

Editorials

Where Are The Children?

Newspapers, television and milk cartons have increasingly in the past months given us a grim reminder of a serious social problem in America - missing children.

Total strangers kidnap over 20,000 children each year. Ironically, another 500,000, caught in the web of domestic conflict, are "taken" illegally by separated or divorced parents without legal custody of their children. Yet another estimated one million children run away from home for a variety of reasons, not the least of which is the lack of an understanding loving parent especially in time of some crisis or conflict.

Thus, while our nation has been singing "We are the children of the world" in order to raise money to fight hunger in Africa, Americans are asking "where are the children?", a thought that strikes fear and horror in the heart and mind of every parent and undoubtedly many children. In early May President Reagan highlighted the problem when he introduced a television roll call of 54 kids who have been reported missing.

While the law has cracked down on people who kidnap or steal children, including parents who take children in custody battles, the problem continues and is expanding. In 45 states the taking of children by parent is a crime, a felony.

Some argue that the problem of missing children is a myth, a psychological hysteria, that should be objectively understood by the fact of the relatively small number of children stolen by strangers. These are the children, the myth-makers say, about whom we should primarily be concerned.

Stealing Children

Most would argue, and we agree, that stealing children is no myth. Its very act is a reason to cause hysteria because the actions involved in finding a lost child emerge out of love. Yet, is it love when a child is taken by a parent in a tug-of-war custody? Is it love that causes one million children to run away from home yearly? Whatever the problems, whatever the reasons, we should all have a commitment to do whatever we can to unite these children and their lawful parents, after all one of those missing children could be yours.

It is sad to say that the Office of Domestic Violence in the U.S. Department of Health and Human Services estimates that one million children in this country are neglected or abused by their own parents each year. A million other children live in households where violence between their parents is a regular ongoing occurrence. Unfortunately, there are too few public or private agencies that kids caught in the tangled web of such circumstances can turn to. Significantly, since children represent the future of our nation - its leaders, its parents of tomorrow - it is our responsibility to ensure their safety and well being for the future.

Being aware of this need, President Reagan has launched as a part of the White

House Private Sector Initiative a nationwide "Safe Kids" program designed to help kids and their families in the prevention of missing children. A major aspect of this program provides 19 safety tips parents and their children can institute to better ensure that their children are safe. A "Safe Parents" brochure suggests that parents teach their children:

- To know their full names, addresses, and telephone number
- How to call home from anywhere, that is, how to make long distance telephone calls
- To stay with their families or friends when away from home
- To go places with other "safe kids"

Ask For Help

- To ask for help from a policeman, shop keeper, or neighbor if a stranger is following them
- To know who is picking them up from school or other places
- To know that no one has a right to touch them in ways that don't seem right
- To yell "You're not my mom or dad" if they are in trouble
- To dial 911 or the operator on the phone in an emergency
- To always tell their families where they are
- Never go into anyone's home without their family's permission
- Never go near a car with a stranger in it, nor get into such a car
- Never tell anyone over the telephone that they are at home alone
- Never answer the door when at home alone unless they are unquestionably clear as to who wants to enter
- Never go to strange places alone
- Never keep "bad" secrets from their families
- Never take gifts, food, drink, or money from strangers
- Never talk to strangers
- Never let strangers take their picture

Unfortunately, too many parents think "It only happens to the other guy's kids, not mine," says one couple. "Well, it happens to us. So don't ever get too complacent. I'm scared to death now whenever any of my kids are alone," they added.

Federal legislation is only the beginning of what must be done. State and local legislators throughout the nation must now take the initiative to make our children safe, says President Reagan.

A good start in this direction would be for each of you as a parent or guardian to read this column to your children, then have them to place the points mentioned on the wall or door of their bedroom to serve as a constant reminder of the dangers out in the street.

"Where are the children?" We should always have an answer to that question, if we do we're sure God will take care of the rest.

ANGER, FRUSTRATION, HOPELESSNESS, IS THE PICTURE THAT EMERGES



Wanted...Jobs

Killing Their Hopes And Dreams

Racism Has Found Root In The Soil

Centuries of conflict - that is the way racial unrest can be defined. Racism has found root in the soil of nations all over the world. It is not only common to certain geographic locations, but has spread with deep roots all over the planet earth. Roots that are so deeply implanted in the earth that centuries of change and discovery can't kill the insidious conflict.

The most recent example of the insidious conflict is in South Africa. However, the unrest did not occur over night. Much like slavery in the United States, imprisonment and extermination in Germany, and the caste system in India, the racism in South Africa is deeply rooted. The conflict between blacks and whites began when Dutch traders overran the Bushmen and Hottentots in Capetown about 1652. Many of the European countries sent settlers into South Africa including the Dutch, Germans, and British.

At that time wars began to break out primarily with black tribes such as Zulu. The blacks were killed or enslaved as farm workers. It



Sabrina

was in the early 1900s when the British gained primary rule and in 1910 formed the Union of South Africa - of which it remained a British crown colony until 1931. Upon taking control of the country, the whites implanted and enforced a strict segregationist policy. Racial discrimination was officially institutionalized in 1948 when Afrikaners came into power. The Afrikaners developed the apartheid system of segregating blacks in their homelands.

Reform movements that took place in the 1950s failed and came to an abrupt stop with the bullets fired in March of 1960. It was on

March 21, 1960 that blacks opposing laws that required them to carry passes, moved the protest to police stations across South Africa. In the city of Shapeville, the police slaughtered 69 blacks. This massacre caught the attention of world leaders - South Africa escaped direct international persecution by declaring a state of emergency and stopped the protest.

New security laws were passed.

Following years of suppressed unrest, the riots began again in June, 1976. This occurred when students in the Johannesburg township of Soweto refused to study Afrikaans. The one protest ended in the loss of hundreds of lives inflicted by the police. Following the riots, students rose to become a major political force with Steve Biko as their leader.

Biko died September 12, 1977 from injuries received while in police custody. Upon the announcement of Biko's death, there were new international concerns voiced - the government of South Africa responded by arresting 50 moderate black leaders and closing down the largest newspaper. Shortly thereafter, the United Nations passed an arms embargo on South Africa, which was the first action the U.N. had taken against one of its members.

A more recent dramatization of the unrest in South Africa has been the loss of some 600 lives in the past year. Why such a sacrifice? There are 23 million blacks in the nation - they are denied citizenship, cannot own property, must live in one of 10 black homelands, they cannot live in cities and they must have travel permits. For every white citizen there are four blacks with no rights. Four blacks for every white in their "land" with no rights!

Now South Africa has declared another state of emergency. In the early days of its announcement, 200 arrests took place with no releases, three blacks were killed and at least five wounded. And in Brussels, Belgium, foreign ministers of the 10-nation European Common Market are demanding the emergency be ended and all arrested be released. In the United States the House and Senate negotiations are rushing to put together a veto-proof bill that would impose sanctions on South Africa. However, the Administration still opposes economic sanctions and will not abandon its policy of "constructive engagement."

The Quality Life

You Can Burn Unwanted Calories While You Sleep?

By Ahmad Daniels
Special To The Post

Last week we discussed the enormous success manufacturers of diet literature and diet aides are experiencing while the weight-conscious consumer fails time and time again to achieve the ever elusive svelte body of a fashion model. This week we will explore the role exercise should... MUST play in your effort to win the battle of the bulge.

"Yes, Virginia, you can lose weight while you sleep!" No, it is not a hype, you really can burn up unwanted calories while you enjoy blissful sleep. How? Through exercise.

A study by Dr. Peter Wood of Stanford University Medical School, author of "California Diet and Exercise Program" (Anderson World Books, \$13.95), reveals that very active people - for example, those who jog six or more miles a day - eat about 600 more calories daily than their sedentary counterparts but weigh about 20 percent less.

Dr. Wood points out the difference goes way beyond those calories used up through physical activity. For up to 15 hours after vigorous exercise the body continues to burn calories at a higher rate than it would have without exercise. Simply put - exercise raises the body's idling speed (metabolism) for hours after the exercise is over. So, if you exercise in the late afternoon or evening, you get the calorie-burning bonus even while you sleep. And if that is not enough, add a morning session and receive the calorie-burning bonus all day and night. Even if your metabolism is on the slow side regular exercise can give it a permanent boost of 20 to 30 percent.

Dr. William Bennett of the Massa-



Ahmad

Second in series

achusetts Institute of Technology and Joel Gurin, authors of "The Dieter's Dilemma" (Basic Books, hardcover \$14.95; paperback \$5.95) in their excellently written and informative book (I strongly urge you to read it), have developed a concept called "set point." Set point is defined as the weight you maintain (give or take a few pounds) when you are eating normally - neither dieting or bulging.

A diet is an attempt to resist your body's set point. However, when dieting reduces fat levels, your ancient body "fights back" with the following defense mechanism to return the body fat to set point:

-A diet creates pressure to eat, in the form of hunger. Hunger makes you eat more in order to restore depleted fat stores. This often leads to "pigging out" since you won't feel satisfied until fat levels return to set

point.

-Dieting slows down the body's metabolism. Since it cannot increase the incoming amount of food energy, the body will decrease the amount of energy needed for vital functions to protect fat stores.

-Finally, dieting can produce psychological distress, irritability, and tiredness; all of which disappear when the body returns to set point.

Dr. David Leitesky, a psychologist and nutritional scientist, along with Eva Obarzanek, a graduate student, discovered that exercise performed within a few hours after eating helps the body get rid of many more calories than the same amount of exercise if done on an empty stomach. It appears that our body, with all of its ancient wisdom, knows enough to conserve calories when no food has been consumed. And you do not have to run or jog; the effect can be attained by walking briskly for 20 minutes about 45 minutes after eating.

Even the day after you have overindulged in food and drink, exercise can assist you in getting rid of many of the extra calories consumed. Exercise does this by producing extra body heat - in effect raising the thermostat. So, pardon the pun, if you can't raise the heat, stay out of the kitchen!

Fat, not sugar or muscle protein, is the source of body energy during exercise, so weight loss through exercise is gradual but real and more likely to be permanent.

The benefits of exercise, as it relates to weight loss, are numerous - a few follow:

- Vigorous exercise is an appetite suppressant, sometimes delaying the return of hunger for hours.
- Exercise triggers the release in

the brain of a natural tranquilizing chemical, beta-endorphin, resulting in the relief of tensions that prompt many people to overeat.

-Exercise builds up muscle tissue, which burns calories at a higher rate than body fat. This makes it possible to eat more without gaining or to lose more rapidly without changing caloric intake.

-Because muscle tissue weighs more than fat, you may find you are weighing more. You can rejoice, however, in knowing that muscle takes up less space than fat. So even if you do not lose any weight, exercise will make you trimmer. Which means, of course, you will have to spend a bundle on smaller size skirts, trousers, etc.

-Exercise, like brushing teeth, should be a routine part of your entire life. It should not be viewed as something you do until you lose a few pounds, quite the contrary, it should be viewed as a continuous celebration of life.

Beauty Of Week

Continued From Page 1A

different places. And, I guess, married with children.

Carmen's parents are major influences in her life and, too, they are the people she most admires. "My parents have helped me through a lot," she confesses. "They are more like my friends than parents. I talk to them about anything. They have always backed me 100 percent."

From her parents, Carmen states, she learned the most important lesson in her life. She tells, "They taught me to progress, to strive to get ahead. To do the best you can with whatever you are best at in life."

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