GIFT TO HOSPITAL — Sandra English, a patient, tries out one of ten new sewing machines donated by the Singer Company to D.C. General Hospital's Vocational Rehabilitation Department. With her are Norene Hawthorne, sewing instructor for Singer; Robert B. Johnson, hospital executive director who accepted the gift from Robert L. Mullen, director of international programs for Singer; and Jan Harvey, instructor in vocational rehabilitation at the hospital. Mayor Barry's representative at the presentation ceremony was Dr. Arthur Hoyt, special assistant for health affairs.

(Photo by John Bunns)

Keep your baby alive...

Q: I've just found out that I'm two months pregnant. Is what I eat really that important for me and my baby?

A: Yes, it is. Eating nutritious food, that is, foods that are good for you, is one of the most important things a woman can do for herself and for her baby, during pregnancy. A mother who eats right is more likely to have a comfortable pregnancy, deliver a healthy baby and be ready with a good supply of milk, if she chooses to breast feed. If a baby and a mother are not getting enough nourishment, and the right vitamins, there is a good chance that the baby will be born weighing less than it should. In other words, it may be born with low birth weight — weighing under 5½ pounds. Low birth weight is a very serious condition which can result in death. Babies who weigh less than 5½ pounds are too small to survive, in our city, out of babies who die, the majority are grossly underweight. Eating well is the simplest, yet most valuable thing you can do for you and for your baby — to keep your baby alive and healthy. Remember, your baby eats what you eat.

Q: I want to make sure that I eat foods that are good for me and for my baby, but, I can't afford to buy very much. What can I do?

A: You may be able to qualify for the D.C. Department of Human Resources Commodity Supplemental Food Program. This program helps you and your baby by supplying you with nutritious food—foods that are good for you and your baby. To qualify, you must:

— be a resident of the District of Columbia, and — be pregnant, or have delivered a baby within the last 12 months, and — attend a DHR Health Clinic, or participate in Medicaid or other free or reduced - cost health care plans.

Children under six years of age may also be enrolled in this program. A variety of health foods are available in the supplemental foods program. There are fruits and vegetables, juices, cereals, potato flakes, egg mixes, canned meats, peanut butter and evaporated milk and baby formulas. The people who work with this program give demonstrations sessions on how you can use the foods. They can give you a cookbook filled with delicious recipes using these foods. To find out whether you qualify for supplemental foods, and, for more information about the Commodity Supplemental Food Program, call 673 - 6800.

Q: I'm going to start attending a clinic, next week, for my prenatal care. Will they tell me what I should be eating?

A: Yes. Within your first three visits, you will meet with the nutritionist who will take a complete diet history.

She'll discuss any problems you may be having like nausea, constipation, heartburn and cravings for foods that may not be good for you. Many of these problems can be helped with proper nutrition. The nutritionist, in looking at your diet, will be most concerned about your getting the proper calories and nutrients for your health and for the health of the developing fetus. She can also help you with meal planning and reparation and budgeting. After this first meeting with the nutritionist, you will meet with her off and on, during your prenatal care, according to your special needs. If a pregnant woman has a history of complications like hypertension, diabetes, obesity or anemia, the nutritionist may need to consult with her more often than with the woman who is experiencing a normal pregnancy. The nurse and the physician will also be able to counsel you about your diet.

Here is a suggested daily meal plan for you to follow during your pregnancy: milk, 3 to 4 glasses a day; lean meat, fish, eggs, 2 servings a day; American cheese, cottage cheese, 1 serving; breakfast or lunch; dried beans and dried peas, 1

Women's program in engineering

In an effort to attract more women to careers in engineering, George Washington University's School of Engineering and Applied Science recently added St. Joseph's College for Women in West Hartford, Connecticut to its dual degree program.

In the dual degree program, undergraduates attend three years at a liberal arts college and two years at GW in one of four professional engineering areas — civil, mechanical, electrical or operations research. Graduates receive a bachelor's degree from both institutions.

"Students fulfill the math and science requirements for engineering at the initial school and the professional engineering requirements at GW," explained GW Engineering Admissions Manager William F. Shanahan. "By getting a dual degree, they get more humanities and social sciences," he said.

The dual degree program was initiated at GW six years ago with Hampton Institute in Virginia, a predominantly black institution. Since then, Bowie State College in Maryland and Virginia Commonwealth University in Virginia have also established dual degree programs with GW.

During the past six years, Shanahan says, there has been a 67 percent increase in the number of women enrolled in GW's engineering school and the number of minority students has nearly doubled. "The dual degree program has encouraged more women and minorities to enter the field of engineering," he said.

Individuals or schools

Wholesalers told of the black consumer

"You can't win, place or even show in the spirits and wine business in the U.S. without the support of the black market," Schenley's Charles T. "Chuck" Williams told an attentive audience of 1,800 during a presentation on the black consumer at the recent annual convention of the important Wine and Spirits Wholesalers of America in New Orleans.

Continued Williams: "The black consumer can put your product on top and keep it there if you win his support."

Williams, who is vice president of Schenley Affiliated Brands Corp. teamed with Herbert P. "Herb" Douglas Jr., vice president of Schieffelin and Company to also tell what it's like to be black in America.

"Being black means a hell of a lot more than physical or color differences," Douglas said. "It means that you always have to prove yourself. It means that in many ways you live on trial, defending yourself and your race from racism.

"But times have changed and that is not as true today as it used to be."

"Blacks and the black market have grown in pride, self-esteem and confidence," Williams said, picking up the dialogue from Douglas. "That is the change: to pride in being a black American. That change has had the single most significant affect on the black consumer market."

Supporting Douglas and Williams in the 45-minute presentation were modular projectors of films and slides.

The predominatly white audience hung on every picture and word.

Douglas and Williams were celebrities before they entered the spirits and wine business. Herb Douglas starred in football at the University of Pittsburgh and won the bronze medal in the long jump for the United States in the 1948 Olympic Games.

Williams was a flying ace with the famous, all-black Tuskegee Fighter Group of the U.S. Army Air Force in World War II and earned seven battle stars, the Air Medal and the Purple Heart.

Concerning advertising, Williams told his wholesaler audience in New Orleans that "it is obvious that the black community supports advertisers who buy time and space from black media. But the ads have to be believable to be effective. Don't waste your money showing black models living it up in castles on the Rhine, whale hunting with Nanook of the North or promoting Coppertone!"

HOW TO:

Travel with kids and remain sane

By Murray J. Brown

It was the late American humorist-satirist Robert C. Benchley who once observed that there are only two ways to travel: first class or with children.

And many parents will agree, particularly during long rides by car, train or plane. At the same time, however, they would have to acknowledge that the kids are not entirely at fault.

Lengthy, confining trips can be tedious for everyone, regardless of age. Think how much more of a strain on active kids to be belted in their seats for hours nothing to do but look out of the window.

To avoid, or at least reduce, the bickering and squabbling that cramped quarters can incite, a national non-profit center devoted to the treatment of children with behavioral and learning problems has come up with some helpful suggestions based on years of experience with thousands of overly active children.

"The most important thing for parents to remember," says Ms. Dawn Burness, family services coordinator at the New York Institute for Child Development, "is to plan for the car, train or plane ride and to consider it part of the vacation."

An hour of pre-planning can save the children from boredom—and worse—and the parents from annoyance and frustration, according to Ms. Burness, who has taught special education for children in Australia, Great Britain and the United States for 14 years.

"If driving in a car, take frequent rest stops to let the children work off their energy," says Ms. Burness. "Look for playgrounds and open spaces where they can run, skip, climb and crawl. You can't expect them to be able to sit quietly for two or three hours straight.

— 10-minute breaks each hour could be worth more than an hour of nagging."

"Rotating seat arrangements can also help break the monotony," she said. "Mom or dad can sit in the back for a while and let the kids take turns sitting up front with whoever is driving. You can even let them mark out that route on the map."

If the car has a fold-down seat, use it—it will give the kids a chance to stretch out and play with their favorite games and toys, Ms. Burness said.

"Keep the children occupied; you can't expect them to sit idly for hours. Have them make lists of landmarks, towns, types of cars and trucks, etc., that they see; provide lots of paper for games like tic-tac-toe, hangman and mazes; card games, riddle and comic books and code games," she said.

Designate in advance certain points — every 20 miles or every yellow car, for example — and pass out a grab bag at these points. Wrap a package many times and at each point let one of the children take off one wrapping, with the last one winning the prize, which could be a simple trinket or toy or a coupon good for a movie, soft drink or ice cream cone.

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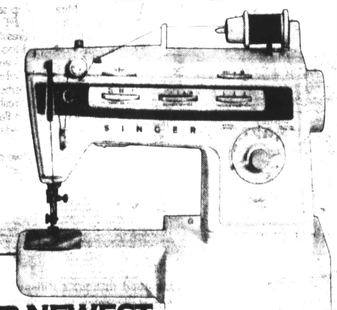

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Montgomery County Deltas give $1,500 in scholarships

The Montgomery County Alumnae Chapter, Delta Sigma Theta Sorority, Inc. awarded $1,500 in scholarships paid to seniors from Montgomery County Public Schools during its Annual Awards Day Program held recently at the East Hurrah, Washington, D.C.

Receiving $500 each were: Ms. Karen Fair and Ms. Tena Jones from Montgomery Blair High School and Ms. Valerie Navy from Albert Einstein High School.

Ms. Fair plans to major in business and marketing; Ms. Jones will major in finance and Ms. Navy will major in communication.

Scholarships and Standards Chairperson, Dolores N. Carter stated that the individual scholarship awards are a part of the sorority's total scholarship program.

A Skills Workshop was held at the Good Hope Community Center during the Spring in which 60 youths participated.

As an outgrowth of that workshop, a five day workshop is being co - sponsored with Howard University under the direction of Dr. O. Taylor during the week of June 25th that will introduce youths to careers in pathology and audiology.

Soror Carter conveyed to the three scholarship recipients, their parents and friends the best wishes of Delta Sigma Theta Sorority as they prepare to enter college.

Two leaders of the Montgomery County Community, Mrs. Ruby A. Rubens and Fred Nolen, were presented plaques by chapter president, Madelene K. Lawson in recognition of their outstanding service in the community.

Mrs. Rubens, a Delta Soror, is serving on the Minority Advisory Committee on Personnel Matters by appointment of the Montgomery County Council.

She is a member of the Cannon Road PTA, the representative to the Council of PTA's and Chairperson of Delta's Social Action Committee.

She is an ordained Elder in her church where she is also coordinator of youth activities.

Mrs. Rubens is involved in many other community activities such as fund raising for the American Cancer Society and Children's Hospital.

Fred Nolen, although employed full time in the area of public relations, has found time to serve as a 'Big Brother' in Montgomery County for eight years; to volunteer at the Correctional Institution in Hagerstown, Md. and at the Veterans Administration Hospital where he works with the handicapped.

President Lawson presented a Certificate of Appreciation to Ms. Floretta McKenzie, former associate supt. of Montgomery County Schools, for her years of positive leadership to the schools and the community.

Chapter Vice President Shirley Ballard - Miller was honored for 25 years of service to Delta Sigma Theta Sorority. Soror Ballard - Miller paid tribute to the significant support and contributions to the sorority of the late Soror T. Louise Thorpe.

A special event for sorors and guests was the showing of fashions designed by Schubert Barber. Featured were swim wear, disco, evening, casual and prefall and winter attire.

Soror Jacqueline Strawther was the chairperson of the Awards Day Program. Other members of the Committee were Gina Snowden, Amanda Winters, Annie J. Gordson, Dorothy Bush, Velma Shirley, Muriel Nolan, Shirley Ballard - Miller, and Madeline Y. Lawson, ex. officio.

CHARITY BALL of Georgiana Thomas Grand Chapter, Order of Eastern Star, PHA, occasioned a delightful chat among (L to R) Mrs. Verl Yearwood, past grand matron; Joseph M. Yearwood Jr., past grand master; Mrs. Elverta Richardson of Baltimore, grand worthy matron of Myra Grand Chapter; Julian F. Browne, past grand patron and Mrs. Edna F. Browne, grand worthy matron of the host group.

(Photo by Milton Williams)

Del Fauntroy, 23 others honored

Del. Walter Fauntroy, D.C.'s representative in Congress, headed a list of 23 distinguished native Washingtonians honored last Thursday by the United Black Fund. Occasion was the Fund's 7th annual victory luncheon held at the Sheraton - Park hotel.

Fauntroy's award was for achievement in the field of urban planning and public administration. Among the other honorees were Dr. W. Montague Cobb, president of the NAACP for achievement in the field of medicine and political activism; City Council Chairman Arrington Dixon - achievement in the field of civic and political leadership, and William Simons, president of the Washington Teachers Union - achievement in the field of labor relations.

Washington AFRO - AMERICAN publisher, Arthur M. Carter, was honored for achievement in the field of journalism.

Dr. Calvin W. Rolark, president of UBF cited all the honorees for "enriching our lives with their love and dedication for the people of Washington, D.C. and its suburbs."

Dr. Rolark reported that during the past year, the Fund had added seven new member agencies and that in partnership with the United Way, the nine - year - old UBF had grown into a nearly $1 million charity foundation.

"That," he said, "makes UBF the number one black charity foundation with full payroll deduction privileges across the country."

Wine drinking helps the aged

Dr. Robert Kastenbaum, nationally recognized for his clinical research with older Americans, declared recently that "wine does wonders" to help many elders recapture the "personhood" that is often lost with advancing age and debilitation.

Kastenbaum, who addressed the Society of Medical Friends of Wine, began introducing wine into geriatric patient care in the early fall at Cushing Hospital, Framingham, MA, where he is currently hospital superintendent.

In recent years he has extended his research to the independent elder community.

Upon entering the hospital more than 15 years ago, which housed more than 600 residents averaging more than 80 years old, Kastenbaum told the physician audience he observed that the "gloom, apathy and tightlybound tension displayed by many of the residents . . . has more to do with a sense that one is no longer quite a person," than physical illness and impairment.

"Why do we make the old man take his medicine when, for example, we are more likely to enjoy a drink? Do we force old people into an exaggerated and fixed position of dependency?", he asked himself.

Then deciding that something needed to be done to "transform the emotional climate" and move away from "drug-dependence on the part of geriatric medicine," Kastenbaum said he turned to wine to test its mood modifying effects.

In controlled experiments where one or two glasses of wine have been consumed by elders on a daily basis, Kastenbaum and his colleagues discovered the following effects:

— At Cushing, male patients slept better and reported better morale, and for the first time in the hospital's history were capable of forming and maintaining group solidarity.

— There was more interaction among the elderly residents and heightened respect for them as human beings on the part of the staff.

— When wine was introduced into the daily routine in a ward of aged men and women, the patients became livelier, more conversant, more interesting and more responsive.

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