Another honor for Mrs. Daley

Mrs. Thelma T. Daley, wife of Coppin State College professor Gilbert Daley wears many hats. She was elected as national president of Delta Sigma Theta Sorority, Inc. a few weeks ago at the organizations 33rd national convention in Seattle, Wash.

In addition, Mrs. Daley, a resident of Baltimore, Md., is the first Black female president of the American Personnel and Guidance Association. Mrs. Daley officially succeeded Dr. S. Norman Feingold, National Director of B'nai B'rith Career and Counseling Services as Association President on July 10, 1975. Her assumption of the presidency of APGA remarks a first in the organization's long and prestigious history.

APGA is a 'Aon profit, educational and research professional organization for counselors, student personnel and guidance workers. It is the only national group representing counselors and is comprised of 52 state branches (District of Columbia and Europe included) and 12 national divisions representing various disciplines in guidance, (i.e.) vocational guidance testing, counselor education, school counseling, etc. The Association's 39,000 national members work in educational settings, kindergarten though university but also in community agencies, federal, state and local government, business and industry.

Mrs. Daley, a native of Annapolis, Md., enjoys an extensive and very prominent background in the Guidance and Counseling profession. She is presently a counselor and department chairperson with the Baltimore County Board of Education and directing a special career education program for the Baltimore school system.

She is a recipient of the 1972 Maryland Personnel and Guidance Association's Individual Service Award and is a recipient of the Maryland Personnel and Guidance Association's President Award and was also granted a certificate for meritorious service by the Maryland Personnel and Guidance Association.

Mrs. Daley served as national president of te American School Counselor Assocaiton (ASCA) from 1971-1972. Mrs. Daley is a member of the Editorial Board of APGA and a Trustee of the College Entrance Examination Board (CEEB). She has written for professional journals and has been a regular contributor in the field of guidance and counseling.

As a Soror of Delta Sigma Theta, a national public service organization, Thelma Daley chaired a special state wide project known as Adoption of Babies through Conference and Delta for approximately five years. As early as 1967, this project began attuning the community to the urgent need of finding adoptive parents for Black children. The program involved all local, private and state social agencies and thus, provided a nexus for and with those agencies, focusing on a common concern.

Mrs. Daley is firmly committed to the guidance and counseling profession and is anxious to see the total perspective of counseling broadened, thus making it a "multi-faceted" profession.

Language classes at YWCA

Classes in Spanish, French, German, Russian and Czech conversation for beginner and intermediate students, offered by the YWCA (Young Women's Christian Association) International Division, will resume on Sept. 22 at 128 W. Franklin St.

Courses are taught by natives of the country: Eugenia Zebrowska, Russian; Milada Vanicek, Czech; and M.S. Bodenheimer, of German, French and Spanish holds a Ph.D. from the University of Munich in French literature and is a native of Germany who acquired a knowledge of Spanish in later years. Cost is $25 for ten sessions, repeated three times per year.

English is also taught at International Division, both in class groups, costing a $2 registration fee per year, and in individual "person-to-person" sessions (one teacher and one student), costing $6 per year. Citizenship classes cost participants a $2 registration fee. International cookery will also be taught--eight sessions for $20.

In addition to the above costs, a $6 yearly membership is necessary for participation in YWCA activities. Fees are low partly because the YWCA is a member agency of the United Fund of Central Marvland.

For information, the number to call is 685-1460.

S. BALTIMORE NOTES

New homes to be built in area

The Mt. Winans Civic Interest Group, Inc. (C.I.G) is once again announcing that there will be new homes built in the area The sample house will be ready by Thanksgiving. These homes will be for SALE ONLY. For further information and application, contact Mr. Hill-837-8177.

The opening meeting date for the C.I.G. will be Reported sick are Mrs. Wednesday, September 17.

* * *

Reported sick are Mrs. Dorothy Thompson, daughter of Mrs. Elizabeth Fletcher; Mrs. Mertina Blocker, and Warren Brown.

The Project Area Committee Chairman's meeting (P.A.C.) will be held on Sept. 4, 1975 from 12 p.m. - 2 p.m

The last meeting's agenda dealt with the relocation services and presented by Warren Weaver Sub-topics under discussion were on: Communications (HCD, HUD, PAC and City Agencies), Leadership Training, Human Relations and Inter-Pac Relations.

P.A.C. members present were: William Parker, Orchard-Biddle; Mary Englis, Citizens for Washington Hill; Betty Hyatt, also Washington Hill; Walter W.E. Hill, Mt. Winans; Linda McKnight, Poe Homes; Mildred Moon, Leadenhall; Lena Boone, Upton Planning; Addison N. Gay, Park Heights, and Nancy Gladden, Lexington Street.

Steering Committee members of the Mt. Winans C.I.G. held their meeting on Tuesday night. Their chairman, Mrs. Sadie Blocker, presided.

A coffee break with the League of Women Voters of Baltimore City will be held on Wednesday, Aug. 27, at 8 p.m., at the Enoch Pratt Library, 1251 Light St.; Miss Bettie Summers, coordinator. Discussion: The issues with the Democratic and Republican Candidates for the City Council from the Sixth District. See you there

Career guidance workshops for Md. State women

New Directions for Women is the name of a state-wide program made possible through funds granted to Baltimore New Directions for Women by the Maryland Committee for the Humanities and Public Policy, the People Projects.

The project involves career guidance workshops for women by the Maryland Committee for the Humanities and Public Policy, the People Projects.

The project involves career guidance workshops for women to be given in Wicomico, Harford, Anne Arundel, Allegheny, Frederick counties and Baltimore city. Each series includes six sessions and will begin in September of 1975 and extend through May of 1976.

These workshops will offer to the contemporary woman a total look at herself and how she relates to present day society in relation to history, literature, ethics, philosophy and criticism. Since all aspects of women have been dealt with in some way by the humanities, this program proposes to align studied topics with current issues thus encouraging the modern woman to express universal feelings and devise fresh ideas in regard to life planning.

Modern techniques of career investigation and job finding will be included along with speakers from the community who will discuss roles for women in todays' society and the job market unique to the particular locale. Through the use of discussion lead by a member of BDNW and a local college professor these weekly meetings will probe for answers to such questions as "Who Am I? . . . WHERE AM I GOING? . . . HOW DO I GET THERE?".

Members of the planning committee are Elaine Solez from Towson State College, Dr. Beryl Williams from Morgan State University; John Lathrop from the University of Maryland; Dorothy Lebo and Marlene Childs from Johns Hopkins University; Marian Goetze Coordinator of BNDW; and Michele Crew, Project Director.

Wicomico and Harford counties will be the first two areas for presentation starting in September. The other four areas will offer the same program in the winter and spring.

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RULES AND REGULATIONS

1. All matter printed herein is hereby made part of the Contest Rules and Regulations. Contestants upon participating in the contest agree to abide by the rules set forth and no promises or agreements either written or verbal made by a solicitor or canvassor, not directly affiliated with the AFRO or the Contest Director's office will be recognized.

2. QUALIFICATIONS: Contest is open to all persons over the age of 16 years living in the Baltimore Metropolitan area.

3. HOW TO PLAY: AFRO Lucky Bucks can be obtained from your newsstand, AFRO carrier, or by sending a self-addressed stamped envelope to The Afro-American, 628 N. Eutaw Street, Baltimore 21201 or you can pick up an AFRO Lucky Buck certificate by visiting the AFRO offices. Each AFRO Lucky Buck certificate will indicate a number on the lower front portion. The certificate number and cash value will be published Tuesday and Friday in the AFRO. If your number appears, you are a winner.

4. DENOMINATION VALUE: There will be three categories in denomination value: $5, $10 and $20.

5. COLLECTING WINNINGS: Tuesday winners will have to collect their winnings not later than 4 p.m. on Thursday of the same week of publication. Winning numbers appearing in Friday's AFRO must be collected by 4 p.m., Monday. Winners must be present at the AFRO in person and must show their winning certificate.

6. ALL WINNERS agree to have their photograph taken at the time of collecting their winnings. Winners not agreeing must abide by the decision of the Contest Director.

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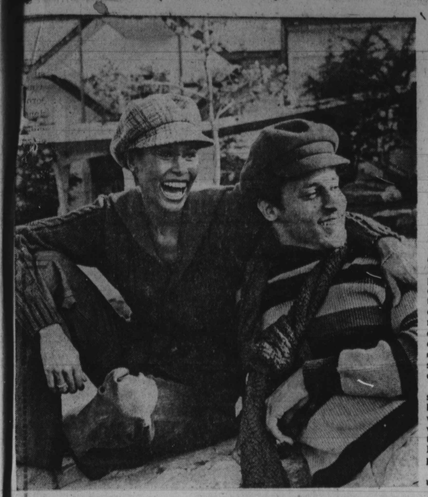

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Some Post-Eyeviews of Mexico City

By Gay Pauley
UPI Women's Editor

NEW YORK (UPI) — So much in common and yet so much disparity — the study in contrasts was among the strongest impressions two women leaders brought back from the International Women's Year Conferences in Mexico City.

Said Dr. Ruth Bacon, director, U.S. Center for IWY 1975: "My strongest impression was of the educational impact of thousands of women from all over the world and from many economic and educational backgrounds coming together, united by a common cause and finding a surprising area of shared concern.

"A member of Congress summarized her reaction, before I came to Mexico City I was concerned. First with women in my district and then with women in the U.S. Now my horizon has expanded to the whole world."

"That happened to all of us," Ms. Bacon added.

Ironically absent from the meeting, she said, "Were the women most desperately in need of help — the illiterate, the underfed, the overworked. Their needs were mentioned frequently but always through the voice of others.

"The two world forums — the Conference (governmental) and the Tribune (non-governmental) also served to direct the attention of governments and people the world around to the fact that women are determined on improving their lot."

"What impressed me," said Yvonne Lewis, assistant director of the Center, "was the great disparity of what we consider women's rights. They ranged from women who don't want to talk about women's rights per se, but in getting food and water to the home.

The women participated in both conferences, held simultaneously in the Mexican capital in late June and early July.

The official conference "For us in the United States, it was a case of many women trying to break into the business world, and then to hear from Third World representatives of just surviving, of getting sustenance in the home. . . ."

Ms. Lewis's views were in a telephone conversation from the Washington offices of the Center, and in the current newsletter which she edits. Those of Dr. Bacon, a retired foreign service officer, were in the newsletter. She was on vacation.

Authentic Tartan colors in Scottish tam made in Scotland by Kangol, Ltd. and now available for him and her in America. Great with the new shearling-lined sheepskin coats. At leading men's stores.

words to the conference, "... the results ... are the building blocks for the real changes that are coming."

Genevieve Fiore, a U.S. delegate said, "I've been yelling about the women's struggle for 30 years, so I haven't heard many new things (at the tribune). But this has recharged my battery to go back and keep plugging."

Muffins have zesty taste

Barbecue Muffins will spice up dinner on your patio party and win acclaim as a new cooking discovery. Quick breads, like muffins, represent the ultimate in simplicity — allowing you more time outdoors. This recipe captures that tantalizing hickory smoke aroma by using a barbecue sauce as flavoring.

Don't restrict this recipe just to summer occasions. You'll want this in your file to perk up soup or salad lunches next winter. Most likely you have the basic ingredients on your shelf all year around, anyway.

When you serve Barbecue Muffins, you can be sure your family is not missing essential nutrients during carefree summer days. The word "enriched" on the flour label means the miller has added essential B-vitamins — niacin, thiamine and riboflavin — plus iron, an important mineral.

Barbecue Muffins
(12 muffins)

2 cups enriched flour
1 tablespoon sugar
1 tablespoon baking powder
1 teaspoon salt
¼ teaspoon seasoned pepper
1 egg, beaten
¾ cup milk
½ cup barbecue sauce
1 teaspoon prepared mustard
¼ cup sliced scallions
2 tablespoons oil

Stir together dry ingredients. Combine remaining ingredients, blending well. Add liquid all at once to flour mixture, stirring only until flour is moistened. Fill greased muffin cups two thirds full. Bake in preheated 425 degree oven 20 to 25 minutes, or until golden brown.

Spoon flour into dry measuring cup; level. Do not scoop.

Note: If self-rising flour is used, omit baking powder and salt.

Mild high blood pressure can lower life expectancy

Untreated mild hypertension (high blood pressure) can substantially lower life expectancy, according to Karl Engleman, MD.

The University of Pennsylvania School of Mdicine professor recently cited statistics showing that a 35-year-old man might expect to live until age 76½. But with a blood pressure reading of 150-100, he could expect to live until age 60 if his hypertension is left untreated.

"Some patients and physicians would say a blood pressure of 150-100 is mild hypertension, but, in fact, data indicate there can be serious complications," he stated. High blood pressure, controllable with drug therapy, has been linked to heart and kidney diseases and to stroke.

Dr. Engelman served as chairman of a medical symposium in Philadelphia, sponsored by the Department of Medicine and Hospital of the University of Pennsylvania, the Pennsylvania affiliate of the American Heart Association, and CIBA Pharmaceutical Co.

Do you know that the important nutrients of milk and cream are retained in ice cream? Two to three large scoops, or one and one-half cups, of ice cream have about the same amount of calcium as one cup milk, one and one-half ounces Cheddar cheese or one and one-third cups cottage cheese. Ice cream is also an excellent source of phosphorous, riboflavin and vitamin A.

CALVERT COUNTY NEWS

Camp meet held; continue prayers

By Melvina Edwards
AFRO Correspondent

Camp meeting was recently hosted at Peters United Methodist Church, Dunkirk. Sermon was by the Rev. William Edwards, the Rev. John R. White, pastor of the church and the Rev. Lewis, district superintendent.

* * *

Younger Gray and daughter, Mrs. Verna Thomas spent a vacation in Philadelphia with his daughter and son-in-law, Mr. and Mrs. Jackson.

* * *

Continue prayers for sick members of the Lothian Charge, Mrs. Lillian Parker, Mrs. Mary Blacken.

Mrs. Emma Pard, Mrs. Mary Parker, Mrs. Daisy Gross, Shangri La Nursing Home, Baltimore.

Others are Mrs. Bell Holt, widow of the Rev. Harrison Holt and the Rev. Douglass Bowman, pastor.

Continue prayers for Mrs. Ethel Brown of Chesapeake Beach in John Hopkins Hospital, Room 305.

Manfield Brandford, nephew of the writer condition is fair and remains in the Bon Secours Hospital.

Birthday greetings to: The Rev. William Edwards, husband of this columnist, Aug. 26; Rudolph Lowe, shoe repairer of Mosher St. and husband of Mrs. Jeannette Lowe of Lafayette Ave.

* * *

Mrs. Marie Jones of Sand Rd in Lothian is a new subscriber of the AFRO.

ADMISSIONS — Associate Director, Fall 1975. Experienced person will be responsible for planning and administering student recruitment program and for institutional research functions of Admissions office. Responsibilities include data gathering, prediction and validity studies, interviewing. Limited local recruitment, knowledge of computer helpful. Ability to relate to students, public, and faiculty essential. Masters preferred plus related experience. Application deadline September 15. Contact Paul Brown, Director of Admissions, Onondaga Community College, Syracuse, New York 13215 Affirmative Action/Equal Opportunity Employer.

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