R.S.V.P.

By Marie Phillips - Cooke
AFRO Women's Editor

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Vacation notes: Eighty - five - year - old Thomas P. Jones, longtime Bethlehem Steel employee residing in East Baltimore, took his first plane trip last week.

He and his daughter, Eva Holcombe, the Air Force clerk, jetted to California to visit relatives, including Mr. Jones' son, Race, daughter - in - law, Inez, in Long Beach.

While there, they attended the graduation of the Race Jones' daughter, Pamela, from the U. of Southern California. She majored in political science, moves on to a government post in San Francisco.

While on the West Coast, the Baltimoreans went on to Disneyland, Las Vegas and Mexico.

Making the trip with Mr. Jones and his daughter were, Charles, (Kye), and Ruth Lewis of Baltimore; his brother, Joe Lewis of Portsmouth, Va., and their nephew, Walter Rice, the electrician supervisor at Baltimore's Provident Hospital.

Golf lovers don't think a thing about traveling to enjoy their favorite sport. Last week a group of Marylanders went off to Williamsburg, Va., and took along some guests.

Golfers making the trip were, Lester Wallace, Paul Scott, Yancy Whittaker and Rudolph Wheeler, all of Baltimore; and Jeff Davenport, Thomas Clark and Donald Walker, all of Silver Spring.

Their guests included, Doris Wheeler, Martha Clark, Doris Wallace, Roberta Scott, Helen Birt, Hermione and Royal Weaver and Helen Whittaker.

Graduation note: Forgot to mention a week back that Baltimore's Harolya Clark Hilliard, on special assignment with HEW in Oakland, Calif., flew home to pick up a second degree, a master's in administrative planning from Antioch College. She's the daughter of Harold and Flozella Clark.

More vacation notes: Mildred Nelson postcards from Houston, Tex., where she is attending the Zeta Phi Beta conclave.

Mrs. Robert Rea, (Mazie, and their daughter, Missy, and Irma Roye, are vacationing in the Far East.

Marion Patterson and daughter, Doris, are in from a long sojourn in her native Seattle. The Simon Carters and Paul Vances are off to Cape Cod.

Dr. and Mrs. Clarence Monroe (Bernice), left Wednesday for London, to visit with their son, Michael, who has had a bout with pneumonia. He is studying at the London School of Economics.

A number of interesting things have been happening here on the homefront and nearby.

CALIFORNIA VACATION — Photographed as they prepared to board a jet in Baltimore last week for a vacation with relatives in California, and then trips to Las Vegas and Mexico, are from left, Mr. and Mrs. Charles (Kye) Lewis of Baltimore; his brother, Joe Lewis, Portsmouth, Va., and their nephew, Walter Rice, Baltimore. In front, Ms. Eva Holcombe, a family friend, who also made the trip along with her 85 - year - old father, Thomas P. Jones, also of Baltimore.

The executive meeting of the Baltimore branch NAACP was a luncheon affair on Saturday at the home of the president, Enolia P. McMillan. She regularly hosts this post - national convention meeting, where members gather to hear reports of progress reported at the national, held this year in Portland.

Up in Frederick, Md., on Sunday, Marie and Charles Hicks hosted a pool party for members of the Baltimore chapter of the Smart Set.

In addition to local members, guests included, Larry and Althea Moore, Wheaton, Md., Wesley and Carolyn Stubbs, Chevy Chase; and from D.C., Betty and Duke Banks, Ann and Kenneth Hardy and Dr. and Mrs. John Hancock.

Alice Pinderhughes is president of the group. Dot Wood is vice president. Doris Cole and Wilhelmina Garner are secretaries; and Jackie Watts is treasurer.

Invitations in the mail this week, announce the gala benefit planned by the Provident Hospital board of directors. It's set for Sept. 9, at the downtown Hilton.

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YWCA changes convention site to Dallas, Tex.

The National Board of the Young Women's Christian Association of the USA has voted to move the 1979 National YWCA Triennial Convention from Louisville, Ky. to Dallas, Tex. because of the uncertainty about Equal Rights Amendment ratification in Kentucky.

The Board's decision to move to Dallas is in line with its stand that the YWCA will not hold national conventions in states that have failed to ratify the ERA, or in those states whose legislatures have voted to rescind ratification.

Louisville had been the selected site for the 1979 convention in light of earlier ratification of ERA by the Kentucky legislature. However, developments in recent months including rescission by the Kentucky legislature which was voted by Lt. Governor Thelma Stovall, and the continuing effort of some forces in the state to bring the measure back to the legislature for further action on recission prompted the National Board to change the convention site.

The Board also gave its support to the July 9 March on Washington, D.C., when women's organizations reinforced their efforts to gain ERA ratification and called for passage of House Joint Resolution 638 which extended the deadline for gaining the necessary number of states to ratify the amendment.

Sites for National YWCA conventions follow a triennial cycle of being held in each of the organization's four regions. The Southern Region was in line for the 1979 meeting and it was with "only extremely good fortune," said Elizabeth Steel Genne,' National YWCA president, "that we were able to secure at this late date a site in Dallas, Tex. for the 1979 convention."

"We are grateful to the YWCA of Louisville and other YWCAs for their concern about the ERA question and the implications if the National YWCA convention were held in Louisville,' Mrs. Genne' said. "As those who carry responsibility for large convention site selections know, it is not easy to make a change in site a year ahead for an event involving some 3,000 women."

"It is the usual practice of the YWCA", she said to "to select its convention site six years in advance City, plus Baltimore, the local association, which serves Baltimore City, plus Baltimore Harford and Northern Anne Arundel Counties, has its main offices at 128 W. Franklin St., downtown. Mrs. Gwendolyn C. Brooks is president; Jane T. Christie is executive director.

Like all YWCA's in this country, the Greater Baltimore YWCA is an autonomous women's organization which welcomes men and boys as program participants and associate members. The actual membership, composed of women and girls 15 years of age and over, numbers 7,000 - 8,000 persons in any given month.

Dr. Vera Wilson awarded degree

Vera Isabel Wilson was recently awarded the doctorate degree from Temple University, Philadelphia, Pa. Dr. Wilson who is a product of Baltimore City Public Schools, Morgan State College where she earned the B.A. degree in American History. The University of Chicago for the M.A. in curriculum, Loyola College for the Certificate of Advanced Studies in Education and various other universities including Johanne Wolfgang University in Frankfurt, Germany. "researched an educational area which has been largely neglected in the social sciences.

Earning the School of Education, Departmental Honors for her dissertation, Dr. Wilson explored the relationship of racial enrollment within desegregated Baltimore City Public High Schools to racial membership in a traditional body of those schools' co-curricular or extracurricular programs.

"What I found substantiates the failure of integrative educational processes to address, assess and to motivate co-curricular racial equity."

Dr. Wilson collected the stark evidence of racial segregation within desegregated high schools based upon survey data supplied by sponsors of co-curricular programs and the student participants.

"Neither white, nor black, nor other ethnic student groups represent racial parity beyond regularly prescribed or required subject classes. The schools have not ingested the priorities of preparing students to respond to the benefits of social integration through non-classroom activities, clubs and organizations.

When physical, cultural, sexual and racial distinctions are propogated as reasons for intact social or recreational student groups, the purposes behind integrated education are defeated.

Dr. Wilson, who is presently writing a book-length treatise relevant to her research, challenges secondary public schools to "broaden their implied and stated goals for social learning through appropriate and representative co-curricular membership and participation."

She concludes: "To chip away layers of cultural, ethnic and racial segregation, the public schools remain the nation's best carpenters for building a truly socially integrative edifice."

The Diet Corner

By Helen K. Fleischer

Where do you go to eat ??????????

Or don't you consider that where you eat has anything to do with how much you weigh! Then you do feel constrained to take the extra pair of crackers and peanut butter into the den, away from the eyes of your husband so that you can eat them?

And why don't you sit down with the cookie you snatched from the box as you passed by the kitchen counter?

It there some reason that you have an emergency supply of snacks upstairs in the linen closet?

Would you believe now that weight control people are finding out that where you eat does have a bearing on the control of your weight.

There is some perverse little demon sitting on the shoulder of almost every fattie. That little demon keeps up a steady whisper that when you don't sit down at the proper table with the proper utnesils to eat, the calories will never count. Somehow or other your body just won't change them into fat that nestles forever on your hips and abdomen. So says the demon.

Begon, little demon! You whisper lies. All the calories in all the food anybody eats are transformed into fat regardless of the room or the position in which they are eaten.

I have found that a very good way to assist a poor loser is to nag about where eating takes place. I persist in insisting that a strenuous efforts is made to remember to eat only in kitchen or dining room. I hammer home the point that the three meals per day any good diet prescribes should be eaten while sitting at a table. I demand that said table be set with either a placemeat or cloth, and that plate, knife, fork, spoon, and napkin be in their appointed places BEFORE one bite of food passes the lips.

This may all seem too elementary to be worthwhile, but I absolutely guarantee that if you scratch a fattie, you'll find a closet eater. Everyone who ever overate — me included — did and does it away from the mealtime situation.

Oh, we can do very well at the table, too. However, it's the extra nibble, gulp.

Let's start with a family meal, and let's include a dish the entire group can enjoy. Like this:

Sweet and Sour Chicken With Zucchini

1 Large Zucchini, Sliced
1 Pepper, Chopped
1 Stalk Celery, Sliced
¼ Onion, Chopped
2 Tablespoons Mustard
2 Teaspoons Garlic Powder
¾ Cup water
4 Teaspoons White Vinegar
6 Ounce Chicken
4 Packets artificial sweetener

Place all ingredients in dry pan. Bring to boil, lower heat and continue to simmer for 15 minutes.

Buy yourself a pack of gold stars at the stationery store. Give yourself a gold star on your kitchen calendar every day when you eat each meal at a proper eating place. A weekful of gold stars entitles you to a special non - eating treat — a lipstick, a movie — you decide. Just eating where eating should take place.

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