

THE EBONY HERALD

The Minority Publication of East Carolina University

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Portrait Of A Beauty: Miss SOULS

By DAVID THEROITH
Sports Editor

She's five foot three, 115 lbs., with the most alluring eyes and entrancing smile imaginable. Am I talking about Miss America? The Goddess Aphrodite? No, but you're close. She's Miss SOULS, Saudia Ellen Meighan.

With her dynamic personality to go along with her beauty, it's easy to see why Saudia was elected to represent the Society of United Liberal Students. Miss SOULS represents the minorities at ECU, a symbol that is not taken lightly. "I'm excited because I haven't represented such a large group before," Saudia beamed.

The British Honduras native will be proud to represent minorities in the upcoming Homecoming voting and she sees an underlying importance. "This is an excellent opportunity to promote SOULS, especially for freshmen who don't know that much about the program."

Saudia also thinks it is important for minorities to stick together in voting because unity is the key to success, in any part of life and she is looking forward to representing that unity.

Saudia is the middle child in an Hondurean family, sandwiched between two sisters and two brothers. Her interests include music, dancing, and socializing with people. The latter spurred her interest in SOULS.

"I wanted the opportunity to represent SOULS because they've done so much to help minorities here at ECU and I wanted to be a part of that."

She is disappointed that

with SOULS. "Minorities need to get more involved and work together because we'll be more effective in reaching our goals."

"An example of limited support is a recent NAACP meeting when only eight people showed up and that included the officers. That's a shame and it needs to be rectified if we are to prosper at ECU."

Saudia's success can largely be attributed to the woman she admires the most, her Hondurean mother.

"I admire my mother because she has shown me that even through the hardest of times a smile is still the best policy and one can still convey a positive outlook on life. I try and follow that philosophy as much as possible."

Saudia says that her mom largely conveys what a black woman should and needs to be these days. When something bad happens, accept it and make the best of it.

"I think black women have to work three times as hard. Take for example, if she wanted to be a doctor. She has two strikes against her already: being a woman and being black. Therefore, she has to strive harder to make it in a predominately white male dominated world."

Miss SOULS challenges any student to find out about the SOULS organization and realize the importance it projects in striving to unite minorities.

"You will find that SOULS is worth your time."



Saudia Meighan, Miss SOULS for 1982

Student Fights Against PCB Dumping

See page 2

By PATRICK O'NEILL
Staff Writer

Over 500 people have gone to jail for civil disobedience in rural Warren County. Among them was East Carolina student Theresa Alston. "I'm willing to go to jail if that's what it takes," said Alston, a senior in Home Economics.

Alston, 21, was arrested along with 85 other people who attempted to block trucks laden with PCB con-

taminated soil from dumping it at a landfill site in Warren County.

Protests have now entered their fourth week in the predominately Black county in Northeastern North Carolina. Both environmentalists and Civil Rights leaders have voiced their opposition to the project claiming that it is not safe and that the selection of the Warren County site

was done for racial reasons. "Everyone in the area is low income," said Alston, who has been released on a promissory bond; "I feel they picked us because they felt they probably wouldn't have any trouble from us."

Alston's family lives in Warren County only a short distance from the landfill site. "I'm against the dump myself... I feel it's unsafe," Alston said.

She noted that vandals had been able to slash plastic liners at the dump

site and that the PCB laced soil could eventually pose a health threat to the area.

Alston said she was specifically opposed to the fill because it wasn't the safest choice for the dump. "There are better places for it," Alston added.

Also of concern to the opponents is the possible dangers that such a dump poses to the drinking water supply of the area. Experts have testified that seepage of the PCB into the water table is very likely in the

future.

According to Alston, an alternative site for the dump was proposed at a site in Atlanta, Georgia, but that Hunt decided against it because it would cost too much to ship the waste that far.

She also claims that the media coverage has been slanted in favor of the Hunt administration's position. Until last week, Hunt had been unwilling to meet with opponents of the landfill until the dumping had been

Black Women: Waiting For Mr. Right

By STACEY POOLE
Contributing Writer

For those Black women waiting for Mr. Right to carry them away, and who want a man with comparable achievement, it might be helpful to know that statistics show more Black women graduate from college than Black men. For Black women, there aren't enough men to go around. As of 1979, there were 750,000 more Black females than males, within the 24 to 44 year old age group.

The fact that Black women must maintain their independence is most important. Breaking a nail is not the end of life. A woman's hands should be soft yet strong. Black women have always been liberated. We have had to help house, feed, and clothe our families. We've been confronted with the hardship of having to perform day and night work to support children. We tend to lose our identity when we have had to depend on a man.

Black women portrayed as "Cleopatra Jones", very sexual and strong, reflect us as idealized super characters and rendering unrealistic and unfulfilled expectations of each other. We don't have to use our sex, the gift of gab, and the "threads" to lure someone into our webs of intrigue, to establish emotional dependency over our prey. Why take advantage of people, when education, knowledge, and skill can take you much further?

Why should a Black woman be proud that Black men pursue similar features in a White woman as standards of beauty, and select only fair-skinned caucasoid featured Black women for showcasing on their arms. Black women, as well as men, should disregard who is or isn't pretty and become aware of the importance to advance their educational and professional degree.

Because the Black woman makes up a substantial percentage of the Black working force, she should be proud of her strength, because it has been forced upon her historically. We should be more appreciative of the opportunities we are given, and have others recognize our achievements. We should be more independent, non-clinging, self-fulfilled, and have a sense of provider-ship. The presence of a job will confer a sense of achievement, and enhance one's self-esteem. As Black women, we should work at supporting one another, not dividing and destroying.

By MIKE FELDER
Contributing Writer

Slowly, but surely coming into their own is today's black woman. She is intelligent, sophisticated, career-oriented, and independent. Often at college, a black woman can be confronted with an inner struggle of being in a friendly relationship and moving up in her career. The time could come when she may have to choose between one or the other, possibly losing the other temporarily, or even permanently.

Important to that black woman is her interpersonal relationship, for which she would do anything. Almost anything. Also important is her work; her career, which gives her undeniable satisfaction.

Struggling up the ladder of success, she meets much opposition in the form of discrimination of sex and race, other men, etc. but she continues to achieve new-found success. But what if she desires a family? Some turn away, indulging themselves in their work; others want families, turning away from their career.

The pressures that exist for a black woman today are often unrealized by the black male. Frequently, black men want a woman that is willing to sacrifice for them, but are many times unwilling to sacrifice themselves. What is misunderstood here is that only in the past century have black men achieved any semblance of dominance in their family and social lives. The problem that occurs oftentimes is the misuse by the black man of this newly acquired "dominance".

Today a black woman is not going to allow herself to be weighted down by the above mentioned misuse. Though many black women may fall into a somewhat "passive" role, they still expect to receive as much respect, honesty, and devotion as they have given in an interpersonal relationship.

Many black men may fail to understand the social pressures initiated on black women today, but this is not to say that black men themselves do not undergo any changes in today's society.

Communicating and helping each other to understand the other's pressures and needs is totally necessary for growth and development in an interpersonal relationship. Realization of the social pressures placed upon one another can also benefit men and women on other social levels.

PCB, A Threat To Humanity

From page 1

completed, but with less than a week of dumping left, Hunt did meet with local residents from the Warren County Citizens Concerned About PCB. They were generally not satisfied with Hunt's position and the dumping has continued after a short stoppage was announced by

Alston said that Gov. Hunt was irresponsible for his earlier refusal to meet with Warren County residents. "If it wasn't for us, he wouldn't be in office."

"My family has really been participating alot," said Alston, "and I wanted to participate also."

Alston said she feels confident that the opponents of the landfill can win. "I have faith and believe that we will win."

The Southern Leadership Conference (SLC) and other Civil Rights leaders claim that Warren County was chosen for the landfill because of its 60 percent minority population. The Rev. Leon White, director of the Unite Church of Christ's Commission for Racial Justice, believes that the decision to use Warren County for the landfill was racially motivated. White has been arrested on a number of occasions for attempting to block the trucks.

"There are no important people here (in Warren County)" said Alston. "They probably thought we were uneducated and unorganized."

United States Congressional Delegate, Walter E. Fauntroy has also been among those arrested at the demonstrations. The Washington D.C. representative is also a member of the SCLC's National Board of Directors.

Alston claims that flies have been swarming near the landfill site and that demonstrators were told to brush the flies off, because they could possibly be transferring the PCB's to their skin. "PCB's do cause cancer," said Alston. "Some people are sick."

Over 250 miles of North Carolina highways, covering 14 counties, had the hazardous chemical illegally spilled on its shoulders. More than 200 miles of the roads have already had the contaminated dirt removed.

Alston claims that the protests have united the people of Warren County in their struggle. "I feel we will win even through things seem to appear that we lost," said Alston. "I feel even stronger now that we can win."

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OPINION

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They thought it was just another case of "Let's Dump on the Poor", but The Environmental Protection Administration (EPA) and North Carolina State officials got a response that they never expected from the local people, environmentalists, and civil rights activists, when they decided to put a PCB hazardous waste landfill in rural Warren County.

Demonstrations have taken place on a daily basis for the last four weeks at the landfill site. Over 500 people have been arrested for attempting to block the trucks filled with the contaminated dirt from entering the dump.

That's right—men, women, and children have laid down in the road—not crazed fanatics, but local residents who simply don't want carcinogenic garbage in their backyards.

Was the choice of Warren County for the dump site really a racially motivated decision? Perhaps not entirely, but let's face it, when a poor, predominately Black county is chosen as the site for a very contaminated project, it certainly makes one wonder what some of the deciding factors were when the decision was being made.

Could it be that EPA and state officials saw what they thought was a perfect opportunity? A county full of poorly organized, under-educated minority citizens certainly wouldn't pose much formidable opposition to such a plan; would they? You're damn right they would!

The poor and the minority citizens of our country have always been picked out of the crowd when sacrificial lambs are needed. Historically, the plight of minorities in our nation has been a difficult one. Real unity is what is needed to educate our sisters and brothers about the honors of racism and individual and ethnic oppression. The people of Warren County

are doing that job. The record of hazardous waste disposal—especially landfills—has not been good. All of us have read the horror stories of the Love Canal and the resulting birth defects.

We have seen our government's non-response to people whose lungs have been destroyed in the cotton mills; we again see denial and non-response when men are dying from cancer because they were radiated during 1950's nuclear bomb test, and now in the 1980's, we see our leaders abandoning the poor once again by cutting off funds to essential social programs so we can further fuel an already outrageous military budget. Now they want us to believe that a hazardous waste landfill is safe? Thanks, but no thanks.

The Southern Christian Leadership Conference (SCLC) has come to North Carolina to say no to the dump, Congressional Delegate Walter Fauntroy has come to North Carolina to say no, and Black leaders from all over the state are saying no too. The answer is no—and the citizens of Warren County want Gov. Hunt and the rest of his crew to know it.

This paper supports the people of Warren County; we add our voices to the voices of other oppressed peoples, "We don't want your dump!" If landfills are so safe, why don't you put one in the backyard of the capital building in Raleigh? In the meantime, "Don't dump on us!"

"Let's Talk"

By SAFARI MATHENGE
Contributing Writer

I recently invited a couple friends over to the apartment. "You mean just to talk" the girl remarked, eyes wide open in despair. "Let's go dancing."

So we did. But while the music thundered at the Elbo Room and the strobes flickered and all of us hopped around as though we were possessed by some hideous spirit of the evil forest, I wondered, "What's so terribly wrong with just talking?" It's an enriching honorable human activity isn't it?

After that night, I have been listening carefully at people talk and I am amazed. Lively conversation is no more. Today all you hear in the living room is the TV—Talk Show or a movie and an occasional mumble from your girlfriend or boyfriend who has their eyes glared to the tube or a simple, "I can't believe that" uttered by your roommate who will be sandwiched to his girlfriend or boyfriend at the other corner of the room.

TV is surely one culprit that could be blamed. Although TV talk shows have been credited with reviving the art of conversation, I look at talk shows with the same reservations as I do any other TV show. Conversation is nothing one can watch; it's something we must do. Everybody must pitch in to build a good conversation the way we do to play a baseball game or a football game—you receive and then you pass.

But the death of lively conversation cannot be blamed on TV alone. We just seem to buy our enter-

By STEVE CHERRY
Staff Writer

Approaching Pirate Country on October 23, will mark another Homecoming Football Game. Along with the many activities encompassing, this event highlights Homecoming Queen. In advance, congratulations to Miss Homecoming Queen 1982-83, and many hopes to you in enjoying the benefits you're due. On behalf of last years Queen, Miss Kim Cloud, a senior from Winston-Salem, I hope that you will be able to look back on this event with favorable feelings.

As for Miss Cloud, she proudly received the crown; however, receiving the crown turned out to be about the only good aspect of the whole reigning period.

In the past, the queen has been the special guest. She sat with the press at football games, and is honorably escorted by the Chancellor.

Both were omitted; partly due to Chancellor Brewer not wanting to make any public appearances at that time. A dinner was supposed to have been extended to Miss Cloud, but that too, was omitted.

In choice of selection, The photograph that was placed in the paper after the crowning was by far, not the best picture to represent the Homecoming Queen. Even now, Miss Cloud hasn't received the pictures that were taken of her during half-time of last years Homecoming Game.

In spite of what wasn't offered to Miss Cloud, she was invited to be in Wilmington's Azalea Festival, with all expenses paid. That has been the only opportunity to have ECU's Homecoming Queen to represent this University. Disregarding the Homecoming Queen, anyone receiving any type of recognition should at least be offered the benefits it entails, even representation by the campus media.

tainment already packaged and ready to go. It seems like soon enough we are going to be able to buy video cassettes with pre-recorded romantic lines supposed to turn on your partner—instead of wasting time in lengthy conversations.

Not that I have anything against movies, concerts, baseball, football, or discos—I thoroughly enjoy these things myself. But we seem to be losing that knack of swooping thoughts with our fellow humans. I have noticed some people will talk more to cats and dogs than they do to people. Driving to a friend's house one day, we had this conversation;

Myself: What do you think about them building this new building on the wooded area.

The girl said, "um."

Her boyfriend added, "uh, I guess it's ok". So much for that conversation!

If we don't "um" it seems that we talk about ourselves. We gabble about our love affairs, about our roommates, about football games and how well we can play. For example, the other day I caught myself treating a friend to a ten minute monologue of how at home this and at home that. That's what Richard Wolkomir calls "Boomerang talk"—sending out words so that they'll circle back. We are too busy talking to ourselves about ourselves to notice that we are boring everyone else to death.

Whatever happened to those days when a few of us would walk miles along country roads at night, talking about everything under the sun and above—from the meaning of life to Moham-

med Ali versus Joe Frazier. We just enjoyed each other's company.

Good conversation can put some highlight into your day. Suddenly the talk can take an unexpected turn and doors may open for you. A wise man once remarked, "It's not the subject that makes a conversation click but the verb."

And maybe to start one, all we have to do is break through the "me barrier" as Wolkomir calls it and go plunging into other people's thoughts.

THE ARTS

Smith To Direct Workshop At ECU

By CAROLLE DAVIS
Features Editor

Gregory Smith, an ECU Drama Major, will be directing a play as part of a workshop sponsored by the Drama Department.

The production is a play involving three people. It tells of their love for bicycling and becoming friends.

Smith says, "the play is filled with human emotions. There's a love relationship presents. Through the casualness of their love affair, the characters learn to be responsible towards the other's feelings."

When Smith was asked about the cast for his production, he had this to say. "The cast is interesting and unique. As individuals, they each bring forth different qualities. They're fresh and new to the stage. It's a challenge for me to work with these actors into a coherent movement."

Greg Smith is a senior from Washington, N.C. He is a dynamic and powerful actor and dancer, as well as a director.

He directed Lou Gehrig, a one act play, with the Community Theatre while in high school.

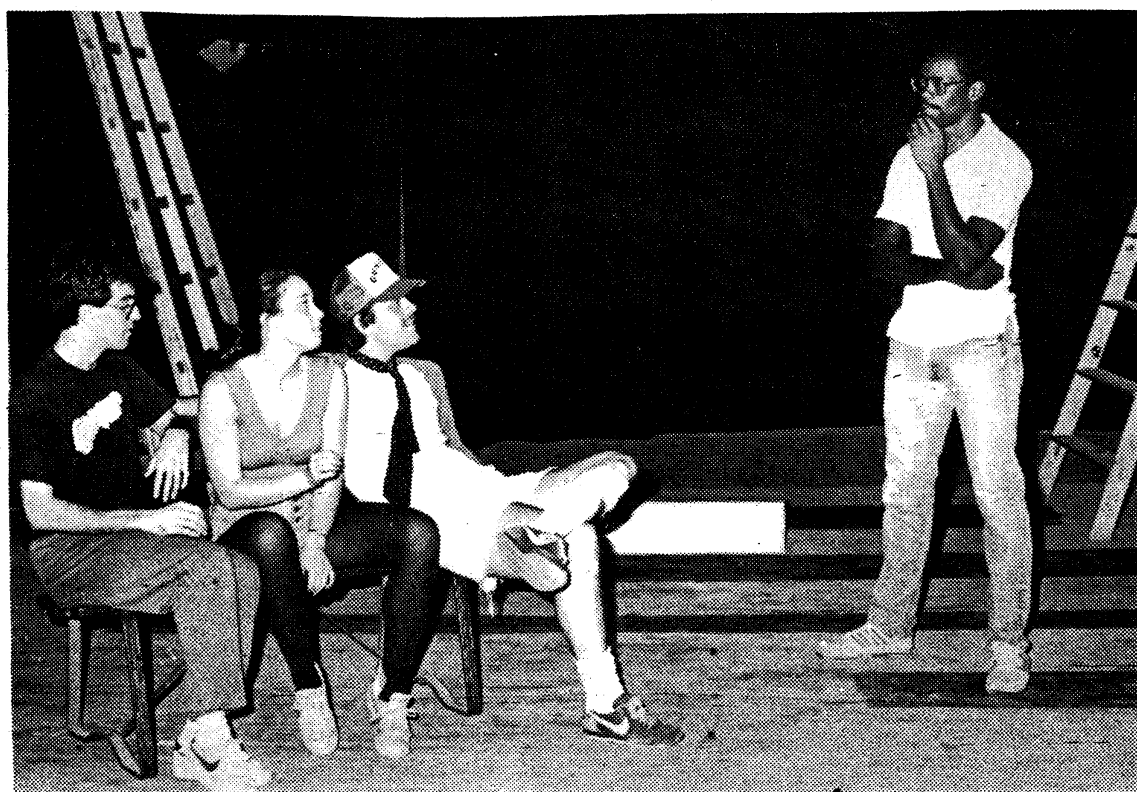
Some of his acting experiences include Hot L Baltimore and Marathon

33. You probably remember him for his devastating performance at ECU, as Carlyle in Streamers. He was also in Getting Out, and one of Mendenhall's Dinner Theatres. The ECU Dance Concert is another one of his many accomplishments.

Smith's most recent performance took place last summer in Xenia, Ohio. He understudied the black lead in Blue Jacket. Blue Jacket is a play about four men (two black and two white) who join the Shawnee Nation. Smith said, "being a part of Blue Jacket gave me the opportunity to ride horses and shoot guns. I also jumped off a 20 foot high-fall. This is used to create the effect of jumping off a cliff. There is no other experience that can match it. When you jump, there's nothing around you but air; you just let your but to fall and enjoy the space."

When Smith was asked about plans for directing another show on campus, he commented, "I have several shows in mind. Maybe one will be done in the spring."

The Workshop Production will be performed Oct. 13-14 in the Studio Theatre, no charge.



**Drama Major and inspiring director,
Greg Smith as he conducts workshop.**

Calendar Of Events

Sunday October 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
	<u>FALL</u>	<u>BREAK</u>	Groove Phi Groove Unlimited Touch 10-until "Black + White Nk"		Homecoming Weekend	Q-Psi Phi Semi-formal Memorial Gym 10-3 \$2.50/person/advance 4.00/couple 3.00/person/at door 5.00/couple
24		25 NAACP Mtg. 26 6:00 p.m. in MH	Omega Psi Phi 27 Unlimited Touch 10-until Alpha Kappa Alpha Bake Sale at Bookstore.	DST Fashion 28 Show practice MH 244 6-10pm AKA Trick or Treat Project	"GREEK PARTY" 29 at Flamingo Disco. 10:00-until	Groove 30 Phi Groove at Cultural Center Pre-Halloween Party 10-until
"Halloween" 31	November 1 Delta Sigma Theta Bake Sale at Bookstore.	2	3	DST Fashion Show 4 practice MH 244 8:15-10:00 p.m.	5	DST at 6 Cultural Center 10-until

SPORTS

Mike Swann, Size Isn't Everything

By HORACE McCORMICK

Contributing Writer

Three years ago Old Dominion was emerging as one of the nation's top collegiate soccer teams. East Carolina was just simply trying to figure out how to play soccer before their mismatched confrontation with Old Dominion that season. But just weeks before the contest, 5 foot 4 inch Mike Swann, from Bermuda, had made the young team as a walk-on. With time on Old Dominion's side, ECU surprisingly down only one point, the former Caribbean Island track star entered the game and scored the winning goal. Michael Humphrey Swann had finally found a school to play his kind of football, and ECU had finally found out how to play soccer.

"That Old Dominion game was the most exciting moment of my life," Mike said. "But things weren't always like that for me."

Before Mike came to ECU, he was attending Jackson State University in Mississippi on a track scholarship. Although Mike became an All-American in the 800 meters and mile relay at Jackson State, he

was still disappointed about being separated from his childhood pleasure, soccer.

"I had played soccer since I could walk, but track is what earned my scholarship so I just tried to dedicate all my time to just track," said Mike. He knew from the start that soccer is not as popular in the United States as it is in his home, the British Commonwealth, Bermuda. Therefore the possibility of him earning a soccer scholarship was very slim. I never gave up on playing soccer again, even though Jackson State didn't have a soccer program," added Mike.

During his stay at Jackson State, Mike often reflected back to his high school days as a soccer standout in Hamilton, Bermuda. In high school, Mike was appointed to the Olympic Youth Camp for Future Olympians. He also played professional soccer in Bermuda when he was only sixteen.

At the same time, Mike was also running track. "Many people thought that there was no way that I would be any good on the track field because of my height," Mike said. But he

knew that with a name like Swann, he had to be able to do something graceful. Immediately Swann emerged as a standout in track, winning events usually dominated by taller athletes. But Mike, only 5 foot 4 inches tall, established himself twice Island Champion of the 400 meters and Cross Country, and three time Island Champion of the 800 meter run.

"I knew I could run. Nobody had confidence in me except my high school coach, Jerry Swann, and myself."

Mike's soccer skills were immediately shadowed by his improving talents on the track. He knew that if he was to get a scholarship he would have to concentrate on only one thing, track. There were no universities in Bermuda and the United States seemed to believe in only one kind of football, American.

Early in his senior year, Mike was informed by the Bermuda National coach, Clyde Longe, that he had been offered a track scholarship to Jackson State University in the United States.

Mike accepted the track scholarship to Jackson State where he ran for a year. "I didn't have any trouble adjusting to a different country," Mike stated. He had spent a great deal of his time in the United States traveling to track meets and visiting relatives.

After his first year at Jackson State, Mike was offered another scholarship to the University of Virginia. He withdrew from Jackson State but soon found out that his transcript did not reach Virginia in time. At the point Mike wasn't sure exactly where he was going.

A couple of weeks later the Virginia coach called ECU's track coach, Bill Carson. Coach Carson immediately accepted Mike as a member of the ECU track team.

"I sat out my first season because of the NCAA rules regarding transferring athletes," Mike said.

A year later Mike found out that ECU had started a soccer team. "I told the soccer coach that I could play. He told me that I would have to walk on and prove myself if I wanted to earn a scholarship," Mike added.

Of course Mike earned his soccer scholarship and was reunited with his game of soccer.

Since then Mike Swann has become a member of the Omega Psi Phi fraternity.

Michael Swann will be a senior this spring. "I'm not sure exactly what I want to do when I leave here. I know I'll miss all my friends but wherever opportunity is knocking, I'll be there to answer, whether its up North or back home in Bermuda," Mike said.

ECU's 5 foot 4, multi-talented Mike Swann proves that "good things still can come in small packages."

Emory Remains Optimistic

By DAVID THEROITH

Sports Editor

If there could be one word to describe head football coach Ed Emory, optimistic certainly fits. After four games and a 2-2 record, Emory is still very optimistic about the rest of the season.

"We're .500 right now but we lost two close ball games to 4-1 ball clubs that have much bigger programs than we do. Also we were on their field, with their crowds and officials."

Emory has reason to be positive. The Pirates lost to N.C. State 33-26 mainly because of two long passes and the lost to perennial powerhouse Missouri 28-9 is deceiving since ECU was only down 14-9 entering the fourth quarter and starting QB Greg Steward didn't even play.

As for the much talked about I formation, Emory says the players have been "having fun with the new passing attack." Indeed the new offense has produced a more balanced attack with the running game grinding out 185 yards per game and

the passing attack reaching 165.5 yards per game.

Offensively Emory is disappointed with seven interceptions and not enough long passes by the quarterbacks. Also he says the offensive line and tight end needs to be more physical, though he maintains it's still the strength of the team.

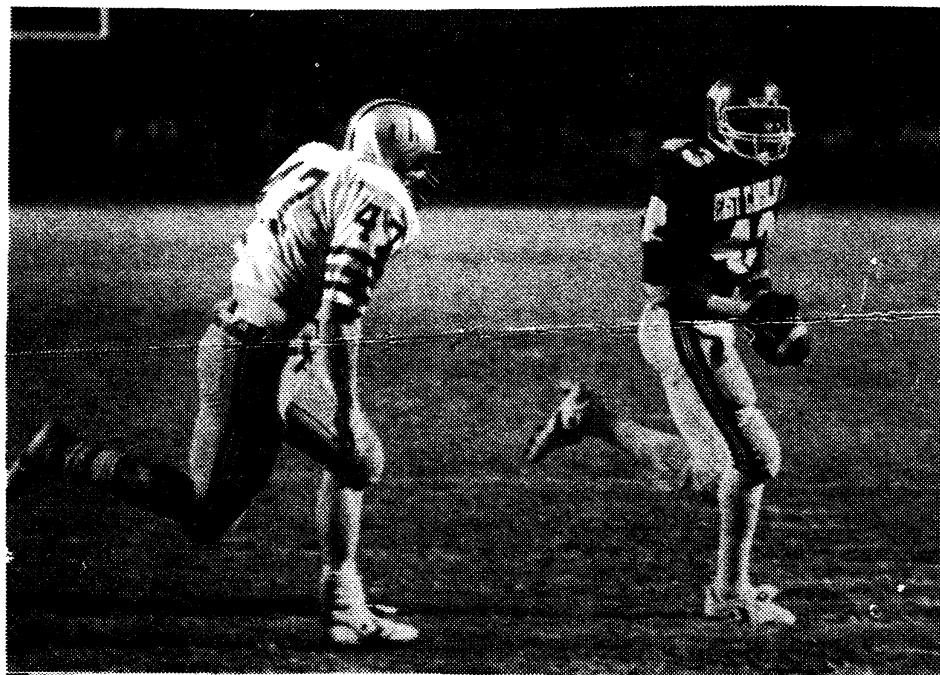
The Pirates are still hurting at tailback with freshman sensation Tony Baker sidelined with an injury and Jimmy Walden coming back slowly. However Emory is impressed with the fulback play from Ernest Byner and Reggie Branch, who have helped the running game roll up 740 yards.

Emory speaks positively about the progress of Carlton Nelson (11 catches; 20.0 avg.) and Ricky Nichols (9, 19.3). He says the passing game will get better as the receivers learn to read the numerous coverages more efficiently.

Emory's smallest concern has to be his defense, which has to be congratulated for

playing so well despite losing EIGHT linebackers for the season, which is devastating.

Emory explains: With all the hours it takes to teach each player, when you lose that many linebackers, all that time invested is wasted and you have to start from scratch." The loss of Ronald Reid was particularly hard because through four games, he leads the defense with 45 tackles.



Pirates in action as they run over opponents

PEOPLE

The Sweethearts of Kappa Alpha Psi

By KAREN MOORE
Staff Writer

The Kappa Alpha Psi Fraternity, Incorporated celebrated their annual convention in Greenville, on the campus of ECU. Kappa's came from Chapel Hill, Winston Salem, Charlotte, Greensboro, and other parts of North Carolina to take part in a weekend of gala activities.

The Kappa Sweethearts contributed towards the success of the fraternity's function. On October 9, they hosted a luncheon in honor of the Brothers in the Multi-purpose Room of Mendenhall Student Center.

The Sweethearts put it all together by providing a talent and fashion show as part of the entertainment. Gail Paschall, one of the Kappa Sweethearts was the Mistress of Ceremony and directed the ladies during

the activities.

These ladies of Kappa Alpha Psi really seem to enjoy taking part in the rounding of the fraternity.

Sweetheart President, Rhonda Brown had this to say. "I feel that the Kappa's really care about their Sweethearts and are willing to do anything for us."

Gail Paschall said, "I want to be part of an organization whose main goal is achievement and success. Kappa Alpha Psi endorses these qualities."

Other Sweethearts just say that "We love it!"

Miss Kappa Alpha Psi, Donna Banks, expresses that "Being a Sweetheart has been a rewarding experience. It encouraged my knowledge of togetherness."

The Sweethearts have found their way of bringing forth togetherness through Kappa Alpha Psi.



The Sweethearts of Kappa Alpha Psi together as one.

"Student Store Blues" by Bryan W. Massey '82



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NEWS

Clarifying Sickle Cell

CUNNINGHAM BY JAMA
Contributing Writer

Sickle cell disease includes several inherited chronic disorders affecting the red blood cells. Sickle cell anemia is the most common and most severe of these disorders.

There have been many misunderstandings and myths about sickle cell anemia which need clarification. A common myth is that sickle cell disease and sickle cell trait are contagious. This is not true. The disease and trait can be passed on in only one way, and that is through genetic inheritance. Another myth is that people with sickle cell disease will not live past the age of 25. This is also false. With proper care, many people can live a longer life. The most critical period for sickle cell disease occurs during the first five years of life. critical period for sickle cell disease occurs during the formative years of life.

Sickle cell anemia gets its

round red blood cells become sickle-shaped under certain conditions.

Sickle cell shape results in two conditions: 1) reduction of blood flow, and 2) structural weakening of the red blood cells, and these two conditions act by themselves and together to cause the symptoms of sickle cell anemia.

Symptoms may include pallor, weakness, shortness of breath, delayed onset of puberty, low body weight, rough skin, and poor appetite. The disease may also result in impairment of liver function, hepatitis, jaundice, gallstones, and deteriorating renal function. In addition, sickle cell anemia is characterized by "crises" which cause severe pain in the bones, joints, arms, legs, and abdomen, and these crises usually last from four to six days.

Like many other diseases, sickle cell anemia is more characteristic of some ethnic groups than of

others. In the United States, both sickle cell anemia and the carrier state (sickle cell trait) are most common among Blacks. Approximately 1 Black in 625 has sickle cell anemia, and 1 in 12 has sickle cell trait. However, with the sickle cell trait, there is no anemia and health is usually good. A parent with a sickle cell trait may contribute to the birth of a child with sickle cell anemia. Parents who know they carry the sickle cell trait may wish to consider genetic counseling to determine the risk in having children.

Sickle cell anemia is sometimes confused with iron deficiency anemia. The patient with sickle cell anemia should eat a diet lower in iron, because iron stores in the patient are already in excess. Iron rich foods such as liver, iron-fortified formula, and iron-fortified cereals should be excluded. The diet should also be low in fat (less than

30 percent of a person's daily kilocalorie intake), because of the liver disease and possible gallbladder complications. This means the diet should be low in things such as butter, margarine, salad and cooking oils, salad dressings, mayonnaise, and cooking fats such as lard and vegetable fats. The diet should be high in folate, because an increased amount of folic acid is needed in order to replace the red blood cells that are continuously being destroyed. Folate can be found in a wide variety of foods, and some good sources of folate are potatoes, whole wheat bread, dark green leafy vegetables, and folate supplements are recommended. Zinc supplementation also appears to be beneficial in reducing the intensification of sickle cell anemia, but the long term effects of zinc supplementation are not yet known and could prove to

be harmful.

As of now, researchers are still working on a cure for sickle cell disease. There have been improvements in diagnosis and treatment which are enabling individuals to live longer and more active lives. But until a cure is found, screening, education, counseling programs, and eating a proper diet are the best and most available means to combat sickle cell disease.

Minority News In Brief

John E. Jacob, President of the National Urban League, called for a comprehensive national program to guarantee jobs and training for the unemployed.

Jacob spoke of a plan called the Universal Employment and Training System, which is a major public services program which he said would help to rebuild the nation's cities, roads, bridges, and water systems.

He was speaking during the opening day of the League's 4 day conference in Los Angeles, California. "We can put millions to work, paying taxes and buying consumer goods," Jacob said. "We can revive our basic industries that are dying today."

Jacob estimated that the proposal would cost about \$100 billion annually and that the federal government would have to provide most of the funds. But he said that the nation was already paying more in lost taxes, welfare, and other social programs, by not providing full employment.

According to the Urban League 1981 annual report on the status of Blacks in America, the unemployment rate among Blacks was about 22 percent—over twice the national average.

The associative executive director of the American Public Welfare Association told a gathering of the groups members that social workers in the U.S. "are trying to care for people in a society that's saying it can't afford to care."

Decrying the Reagan Administration budget cuts, Dr. Linda Wolf told the gathering that deserving people were being excluded from aid unjustly.

"A person who lives in this society has a right to certain things... if there's not justice for the poor, there's not justice for any of us," said Wolf. She mentioned clothing, food, and shelter as things that are essential for all people.

North Carolina Secretary of Human Resources, Dr. Sarah T. Morro also criticized cuts in social programs. She specifically said that the Reagan administration's "NEW FEDERALISM" proposal would not be helpful to the states. The New Federalism Program proposes to transfer federal social program aid funds to the state level for management and distribution.

"We've got reduced services while a shaky economy creates even more demand," Morro said.

Early indications show that the number of women serving in elected political offices at the state and national levels will be the highest ever after the upcoming November elections are over.

Presently, less than 20 women are serving as elected members of the United States Senate and House of Representatives, out of a total of 535 seats that are available. This number is predicted to increase to over 20 for the first time.

State legislatures are also expected to achieve as much as a 15 percent gain in female membership.

According to figures compiled by statisticians at Rutgers University for the American Women and Politics, more than 16,000 women hold elected federal, state, or local offices, more than twice as many as in 1975.

The increase in money available for women candidates has been cited as one of the major reasons for the greater number of women officeholders.

The World Council of Churches donated \$10,000 to the Greensboro (NC) Justice Fund (GJF). The GJF has been working on projects that surround the Nov. 3, 1979 fatal shooting in Greensboro, N.C. of five labor leaders affiliated with the Communist Workers Party.

The killings were done by a group of men who claimed affiliation with the Ku Klux Klan and the Nazi Party. All the accused were acquitted of the murder charges during a 1981 trial. Civil Rights leaders and the GJF have claimed that all the facts of the case were not revealed in the trial and are asking that the case be re-opened.

So far, GJF requests that a special prosecutor be assigned to the case have been denied.

The World Council of Churches is an international interdenominational church body which has a history of working in social justice areas.

Despite Reagan Administration claims that they are committed to the "fundamental principle of non-discrimination in matters of race", many civil rights groups and leaders are not convinced.

Critics of the administration's civil rights policies included virtually all of the major civil rights groups in the nation.

Specifically, Reagan has been criticized for his decision to provide federal tax exemptions for Bob Jones University in South Carolina, which bars interracial dating and marriage, and Goldsboro (NC) Christian School, which excludes Blacks.

Formidable lobbying by conservative southern Congressmen paved the way for the reversal of a previous administration decision to deny the tax exemption to these two schools.

Opponents of the decision to grant the exemptions claim that it is clearly that segregationist schools should not be entitled to them.

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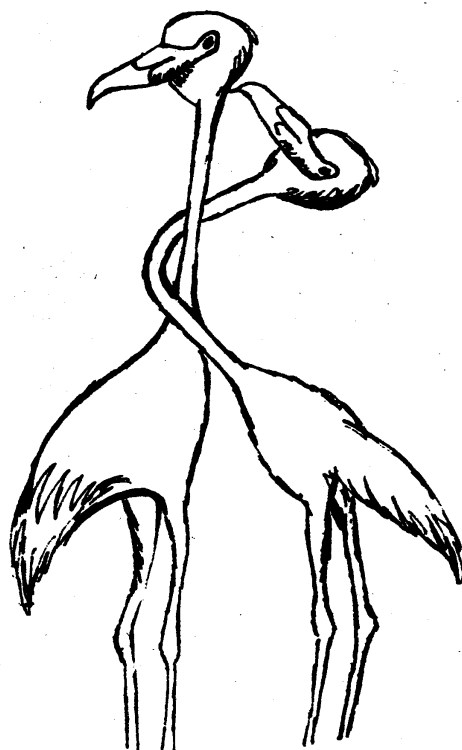
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