 37 points. Mark says he doesn't score many points but he is a great defense player.
Mark is the son of Mr. and Mrs. Richard Reed.

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A Special Clinic On Venereal Disease

I would like to discuss venereal disease in this article. But wait... before you say, "Oh, I know everything about that, and besides, it will never happen to me",... Why don't you read what I have to say? OK? Ready? Then let's begin.

VENEREAL DISEASE: Syphilis and gonorrhea (called venereal diseases or VD) are very popular infections spread primarily through sexual intercourse. The incidence of these diseases is increasing at an alarming rate. Syphilis did seem to be slowing down toward the end of the 1900's. But in the last year or so, it

has started to increase again. Gonorrhea never did slow down. In fact, it might now be called an epidemic. In 1969, gonorrhea led the list of reportable diseases in California. About 90,000 cases were reported to the State Health Department. Ten years earlier that number was around 17,000. In contrast, the reported syphilis cases in 1969 were 11,000 and in 1959 were 7,000.

You can have VD without having the symptoms.

VD can be cured if it is treated early enough.

There is no self-treatment for

VD. VD can be acquired over and over again.

All VD treatment is kept confidential.

Birth control pills do NOT prevent VD.

VD endangers not only the infected person, but all those with whom that person has intimate contact.

A pregnant woman with untreated VD may pass it on to a child.

HOW IS IT ACQUIRED? Both syphilis and gonorrhea are spread by intimate contact. In most cases this is by sexual intercourse, although syphilis can be spread by kissing and any other kind of intimacy which results in contact with the infection. Neither can be caught from toilet seats or doorknobs (unless perhaps you have a thing for warm, moist doorknobs!). VD germs just can't survive long outside the body -- so they're not very likely to be sitting around in public places waiting to attack you.

VD PREVENTION -- Use of condoms, washing with soap and water and urination after intercourse may be helpful in preventing VD.

Once you have VD, there is no self-treatment. Just get yourself to a doctor or Public Health VD Clinic FAST. And be kind to your friends -- let them know if they should make a visit too.

SYPHILIS -- The first sign of syphilis occurs from 9 days to about 3 months after sexual contact. It is a painless, but highly infectious, ulcerated sore or blister that may develop at or

near the germ's entrance point -- almost always on or near the genitals, but occasionally on the mouth, breast, anus, or elsewhere. It may also be inside the body or not fully developed and therefore not noticeable. This sore will disappear by itself. But the disease is NOT cured.

A secondary stage occurs any time from a few weeks to six months after contact. This is the most infectious stage. There is rash, sore throat, fever, headache, or patchy baldness.

The signs of these early stages may go away even without treatment. But the germs are still in the body and are potentially infectious. But it can still be detected by a blood test. Eventually, serious damage will be done to a vital organ with resulting heart disease, blindness, insanity, or even death.

A baby born to a woman with syphilis at any stage may be deformed or dead at birth, or may later develop signs of syphilis. Adequate treatment of the woman during pregnancy will prevent damage to the child.

GONORRHEA -- (the clap) -- Within two weeks (usually 2-6 days) after exposure, a male will usually feel itching, a burning pain during urination and have a discharge or drip of yellow pus from the penis. In a female, the symptoms are usually much more slight.

There may be a vaginal discharge or burning during urination. But generally the female carries and transmits the disease without knowing it. She may only become aware of the infection months later when the germ has reached the fallopian tubes; then she may feel pain in the lower abdomen. At this point, hospitalization may be required. Gonorrhea is very infectious, and if left untreated, may lead to sterility, arthritis, blindness, or heart trouble.

A baby born to a woman with gonorrhea may become blind because of exposure to the gonorrhea germs as it's being born. Hospitals put drops in babies' eyes to prevent this.

DIAGNOSIS AND TREATMENT -- If you have the slightest thought that you may have VD, get help immediately from a doctor or clinic. It is extremely dangerous and foolish to try to cure yourself. . . You might cover up your

symptoms, but you won't get rid of the disease. Old antibiotics could be dangerous. When you do get pills from a doctor, don't share them with someone else -- neither one of you will be cured. Each person needs the full dose of medicine prescribed.

There is a blood test for syphilis; for gonorrhea, samples of secretions or discharges are taken. In both cases, the treatment is some kind of antibiotic given in the form of injections or pills.

When a patient shows up with VD, the doctor is legally required to submit a confidential "morbidity report" to the State Health Department. (The same goes for any communicable disease). But private doctors usually don't get around to making the report. If you have syph, you may be asked to a confidential interview with a VD detective. That's to find out who your contacts have been so they can be reached for treatment. With gonorrhea, the health department very likely won't have enough personnel or funds to go looking for anyone. You'll have to suggest to any needy friends that they get treated too.

VD is an expanding problem partly because of political, governmental, and bureaucratic senility. Statistics documenting the increase in gonorrhea are watched religiously by politicians and bureaucrats. But adequate funding of imaginative programs to reduce the problem is nowhere to be found. Since VD primarily affects young people, many of whom aren't yet mentally rotted and corrupted, it's up to them to do something about the problem by helping each other. When you spread your love around, don't spread disease. I hope you have found this information helpful. Education is a pathway leading to prevention. This article contains very valuable knowledge. . . If not for you, then possibly for someone you know and love. Share what you have learned and become a part of prevention.

The other important part of this problem is if you do recognize symptoms, how do you take action? Either through a physician or through a VD clinic. Many people have less hang-ups about a clinic and would readily go there for treatment. And after all, this is our ultimate end -- to see that people who NEED help -- get it.

Why not do some research on what VD clinics have to offer -- then ask yourself . . . "If education, treatment and prevention can be found in a VD clinic, what are we waiting for?" YOU, too, can help if you are interested. . . interested in human beings and caring that they are healthy and happy. Let's all take the worry out of being close!

Comments and suggestions may be sent to: Ms. Sandra N. Howard, R. N. Box 486 Fort Dodge Urban Ministry, Fort Dodge, Iowa 50501.

Teens and College Students: I would especially like to hear your comments on a VD clinic. S. H.

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HEW's Crackdown on welfare Recipients Could Cost U. S. Millions

WASHINGTON - (NBNS) - The proposed crackdown on welfare fraud could wind up costing U.S. taxpayers hundreds of millions of dollars, the agency's general legal counsel has warned the Department of Health, Education and Welfare.

The crackdown was scheduled to go into effect on Dec. 4, but HEW delayed it for three months. The plan would call for the agency withholding \$689 million in federal welfare payments to the states if it feels haven't done enough to get those ineligible and overpaid recipients off the rolls.

At the same time, Wilnot Hastings, HEW general counsel, warned that the courts would probably be sympathetic to the pleas of the states that the action was

"destructive," rather than constructive.

In a memorandum sent to an Assistant Executive Secretary, Hastings said the action would very likely be overturned by a court. Some 34 states have already filed suit against the federal government to stop the proposed cutoff on April 1.

"With the new quality control regulation, however, we are abandoning our partnership with the states in this matter by insisting that the states bear cost of irregular payments," Hastings said in his Dec. 22 memo.

"Under the circumstances, the basis for HEW's continuing to dictate a state's every eligibility-related action is extremely weak as a matter of fairness, no matter

what our strictly legal authority in this regard may be."

Hastings then advised the HEW Secretary that the court, in his opinion, "would listen sympathetically to a state which sought to enjoin the quality control sanctions."

"In all likelihood. . . such success as we have on the merits of that question will not occur until after a temporary injunction has delayed and completely disrupted the whole quality

control strategy," he wrote when speaking of the possibility of convincing the court that federal welfare regulations do not contribute to high rates of welfare ineligibility and over payment.

An injunction, secured by one of the states, would cost the "federal government hundreds of millions of dollars," Hastings said.

Instead, he recommended that HEW implement several changes in the federal regulations that govern eligibility.

"A predetermined position against changes, even if not disclosed, would make a mockery of our professed willingness to consider alternatives," he said.

He suggested the government stop using the "simplified method" of determining eligibility and instead a more complicated method which involves more than just taking a recipient's word that he is eligible.

"The Social Security Administration, I believe, is planning to recertify the entire audit case-load preparatory to assuming federal control. . . and once that program is operative, SSA will not use a simplified method for new enrollees," his memo claimed.

In their suit, the 34 states claim that because federal regulations already limit the amount of investigating they can do of welfare applicants, it's unfair for HEW to penalize them for adhering to the agency's own regulations.

Wilkins: 'U. S. Fostering Polarization Of Races'

NEW YORK - (NBNS) - The "executive branch of the Federal Government" is guilty of fostering a polarization between blacks and whites in this country, NAACP Executive Director Roy Wilkins contends.

Wilkins, addressing 200 delegates to the Association's annual meeting here, sounded far more pessimistic about the future of blacks under another term for President Nixon than in recent memory.

The NAACP executive director told the group that the President had launched a seige against blacks by telling whites they were "hard-working." He said Nixon was implying the blacks were not.

Wilkins said his greatest disappointment last year was the Presidential race and election last November.

He called Senator George McGovern, the Democratic Presidential nominee, "wishy-washy on the busing issue."

Devoting a lot of his speech to the Federal government, Wilkins said it has not fought for jobs for black workers.

He maintained the Association would accelerate its opposition to the appointment of Peter J. Brennan as Secretary of Labor. Brennan is president of the State and City Building and Construction Trades Council of New York.

"Brennan has been a very real obstacle to the employment of blacks in the construction industry," Wilkins said.

Elected to the Board of Directors this year were: Dr. Stephen Gill Spottswood, Washington; Dr. Charles Roquemore, Wellington, Kan.; Mrs. Sarah Greene, Louisville, Ky.; Dr. Claude Hudson, Los Angeles; Matthew Perry, Columbia, S.C.; Irene Smith, Wenonah, N.J.; Leonard Woodcock, De-

troit; and the Rev. Emerson J. Marcer, San Antonio, Texas.

Black Defendants Rights Expanded

WASHINGTON - (NBNS) - For the first time the United States Supreme Court has ruled unanimously that Black defendants in state criminal trials are entitled to have prospective jurors screened for possible racial prejudice.

On this basis the Court ruled that civil rights worker Gene Ham was entitled to a new trial on a South Carolina narcotics charge because the judge refused to ask jurors if they could disregard the defendant's race and if they were prejudiced against Blacks.

"The essential fairness required by the due process clause of the 14th Amendment requires that, under the facts shown by this record, the petitioner be permitted to have the jurors interrogated on the issue of racial bias," Associate Justice William H. Rehnquist wrote for the majority.

According to the NAACP Legal Defense Fund which had brought the challenge, the ruling was the first to base the jury screening requirement on the Constitution and was also the first time that the Supreme Court imposed such a requirement on state courts.

Ham had contended at the time of his trial that he had been framed because the law officers in Florence County S. Carolina had been "out to get him" because of his civil rights activities.

In selecting the jury the trial judge refused the defense's request to ask prospective jurors whether they could disregard his race.

In the same case the high court decreed that the refusal of the judge to ask the veniremen if they also were prejudiced against men who wore beards was not unconstitutional.

Justice Rehnquist writing for the majority said the justices were "unable to constitutionally distinguish possible prejudice against beards from a host of other possible similar prejudices and that the matter did not raise a constitutional question.

Associate Justice Thurgood Marshall agreed with Justice William O. Douglas that the judge should have queried the veniremen about prejudice against "hair growth", but Marshall said that a defendant did not care whether he had been prejudged for skin color or hair length.

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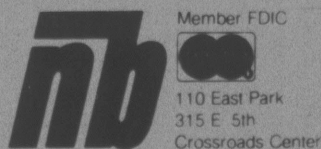
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