GLAMOUR MAGAZINE:

1981 success choices

Iraline Barnes

"We're moving into an era science fiction writers dreamed about only a few decades ago. Who are the people propelling us into the future of Orwell and Wells?

They're scientists, engineers, doctors, research analysts in defense and finance, communications experts, administrators of justice.

Glamour magazine has selected ten women who represent this future wave: a cross section of talented movers, the vanguard among women and the force behind the future.

Among the 1981 Success Choices are:

IRALINE G. BARNES - Washington, D.C.

She's a judge, a collector of Caribbean art, a wine connoisseur and she's also the mother of a 17 - month old daughter.

Iraline Barnes, at 32, was nominated to the District of Columbia Superior Court by President Carter.

She's the youngest woman on this local bench and of 44 judges on the Superior Court Bench, she's one of only three blacks.

As Associate Judge in a court of general jurisdiction, she handles all facets of civil, criminal, domestic, small claims and landlord - tenant matters.

Judge Barnes grew up in Springfield, Massachusetts, attended Howard University in Washington, D.C. and received her J.D. from the University of Michigan Law School in 1972.

Only six years later, she was sworn in as Administrative Judge of the Board of Surface Mining and Reclamation Appeals for the Department of the Interior, responsible for the administrative review of environmental restrictions on strip mining in the U.S.

Judge Barnes was the only woman and the youngest person to sit on this board.

She says she has managed to balance career with family by recognizing her priorities and getting the job done. In fact, she adds, it was the birth of her child that really made her set her priorities straight.

Judge Barnes and her family live in Washington, D.C.

Dr. Edith Higginbotham - Washington, D.C.

Dr. Edith Higginbotham named Glamour's "Success Choice." Of approximately 2500 board certified nuclear medicine physicians, only a small number are women and Dr. Higginbotham, at 34, has devoted her life to this evolving field.

If someone told you to correlate nuclear medicine with non-invasive diagnostic radiology procedures such as computerized tomography and ultrasound, would you know what to do?

Dr. Higginbotham, chief of the Nuclear Medicine Division at Howard University Hospital, does.

"With new computers we can look at organs in the body without surgery," explains Dr. Higginbotham, who completed three quarters of her Ph.D. in physical inorganic chemistry before she decided to becoce a medical doctor. Her computer, she says, is one of the most valuable things to her professionally "A computer is like a piano. It has to settle in and get tuned up."

At tward, Dr. Higginbotham is responsible for the supervision of technical personnel, the interpretation of patient's clinical procedures, consultations with referring physicians, institutions of new procedures and investigative. clinical and technical research.

She completed her internship, residency and fellowship in nuclear radiology at St. Vincent's Hospital in New York City in 1979, then returned to hee own undergraduate institution in Washington, D.C. to become chief of Nuclear Medicine.

Dr. Higginbotham lives in Washington.

Edith Higginbotham, M.D.

ADVICE TO PET OWNERS:

Finding your lost pet

It's the mishap that every pet owner is sure won't happen. But at one time or another, nearly everyone's pet gets lost.

Here are few suggestions from The Humane Society of the United States on finding a lost pet, locating the owner of a pet you've found, and preventing pets from wandering.

Remember that there's no such thing as an escape - proof house or yard. Sooner or later, a gate left open by a delivery person, the arrival of unexpected visitors, or a window left open just a crack will present a pet with the option of heading for the hills.

This inevitability makes it critical to have identification on your pet with your name and current phone number on it, and to check your pet every day to make sure it's wearing that I.D.

Fewer than three percent of all dogs and cats brought to animal shelters have proper and up - to - date identification.

— If your dog spends time in a fenced yard, you should walk the yard frequently to check for holes in or under the fence. Remember that dogs left unattended in yards can nearly always find some way to escape.

— Keep a full - figure photo of your pet on hand. This can be critical in writing an accurate description, especially if it's a mixed breed or in identifying your pet when it's found.

— Cats should be allowed outside only under supervision, but it is still important that they wear identification.

If you don't want to invest, in a collar and tags, you can use a simple strand of elastic (measure the neck and add one - half inch) with your phone number printed on it in magic marker.

This isn't a very good I.D. for dogs, however.

— The sooner you take action, the better your chances are of finding your pet. Don't sit and wait for the animal to come home by itself.

Use the first few hours to check around your neighborhood, alerting neighbors that your pet is missing.

It is especially useful to notify postmen, delivery men, young people who deliver the paper, and anyone else who works outside from door - to - door.

— If you can't find the animal immediately, write its description and your name and phone number on index cards. These can be handed out as you search.

— Be sure to check with both local veterinarians and all of the animal shelters in your area. It is important to visit the shelters in person.

Often your pet may be at the shelter, but shelter personnel are unable to

(Continued on Page 11)

Fat or pleasingly plump

By Marcella S. Kreiter

CHICAGO — If your bathroom scale tells you you're too fat, but your mirror says you're not, your mirror just may be right.

Jim Muehlenbein, vice president of Health and Education Services Corp. of suburban Bensenville, says measuring body fat is a much more accurate way than simple weighing of determining whether an individual should go on a diet.

"It is much better to know your percentage of fat than to know what you weigh," he said in an interview. "If you say someone is obese, are you talking about someone who is physically active or works very hard on the job and carries a lot of weight or are you talking about someone who is just fat?

"You don't know what that body is made up of."

Skinfold calipers can provide the answer, he said. These instruments are a scientific version of the pinch test advertised by a major cereal maker, he added.

"When you get on the scale, it tells you what your total body mass is. With the skinfold caliper, you can tell what is fat," Muehlenbein said.

To determine fat content, you take a pinch of skin at 10 specific body locations, including the chin and midriff, and measure the density of the pinch in millimeters.

You then add up the millimeters and compare the total with a chart that determines, with 97 percent accuracy, how much fat an individual's body contains.

"The best way of determining skin fat is cadaver analysis, but most people don't like that idea," said Muehlenbein, tongue - in - cheek. "The next best way is underwater weighing but that's very complex. Next comes skinfold calipers."

Muehlenbein said women must have 10 to 15 percent body fat to be healthy while men ideally should have 5 to 10 percent.

"People go on a diet and say, 'I've lost weight.' You can starve yourself and sit-in front of the boob tube and lose weight, but are you losing fat or lean tissue?" Muehlenbein asked.

"The body will remove muscle tissue first. You don't want that. With the skinfold caliper you can determine what you are losing."

Muehlenbein said skinfold calipers used by coaches and doctors and costing $125 - $200 each have been around about 30 years. Now his company is producing a molded plastic version, the fat - o - meter, about $9.95 each to schools.

"Physical education teachers have always had an interest," Muehlenbein said. "Take a wrestling coach or even a football coach. If he has an athlete whom he wants to put on weight, he wants to know whether the kid is putting on muscle or fat. The only convenient way to determine that is with a skinfold caliper."

He said some school systems are buying enough of the devices to supply each of their schools. He said it is also available to the public but he doesn't expect it to catch on quickly.

"Right now I think people will look upon it as a curiosity," he said.

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Philly Social Notes

Mrs. Bernice Shenon is following the couple's move from the Fairhill section to Germantown this week. Together with the new Mrs. Fletcher Clarence Hutchins, by her very dear friend — just like a favorite sister, Celia described her — is Mrs. Helen O. Dickens Henderson, Department Head of Hospital, University of Pennsylvania, in the elite Cosmopolitan Club.

Guests included: Marsellte Robinson, Minnie Wallace Brown, widow of Dr. Foster Brown; Thelma McKnight, Betty Lucas, Connie Pierce, Joyce Syres, Celia Martin, Kay Tunnell, Thelma Loving, "Weedie" (Edith) Daniels Dixon, Shirley Boddy, and the guest of honor's two granddaughters, Michele (Shelle") and Dawn Newbell.

Winding up the holiday go, go, go festivities — festives and a few friends gathered at the home of Peter Shelton.

He saw to it that they enjoyed a deliciously bountiful piping hot gourmet selection — tasty goodies, choice wines and liqueurs — all en buttet. Glad greetings and happy chatter among the arrivals.

The guests included a charming, young neighborhood couple, George and pretty Barbara Golden and their three very smart youngsters. Dr. Donald Rouse and his chic wife, Barbara Miller Rouse. Barbara Rouse, an early childhood classmate in a popular local and national children's club, to which both she and Peter belonged.

Mrs. Elaine Askew, a high school teaching colleague of the host; Miss Linda Donaldson, and two guests, the Melvin Howells, (Thelma Truitt Howell, junior high school Spanish teacher);

Jessie E. Morris, the Wardell A. Hamptons Sr., and two of their accomplished daughters, Marie D. Hampton, Temple University Masters Degree, Pleasantville, N.J., school teacher, and Rosalind Hampton, Moore College of Art alumna, and designer;

And one of the Hampton grandchildren, little Amala, (The mater familias, Amelia Campbell Hampton is also a school teacher.

The Robert Longleys, (Edith Custis of registered nurse contingent), Germantown, the Harry A. Monroes, of Gwynedd Valley, and their stun, very self - contained Texas pilot son, Harry III, graduate of Florida Institute of Technology, in aeronautics and administration.

Happy, the dad, a former overseas veteran who, if and when he left the U.S. Reserves, will later, chemistry researcher for U.S. Government Agency in N.E. Philadelphia.

He was one of a team of three publicized prize - winners for a discovery, now retired. Wife, Phyllis Braxton Monroe is a suburban school teacher.)

Also, the Leon ("Dickie") Boyers, (Leon, given a testimonial for his years of service with G.E. and Florence, his wife, Temple University alumna and a local school teacher), with their three grown children: Jeffrey, Victoria, ("Torrie"), and Dorothy.

The Earl Boyers, of Wynnefield, and son and daughter - in - law, Vincent and Denise, and their little personality - girl, Elena.

(Mildred and Earl are also parents of scholarly Oxford University, England, graduate student, Patricia Estella — "Patty Boyer");

Also, Esther Cowdery Stafford of the Cheyney State College personnel staff; Maude Evans Haskell, and brilliantly talented musical daughter, Anna; and a quick Happy New Year, and goodby to the lushed Dr. William Cousins, who with his wife Ella, were dashing off to a previous dinner engagement.

Widow Marion Durham (Mrs. Stephen) Cuyjet, the sine quoi non hostess for her club, the Do Chi Ki, on Sunday at a dinner for them at Fishers Restaurant, in far northeast Philadelphia, on Sunday.

Members Josephine Beard Poindexter, Freida Russell Durham, Camilla Fortune Coverdale, Frances Hamblin, Felicia Blue Griggs, Juanita Nickens, Inez Alexander, Juha Lewis, Ruth King.

FINALISTS — Mayor Thomas Bradley of Los Angeles presents a plaque to David H. W. Ketchewell of Gordon's Dry Gin Co., honoring the company for its efforts in behalf of black communities. Six finalists look on: (l to r) Michel Claiborne, Mary Purvis, Miriam Shorte, LaJuan Hall, Sy'Ne Patterson and Princess Dugan. The winner, to be selected by votes of residents in the community, will receive about $1,500 and be featured in ads for the sponsoring company.

—Advice to pet owners

(Continued from Page 10)

match the animal with your description. Time is also an important factor with shelters, some of which may hold animals for as little as three days before euthanizing them because of overcrowding.

— Post signs, with a picture of the animal if possible, on telephone poles, at playgrounds and schools, and anywhere community residents are likely to see it. Newspaper ads, which cover a larger area, may also be helpful. Even a modest reward adds a bit of incentive for people to help you find your pet.

— Don't give up. Many pets turn up weeks or months after they disappear. Keep checking the animal shelters every few days.

When you find a pet remember that offering a haven to a loose animal means you'll also need to assume the responsibility of making a thorough search for its owner.

Your decision to pick up or take in an animal you see wandering loose should be based on whether or not the animal is in immediate danger. A dog with a collar and no tags trotting down the sidewalk may well be on its way home.

On the other hand, if that same dog is trotting down the median strip of a major highway, you should act.

— Notify everyone you can think of that you have an animal. Many newspapers and some radio stations run "found" ads as a public service. Don't just wait and expect the owner to come to you.

— The best way to reunite a lost animal with its owner is to put it where the owner will find it — meaning the local animal shelter. In some communities, it is even illegal for you to house a lost pet. So be sure to check with local authorities on this.

— If you do decide to keep the animal until the owner shows up, be careful to whom you release it. When a person tries to claim the animal don't be embarrassed to ask for identification and the name of the animal's regular veterinarian. The animal should respond to its name and to the person claiming it.

NNPA FEATURE

COPING
by
Dr. Charles W. Faulkner

How to Change Your Behavior

Don't believe that well - traveled myth that says that you cannot modify your behavior and be happy. Follow this advice:

1. **Be happy.** Stop feeling depressed, guilty and angry. The only guilt that you must have should come from your complacency in not making yourself happy by failing to take charge of your life.

The natural state of human beings is a healthy and happy one. No one has to be unhappy. No one was born unhappy.

If you have self - defeating behavior, it is because you learned it. You can just as easily learn self - enriching behavior that will make you happy.

How? By being the boss of your life and doing the things that make you happy. Don't wait for someone else to make you happy. Do it yourself.

2. **It is easier than you think to be cool, calm and collected.** There is no necessary reason for you to be angry with a friend, unhappy about a relationship, tense about a problem. You control your own feelings.

You can make a decision now not to become upset at the anger of another person. If you think that you will not become upset, you will not become upset.

You control your emotions, not someone else. When you become unhappy, it is because you made yourself unhappy. Don't let it happen.

3. **You can change bad habits.** The decision is yours. When you decide to get rid of a bad habit and to change your behavior in a positive way, your decision will make it happen.

Are you serious when you say you want to change or are you attempting to fool yourself with a lot of meaningless talk? It will happen. You're the boss.

4. **Do it and be happy.** Stop devoting so much time and energy to wondering if you are doing the right thing. You are a unique person and have the right to unique ideas. Everyone does not become happy by doing the same thing.

Take a chance and put your own ideas into action. Just might work. Just might make you and others happy. Try it and see.

5. **Look ahead.** Leave the past alone. Whatever problems occurred in the past have happened. They are gone now. Start living your life in the present. Be a "now" person. Answers to your problems are probably right at your finger tips and not buried somewhere in the distant past.

You have as many brain cells as the most famous person who ever lived. You can create just as well as anyone else.

Your problem is not a lack of ability. Your problem is failing to put your ability to work. Start today. Make today the beginning of a new wonderful period of your life. Have courage and find happiness within yourself.

If you have questions you would like answered direct them to Dr. Charles W. Faulkner, P.O. Box 50016, Washington, D.C. 20004.

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From the author of *Vibration Cooking*

Hosting without hassle.

"Whether you're serving six or sixteen, the ideal menu should allow the cook plenty of time to enjoy the food!

Here are a few simple rules for accomplishing that:

- Keep it simple—the less complicated the preparation, the more time you have to spend with your guests.
- Make it different—show your company how special they are by serving a meal that's different from the same old meat and potatoes.
- Make it economical—with today's prices, how else can you afford to entertain?

This menu is designed with these basic rules in mind. The Country Style Pork Chops stuffed with STOVE TOP® Cornbread Stuffing Mix and made with SHAKE 'N BAKE® Seasoned Coating Mix for Pork will look and taste as though you've spent hours in the kitchen. The Vegetables in a Blanket are made superb with OVEN FRY® Coating for Chicken—Crispy Crumb Recipe. Superb because they're so easy to make, and so delicious your guests will still be raving about them well into dessert.

Which brings us to the last rule: make it delicious! When the food is good, it does a lot of the entertaining for you. Enjoy!"

Verta MacSmart-Grosvenor

VEGETABLES IN A BLANKET
Quick 'n crispy

1 medium eggplant
1 large zucchini
¼ cup peanut oil
1 packet OVEN FRY® Coating for Chicken—Crispy Crumb Recipe
2 eggs
1 tablespoon water
¼ teaspoon onion powder

Cut vegetables into ½-inch slices. Spread oil in 15 x 10 x 1-inch jelly roll pan. Empty packet of coating mix onto waxed paper or into bowl. Beat eggs in a bowl with fork; blend in water and onion powder. Dip vegetable slices into egg mixture. Then place in coating; turning and pressing to cover completely. Arrange slices in single layer in pan. Fry in oven at 425° for 15 minutes. Turn and fry 5 minutes longer. Remove from pan at once. Makes 4 servings.

COUNTRY STYLE PORK CHOPS
Simple and delicious

6 loin pork chops, 1 inch thick
Dash of pepper
½ cup chopped celery
½ cup chopped onion
6 tablespoons butter or margarine
1 package (6 oz.) STOVE TOP® Cornbread Stuffing Mix
1½ cups hot water
1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Pork

Cut slit to bone in each chop to form pocket; sprinkle with pepper. Sauté celery and onion in 2 tablespoons of the butter in skillet until tender. Remove from heat. Add remaining butter, contents of Vegetable Seasoning Packet, and hot water; stir to partially melt butter. Add Stuffing Crumbs; mix to moisten and let stand 5 minutes. Spoon about 3 tablespoons into each pocket. Moisten chops; coat with seasoned coating mix and bake as directed on package. Place remaining stuffing in small casserole; bake 15 to 20 minutes with the chops. Makes 6 servings.