Water and salt helpful during heat wave 1977

Munch salty peanuts or pretzels and drink plenty of water to ward off collapse during the heat wave, says Dr. Mary Jane Jesse of the National Heart and Lung Institute.

Do these things in moderation — and together. To drink just lots of water without salty snacks leads to water intoxication, according to the head of the institutes Division of Heart and Vascular Diseases in Bethesda, Md.

Dr. Jesse said it helps to wear light - colored and loose clothing. Even "dribble a little water on yourself" to cool down if you work or play out of doors these scorching days.

Shade breaks also were recommended for the outdoor types — workers and pleasure - bound, the golfers and tennis buffs.

"Stay out of the sun is the best preventive," Dr. Jesse said, "but obviously many can't. Water and salt are lost through sweat both must be replaced."

Tennis players must be sure to replace fluid and salt lost sweating on the courts. A loss of 10 pounds — water and salt — in one bout isn't uncommon.

If water and salt aren't put back into your body, the electrolyte balance is upset and muscles don't work right. There may be nausea and muscle spasms. There can also be danger to the heart, a muscle, and nausea.

"Persons with high blood pressure should stay out of the sun or wear a good sun hat," Dr. Jesse said, as well as those with heart disorders and diabetics.

Other tips:

—Holding a hose over your head or sprinkling yourself will help you cool down. As the water and sweat evaporate you will be cooled.

—Cotton clothing probably is more comfortable than synthetic.

—Eat lightly. A couple of light meals instead of one heavy one.

—Alcoholic drinks won't cool you off.

—Low calorie drinks don't contain sodium and won't replace salt lost through perspiration. Plain water and salty snacks are your best bet.

"This is kid stuff compared to what goes on during heat spells in Bombay," Dr. Jesse said. "And 20 or 25 years ago we went through this kind of heat — unspoiled by air - conditioning as we are now.

"Human beings can take it — with a few precautions. Really they can."

Miss Harding, Mr. Hebron

MISS HARDING
To wed Aug. 27

Mr. and Mrs. Mary W. Harding of Baker Street announce the engagement of her daughter, Miss Chetta Marie Harding to Ronnie E. Hebron, son of Mr. and Mrs. Alvin E. Hebron of Jessup, Md.

The bride - elect was graduated from the Community College of Baltimore and the University of Baltimore with a BS degree in Accounting.

Her fiance is a graduated of the Community College of Baltimore and attended the University of Baltimore. He holds a degree in Respiratory Therapy Technology.

The couple will wed August 27.

(Norma Spencer Photo)
MR. AND MRS. STEVEN JESSUP
(the former Miss Geneva Montgomery)

Miss Montgomery weds Mr. Jessup

In services at the Mt. Olive Freewill Baptist Church last Sunday, Miss Geneva Montgomery repeated wedding vows with Steven Jessup.

The bride is the daughter of Mr. and Mrs. Preston Tooks, (Janie) while the bridegroom is the son of Mr. and Mrs. Milton Jessup, (Catherine).

Maid of honor was Lizzie Montgomery, the bride's sister. Bridesmaids included: Linda Hall, Ietha Jones, Robin Jessup, and sister of bridegroom and Brenda Eldridge.

Best man was Michael Jessup, brother of bridegroom along with ushers, Alvin Wilson, James Jones, Kenneth Jessup, brother of bridegroom, and Ernest Custis.

A reception honoring the couple was hosted after services at the Lantern Hill Apartments Clubhouse.

Flower girl was Nicole Tooks, sister of the bride and ringbearer was Derek Jessup.

The couple are graduates of Northwestern Senior High School. The bridegroom attended Morgan State University and is a member of Phi Beta Sigma Fraternity, Inc.

Sylvia Martin chairs meet

Sylvia Cooke Martin, human resource development specialist, was recently elected to chair the Conference of Minority Public Administrators, a nationwide coalition of Black, Mexican-American, Puerto Rican, Indian and Oriental members of the American Society for Public Administration.

The American Society for Public Administration is a national organization interested in the improvement of the public service at all levels of government. Founded in 1939, its members come from all ranks of government-local, state and federal-plus university faculty, researchers, students and non-profit organization employees who work with public administration.

COMPA is a coalition formed within ASPA in 1970 to unite the efforts of minority administrators and to strengthen the role of minorities in decision making processes. COMPA's directives are not "identification of problems" but developing and establishing an equitable approach to solving problems and dissolving barriers that confront minority administrators at all levels of public service. In 1977, the more than 17,000 members of ASPA will be holding their national conference in Baltimore.

Miss Redd, Mr. Pruden

St. Katherine's Church was the recent setting for the marriage service of Miss Teresa Maria Camper Redd, daughter of Mrs. Mary Camper Redd and Rudolph J. Redd to Lester Donald Pruden, son of Mr. and Mrs. Lester Pruden of Long Island, N.Y.

The ceremony was performed by the Rev. Peter Bramble, assisted by altar boys Nixon, Dennis, and John Camper, cousins of the bride.

Mrs. Roderica Johns Mills was matron of honor. Other attendants were Mrs. Paula Cardwell, Sheryl Jones, Joyce A. Camper, all cousins of the bride.

Mrs. Roderica Johns Mills was matron of honor. Other attendants were Mrs. Paula Cardwell, Sheryl Jones, Joyce A. Camper, all cousins of the bride.

Monique Burwell was flower girl with Franklin Rhem Jr., ringbearer.

Franklin Rhem Sr. was best man along with ushers, James Elliott, Ronald Elliott, Victor Potts, and Melvin Franklin.

Mary Ellen Pruden gave a reading of "Friends" while Denee West West rendered a solo.

Richard Cummings directed the wedding services.

The bride is a graduate of Princeton and a writer for the Time-Life Books. She is the granddaughter of Dr. and Mrs. John E. T. Camper.

Mr. Pruden is also a graduate of Princeton and will be studying to become a dentist.

The couple will make their home in Ozon Hill, Md. after honeymooning in Bermuda.

—Columbia Capers

(Continued from Page 10)

vations call 730-7920 or 596-5058 after 5 p.m.

Toastmaster and music coordinator for the program is Leroy Giles. George Goggins is the general chairperson. The installation service will climax on Sunday, August 7.

Guest speaker for the 11:15 a.m. worship service will be Dr. Robert O. Davis, pastor, Macedonia Baptist Church, Cape May, N.J. At 5 p.m. the Rev. A.C.D. Vaughn will deliver the installation message.

Other special guests will include the Rev. John O. Peterson, the Rev. R. Moses Williams, the Rev. R. Edward Dowdy, the Rev. Leroy Fitts, the Rev. Marcus G. Wood, the Rev. Gentry McDonald and Mrs. Eldora Hill. Choirs will include The Sanctuary Choir, First Baptist Church; Grace Memorial Choirs, Grace Memorial Baptist Church and the Senior Choir of First Baptist Church.

The Columbia Chapter of Delta Sigma Theta Sorority, Inc. presented seven financial awards as well as a scholarship to seven area high school graduates.

Awardees include Sylvia Blackstone, Howard High; Ernestine Sanders, Howard High; Rossice Haith; Wilde Lake High; Christine Topper, Glenelg High; Allyson Felix, Oakland Mills High; Grazia Di Branco, an exchange student from Italy through the American Field Service Program and Lesa Hebron; Atholton High who were recipients of $50 awards.

The chapter also presented a $500 scholarship to Rossice Haith of Wilde Lake High School. Miss Haith graduated with a grade point average of 3.775. She has been accepted at the University of Maryland.

By the time my readers read this column, Miss U.S. Talented Teen Md., Miss Lavern Whitt, a 14-year-old gymnast from Northern High School, accompanied by this writer will be in Hollywood, Calif. Lavern will compete for the national title on July 30. We will be in California for nine days. See you August 1.

THOUGHT FOR TODAY

Let me be quick to preceive when others do well, and give them their need of credit and praise.

YWCA offers tennis clinic

The Central YWCA will again offer its well known outdoor Tennis Clinic for advanced, beginning and intermediate players. Held yearly for male and female participants, the program will meet Saturdays, August 6 — September 17, 8:30 a.m.-10 a.m., on the courts in Druid Hill Park.

The expert instruction will include serving and volleying drills, stroke analysis, basic strategy for singles and doubles. The fee is $25 per person. YWCA membership is required.

The deadline for registration is August 1. For more complete information, call Ms. Sally Mattern, program director at Central YWCA, 685-4161.

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Due to current coffee market conditions, and to insure product for all our customers, we are limiting our "Double Coupon" offers to one coffee coupon (one instant and one ground coffee) per shopping family. Additional coffee coupons will be redeemed at face value. Cigarettes, milk, tax, lottery tickets and certain other items are excluded by law from this offer. Offer is good thru July 30, 1977.

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