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We Wish You a Happy New Year!

Heart Assoc. sets facts straight on alcohol & heart health

LOS ANGELES - There is no clear evidence that drinking will prevent a heart attack, according to Ruth Johnson R.D., Chairman of the Nutrition Committee of the American Heart Association, Greater Los Angeles Affiliate.

She spoke in response to a preliminary research report by the government-supported National Institutes of Health that indicated moderate consumption of alcohol may reduce the amount of "unhealthy" cholesterol (low density lipoprotein of LDL) in the blood stream while raising the level of "healthy" cholesterol (high density lipoprotein of HDL).

"Unhealthy" cholesterol is a major contributor to atherosclerosis (hardening of the arteries) which is linked to hundreds of thousands of deaths each year in America. This disease occurs when fatty compounds line blood vessel walls, narrowing the channel for the flow of blood. Resulting blockages are a major cause of heart attacks.

For some unknown reason, individuals with high HDL levels have fewer heart attacks while those with high levels of LDL have more heart attacks. The National Institutes of Health study found that participants who claimed to consume higher levels of alcohol had higher levels of HDL and fewer heart attacks.

Mrs. Johnson warned against any changes in drinking habits based on these preliminary observations and cited statistics to illustrate the staggering social, economic and health costs associated with alcohol.

"There is no doubt that the dangers of chronic and/or excessive drinking for outweigh and theoretical effect on cholesterol levels," Mrs. Johnson stated.

In 1976, for example, the federal government estimated there were 18-20 million alcoholics—nearly 10 percent of the total population—in the U.S. The disease is also estimated to account for 5-10 percent of all trips to see a doctor, 40-60 percent of all traffic fatalities, and a loss in the gross national product exceeding \$25 billion.

And alcohol-like candy—adds "empty" calories that may contribute to obesity and malnutrition, she added. Alcohol and candy are sources of energy, but they lack important nutrients such as vitamins and protein.

According to a recent statement by the national American Heart Association, alcohol may even result in cardiovascular disorders. Evidence indicates that alcohol taken in large amounts is toxic to the heart and may destroy heart muscle tissue. Alcohol also may contribute indirectly to hardening of the arteries through an effect on blood lipids in some individuals.

The best way to reduce blood cholesterol, Mrs. Johnson emphasized, is to control overweight and to eat a prudent diet low in animal fats and other cholesterol-rich foods.

Further information about prudent dietary guidelines or other nutrition questions may be obtained by calling the "Diet Hotline" of your local Heart Association office.

M*A*S*H script writer to teach public relations course

RIVERSIDE - A Riverside Freelance TV-film writer for such shows as MASH, "Barney Miller," "The Jeffersons" and "What's Happening" will teach a Tuesday night course at University of California Extension, Riverside, in the winter quarter beginning Jan. 8.

Thomas Dale, who has also been a reporter and photographer for three major newspapers, public relations director for the Los Angeles Rams, California Angels, San Diego Chargers and Los Alamos Race Course, will offer his experience for prospective and working public relations people.

Dale's most recent assignment was a radio-television coordinator for Los Alamos. Participants in the course will learn how to achieve results on a limited budget, cultivate the public relations-media relationship, apply public relations tools and manage a staff.

"Entertainment and Sports Public Relations" will also take participants into a major television/sports organization for an inside look at an ongoing public relations campaign.

Guest lecturers will include Jerry Wilcox, public relations director for the Los Angeles Rams, Bob Roth of Disneyland and David Mirisch, president of Mirisch Productions in Hollywood.

The course applies toward the Professional Designation in Public Relations offered through Extension. For further information regarding the program, call (714) 787-3806.

To enroll in Dale's course, call 787-4105. Credit card enrollments may be accomplished by phone. The course fee is \$71. Sessions will be held in Sprout Hall on campus, 7-10 p.m. through March 4.

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VOICE

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VOL. 7, NO. 47 Phone: (714) 684-4565—P.O. Box 1581, Riverside, Calif. 92502 THURSDAY, DECEMBER 27, 1979

JURY'S VERDICT MAY BE INFLUENCED BY ETHNIC BACKGROUND

RIVERSIDE - A study conducted at the University of California, Riverside, has produced evidence that a jury's verdict may be influenced by the ethnic background of the defendant.

With 96 UCR students acting as jurors in 32 simulated cases, the study indicated that anglos were more likely than Chicanos to convict a Chicano defendant, given the same evidence.

The jury's own ethnic make-up, and the sex of its members, also played a part in the treatment of defendants from different backgrounds, according to former graduate student Jack Lipton of Hollywood, who carried out the year-long study

and filed it as his doctoral dissertation.

Lipton, who has specialized in courtroom psychology, received a \$9,679 grant from the U.S. Department of Justice.

Other studies on jury behavior have indicated that a defendant's personal characteristics, like whether he or she is attractive, may sway a jury's thinking, Lipton said. Studies of the effects of ethnicity, however, have been "few and inconclusive," he said.

By making the study more realistic, its validity is enhanced, he said.

"This is the first study to look at the ethnic composition of a jury in a scientific way," said Lipton. "It's also the first

to concentrate on Chicanos. They're a significant minority group in California and they've been neglected in this area of research."

Lipton, who now teaches legal and criminal psychology and psychology of prejudice at Humboldt State University, said the results point out "the fallibility of the human frailties of a jury" and underscore the need for an increased dialogue between psychologists and the criminal justice system.

"The defendant's ethnicity affected the ultimate decisions," Lipton said. "Ideally, we like to think it shouldn't make any difference in the objective

consideration of a case. We like to think juries take in all the evidence and come up with an objective, well-thought-out verdict, and that doesn't seem to be the case at all."

Among the findings of his study: Although jurors gave equal treatment to anglo defendants, 41 percent of the anglos voted to convict Chicano defendants, while only 35 percent of the Chitano jurors did.

Female jurors were more lenient on Chicanos. Only 31 percent of the women voted against them, while 45 percent of male jurors did. Regardless of their own

ethnic backgrounds, jurors who found themselves in a minority on the jury itself tended to side with the Chicano defendant. Sixty-nine percent of those jurors found the anglo defendant guilty; only 38 percent voted against the Chicano.

The 16 six-person juries were given only one clue to the fictitious defendant's background—his name. Each jury had two cases, one involving "Richard Nelson," the other a "Horacio Garcia," and the circumstances of two cases (a student accused of destroying university property or cheating on an exam) were systematically alternated between the

two. "Just introducing that one factor, the Spanish surname, appears to make ethnicity an issue," said Lipton.

The jurors were selected at random from the campus at large and paid \$10-\$15 to participate. The composition of the juries was varied so that some were dominated by Chicanos, some by anglos, some by males and some by females.

Lipton, who was recently contacted by a law firm to assist in a jury's selection, said: "We (psychologists) think we're going to have an impact" on the legal profession's search for juries that are more impartial.

Trade Seminar for NAWIC

SAN BERNARDINO - The San Bernardino-Riverside, Pomona Valley, and Hi-Desert Chapters of the national Association of Women in Construction will hold a Trades Seminar at the San Bernardino Convention Center on January 19, 1980, from 10 a.m. to 3 p.m.

The object of this seminar is to acquaint women with the job opportunities available within of women employees for firms working on projects financed by government funds - 5.1 percent at present and 6.9 percent after April 1, 1980. Many new jobs are opening up for women in the construction field. The unions are being required to include a percentage of women in their apprenticeship programs to equal one-half of the percentage of women in the area work force.

At this Trade Seminar construction unions, associations and employers will discuss the various jobs involved in the construction industry, advise requirements needed to get into training for these jobs and tell them of the benefits, advancement and future of such occupations. In addition, women already working in this field will be on hand to talk about their experience. San Bernardino Mayor Holcomb has declared the

day NAWIC Day and will welcome the assembly. Keynote speaker for the day will be Mr. Jeff Kasler of Kasler Corporation, the California State President of the Associated General Contractors. The ACI - Allied Construction Industries, BIA - Building Industry Association, CCMCA - Masonry Institute, and NECA - National Electrical Contractors Association are also co-operating towards sponsoring the event.

Information will be presented by representatives of government agencies involved in related apprentice and training programs and by groups conducting women's physical preparedness programs that relate to this kind of work.

The National Association of Women in Construction is an international association of business women actively employed in all phases of the construction industry. One of the objectives of this association is to promote education and service to the construction industry.

There is no charge for this Trade Seminar and sample free parking is available. Registration forms and further information can be obtained by writing NAWIC, P.O. Box 698, Highland, CA 92346.



JOSEPH P. HARRIS (left) regional associate vice president for the Allstate Insurance Company and Oliver Darden, right, director of urban affairs for Allstate present a check for \$10,000 from the

Allstate Foundation to Benjamin Hooks, executive director of the NAACP. The recent ceremony took place at the Detroit-based Michigan regional headquarters for Allstate.

Staylor named director of foundation

SAN DIEGO - Roy Staylor, 5661 Bedford Dr., Riverside, has been named Riverside, San Bernardino Program

Director for the San Diego and Inland Empire Chapter of the Cystic Fibrosis Foundation, according to Winnie

Burke, executive director. The cystic Fibrosis Foundations raises funds which support the Brian Ray Cystic Fibrosis Medical Center at San Bernardino County Hospital. This Care, Teaching and Research Center serves patients with cystic fibrosis and other lung-damaging diseases from the counties of San Bernardino and Riverside.

The Foundation underwrites research which seeks to find a control or cure for cystic fibrosis, the most common genetic cause of

death in children.

After retiring as a career officer in the Air Force, Mr. Staylor served as chairman of the City of Riverside Bicentennial Commission from 1973 to 1977. He is a past president of the Exchange Club of Magnolia Center in Riverside, a member of the Board of Directors of Medi-Trans, and active in the Southern California Chapter of the National Society of Fund Raising Executives. Mr. Staylor possesses a B.A. Degree from St. John's College, Annapolis, Md.

Free testing for Sickle Cell trait

RIVERSIDE - The Sickle Cell Organization of Riverside County announced free walk-in testing for Sickle Cell trait and Sickle Cell anemia on Mondays and Tuesdays.

If you are interested in getting a Sickle Cell test, drop by any Monday or Tuesday morning. There is no cost for the test. The Sickle Cell office is located at 3575 11th Street Mall in The County Health Department Building, Room 161. For further information please call us at 684-0420.

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CONSUMER QUESTIONS & ANSWERS

QUESTION: What substitutes can I use if I run out of one of the recipe's ingredients?
ANSWER: With a busy holiday schedule, you don't have to be caught in the middle of measuring ingredients for a certain recipe only to find a main item is missing. Another tip to the store means more time and more gasoline used. The following information may seem like a Christmas gift itself!

Food	Substitute
Chocolate, semisweet (1 lb.)	1 cc. unsweetened chocolate plus 1 tsp. sugar
Chocolate, unsweetened (1 lb.)	3 tablespoons cocoa plus 1 tablespoon fat
Baking Powder (1 teaspoon)	1/2 teaspoon baking soda plus 1/4 cup sour milk or buttermilk or 1/2 teaspoon baking soda plus 1/4 teaspoon cream of tartar
Ginger, powdered (1/4 teaspoon)	1 tablespoon candied ginger, rinsed and finely cut
Butter or margarine for baking (1 cup)	1/2 cup oil or shortening plus 1/2 teaspoon salt
Whole Milk (1 cup)	1/2 cup evaporated milk plus 1/2 cup water or 1 cup fluid nondairy milk or skim milk plus 2 1/2 teaspoons butter or margarine
Buttermilk or sour milk (1 cup)	1 cup fluid whole milk plus 1 tablespoon vinegar or lemon juice (let stand 3 minutes) or 1 cup fluid whole milk plus 1 1/2 teaspoons cream of tartar
Heavy Cream (1 cup)	1/2 cup fluid whole milk plus 1/2 cup butter
Light Cream (1 cup)	1/2 cup fluid whole milk plus 3 tablespoons butter
Corn Syrup or Honey (1 cup)	1 cup sugar plus 1/4 cup liquid (use a liquid listed in the recipe)
Brown Sugar (1 cup)	1 cup granulated sugar
Flour, sifted (1 cup)	1 cup all-purpose flour, sifted, minus 2 tablespoons

The University of California Cooperative Extension in compliance with the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and the Rehabilitation Act of 1973 does not discriminate on the basis of race, creed, religion, color, national origin, sex, or mental or physical handicap in any of its programs or activities. Inquiries regarding this policy may be directed to Warren E. Schaeffer, 217 University Hall, University of California, Berkeley, California 94720 (415) 842-0903.

Jennings appointed to County Planning Commission

SAN BERNARDINO - U.S. Air Force. He retired in 1970 as master sergeant. Jennings has followed a second career in the real estate field where he has been a member of the National Association of Realtors for 16 years and more recently served as director of the California Association of Realtors and chairman of the Land Use Committee of the Board of Realtors. He is president of Central Escrow Inc., with offices in Victorville and Hesperia. He is former president of High Desert Realty, Inc., with offices in Victorville and Hesperia. Jennings was vice president of Victorville chamber of Commerce community affairs committee for three years. For the past three and a half years he was a member of the Victorville city planning commission and its vice chairman for the past two years. Jennings will serve a four year term ending Dec. 31, 1983.

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TOP SPRINTER - Sgt. Lee Zeigler, Company A, 31st Support Battalion of the Alabama National Guard, Montgomery, recorded a company record time of 30 minutes, 30 seconds in the annual four-mile marchrun at Fort Rucker, completing the U.S. Army requirement. Sgt. Zeigler, a personnel records specialist with Company A, attended a two-week encampment at Fort Rucker. He is employed in Montgomery where he resides with his wife, Rosie and their three children.

November building year's lowest level

SAN BERNARDINO - Victorville office, serving the northern desert, 245 permits valued at \$11.2 million. Big Bear Lake, serving the eastern mountain chain, 76 permits valued at \$2.3 million. Yucca Valley, serving the Morongo Basin, 100 permits valued at \$2.3 million. Single family dwelling permits continued to lead all other building during November when 348 permits were issued for a \$20 million value. The Victorville office led all others with 134 permits issued for a value of \$5 million. Last year in November, 446 single family dwelling permits were issued for a \$25.3 million value. Again, the north desert area, principally the Victor Valley area led home building activity with 359 permits issued for a \$17.1 million value, building around Yucca picked up in November compared to October of this year and again the action was single family homes. Eighty-five

in Victorville and Hesperia. He is former president of High Desert Realty, Inc., with offices in Victorville and Hesperia. Jennings was vice president of Victorville chamber of Commerce community affairs committee for three years. For the past three and a half years he was a member of the Victorville city planning commission and its vice chairman for the past two years. Jennings will serve a four year term ending Dec. 31, 1983.

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AF receives "Golden Fleece Award"

NORTON AFB - Top Air Force officials say they are extremely pleased to earn Sen. William Proxmire's "Golden Fleece Award." Senator Proxmire makes the periodic award to highlight what he considers wasteful or excessive spending of government funds. The Air Force disagreed. "Years of trying to get along without enough money have left Air Force facilities and accommodations for its people in bad need of repair," a spokesman said. "We have to use most available dollars to keep up our training, and our television sets, air conditioners, fans, resurfacing of tennis courts; acquisition of dorm furniture and refurbishing of the dining hall. Air Force leaders consider receipt of the award "recognition that Air Force commanders in the field are trying to improve living conditions for their troops, despite years of food shortages." Senator Proxmire specifically mentioned what he considers a "flea" to use or lose unutilized funds on items that were not essential. "In the case at hand, a commander used money for legally authorized and essential improvements to broken and rundown base equipment and facilities. "Air conditioners, fans and television sets for dormitory common rooms, in an extremely hot and difficult overseas location are certainly not luxuries," the spokesman said. Despite the improvements to living conditions for which the award was given, Air Force officials said money to make further necessary improvements is still far short of what is needed to return Clark to the condition it was in before recent year land outs caused it to deteriorate. For instance, the spokesman noted, \$33,200 spent to replace meat of dormitory furniture is still only 14 percent of what is actually needed. Air Force readiness depends on the morale of its people, the spokesman pointed out, adding that maintaining at least a minimum standard of comfort in living conditions is essential to morale and therefore readiness.

MIRM winter marketing class begins Jan. 8

SANTA ANA - The second in a series of four college level courses in marketing especially designed for the housing industry will begin Tuesday, January 8 under the extension program of California State University, Fullerton and co-sponsored by the Sales and Marketing Council of the Building Industry Association (BIA) of Southern California. This educational program, "Marketing for the Residential Builder" was created by the Institute of Residential Marketing (IRM), affiliated with the National Association of Home Builders (NAHB). The courses are required as part of the qualifications for membership in the Institute and to receive the MIRM designation. "Marketing Management, Planning and Feasibility," deals with the planning process for housing development and includes subjects such as market research, consumer segmentation, developing a marketing plan, budgeting, pricing and product development. It provides in-depth principles and practical applications for builders, marketing directors, sales managers and other industry professionals. MIRM courses in Southern California are under the direction of Lester Goodman, president of Lester Goodman Associates, Res. CA, who will be the instructor for Course II. Many housing industry executives and leaders of the Home Builders Building on the Cal State Fullerton campus on successive Tuesdays starting January 8, from 7:30 p.m. For information about enrollment, contact the BIA office at 1971 Beverly Blvd., Los Angeles (213) 625-8773 or Lester Goodman at (714) 526-2287.

about enrollment, contact the BIA office at 1971 Beverly Blvd., Los Angeles (213) 625-8773 or Lester Goodman at (714) 526-2287.

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