

# Point of View

## Editorial

There's a good feeling in the air these days and it's spreading across the nation particularly this week. There must be a reason for it.

There are parades, church services, meetings, keeps, community assemblages, wakes, programs, and individual celebrations -- each in their own way. All of this have a special reason, a special purpose.

The special period in history is drawing people together -- of all sects, religions, beliefs.

Some who stood on the sidelines yesterday are making their bold step forward today.

What magic prevails? Why are so many touched?

There's a constant ring mounting 24 hours a day -- "FREE AT LAST, FREE AT LAST, THANK GOD ALMIGHTY, WE'RE FREE AT LAST!"

It's more than Dr. Martin Luther King, Jr.'s birthday. The country has been aware of this day since his assassination in 1968.

What is most important now is that Dr. King's birthday is a national holiday and aren't we all proud, regardless of race, creed or religion.

Let's all hope and pray that after January 20 we do not withdraw to our ways of yesterday or yesteryear.

The test of time will tell.



Dr. Martin Luther King, Jr.

*"We must keep the flame of a proud people burning."  
G. K. Osei*

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## To Be Equal

# Black Business Needs Boost

By JOHN E. JACOB

Historically, blacks were active in numerous businesses until the massive wave of Jim Crow practices drove them out. More recently, a new breed of black entrepreneurs has emerged, making itself felt in industries as varied as personal care and communications.

But this new surge of black business activity has been overstated. Anyone who just scans headlines could be seriously misled into thinking the black business community is booming. In fact, one headline said just that: Black Biz Boom.

The story reported on a Census Bureau report showing a 47 percent jump in black-owned businesses between 1977 and 1982. The Bureau found the numbers of black-owned businesses increased to about 340,000, and gross receipts to over 12 billion.

But if we look behind the surface of that apparent "boom," the picture is one of slow growth or absolute erosion of gains made in the recent past.

For one thing, only about one in ten black-owned businesses had any paid



John E. Jacob

employees. More are mom-and-pop stores, one-man cab operations, and the like. Black-owned businesses provide jobs for only about 165,000 in a black work force of 11 million.

Further, despite the growth in the numbers of black-owned business their

average annual receipts fell. According to a study by the Joint Center for Political Studies, receipts declined by about a third after adjusting for inflation.

The Joint Center's analysis of the Census report also shows that while black businesses with paid employees grew by over 60 percent in the mid-1970s,

The one sign of black business health comes from larger companies, which did increase their receipts, grew in number, and hired more workers. The Accomplishments in a hostile economic environment demonstrate black business savvy and should be applauded. Certainly, many of their peers running majority companies

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the number of such firms declined by more than three percent between 1977 and 1982.

Overall business employment grew by 15 percent, but for black-owned firms, it was only one percent.

The growth in the absolute number of new firms hides their fragility. Two-thirds of the new black-owned business, for example, had gross receipts of less than \$5,000.

in that difficult period must envy the results they were able to achieve.

But the facts must be faced -- such firms are a small percentage of total black businesses, and logic suggests they can't carry the whole load of black business progress. Their numbers have to increase by helping midsized firms grow larger and small ones expand faster.

The black community and the nation have accepted the importance of a healthy black business sector to our national economy, both as a source of economic advancement and jobs for black citizens, and as another way to become part of the mainstream.

Unfortunately, that national goal is being sabotaged by the withdrawal of an active federal role in encouraging the growth of black businesses. Federal minority business efforts have dried up.

Worse still is the Administration's opposition to the minority setaside programs that guarantee black contractors a piece of the action, helping them gain a foothold in fields white firms had locked up when blacks were excluded from competing for public contracts.

A healthy black business environment is too important for Americans and their media to take much comfort from Census figures that show a superficial health in what is actually a troubled business sector.

NNPA FEATURE

## COPING

by

Dr. Charles W. Faulkner



# Slimming Down For Spring

Losing weight can be confusing, difficult and disappointing but I am going to help make it simple, easy and overwhelmingly satisfying. You have three choices: It is perfectly within your rights to eat any foods you wish and gain as much weight as you want; or, you can lose weight, keep the same eating habits that caused you to gain weight in the first place and get fat again; or, you can lose weight and keep it off forever. It's your decision.

If you continue to consume fattening foods, you will continue to put undue stress on your heart, kidney and lungs; in addition you might

be consuming far too much cholesterol that could block the arteries leading to the heart and increase your risk of a stroke or heart attack. Being overweight has a double risk.

Foods hold two major dangers for the overweight person. First, the weight puts abnormal and potentially dangerous stress on the heart, kidneys and liver by overworking them. Next many popular foods contain large amounts of cholesterol and salt. Cholesterol, a thick grease-like substance that can become much like lard, can collect in the arteries leading to the heart, temporarily block the

flow of blood to the heart, and cause a seizure, stroke or heart attack. People who consume foods fried in animal fat, who are overweight and who do not get much exercise are in a high risk group of people likely to have a stroke or heart attack. You can, of course, have a stroke or heart attack even if you are not overweight. Cholesterol and salt are the enemies.

In order to decrease cholesterol in the arteries, you must get exercise (which tends to force deposits of fat from the arteries by increasing the amount and pressure of blood going

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