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By Inez Kaiser



## Proper Eye Care

The summer months are known as being the time of vacationing and outdoor activities. You are probably in and out of your home more in the summer than any other time of the year. You may find yourself developing a pattern where there will be definite times when you are away from the house.

Some of you may jog or take evening walks or drives. A summer bowling league might keep you away on a certain night. The weekly card party or club night might be an event that you would not miss for the world.

Well, if what I am saying strikes a familiar note with any of you then there is an important matter that you need to consider. Just how safe is your home when you are away? Those patterns that you have developed are possibly being noticed by someone else. If they are noticed by the wrong person then you may become a potential burglary victim.

What fun is there in going away if you can not be reasonably sure that your belongings are safe? Being a victim of a burglary is one of those things that "always happens to the other person." Well, not necessarily so, in view of the crime figures available through the FBI, four burglaries occur every minute of every day. With those odds against you, you could easily become "the other person."

Because of the increase in burglaries, more people are utilizing some type of burglar alarm system. Although no system is absolutely burglar-proof having a good one can at least deter or detect a potential burglar and give you peace of mind.

If your family decides to purchase an alarm system, there are decisions that need to be made and questions that need to be answered. You must determine the system that will best suit your needs. Since most people are not familiar with the mechanics of an alarm system, their primary need would be to speak with a representative from a reputable firm. Persons that may aid you in your search for one are your local police department, The Underwriters' Laboratories and the National Burglar and Fire Alarm Association.

After you have secured the names of one or more reputable firms an appointment should be made to discuss your needs with one of their representatives. It would be wise to have the entire household present for this meeting. This is the time when you should ask all questions that you have. Just as in other industries, there are some people who will recognize and take advantage of an anxious customer.

The type of system that you decide upon will be based on the service that you wish to be performed. The system that protects the entire perimeter of a home is usually the best. A family watching their budget may decide to purchase an internal system that offers a good deterrent. You may purchase a local system that will sound an alarm on the premises. A central reporting alarm system will silently signal the alarm company headquarters for the dispatching of police and/or company agents.

A direct alarm system will be connected to the local police or fire department. A local law is required for installation of this type of system so a question of this nature would be in order. The type of system that is designed to illuminate the area as a scaring-off device is a common one in residential areas. All these services are usually available from most alarm firms, and they offer certain advantages. The choice of systems is up to you so make sure you have all the facts.

A conscientious consumer always makes sure that he gets what he pays for. You must also remember that systems designated as bargains may prove to be severely limited. When alarm systems costs are determined more than the cost of equipment is considered.

The distance of the alarm company, local telephone rates, the required amount of wiring and

the construction materials of your home are all cost factors. The most common cost figures associated with an alarm company are installation and monthly service charges.

The National Burglar and Fire Alarm Association warns you not to buy or lease from an alarm company that does not offer contract for continuing maintenance and service. If you decide to purchase the equipment a contract is a necessity. It should be studied and understood before it is signed in order to prevent misunderstandings later.

Selection of an alarm system cannot be taken lightly. It is an investment in you and your family's security and personal well-being. So, before you leave your home be reasonably sure that you are the next person that will enter it.

## NEW DAY BEGUN

by

**Benjamin L. Hooks**



## Blacks Challenge Republicans

Having watched President Carter narrowly beat Gerald Ford in 1976, Republicans have suddenly awakened to the need to broaden the party base. They realize that the party cannot win a national election without the support of a significant portion of black voters.

The lesson that even though blacks were not particularly fond of Jimmy Carter, they gave him 93 percent of their votes, must have been excruciatingly painful for the Republicans. Mr. Carter had no civil rights credentials of note, but blacks nevertheless edged him into office because they felt they had no meaningful alternative.

The Republicans are therefore now anxious to turn the tables on the Democrats. But can they do it? Under the leadership of party chairman Bill Brock, they have launched a deliberate campaign to win active black support. Jesse Jackson has been invited to speak at their conference, and so was I at the recent semi-annual gathering in Detroit.

At that time also, party representatives visited inner city areas to learn about urban problems. The Republicans, however, will need to do more than that to win a sizable number of black votes. President Carter fortunately had the indispensable embrace of Martin Luther King, Sr., Coretta King, widow of Martin Jr., and others such as the current UN Ambassador Andrew Young.

This backing of top Atlanta black leadership gave him an appearance of empathy with black concerns. This is the kind of empathy and embrace that the Republicans lack, despite their having the only black, Edward Brooke of Massachusetts, in the Senate.

What the Republicans need to understand is that America has exacted a heavy price from its black minority. Our struggle is not just against racial attitudes, but against racist behavior. Democrats, and Republicans alike must confront this great crisis. It is a problem which arises to the level of a national emergency.

That emergency is getting American institutions to include and protect all American citizens. As Frederick Douglass put it, "It is whether this . . . nation shall conquer its prejudices, rise to the dignity of its professions, and proceed in the sublime course of truth and liberty marked out for itself . . . or shall swing back to its ancient moorings of slavery and barbarism. It is not what (the black) shall be or do, but what the nation shall be or do, which is to solve this great national problem."

If the Republican Party is going to be a serious contender for the black vote, it must identify, support, and advance responsible leadership within its own ranks. The party must support persons who are both sensitive and committed to those programs needed to finally realize racial justice. Republicans cannot win black votes unless they are prepared to take black people and their interests seriously.

Black Americans are increasingly voting their interests. They support candidates -- whatever the party affiliation -- who articulate their needs for jobs, equal job opportunities, quality housing

and for a thorough and efficient education. It is not sufficient to remove "roadblocks to equal opportunity." A map must be drawn. Timetables must be set. Goals must be established for advancing minorities to positions in every profession, every career, and every school.

Black voters challenge Republicans to meet these goals.

*Happiness*

*Through*

by

Otto McClarrin

*Health*

## How Safe Is Your Home?

Have you got ten minutes to make sure your windows to the world stay open? That's about how long it takes to have your eyes tested for glaucoma. If you're over 40, it's a good investment.

One woman -- let's call her Alesa Brown -- had kidded herself about her arms not being long enough to read the phone book. Finally she gave in and visited an eye doctor to see about getting reading glasses. After he tested her eyes thoroughly, he agreed she does need the glasses. But he added the shocking news that she also has glaucoma in the early stages.

Shocking, indeed, for doesn't glaucoma lead to total blindness? Her doctor explained that she was fortunate to have discovered the condition now. While there is no "cure" for glaucoma, he can show her how to keep it from destroying her vision with simple medication.

Thousands of people are living normal lives with full use of their eyes despite glaucoma. Yet HEW health specialists say at least another million Americans are gradually losing their eyesight simply because they don't know they have it and are not receiving the sight-saving medication.

Alesa found she has glaucoma almost by accident. Fortunately for her most eye doctors now do the testing routinely for their patients. Many health departments test for glaucoma as part of a screening program as do some companies for their employees. The federal government does it through the HEW Federal Health Programs Service.

Despite the fact that glaucoma can be treated so effectively if discovered in time, the grim fact is that it is the second leading cause of blindness in the U. S. It occurs mainly in those over 40.

Whatever route you choose, the simple painless test is one you should seek out if you are over 40. If there is a history of glaucoma in your family, don't wait for your fortieth birthday.

The damage from glaucoma comes from fluid pressure that builds up inside the eyeball, interfering with the blood vessels and nerve fibers. The fluid is normal, constantly forming and draining off. The increased pressure comes when something happens to impede the draining process.

There are some symptoms, some of them vague, but each can be a danger signal: rainbow-colored rings around lights, narrowing field of vision, difficulty adjusting eyes in a darkened room, blurred vision which clears up only to blur again, vague headaches or eye aches especially after watching TV or movies in a darkened room, no satisfaction from changing glasses.

Since the pressure build-up is usually a gradual process, most people who have glaucoma don't recognize the symptoms until it is too late. That's why an annual check can be your insurance to lasting eyesight.

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