

10-1-1981

The Black Perspective October 1981

University of Dayton. Black Action Through Unity

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THE BLACK PERSPECTIVE

INFORMING YOU

AN AFRO-AMERICAN CENTER PUBLICATION, UNIVERSITY OF DAYTON.

Volume 4, Issue 2

October, 1981

A RENEWAL THAT WE NEED

by Al Arnold

During the sixties, blacks fought for and were granted many of their "inalienable" rights. One right was strengthened by the Voting Rights Act of 1965. However, we are no longer in the sixties and it is a possibility that minorities will no longer be protected as voters by the provisions of the Voting Rights Act.

Blacks have made substantial advances in politics since the enactment of the 1965 Civil Rights Act. Today, there are more blacks holding political offices and voting than in any other period in American history. However, all these changes will seem futile if Congress doesn't extend the Voting Rights Act. Blacks will not be disenfranchised, but it is virtually assured that they will no longer have fair and equal representation in local voting districts and counties in the south.

Provisions of the Act include a formula devised for the explicit purpose of suspending voting qualifications by the states pending review by the federal government. Specifically, Section two prohibits the use of voting rules to hinder voting on racial grounds and Section three strengthens existing procedures for attacking voting discrimination through litigation. The list of specified considerations is seemingly endless under this most crucial Act. It specifically attacks and provides a channel to alleviate restraints placed on minorities at the polls. The emphasis on the Voting Rights Act of 1965 is evident in that the Supreme Court of the United States eloquently states in its decision on *So. Carolina vs. Katzenbach* case 383 US 301, that "the Voting Rights Act of 1965 reflects Congress' firm intention to rid the country of racial discrimination in voting. The heart of the Act is a complex scheme

of stringent remedies aimed at areas where voting discrimination has been most flagrant."

The consideration to not renew the Act presupposes a violation of the very doctrine on which the foundation of this country was built for both white and minority Americans. According to Section 1 of the fifteenth amendment of the Constitution of the United States, "the right of citizens to vote shall not be denied or abridged by the United States or any state on account of race, color, or previous condition of servitude."

If the Voting Rights Act is not renewed, southern states will be able to re-arrange their voting districts, in turn decreasing the black voting strength and representation.

The most devastating effect would be that black political representation would dwindle. A predominately black district is combined with a predominately white district. The white district is substantially larger than the black district, therefore the entire district becomes majority white. As a result, instead of having one black representative and one white representative, there are now two white representatives.

This is just one of the many ways in which racial and voter discrimination can occur if the Voting Rights Act is not extended. Furthermore, states such as Alabama, South Carolina and Mississippi will no longer be required to present county and district voting changes to Congress. In essence, if the Voting Rights Act is not renewed, blacks throughout the south and in some northern states may be subjected to the same discriminatory practices and voter racism that existed sixteen years ago.

A First For the Supreme Court

by Fred Pringle

On Friday, September 25, 1981 Sandra Day O'Connor joined what was formerly known as "America's most exclusive men's club", when she was confirmed by a Senate vote of 99-0 in favor of her becoming an Associate Justice of the Supreme Court. O'Connor, 51, replaces Justice Potter Stewart who announced his resignation earlier this summer. In the 191 years that the Supreme Court has been in existence there have been 101 male Supreme Court judges.

O'Connor comes to this position with an impressive list of credentials. She graduated Magna Cum Laude from Stanford University and its Law School in five years. Along with being a classmate of Justice William Rehnquist, she served as Assistant Attorney General of Arizona, and as a member of the state Senate of Arizona, where she became the first woman to be named majority leader of a U.S. State Legislature. O'Connor left politics to practice law where she won a position as a trial judge in Arizona. In 1979 she was appointed to the Arizona Court of Appeals.

Members of the New Right Wing presented token opposition to O'Connor's nomination based on her beliefs concerning abortion and the Equal Rights Amendment. She is believed to be a moderate and is expected to provide a swing vote between the liberals and the conservatives on the Supreme Court.

The Supreme Court has remained basically the same as it was in 1790 when George Washington appointed six white, male protestants to the first Supreme Court. But over the years the highest court in the judiciary has expanded. Today, the Supreme Court consists of six white male protestants, one black male, one Catholic and finally a woman. O'Connor assumes the highest government position ever held by a woman.

EDITORIAL

B.A.T.U. (Black Action Through Unity)

B.A.T.U. is U.D.'s Black Student Government comprised of all actively involved students. This organization is here to help perpetuate U.D.'s black student body and to create a mood of self-involvement among the students. B.A.T.U. is not here to separate the blacks from the whites, but merely to provide black cultural events that the white student government (SA) do not provide at this time. The elected officers B.A.T.U. are here to represent your particular interests and needs, but without your help and support B.A.T.U. will not exist. Remember, "B.A.T.U. IS YOU".

B.A.T.U. Chairman
Harold A. Pope

Pageant Improvement

by Elaine Byndon

This year's Ms. BATU pageant was an improvement compared to the past Ms. BATU pageants. There were improvements in the areas of contestant talent performances and audience participation. BATU's ministers of Cultural Affairs and committee members should be very proud of their production. The pageant flowed smoothly and got to the point. The only flaw I witnessed was in the questioning of the contestants. There are only so many reasons why you would want to be Ms. BATU.

Since most of the people came to be seen and to be nosy, everyone who was there for the talent portion would agree that their curiosity was satisfied and that they were entertained in the process.

Thanks again to the ministers of Cultural Affairs, their committee members, Kappa Alpha Psi fraternity, Dana Mitchell, and to the students who supported and endorsed the Ms. Batu campaign.

THE BLACK PERSPECTIVE

THE BLACK PERSPECTIVE is a monthly student publication of the Center of Afro-American Affairs. The paper is distributed free of charge.

ALL BLACK PERSPECTIVE articles, editorials and advertisements should be submitted before the 20th of each month, prior to publication of the next edition.

THE BLACK PERSPECTIVE is located in the Center for Afro-American Affairs in O'Reilly Hall: University of Dayton, Dayton, Ohio 45469. Telephone (513) 229-3634.

Dinner Dance

by Stephanie Joy Harris

The third annual Black Faculty, Staff and Student Dinner/Dance will be held in the Daytonian Hotel Ballroom on Saturday, October 31st, from 7:00 p.m. to 2:00 a.m. There will be a cash bar and dinner will be served at 8:30 p.m.

The Dinner/Dance, sponsored by the Center for Afro-American Affairs, will cost \$7.00 for UD students, \$15.00 for faculty, staff and alumni and \$10.00 for other guests. There will be no ticket sales after Tuesday, October 27, 1981. The attire for this occasion will be semi-formal. All black students and faculty/staff members are encouraged to attend the dinner.

According to Faith Johnson, Co-ordinator for the Center for Afro-American Affairs, "the dinner/dance is just one of the methods used by the Center to promote unity among the black students and faculty at the University of Dayton."

The agenda for this year's affair includes: A guest speaker Dr. Lionel Newsome, president of Central State University, along with performances by the Black Concert Choir and Shades of Black dance group.

The dinner this year, as well as in the past, affords students the chance to "mix and mingle" with faculty members and to exchange information concerning the university and its programs. Also, it offers students and faculty a chance to unwind and have a good time together in a relaxing atmosphere. The doors will close at 8:15 p.m.

For further details, contact Faith Johnson, 109 O'Reilly Hall, 229-3634.

STAFF

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- Asst. Editor-In-Chief Fred Pringle
- Features Editor Elaine Byndon
- Sports Editor Dennis Smith
- Photography Editor Harold Pope
- Assistant Suzanne Anderson
- Reporters and Contributors
- Al Arnold
- Michelle Green
- Beverly Rowe
- Karen Riley
- Stephanie Harris
- Pat Brown
- Terry Williams
- Ramsey Billups
- Advisor Faith Johnson



Miss BATU, 1981-82 — SHARON CAESAR

**Ms. BATU Pageant
October 1, 1981**

by Elaine Byndon

Once again, it was time to select this year's Ms. BATU to represent UD's black student organization, Black Action Through Unity, in UD's 1981-82 homecoming queen campaign.

On Thursday, September 17th, seven brave and excited contestants who wanted to represent BATU, appeared on stage in Boll Theatre. Each contestant appeared to be confident and well-prepared to persuade the audience that she would be the best representative.

The seven contestants vying for the honor of Ms. BATU were Sophomores Pam Gregory and Sharon Austin; Junior Stephanie Harris; and Seniors Torry Armfield, Jessica Parker, Michaelae Tompkins and Sharon Caesar.

Each contestant was rated on a scale of one to five, the highest being five. They were judged on their desire to be Ms. BATU, their personality, talent, appearance and speaking ability. After a question-and-answer period, each contestant was allowed to showcase her talent. They gave commendable performances and left the audience wanting more. Afterwards, the audience was asked to vote for the person they thought would best represent BATU.

The 1981-82 Ms. BATU was not announced until Saturday, September 19th at a function sponsored by the BATU Organization and Kappa Alpha Psi Fraternity. It was here that SHARON CAESAR was crowned Miss BATU for 1981-82 by James Stocks, Director of Minority Affairs.

Sharon is a Senior majoring in Political Science with a minor in English. Some of her other interests include her membership in various clubs and organizations such as: the Pre-Law Club, U.D. Concert Choir, U.D.'s Black Concert Choir and the Young Democrats.

The staff of the **BLACK PERSPECTIVE** would like to congratulate Sharon Caesar and wish her luck in her future endeavors. Although she was not selected as U.D.'s 81-82 homecoming queen, Sharon's campaign and skit performance were great. Congratulations again, Ms. BATU.



Faculty Person of the Month

by Fred Pringle

Included in this year's first full issue comes a few added features, one which is the U.D. Black Faculty/Staff person of the month. This person, selected by the Editorial Staff of **The Black Perspective**, exemplifies professional success and is

committed to preparing students to function competitively outside the college spectrum.

Selected as the Black Perspective's first Black Faculty Staff Person of the Month is Dr. Thomas V. Wright, Associate Professor in the Economics and Finance department. Dr. Wright came to the University of Dayton in 1979, originally as a part-time instructor. In the fall of 1979, he became a full time professor. Prior to coming to U.D. he taught at the University of Cincinnati and at St. Louis University.

Dr. Wright could be considered a prime example of one who perseveres; it took him a total of 16 years to obtain his bachelor's degree, 13 of these years were spent in the service where he was a B-52 navigator, during which time he attended college on a part-time basis. He obtained both his Master's of Business Administration and his doctorate at Washington University in St. Louis, Missouri.

As a Finance instructor, Dr. Wright believes that there are good openings for blacks in Finance, if they are well

qualified. He said that the field of Finance wants quality individuals, regardless of color.

Dr. Wright also teaches in U.D.'s M.B.A. program, where he encounters very few blacks. He believes many blacks could profit from a M.B.A. program, and the possibility of moving to middle management is enhanced with a post-graduate business degree.

Dr. Wright is past president and board member of Dayton's Minority Enterprises Small Business Investment Company (M.E.S.B.I.C.), which helps small businesses expand and obtain needed capital. Dr. Wright, who describes himself as a fair but demanding instructor, tries to make sure that students who pass through his classes acquire the needed proficiency in that course.

Dr. Wright helped with the original idea for the black Faculty/Staff/Student dinner. He is married and has four children. His two oldest daughters are married and the two youngest attend college in Atlanta; a daughter at Spellman College and a son at Morehouse College.

YOU AND YOUR BODY

HYPERTENSION

by Terry Williams

Stress is the primary cause of a major killer of Black Americans. Hypertension kills three to twelve times as many blacks than whites. It occurs seven times more often in women, and fifteen times more often in men between the ages of 15 and 40.

Although stress is a major contributing factor to hypertension, there are other factors. The type of eating habits is one. High protein, fat, and salt intake, all cause an increase in blood pressure.

Evidence shows that the nervous system, the endocrine glands and the kidneys are also involved. In some way, these organs cause constriction or narrowing of the smallest microscopic arteries of the body.

Another, and probably the most interesting fact about hypertension is that it can be inherited. The disease itself cannot be inherited, but what is described as "salt sensitivity" or "insensitivity" can be inherited. It has been shown that persons who are hereditarily salt sensitive, will show a marked increase in blood pressure with an increased salt intake, whereas salt insensitive persons will not.

There are many causes of hypertension, but there are virtually no overt symptoms that can be detected

easily other than by a doctor. Once diagnosed, hypertension can be treated with drugs, a readjustment of food intake, or an alleviation of stressful situations at work and at home.

True, we live in a progressive and competitive environment, which may contribute to unnecessary pressures, and neglect of our eating and exercise habits. But, it is imperative to remember that we can achieve nothing if we are not healthy, mentally as well as physically.

Vegetarianism — A Solution to World Hunger?

by Patricia Brown

The number of vegetarians in the U.S. has been increasing rapidly during the past decade because of an acute public awareness and concern for human health and the general quality of life.

Most Americans adopt a vegetarian diet out of concern for health; knowledge of the close association between consumption of animal fat and meat, and the incidence of stroke, heart failure, cancer of the colon, breast and liver. These killer diseases are responsible for 70% of the annual U.S. death toll. Some

people like Dick Gregory, feel compassion for the nearly 5 billion warm-blooded animals (and uncounted fish) raised annually in the U.S. and eventually slaughtered for food. Still other persons have come to realize that they can obtain sufficient proteins from plant sources at a fraction of the cost of animal proteins.

There are four basic types of vegetarians. The general type eliminates all red meats, but will eat some fish & poultry. The lacto-ovo vegetarian, (lacto meaning milk and ovo meaning egg) will incorporate fish, eggs, dairy products and vegetables in his diet. This diet can be nutritionally adequate since eggs and dairy products can be used as a source of protein. The lacto vegetarian will exclude all red meats or flesh along with eggs, but will use dairy products along with vegetables in his diet. The vegan, sometimes called the "true" Vegetarian, will eliminate all animal products from his diet. This includes eggs, and dairy products since these are produced by animals. The vegan may use soybean products, nuts and legumes as a source of protein instead of meat. This type of vegetarian is more susceptible to nutritional inadequacies, particularly vitamin B12, riboflavin (B2), protein, calcium, and iron. Since there is no reliable plant source of vitamin B12, the

(Continued on page 8)

To Our Future Leaders



Little Children

Do you know where you're going--
where you're really going
Do you know you can learn what you
wanna learn--
If you try to learn what you can learn

Little Children

Do you know who you are -- who you
really are
Do you know you can be what you
wanna be--
If you try to be what you can be

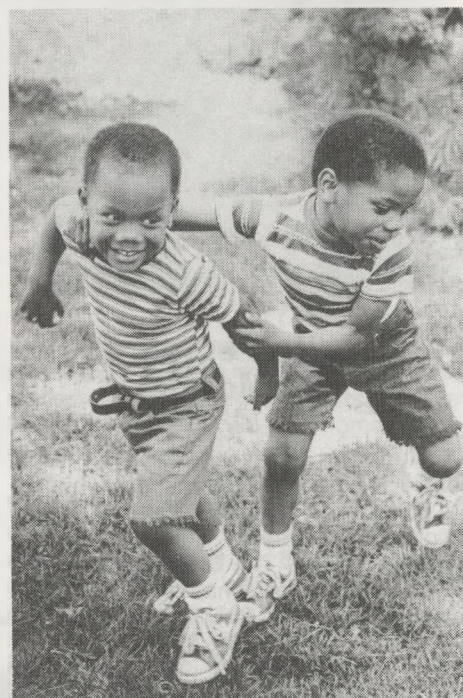
Little Children

Do you know you are strong, I mean
really strong
Do you know you can do what you
wanna do--
If you try to do what you can do

Little Children

Learn what you must learn
Be what you can be
Do what you can do
And tomorrow your world will be what
you want it to be

Little Children



**Children are from
faculty/staff and Central
PWCA Childcare.**

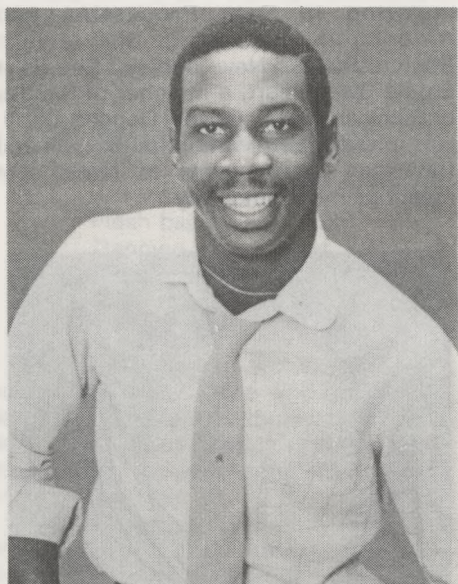


**POEM AND PHOTOS
BY HAROLD A. POPE**

The 1981-82 BATU Organization

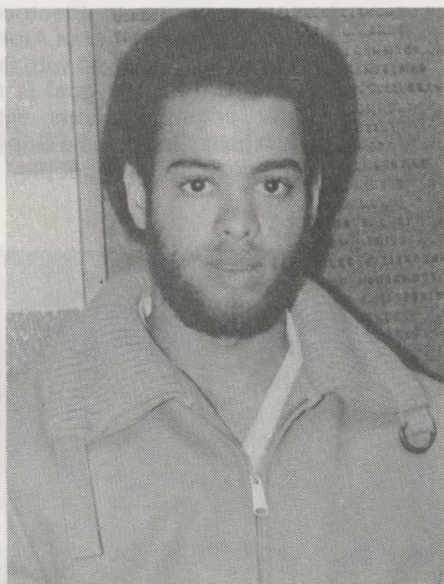
For the 1981-82 school year a new concept of leadership was introduced BATU. The Chairman position was to be filled by two persons with equal organizational power. Their titles were to be Co-convening Chairmen. This position was to be filled by Harold Pope and Tommy Snowden for the 81-82 school year. Unfortunately, Tommy Snowden did not return to school this semester, leaving Pope as the Chairman.

Pope hopes to direct the attitudes of BATU's active members toward a positive direction as opposed to the members past negative attitudes. He also plans to get other black and white organizations actively involved with BATU.



Chairman

The 1981-82 **Chairman of BATU** is Harold Pope, from Albany, NY. Harold is a senior majoring in Photography with a minor in Communication Arts. He was voted Mr. BATU for the 1981 school year and is involved in several organizations on and off campus; Harold is the representative for Afro American Affairs on the Activities Advisory Committee. He is Photography Editor for **The Black Perspective**, staff photographer for **Flyer News**, and Freelance Photographer for the **Dayton Black Press**. Harold also manages time to work for Campus Security and the Central YWCA child care program. He is a recipient of the 1981-82 MLK Jr. Scholarship.



Minister of Academic Affairs

Al Arnold is the **Minister of Academic Affairs**. Al is from Cleveland, OH and is majoring in Communication Arts with a concentration in broadcasting. As a sophomore, he is a member of the Alpha Epsilon Rho, the National Honorary Broadcasting Society and is also a reporter for **The Black Perspective**. His interests are acting and participating in sports. His goal is to keep students aware of the various scholarships available to them. He hopes to do this by keeping in contact with the administration on campus.



Minister of Communications

Cynthia Dishman is the **Minister of Communications**. She is from the Bluegrass State, Louisville, KY. Cynthia is a junior and her major is currently mathematics. As Director of Communications she hopes to give the students a better idea of BATU's meaning and what BATU is trying to do for the black community on and off campus. In her spare time Cynthia enjoys jogging, dancing and listening to soft and mellow music.



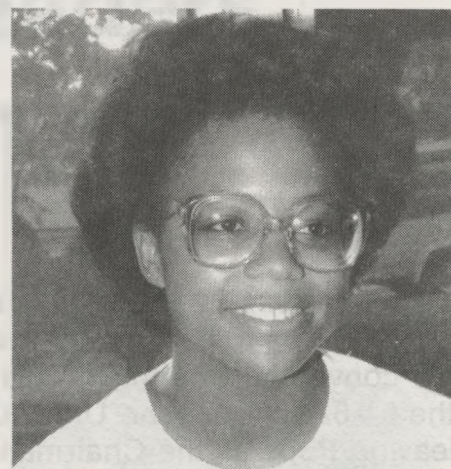
Minister of Finance

Eugene Beckles, is the **Minister of Finance**. Eugene is a senior and his major is electrical engineering. He is from Hempstead, NY and is a member of Alpha Phi Alpha fraternity. He enjoys music, outdoors and dancing. His goal is to manage the money well in order that BATU will be a profitable organization this year.



Minister of Political Affairs

A native Daytonian, Louis Turner is the **Minister of Political Affairs** for BATU. He is a sophomore majoring in Electrical Engineering. Louis is a member of Alpha Phi Alpha fraternity and involved with the Peer Counseling Group. His goal is to establish better communications with other campuses. In his free time he enjoys athletics and being with other people.



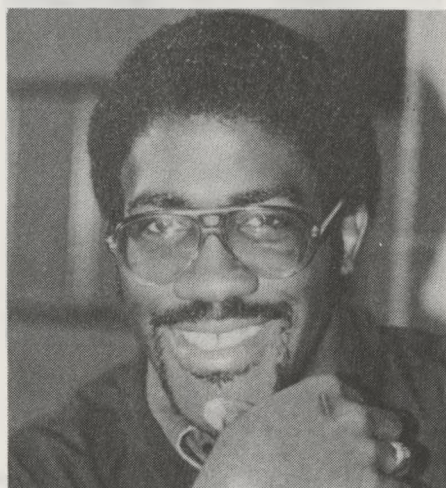
Sergeant at Arms

This year's **Sergeant at Arms** is sophomore Lynne Hedgepeth. Lynne is majoring in Data Processing and minoring in Accounting. She is from Scotch Plains, New Jersey. She is a Sigma Sweetheart, a member of Shades of Black and Black Gospel Concert Choir. Her interests are fashion, punk rock and traveling. Lynne wants to make sure meetings move smoothly.



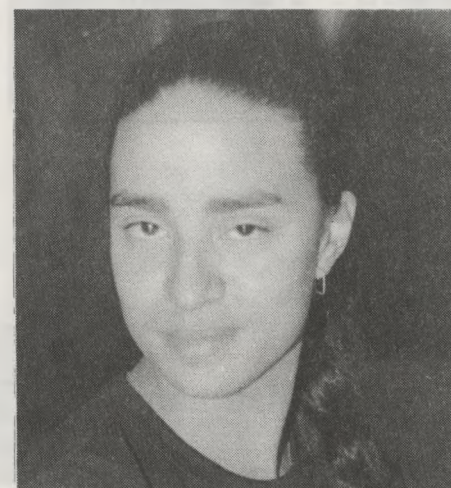
Co-Minister of Cultural Affairs

Charlene Stewart is **Co-minister of Cultural Affairs**. A native of Cincinnati, OH, she is a junior majoring in business management. Charlene enjoys skating, dancing and working with children. This year Charlene is vice president of Shades of Black. Her goal is to make students aware of the need to interact culturally with a larger community.



Co-minister of Cultural Affairs

David Bosley is a senior and **Co-minister of Cultural Affairs**. His major is electrical engineering technology. David is from Cincinnati, OH. His interests include music and the martial arts. He is an active member of Phi Beta Sigma Fraternity and he has participated in the Distinguished Speaker Series. His goal is to bring students and Greek organizations closer together and to stimulate a cultural necessity in all black students.



Secretary of BATU

Pam Gregory is the secretary of BATU. She was not available for comments.

PUZZLE

A X R S E I H C T I R E Q S Y A Z
 O B R T Z P B B C O L E E X T Z R
 A R E R O D O M M O C L D E D I P
 T I P X R R M C E H Y M E S T L U
 I C X P R J R R W N N R T C M A O
 H K R A A C A G O G Y H H S E P P
 C W J M X Z C S N S C I T R N A A
 L T E D M E N N D A S B R K S S N
 L S I M T E C R E W E A K O R N O
 A H B E B H E W R I J L V R E O T
 D Q C I O C A M R B M W A I I S Y
 Q S U R L R X I H C Q T C H A K A
 P E B I W M M I O D S O S L G C D
 P R C L N T P F O C L A S L S A L
 R O E A Y C E I I H I R O R E J S
 T D C D S O Y T Y M E Y R V L R X
 S O N O C A N M W M M G D W V O Y
 Y M I S O A A T N A R O N T V S M
 A M R O L N D S N H N R A C U T D
 D O P T S L N P H A C Y V Q O A Z
 C C A M E O A I U R O P R R H A X
 B E Z C Z E V N Q G N S D C T Y P

Below are the names of current recording artists. The names in bold face can be found in the puzzle spelled forward, backward, vertically, and diagonally.

- | | |
|------------------------|----------------------|
| Atlantic Starr | Dayton |
| George Benson | Larry Graham |
| Brick | Phyllis Hyman |
| Cameo | Jacksons |
| Jean Carn | Rick James |
| Chaka Khan | Al Jarreau |
| Natalie Cole | Quincy Jones |
| Commodores | Prince |
| Lionel Richie | Diana Ross |
| Syreeta | Tyme |
| Luther Vandross | Stevie Wonder |
| Zapp | Spyro Gyra |

"It Must Be Magic"

by Beverly A. Rowe

"Flash back Who's that
 Dancing to the latest
 Suave de bone, the greatest
 Ooo he sure is moving me"
 "Square Biz"

These are familiar words to some people, especially those who are Teena Marie fans. Her fourth album, "It Must be Magic," is a fine example of this young woman's expertise in song-writing and singing.

"It Must be Magic" is currently receiving air time on WDAO and WBLZ, and certainly deserves that air time. The music has a dancing beat. While listening to this record, the listener will find it almost impossible not to sing the words.

Another single, "Portuguese Love" is a beautiful love ballad. It's lyrics give vivid imagery, as in this example: "On a starry winter in Portugal..." "...Hush, my drunken heart, this must be paradise..." "Portuguese Love" is a lover's insecurity: "I ain't gonna let you go... You got to say you love me too..." Teena Marie's vocals do this song justice; her voice is like a finely tuned instrument. This is the kind of song that is made for two!

I hope that we see more of Teena Marie in the future. Her voice is irresistible, and she has a way words. By reviewing this album, I can tell that Teena Marie's style is "magic - truly magic."

**What's Happening...
 Enhance Your Mind...**

- Author James Baldwin
 Oct. 22 8 p.m. Boll Theatre
- Open House - School of Engineers
 Oct. 24 12:30-4:30 K.U. 201
- Slide Presentation/Discussion
 "The Dangers of Nuclear Energy"
 Guest: Tom Carpenter Rep. of CARE
 Oct. 26 K.U. 222 9-10:30 p.m.
- "An Evening with Afro-American Studies"
 Oct. 27 6-7 p.m. 114 O'Reilly
- Open Forum
 Oct. 28 12-1 p.m. 114 O'Reilly

Tone Up Your Body
 Brown Bag Affairs
 Weight Consciousness & Exercise
 Oct. 21 12-1 p.m. 114 O'Reilly

Mellow Out...
 Piano Recital
 Patricia Howard
 Oct. 25 3 p.m. Boll Theatre

Black Concert Choir
 Oct. 30 7 p.m.

Move Your Body...
 Delta Sigma Theta
 Halloween Party Oct. 30 10-2:00 a.m.

Black Faculty Staff/Student
 Dinner Dance
 Oct. 31 7:00-2:00 a.m.
 Daytonian Hotel

Get Involved!!

- Kappa Alpha Psi Fraternity is sponsoring a "Happy Hour"
 BATU Lounge 6-10 p.m. Oct. 23
- Kappa Alpha Psi Fraternity will be Celebrating their 11th Anniversary
 at 200 L St.
 Oct. 24, 10 p.m. - until
- AL JARREAU is performing in Cincinnati
 Sunday, Oct. 25, 1981

Sound Off

How do you feel about what's happening around you politically, socially and economically; both on campus and off campus (locally and/or nationally)?

Write in, We'd like to know. The person each month with the best Sound Off and solution will win \$3.

Turn in your problem and solution to THE BLACK PERSPECTIVE, located in the Center for Afro-American Affairs anytime before November 18th. The winner will be published in the next issue.

(Continued from page 3)

vegan will most likely have difficulty in obtaining an adequate amount of these vitamins.

Now, let us look at vegetarianism as a possible solution to world hunger. One of the more important and least appreciated criticisms of a diet based on animal foods is its vast drain on the world's resources.

— the world's total grain production, Of the world's total grain production, 1,100 million metric tons in 1974, 17% went to feed cattle and 40% of the world's 70 million ton fish catch was consumed by livestock.

The U.S. is setting a rather dismal example for the rest of the world. Over half of our cropland and nearly 80% of our grain production are used to feed livestock. The average American consumes five times the amount of grain, through meat than the average inhabitant of the developing nations. Some 3½ acres of cropland are required to meet one person's annual protein needs on a meat and dairy diet, but as little as 1/3 of an acre will fuel a vegetable diet.

"Production" of meat requires up to 20 times as much water, energy and fertilizer as that of vegetables containing an equivalent amount of protein. Production of meat and dairy foods generate a vast amount of animal waste too. This waste is washed into nearby streams and results in pollution.

The tragic results of this vast resource drain are already being deeply felt around the world, particularly in the more vulnerable areas of Asia and Africa. According to the President's World Hunger Commission, approximately 800 million people are not receiving sufficient nutrients to sustain normal bodily functions, and many of these are not expected to survive.

Widespread adoption of the vegetarian diet may be a solution to the world hunger problem that requires neither population control nor growing more food. Just think, if we were to eliminate red meat then poultry and eventually fish from the diet, we may be able to solve this ever-pressing problem of world hunger.

Recipe of the Month

Vegetable Soup (from raw vegetables)
(4-6 servings)

1/3 cup string beans
1 cup green peas
1/2 cup diced carrots
4 cups boiling water
12 cup minced celery
2 tbsp. minced onion
1/4 cup tomato juice
3 boullion cubes

Cut the beans in ½ inch lengths; cook in boiling water 10 mins.; add the other vegetables and continue cooking until tender or about 15 mins. Dissolve boullion cubes in the boiling mixture. Salt and pepper to taste.

It is preferable to use fresh raw vegetables but if not available, canned vegetables may be substituted. This soup can be frozen for later use.

Note: Soups are an excellent way of providing essential nutrients, since they retain vitamins which are normally lost in water.

SPORTS

N.B.A. Preview

This year the National Basketball Association season should prove to be just as exciting as the past season. Since Boston beat Houston for the championship, Ted Stepien, owner of the Cleveland Cavaliers has given megabucks to average ballplayers and the N.B.A. has conducted its annual lottery to obtain talent for the upcoming season.

With the players facing a long and grinding 82-game schedule and the possibility of another Cinderella team shaking the league's elite, here is a capsule look at the upcoming season.

Atlantic Division - Once again Philadelphia, led by last season's M.V.P., Julius "Dr. J" Erving, should finish first in the division. A consistent year for Darryl Dawkins, their mammoth center, and another solid year from the veteran supporting cast makes Philly a strong bet to finish first. If the 76ers falter, defending champion Boston will once again be right there to take over. Larry Bird is coming off another stellar year. Coupled with Boston's strong defense and the incentive to become the first N.B.A. team to win back-to-back titles since 1969, the Celtics should be very tough. The New York Knicks, an explosive offensive team, are led by Michael Richardson and Ray

Williams in the back court. With Bill Cartwright steadily improving in the pivot, the Knicks are only a quality power forward away from joining the upper echelon of the league. The young New Jersey Nets have improved on the basis of their impressive draft, and the acquisition of high scoring Otis Birdsong. New coach Larry Brown should be pleased with the results of this young squad. The Washington Bullets just won't look the same with the departure of Elvin Hayes, Mitch Kupchak, and the retirement of Wes Unseld. This transition period for the Bullets will create playing time for youngsters this season.

Central - The Milwaukee Bucks finished with the third best record in the N.B.A. last season. Indications show that they are ready to do it again. If the Bucks, led by All-Pro Marques Johnson and Sidney Moncrief, can get another year out of Bob Lanier's gimpy knees, they should win the division again, and be in contention title. The Atlanta Hawks, beset by injuries last season, but with a healthy frontline and continued superb play from John Drew and Eddie Johnson they should once again be one of the tougher teams in the league. The rugged Chicago Bulls, led by gifted Reggie Theus and Artis Gilmore, could once again be tough if they get the needed consistency. Rookie Orlando

Woolridge is expected to help immediately. The Cleveland Cavaliers opened their wallets, but many people don't believe it is enough. The Cavs are paced by the front-court skills of Mike Mitchell and Kenny Carr, two young and very talented forwards. The backcourt is still questionable. The signing of James Edwards ensures the Cavs a sure bet to move up in the standings. Meanwhile, Indiana places the center job in the huge hands of Herb Williams. Outside of Billy Knight and Johnny Davis the rest of the Pacers team isn't well known but they are hustlers. Because of the presence of Isiah Thomas, Detroit will no doubt win more games than last year. They only won 21 games. The Pistons need a proven center and more depth in order to rise out of the cellar.

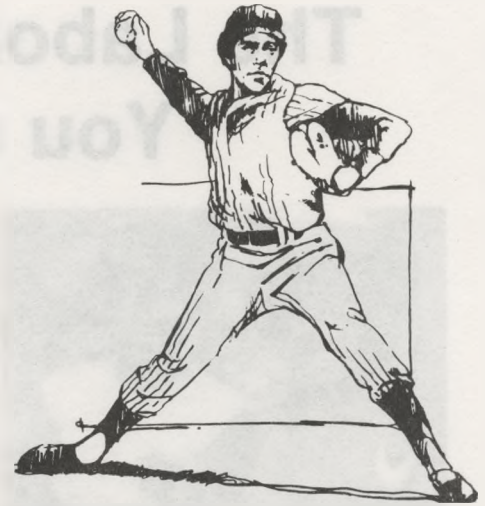
Midwest - The San Antonio Spurs are no longer the "run and gun" Spurs of two year ago, and are better because of this. Led by "the Iceman", George Gervin, and a fundamentally sound bunch of no-names, the Spurs will, again, be tough. Two rookies will be featured prominently in the Spurs lineup, Gene Banks and Ed Rains. If the Spurs stek their collective toes, the Houston Rockets, last season's cinderella team, will be right there. Since acquiring the aging but still multi-talented, Elvin Hayes, the Rockets, who

are led by Moses Malone should do better than their 40-42 record of a year ago. The Denver Nuggets suffered through their second, straight losing season, even though they had three starters that averaged more than 20 pts per game. This triumvirate (David Thompson, Dan Issel, and Alex English) is indeed potent on offense. Defense is what will put the Nuggets in contention or keep them out. The Kansas City Kings lost Otis Birdsong and Scott Wedman, a big part of their offense. They acquired Steve Johnson, Eddie Johnson and Cliff Robinson. If the new players blend in, the Kings will be respectable. The Utah Jazz will finish fifth only because the Dallas Mavericks are in the division. The Jazz are paced by last year's leading scorer, Adrian Dantley and last season's rookie of the year, Darrell Griffith. Other than these two players there isn't much. The Mavs, in their second year of existence plan to improve on last years 15-67 record with an impressive draft. Their top three picks, Mark Aguirre, Rolando Blackman and Jay Vincent will help immediately.

Pacific - 'Magic and Special K shall return,' that's the cry in Los Angeles. The L.A. Lakers, who with a healthy Magic Johnson and Kareem at his best, won the N.B.A. title in 1980. With a steady Jamaal Wilkes and a highly-regarded Mitch Kupchak the Lakers should again be strong. The well-balanced Phoenix Suns should once again be tough. Walter Davis and All-Pro Dennis Johnson in the same backcourt means trouble for opposing teams. Phoenix will again rely on depth and defense to make the playoffs for the fourth consecutive year. With the return of the explosive Gus Williams, Lonnie Shelton and the oft-injured Paul Westphal, the Seattle Super-Sonics will be in the chase for the divisional title. Jack Sikma will help the Sonics remain consistent. The surprising and lightly regarded Golden State Warriors may pose a few problems for opposing teams this year. An offense featuring high-scoring Lloyd Free and Bernard King, and the continued improvement of Joe Barry Carroll and Larry Smith ensure that the Warriors are a team to be reckoned with. Bolstered by a late season surge, the Portland Trailblazers made the playoffs last year. Anchored by one of the best young backcourt tandems in Kelvin Ransey and Jim Paxson, the Blazers are still "a quality big man" away from contention. The San Diego Clippers are a team of highly talented, individualistic players. Unselfish Swen Nater leads this bunch, but until they can develop consistent team play they will remain in the basement.

Explanation of Split Season Playoff and Baseball Update

by Dennis G. Smith



There is good news for all baseball fans who, in the past, have felt that the major league playoffs were too short. The largest series of post-season games in major league history began on Tuesday, October 6.

Because of the mid-season strike and subsequent split season, the playoffs have a different twist this year. The best of five special series will open on the home field of the second half season winner. The second half champions will host the first two games, game three and, if necessary, games four and five will be hosted by the first half champions. The four first half winners that have already qualified for the playoffs are the: New York Yankees in the American League East, the Oakland A's in the A.L. West, the Los Angeles Dodgers of the National League West and the Philadelphia Phillies of the N.L. East.

It should be pointed out that if the same team wins both halves, it will have the home advantage for the last four games in the divisional series. The team will play against the second-half runner-up in its division.

The winners of the division playoff series will qualify for best of five, American and National League, Championship playoff series. The first two games will be in the home cities of the American East, National West winners, respectively. The American League series begins Oct. 13th and the National League series begins the next day. The two pennant winners will start the World Series, which will begin on October 20th in the home of the American League champion.

As of October 1, 1981 all of the division races were still close. In the N.L. East,

Montreal leads St. Louis by only ½ game, in the N.L. West, Houston has a ½ game lead over the Cincinnati Reds. In the A.L. West, defending American League champion Kansas City has clinched a spot in the western playoffs along with the Oakland A's. In the A.L. East there is a dogfight at present. Detroit and Milwaukee are tied and Boston is only \$½ games back.

Although the season has been shortened by the strike, many major league players are still having outstanding seasons.

In the National League: Steve Carlton, Fernando Valenzuela and Nolan Ryan have pitched superbly. Ryan recently set a major league record when he pitched his fifth no-hitter; Carlton set an all-time strikeout record for left-handed pitchers; and 20-year old Fernando Valenzuela currently leads the league in victories, complete games, pitched strikeouts, and shutouts. Among those having an outstanding year at the plate are: Pete Rose, Mike Schmidt, Andre Dawson, and George Foster.

In the American League, among those pitching well this year have been: Steve McCatty and Rick Langford of Oakland, Tommy John and Ron Guidry of the Yankees, and Larry Gura of the Kansas City Royals. Some of the hitting stars in the American League have been: Carney Lansford of Boston, Rickey Henderson of Oakland and Cecil Cooper of Milwaukee.

All of the players mentioned above play on teams that have either already qualified or are in the thick of a race. This is one of the factors that should make this year's marathon post-race season very exciting. So stock up on food and drink, because television will be loaded with major league baseball this October.

A GREAT SUCCESS!

The Labor Day BATU Picnic...

You should have been there!

