Senegal's Senghor visits Washington

MAYOR MARION BARRY addresses the dinner gathering from the podium as he is joined at the headtable by L-R President Leopold Senghor, Madame Senghor, Ambassador Andre Coulbary, Mrs. Barry and Ambassador Donald McHenry of the United Nations.

(AFRO Photo by Milton Williams)

PRESIDENTIAL GIFT: Military aids of President Leopold Senghor hold up a piece of tapestry presented to the Mayor and Mrs. Barry at a state dinner hosted by the Mayor as Madame Senghor talks with her husband President Senghor, while Mayor and Mrs. Barry and the Deputy Mayor of Senegal and Mrs. Andre Coulbary look on.

(Photo by Milton Williams)

FROM ONE FEMALE TO ANOTHER Mrs. Marion Barry presents a token of friendship to Madame Leopold Senghor at the City's state dinner for President Senghor of Senegal as Mayor Barry applauds and Ambassador Andre Coulbary of Senegal looks on approvingly.

SHARING THE DINNER TABLE at the state dinner for the President of Senegal, held Easter Monday at the Shoreham, were L-R Congressman Charles C. Diggs, Councilwoman Hilda Mason and City Administrator, Elijah Rogers.

Poet, scholar, philospher and statesman, the president of Senegal, Leopold S. Senghor, visited the nation's capital last weekend for a busy round of engagements.

Among them were the closing of a Senegalese art exhibition at Corcoran Gallery; attendance at D.C's first state dinner; a visit to Ballou High School and a visit with President Carter and foreign affairs officials at the White House.

The visiting president also attended church services in the District on Easter Sunday.

Accompanied by his wife and other officials of his government, President Senghor returned home Tuesday.

RECEIVING LINE — Greeting in the receiving Line were From L-R Mayor Marion Barry, who hosted the state dinner occasion for the President of Senegal and Ambassador to the United Nations, Donald McHenry who greets President Leopold Senghor.

(AFRO photos by Milton Williams)

D.C. MAYOR Marion Barry and Madame Senghor (L) and President Leopold Senghor and Mrs. Effi Barry at (R), join hands in cutting a birthday cake in honor of Senegal's 20th anniversary of independence. Occasion was the closing of a Senegalese art exhibition at the Corcoran Gallery last Sunday.

CHATTING AT THE MAYOR'S reception for the President of Senegal, Leopold Senghor, Easter Monday night at the Shoreham were (from L-R) Florence Tate, former press secretary to Mayor Barry; John Lewis, State Department; Dr. Basil Buchanan of the Phelps-Stokes Fund and Dr. Herschelle Challenor, U.S. liaison to UNESCO.

BACK TO SCHOOL — President Leopold Senghor of Senegal (2nd from R in front row) visited Ballou High School Monday, accompanied by D.C. Mayor Marion Barry (R) in front row. The visitors were treated to a display by the school's marching band.

—Baptists honor Winston

(Continued from page 1)

most distinguished ladies, was the first black woman to run for the Maryland House of Delegates. Although unsuccessful as a Republican nominee, she is long remembered for her courage in the days when the effort seemed impossible.

Mrs. Winston is National Director Emeritus of the Youth Department of the Women's Convention of the National Baptist Convention USA, the largest body in the world. She is also emeritus as national director of the New England Convention.

In past years she has been many times cited by the AFRO, is a member of the AFRO Honor Roll and recipient of numerous national and local Baptist citations.

The honoree the widow of Dr. Willis J. Winston, is confined to Maryland General Hospital as the result of a fall and may not be present to accept her gifts.

At a glittering affair on June 11, 1971, the late Gov. Theodore R. McKeldin who was mayor of the city extended greetings to Mrs. Winston.

Mrs. Graves presided then as she will at the Saturday affair.

Among distinguished guests expected are Dr. Mary O. Ross, the national president of the Baptist Women's Convention who will arrive this evening (Friday) and remain to address the Sunday services at Enon Baptist Church.

Also present is Mrs. Tiny Leak Kirksey of Washington; the Eastern Regional director of the National Baptist Convention who is director of the North East Baptist Youth Convention. Serving as the over-all chairman of the meeting here, Mrs. Kirksey will preside.

Among others are Dr. Myra Taylor, Atlanta, who is chairman of publications; Dr. B. F. Johnson, president of the parent body, from New Jersey; Mrs. Ruth Wells, co-director of the NE Baptist group, Philadelphia;

Miss Melinda Williams, president of the United Baptist Women of Maryland; Miss Helen V. Benton, president of the

Women's Auxiliary of the Lott Carey Baptist Foreign Mission Convention USA; Miss Betty Lynn Cadle, executive secretary of the Women's Missionary Union - Southern Baptist;

Del. Troy Brailey, member of the Maryland General Assembly; Mrs. Maggie Greene, Mrs. Babrilla McNair, Mrs. Hattye Jackson, Rev. Matthew Silver, president of the United BaptistMissionary Convention of Maryland; Rev. Lawyer Swynson, New Metropolitan Baptist Church;

Also, Dr. W. W. Payne, City Temple Baptist Church, Mrs.

MRS. BERTHA C. WINSTON

Betty Johnson, president of the Women's Convention of Maryland, and Mrs. Minnie Washington, director of the Young Peoples Department of Maryland.

Various activities center areund the young people's workshops which will be held throughout Saturday and include instruction on religious education.

The Saturday night banquet at the Holiday Inn - Moravia is chaired by Mrs. Johnson and will conclude the social events.

National research forum on family issues held

Twenty-five America's most prominent family scholars and researchers gathered in Washington, this week to share their insights on families at the National Research Forum on Family issues.

Organized by the White House Conference of Families (WHCF), the two-day meeting is one of the leading events in a process which will culminate in three White House conferences this summer in Baltimore (June 5-7), Minneapolis (June 19-21), and Los Angeles (July 10-12).

The Forum will provide a factual framework for the more than 1,800 delegates attending the conferences.

Stuart E. Eizenstat, assistant to the president for domestic affairs, delivered the keynote address Thursday, in the Caucus Room of the Cannon House Office Building.

Also speaking at the opening session were Jim Guy Tucker, WHCF chairperson, and Dr. Robert B. Hill, director of research for the National Urban League and member of the (WHCF) National Advisory Committee.

Forum participants presented a variety of papers summarizing research in areas reflecting major WHCF themes, including family strengths and supports, diversity of families, discrimination, and impact of public and private institutional policies on families.

Within these subject areas, scholars presented their findings to a panel for its reaction, which was followed by open discussion. Under this format, the subject headings broke down into an examination of topics ranging from the effect of inflation on families, to family violence, to the impact of television on families.

Participants included Dr. Urie Bronfenbrenner, noted sociologist of Cornell University; Dr. Juanita Kreps, former secretary of the U.S. Department of Commerce; Dr. Andrew Billingsley, well-known family scholar and president of Morgan State University and Dr. Mary Joe Bane, author and associate professor at the Joint Center for Urban Studies at Harvard University-M.I.T.

Among the highlights of the Forum was a panel discussion Thursday evening at the HEW North Building Auditorium, which focused on the future of families.

Participants were Dr. Billingsley and Dr. Bronfenbrenner; Dr. James Dobson, professor of pediatrics at the University of Southern California School of Medicine and Jane Howard, author.

—Gallery of Art

Continued from page 28

studied at Fernand Leger's Paris School in 1949 and from 1952 to 1955 in Mexico City.

His paintings and prints belong to many permanent collections including New York's Museum of Modern Art, Boston's Museum of Fine Arts, the French Government's Department of Fine Arts, Jerusalem's Bezalel Museum and many private collections.

In the past 40 years he has had 51 exhibitions from New York to California and has also participated in a traveling exhibit of contemporary American prints shown throughout France from 1951 to 1954.

Now a professor at Boston University, Wilson has taught at Boston's Boris Mirski School of Modern Art, the School of the Boston Museum of Fine Arts and New York's Pratt Institute. He was a member of the New York Board of Education from 1959 to 1964.

In 1946 he held the James William Paige Traveling Fellowship for study in Europe in 1950 the John Hay Whitney Fellowship for study in Mexico. Other honors have included prizes for paintings and prints and citations for book covers and illustrations.

The Hassam Purchase Fund was created in 1946 by a bequest from the American impressionist Childe Hassam to the American Academy of Arts and Letters, the nation's highest honorary society for artists, authors and composers. A similar bequest in 1962 from the painter Eugene Speicher augmented the fund.

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Away from home

Pvt. William H. Hax, son of Mr. and Mrs. Earl E. Hax, 4500 E. Mahtfield Ave., is attending basic training at Fort Knox, Ky.

Pvt. Thomas N. Tudor, son of Mrs. Ann Tudor, 6500 Copper Ridge, recently completed basic training at Fort Knox, Ky.

Pvt. Matthew J. Jones, ons of Mr. and Mrs. Mathew Jones, 900 N. Collington Ave., recently was assigned as a prescribed load list clerk with the 82nd Engineer Battalion in Bamberg, Germany.

Captain Michael B. Tutin, son of Mr. and Mrs. Edward Tutin of 8400 Sandy Plains Rd., has been decorated with the U.S. Air Force Commendation Medal here at Wright-Patterson Air Force Base.

AFRO Street Interview

The Question:

What do you think of President Carter's latest actions in the American hostages situation in Iran?

President Carter earlier this week severed this country's diplomatic ties with Iran, where 50 Americans have been held hostage for five months, and also imposed economic sanctions against that country. AFRO photographer Milton Williams sought the reaction of the man in the street to the new Carter moves. Below are some of the replies given:

CONSTANCE MARTIN

NAT MATTOX

JEAN GOLSBY

GEORGE JOHNSON

HAZEL PHILLIPS

ED JOHNSON

FRANCIS KEENON

ANNE MAY SMITH

JOHN GREEN

FRANCIS KEENON — I would just like to say, what in the hell took him so long in the first place to make that decision?

ANNIE MAY SMITH — Well, it's not really that good right now. I think that he should have done more, like when they let the blacks come home he should have been behind them and made sure all of them came home at the same time.

JOHN GREEN — I think that President Carter is not doing too well, truthfully speaking. From my view point I think that he could have handled it better and ah you know, all of this. What is going on now is uncalled for. I think they could have worked out something whereas he didn't have to say that he was going to call in the troops and get the people from over there, and didn't do it.

NAT MATTOX — Well, I have mixed emotions about it. He initially did impose some sanctions on it, but I think that now that he has broken the diplomatic ties the effect will not be as he would like it to be. I feel that it would probably lead to more serious actions. I don't feel Khomeini has or feels that he can be threatened in any way by the president because of the lack of actions that he has taken.

JEAN GOLSBY — I just think that President Carter has really held the situation; I don't see any other course that he could have taken at the time and before when he first took action, doing nothing, alright, just kind of waiting it out doing nothing. This time, I think it's a little more positive and I think he's thinking to stay away from just really having to go to warfare which I don't think the hostages would come out alive there. I think that he is taking the best course and I trust him this time, because I don't know a better way out, OK?

GEORGE JOHNSON — As far as the president handling the hostage situation I feel as though the embassy situation decision should have been made a long time ago when they first took our people hostage. The relationship wasn't good between the two countries. I feel as though their people should have been sent home for their own safety.

HAZEL PHILLIPS — I agree with what he is doing now because nobody else can do any better.

ED JOHNSON — He's making this decision too late. He should have done something more before it got this far.

A dieter's dilemma —fast food

Eating at restaurants can be a problem for dieters. Serving sizes tend to be large, and calories plentiful. But rather than avoid restaurants altogether, the dieter can learn to choose foods with special care.

Fast food restaurants are major culprits. The average fast food meal contains 900 to 1300 calories while the average female, age 23 to 50, requires only 1800 to 2400 calories for the entire day. All fast food meals need not be off limits to dieters, however; a few adjustments can significantly alter the caloric content of a meal.

Beverages are one pitfall the dieter should be aware of. A 12 ounce soda contains approximately 144 calories while providing little in the way of nutrition.

Coffee and tea without added sugar and diet beverages are low in calories but again do not supply many nutrients. Juice and milk are better beverage choices since they supply relatively few calories but many nutrients.

Salad bars, too, can add calories to a fast food meal. While salads are good sources of fiber and vitamins A and C, salad dressing is loaded with calories.

One tablespoon of French dressing, a small amount for a large salad, contains approximately 70 calories. When choosing salads, be sure to limit the dressing that accompanies it.

Desserts are a special problem since low calorie selections are scarce in fast food restaurants. The dieter is better off avoiding them altogether or else bringing a piece of fruit to end the meal.

Amounts as well as types of foods consumed must be taken into consideration by the dieter. Even nutritious foods, when eaten in excess, can lead to weight gain. Pizza is a good example.

While cheese pizza is a good source of calcium protein, and vitamins A and C, it is high in calories. One half of a ten inch pizza supplies approximately 500 calories.

A dieter could, however, choose one slice of pizza along with a salad (watch the dressing!) for a nutritious and relatively low calorie meal. Hamburgers are another nutritious food which can easily be overconsumed.

While two ounces is an average serving size from the meat group, hamburgers in fast food restaurants can be much larger.

To give an example of how choosing the right foods can make a big difference, the following are two sample fast food meals:

cheeseburger	364 calories
cole slow	138 Calories
whole milk	150 calories
	660 calories
double cheese burger	434 calories
french fries	187 calories
shake	336 calories
apple pie	300 calories
	1271 calories

As can be seen, the bottom meal has twice the calories.

The same diet tips can be used when eating out at other types of restaurants. Sharing is one method of cutting serving sizes and thus calories. Another is to select foods that are not fried or prepared in heavy sauces. Choosing restaurants with a varied menu will help the dieter select foods appropriate for a weight control diet.

A diet must be tolerable to be successful. By choosing foods carefully when eating out, the dieter can enjoy himself while at the same time learning to keep it light!

Firms charged with chicken price fixing

The state has filed an antitrust suit against two Baltimore poultry firms for allegedly fixing prices and rigging bids on the sales of chicken to state institutions.

Attorney General Stephen Sachs filed an antitrust lawsuit in Baltimore Circuit Court against Caplan Brothers Poultry Inc. and Holly Poultry Inc. seeking an injunction to stop the firms from future price fixing on wholesale poultry sales.

A city grand jury returned a criminal indictment against the two firms, charging them with conspiring to fix prices and rig bids on chicken sales to state institutions in the Baltimore area from 1975 through 1978.