

BILLY ROWE'S NOTEBOOK....

N'York City - How much is too much smoking, drinking, eating, polluting? How much is too much that is bad for your health? What formula determines what is moderation, the prescription for safe and sane living? What prompts this literary adventure into habits and abuses evolves from a recent seminar conducted by the Council on Alcoholism for Fairfax County. Fairfax is in Virginia, suh, a posh suburb close to the nation's capitol. It is a virtual bedroom for Washingtonians and a lot of things go on there, tis said.

The seminar was aimed at knuckle-rapping the news media for its failure to report what it said was a nationwide epidemic of sustained and undiminished liquor consumption which bodes ill in generations yet unborn. Among other things, it called television a "Booze Tube." It said actors and actresses are never shown drinking a glass of water, but always dropping ice in a glass and melting it with such awful stuff as whiskey. The Council concluded that by a ratio of 264 to 1 TV drinkers (not viewers, mind you) are sipping ugly alcohol, not water, or fruit juices, or vegetable sap, or milk.

The CAFC viewed with alarm that the nation's 10,000,000 alcoholics cause an economic dislocation estimated at \$15 to \$25 billion a year... that alcohol is to blame in 15,000 homicides and suicides annually...that it causes 20,000 accidental deaths...that roughly half of all arrests can be traced to the use of the spirits...and that booze, "unlike heroin" damages the liver, brain, heart and takes away 10 to 20 years from life expectancy...that Washington boozers outdrank the rest of the country in '74 creating alcoholics by a ratio of 22,306 per 100,000 adults (one in every 5)...that it ranks #1 in cirrhotic deaths...that 20% of all alcoholic women meet with violent death within two years of a "cure"... and that the press should be more responsible when reporting that a fire causing the death of five in a family was due to a "careless smoker" when in reality was caused by an errant drinker. So there it is. We have done our bit by reporting these sobering statistics.

DOOMSDAY IS AT HAND - Oh, the Council on Alcoholism also said that habitual imbibing brings us all close to Doomsday. But truth compels our reporting that the Council fell far short of requiring the Surgeon General of the United States to warn in no unmistakable terms about

Ray Charles & The Raeletts Return To Las Vegas

Ray Charles & The Raeletts return to Las Vegas for the first time in nearly a decade for a special three-night, four-performance, engagement at the Aladdin Theatre for the Performing Arts, September 16-18.

An international institution for more than 20 years, Charles has spent more time on the road than at home during his long career, spreading the diverse idioms of blues, country-western, jazz, rhythm & blues and rock around the world.

By any measure, Charles is the acknowledged forerunner of the current soul movement. There is the distinct possibility that Ray Charles is soul. But there remains the fact that Charles, The Genius, is a man who is a legend.

Today, he's become the star of the Ray Charles Show, a travelling extravaganza which appears, on a concert basis, nightclubs and concert halls around the country and in Europe.

The show includes his big band - at least 15 - which is equal in precision and fervor to any band currently touring. Also an integral part of the show are The Raeletts, the dazzling female vocal quartet who sing several numbers of their own, then back Charles on his wide-ranging repertoire.

Reserved seat tickets for Ray Charles' four Aladdin Theatre performances are currently on sale at the Aladdin Theatre Ticket office, local off-site outlets and Ticketron and Mutual Agencies in Southern California. Showtimes are 8:30 p.m. Sept. 16, 17 and 18, with a special 2:00 a.m. show Sept. 18.

liquor what it said about smoking. Imagine the labels on liquor bottles, or beer, or wines or cordials, or whatever, bearing this somber label beneath the skull and cross bones; "Warning: The Surgeon General has determined that drinking is dangerous to your health."

We have come to the conclusion that the Surgeon General would be the busiest man in Washington if he told the truth about othe scares. About quantities of mercury found a while back in thousands of cans of tuna? Does too much coffee produce Caffeine Castastrophe? Does too much eye shadow or the liberal application of color cosmetics wreck havoc on your skin? Can too much milk or cheese bring on a Calcium Calamity, too much sugar a Diabetic's Disaster? Do too many calories send one to Obesity Oblivion? Too many eggs dispatch us to Cholesterol Chasm; too much meat to the High Blood Pressure Cooker? Yep, too much mercury, too much pollution, too many motorcycles, too many dogs, too many people, too many cars, too many missiles. Aren't they enough to drive you to drink?

Pres. Ford is expected to be a surprise drop in guest at the Roy Wilkins 75th b'day tribute Friday nite...Lady B. Calloway, a Philly R.N., believes that Kevin Browing of that city is what Muhamad Ali must have looked like in his teens. The producers of "The Greatest," the flick about the great Ali, are looking for a youngster to recreate the youth years of the renown champ

...Lovely chanteuse Carol Cass cast her talented spell over the habitués of the Playboy Club...Clay Claiborne, who formed a "Nat'l Black Silent Majority" to help Nixon, is currently attacking the U.S. Civil Rights Commish report on busing...A breach of contract suit for \$1.5 mil has been filed on behalf of Elayne Jones the "fired" principal tympanist for the San Francisco symphony. The suit also asks reinstatement of the talented black musician whom it alleges was fired for reasons that have been defined as racist and sexist.

"7 Avenue Comes to Washington" will be lovely Alma Rangel's way of showing off the autumn collections of N'York's boss designers. The show is just one of the pre hi-lite of the annual Congressional Black Caucus Dinner Sept. 24th...Foxy Cotillion record promotion bachelorite is getting nasty phone calls from jealous females since that top deejay has started dedicating love-tues to her...Brooklyn Election Board Commission Jim Bass says if Jimmy Carter is elected prez, his first official act should be to erect a monument to the late, great Dr. George Washington Carver, the Tuskegee scientist who created oodles of uses for the peanut, the product which has made millions for the would be prez...The crowd converging on Cat Willie's Amsterdam Avenue restaurant claim that his "down home" cooking is the best in town..."Colored Girls Who Commit Suicide" the big off B'way hit will open on B'way mid-Sept...STAY LOOSE



OHOHOHO WEEEEE!!! Looka Whatcha See, at the Cocoa Collins Provocative Outlook show. Tempting, stimulating, tantalizing Coca Collins headlining the Black Extravaganza Special '76 Production on October 1, at the Convention Center's new annex building from 8 - 11 p.m. Buy your tickets NOW at Sight n Sound, Love's Cocktail Lounge, McNeals Street Boutique, Pic a Tune, and the Moulin Rouge Beauty Salon. Limited tickets. Buy yours early.

Join Ray Willis and Maria Donoso for a look at what minorities are doing in Southern Nevada. Along with special local and nationally known guests, they make this an interesting and informative half-hour

Sat. 4:30 PM Sun. 7:00AM



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