

EDITORIALS • COMMENTS • OPINIONS



TO BE EQUAL

by John E. Jacob
Nat'l. Urban League
President

Attacks On Free Speech

I'm troubled by some recent developments that raise serious questions about the attitude of some government officials toward the Constitution they are sworn to uphold, and especially toward First Amendment guarantees of freedom and speech.

The Justice Department recently ordered that three films originating in Canada be labelled "political propaganda." Distributors of the films were ordered to send the government lists of groups that have asked to see the films, which deal with acid rain and nuclear war.

That action came just hours after the State Department launched to sell democracy to the Justice Department.

Labelling films and keeping tabs on the people who view them has less in common with democracy than with its opposite, as practiced in many authoritarian states. When government intimidates its own citizens and hampers the free flow of opinion, it takes a dangerous step away from democracy.

The Justice Department was still embroiled in that controversy when its antitrust chief, concerned about the dangers of price fixing, announced that he would support steps that would prevent a corporate chief executive officer from talking on the phone to his counterpart in another company unless the call were taped.

It is amazing that a top government lawyer would propose something so blatantly unconstitutional as limiting the rights of individuals to talk to each other.

There are already laws on the books to prevent conspiracies to fix prices. If further action is needed, it can be taken without tearing up the Constitution. And if federal snoopers will be monitoring phone calls of cor-

porate chiefs, what will stop them from keeping tabs on civil rights leaders, newsmen, or even opposition politicians?

Of course, those Justice Department actions are clearly unconstitutional and have little hope of prevailing, at least while the courts are free. Far more dangerous is the Office of Management and Budget's proposed new regulations that would limit the free speech of organizations that hold government contracts.

OMB has proposed new rules, supposedly designed to limit "political" advocacy and lobbying activity among federal contractors. They are so sweeping that they represent an attempt to muzzle free speech.

There are already regulations that prevent recipients of federal money from lobbying, and others that limit the amount of resources spent on advocacy work.

But that's not enough for OMB, which appears to be trying to force into silence all critics of current policies. The new regulations would prevent organizations from filing court briefs, dealing with regulatory boards, or contracting legislators, even when such contacts for informational, not lobbying, purposes.

They are so detailed and sweeping that they even govern the use of copying machines and office equipment. An organization that contracts with the government, no matter how small a portion of its activities are covered by that contract, would be forced to restructure and to make changes just to comply with the new regulations.

The practical effect would be to prevent those organizations from providing information to the public about the issues they are concerned with and are experts in. The alternative would be to give up their contracts and thus refuse to provide services the government believes to be desirable and which their constituencies want and need.

OMB's feeble defense of its position says it wants to prevent abuses. But the real meaning of its proposal is to respond to demands by the New Right that the government "defund" groups that have taken liberal positions on key issues. Ironically, many conservative organizations would be hit by these regulations too, and are opposing them vigorously.

OMB says it will modify its proposals to take account of some of the criticisms. That's not enough. They should be scrapped entirely. And OMB officials should be required to take a course in freedom of speech and the Bill of Rights.

The sub-minimum wage is an idea whose time has never come. Its value as a political plum tossed to conservatives makes it all the more suspect.

It is introduced as the president's fortunes fold, and likely precedes a serious initiative aimed at rescuing presidential popularity from the lower end of the political scale.

A sub-minimum wage for teen-agers straddles the low ground between the president's economic policies and the social agenda that helped the party of privilege gain entrance to the pool hall and bowling alley.

The absence of social agenda items from the priority list of the first two years of the Reagan term caused severe defections from the coalition that put the Californian in the White House. Reagan has given little more than lip service to school busing, prayer in the schools and hostility to abortion.

The White House planners know they'll need those voters motivated by fear and prejudice to win again in 1984.

Those unemployed teen-agers — and their unemployed parents — ought to know by now that opposition to school busing and abortion doesn't fill any pay envelopes.

And they ought to know that a half-full envelope for junior will probably mean an empty envelope for mom and dad.

ASK WENDY

My daughter has a problem with drugs that I have been unable to help. I need some help myself coping with the stress of her problems. (R.E., Seattle)

There are new groups being formed around the Seattle/King County area sponsored by NARONON.K Similar to the Alanon program, these groups are for the families and concerned friends of people with drug problems. You can locate the group nearest to your home by telephoning the NARANON office, 626-7171.

Where can I get information about day care in Seattle or King County? (H.B., Shoreline)

Crisis Clinic manages the day care information line. You can reach the line by calling 447-3207.

Tax Tips From Washington CPAs

A Tax Audit Is Not The End Of The World: But Here's How To Avoid One

Like most taxpayers, Paul M. didn't think it would happen to him. But, a year after filing his federal income tax return he was notified by the IRS that his return was to be audited.

That news is commonly met with some alarm, but a tax audit is not necessarily something to worry about, advises the Washington Society of CPAs. The IRS action doesn't mean you've done anything wrong, or that you will wind up owing more tax.

In fact, in about one out of four cases an IRS audit ends up with no changes being made in the tax bill. If Paul M. has complete records to back up his expenses and deductions, and has properly listed all his income, he should expect to weather the audit without any problems.

Even after an audit, if he believes he has valid grounds to bring his case to Tax Court, he has about a 50-50 chance of winning.

While anyone might be audited, some are more likely than others, CPAs point out. What often triggers audits are deduction claims which may be larger than the average for a taxpayer's income level, certain tax shelter activity (especially with large losses), as well as heavy travel and entertainment expenses, home office deductions or casualty losses.

An Independent View from Capitol Hill

BY HON. GUS SAVAGE
First Black journalist
ever elected to Congress



Social Security Reform Bill Reflects Upside-Down Priorities

I voted against the major revisions of the social security and federal employees retirement plans which the U.S. House of Representatives passed last week.

I am against changing federal employees to social security because their existing retirement plans were superior. Instead, social security should have been brought up to federal retirement standards, and the deficit should have been made up by revising the federal budget priorities.

I am against any increase in taxes on working people, against raising retirement ages, and against postponing or tampering with the cost of living increases of retirement pay.

As I elaborated in the six-hour debate of this issue on the floor of the House, I opposed this bill because:

"...Just as we seek to balance the federal budget on the backs of the needy to give to the greedy — we are

seeking to balance our social security system on the backs of its poor beneficiaries and future beneficiaries.

"If we want to find the money to heal social security, take it from bombs, not from bread. Pass a real jobs bill and put people back to work, and then the unemployed can pay into social security.

"Take away our millions of dollars from the tyrannical El Salvadoran dictatorship with which it is murdering its citizens. Disengage the United States from its support of the racist/facist South African dictatorship. Don't cut taxes any further for the big corporations and those who earn more than \$50,000 per year.

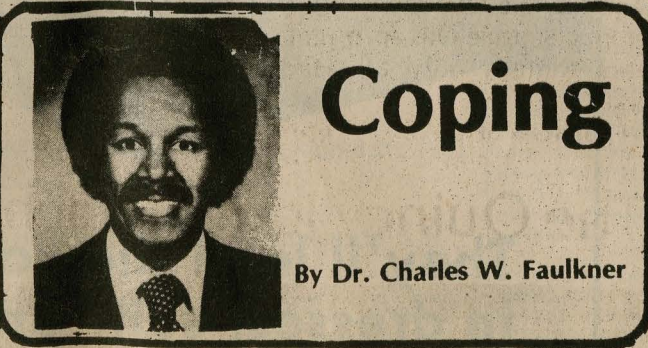
"Divert funds from the MX missile to retirement benefits. Switch our appropriations from nuclear weapons escalation to the health, hospitalization and educational needs of the American people — and there will be no need to force federal civil servants' retirement plans down into social security, but rather the opportunity to lift social security up to the level of those retirement plans.

"The hodge-podge of political compromise before us did not require any courage of convictions, but putting the people first would.

"The problem with this bill is not a matter of adding or subtracting a dollar here or there, or switching categories from here to there. We need to send the whole mess back to committee where the entire priorities of the ingredients of our federal budgetary recipe need to be turned rightside-up.

"We must restart by totally rejecting the upside-down priorities of that Robin Hood-in-reverse in the White House, rather than merely seeking to reconcile the difference within Reagan's priorities between Democrats and Republicans.

"We must consider the people above power!"



Coping

By Dr. Charles W. Faulkner

How To Reduce Stress

STRESS! The word almost makes you cringe with fear. Everybody has felt the tormenting effects of stress. Some people suffer strokes and heartattacks as the result of stress. Others lose confidence in themselves and go into deep depression.

Can anything be done to defeat stress?

To the surprise of most people, stress can be conquered, controlled and used as a positive tool for personal progress.

This is the first in a series of columns that will show you how you can eliminate and control stress. You will find out what you can do to eliminate the symptoms of stress such as tension, depression, irritability, sleeplessness, boredom, loneliness, fears and phobias, and impulsive eating. You will learn how to use deep breathing to eliminate stress; how to progressively soothe and relax your muscles; how to effectively use meditation and hypnosis; how to use biofeedback; and how to eliminate the distasteful symptoms of stress.

Let's form a powerful army against stress and again make our lives worth living. Stress is a natural characteristic of every human. Everyone wants to be accepted and regarded as a worthwhile human being. When we achieve success, and the praise of others, we feel good. (Even praise can cause stress however, when we feel that we do not deserve it). We feel enormous stress when we are criticized and rejected by those whom we love. Undeserved criticism can drive us into depression. But we can still defeat stress.

This seemingly overpowering element is used by athletics as a means of propelling themselves to success in competition. Public speakers use stress to achieve vigorous and exciting presentations. You can use stress,

too, as an important motivational tool to help you achieve happiness. First, you must eliminate excess stress and control the remaining stress that is a natural part of your physiology.

Use the following procedure to reduce your stress. (1) Sit in a comfortable chair or, if you wish, lie down. It is best to be in a quiet room but this procedure will be effective no matter where you are. Close your eyes and make every muscle as limp as possible. (2) Take a deep breath and fill the lungs completely with air. Hold your breath for five seconds while you count from one to five. When you reach the count of five, exhale slowly allowing the air to flow easily from your lungs. As you exhale, make every muscle in your body as limp as possible and imagine that you are floating down through the chair. (3) Repeat the above procedure five consecutive times.

If you wish to achieve an even deeper degree of relaxation you may tense and tighten every muscle in your body at the same time that you inhale and fill your lungs. Hold the tension in the muscles for five seconds while you are holding your breath. After you have counted from one to five, slowly and simultaneously release the air from your lungs and release the tension from your muscles. Repeat this procedure five consecutive times. You will feel a sensation of relaxation completely engulfing your body. Each time that you use this exercise its effect will double until your body achieves a consistent state of relaxation all day long.

You should use this exercise whenever you are tense, nervous, depressed or under stress. If you use it before stress becomes intense and intolerable, you will be able to think and commit information to memory better than ever before. Your compulsion to overeat or to smoke will slowly disappear. You will sleep soundly and peacefully. You will deliver the most relaxed and comfortable speeches of your life.

This is an important tool. So, use it to master your own feelings.

Editor's note: Your suggestions are welcomed. Suggestions for future articles will be appreciated. Cassette tapes of this and other articles are available for individual use, discussion groups and classroom use. All letters and inquiries should be sent to Dr. Charles W. Faulkner, P.O. Box 50016, Washington, D.C. 20004.

VIEWPOINT



JULIAN BOND

Cheap Jobs, Cheap Wages

Once again, President Reagan is asking for a sub-minimum wage for teen-agers.

Introduced this time as a summer jobs program, the new sub-wage is intended to accomplish several aims for the Reagan White House.

It throws a bone to those economists angered at Reagan's retreat from strict supply-side economics by highlighting a coveted article of their faith: that the minimum wage creates youth unemployment by pricing young people with limited skills and experience out of the job market.

It represents another clumsy attempt to address the constituency most hostile to the Reagan administration — that 13 percent of the American population that is black. Reagan can try to sell his sub-wage as a job producing program for the people most in need of jobs, black youth, whose unemployment rate in December 1982 was 50 percent.

It must make members of the Reagan kitchen cabinet happy. Largely self-made men themselves, these Western millionaires cling stubbornly to the belief that any American can rival their riches if given the proper start — working in a grocery store for \$2.50 an hour.

It all sounds great, except it simply won't work.

In a 1982 Ford Foundation study of more than 400 employers in New York City, 90 percent of the surveyed companies said that a lower minimum wage would not induce them to hire young workers.

The nation's largest employer of youth, the fast food business, has withdrawn its initial love affair with sub-minimum wages which feed union militancy and organizing drives. After embracing lower pay for young workers at the start of the Reagan administration, Burger King and Ronald McDonald have now put low pay for teen-agers on the back burner.

But the most telling argument comes from a member of the Reagan cabinet.

George Shultz, now secretary of state, opposes a sub-minimum wage for young workers. At least he did more than a decade ago, when he was Richard Nixon's secretary of labor. Shultz told Congress that a Labor Department study showed it was difficult to establish a direct relationship between minimum wages and employment effects on young workers.

Both the NAACP and the National Urban League opposed a pay differential for youth on similar grounds, thus robbing Reagan of any gains from black voters delirious at the prospect of children gaining employment at their parents' expense.

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