Fraternal Organizations unite to flex $$ muscle

Members of the Council of Presidents — a consortium of presidents from the eight black Greek-lettered fraternal organizations — met recently and hammered out a "Convention Bill of Specifications."

According to this dictum, member societies will leverage their collective clout to assure that sites where conventions are held are accountable to black aspirations at every level of the economic spectrum including employment, corporate contributions, use of black-owned banks and use of professional services.

Members also pledged to offer a similar "litmus test" to airlines and hotels constantly deployed for their respective travel needs.

In attendance at the meeting were the national presidents of the following fraternal organizations: Faye B. Bryant, Alpha Kappa Alpha Sorority and chairperson of the Council; Hortense Canady, Delta Sigma Theta Sorority; and Edith Francis, Zeta Phi Beta Sorority.

Also present were Bonita Herring, representing Dr. Rajesta Perry of Sigma Gamma Rho Sorority; Ted Smith, representing Randall Bacon, Kappa Alpha Psi Fraternity; John Epps, who stood in for Dr. Moses C. Norman, Omega Psi Phi Fraternity and James Blanton who represented Charles Teamer of Alpha Phi Alpha Fraternity.

Ms. Bryant indicated that member organizations are moving to parlay their economic power when considering that research reveals that blacks spent $2.5 million in 1985 attending conventions.

Of this figure, Greek letter fraternal organization — with a collective membership of one-half million — spent a disproportionate amount hosting their respective conventions. She projected that by the year 2,000, that figure is expected to climb to $5 million.

She further noted that there are 29 million black Americans with an aggregate estimated income of $203 billion and that by the year 2000, it is expected to double to $406 billion.

"With this type of economic leverage, blacks can flex their muscles and wage a campaign to make host sites where we spend all of these dollars, accountable to our needs," declared Bryant.

"Through such a power initiative," continued Bryant, blacks can significantly impact the economic plight of blacks and put convention sites on notice that if they want our dollars, they must be prepared to accommodate our needs."

Specifically, when confirming a meeting site, the litmus test that will determine whether the site will be considered revolves around the following:

— number and level of black/minority employees;

— number of blacks on Board of Directors;

— company's affirmative action program;

— number/percentage of black/minority suppliers, vendors and contractors;

— company's use of black-fessional services (accountants, lawyers, insurance brokers);

— comapny's use of black-owned banks;

— company's support of black organizations on the national and local levels;

— company's use of black media in its total marketing program.

As a adjunct to this, the Council of Presidents agreed to target airlines and hotels that are the beneficiaries of their monies and apply a similar barometer to them.

President Bryant added that the black Greek-letter fraternal organizations are taking the lead in such an initiative because of the leadership role they have historically played in effecting social change and because of the tremendous economic leverage their members wield.

"Hopefully," declared Bryant, other black organizations will resolve to join us and adopt a similar plan of action. By joining us and flexing their economic muscles, we will make a significant dent in striving to attain economic power for all of Black America."

St. Agnes Hospital offers exercise program

The Respiratory Therapy Department at St. Agnes Hospital has expanded its pulmonary rehabilitation program to include a closely supervised outpatient exercise program designed specifically for patients with chronic obstructive pulmonary disease (COPD).

The program is open to anyone suffering from COPD (i.e., asthma, bronchitis, emphysema) upon physician referral.

The objectives of the outpatient exercise program are three-fold:

1. to increase physical work capacity by improving walking and ventilatory muscle endurance,

2. to increase the patient's awareness of the disease process and therapeutic interventions,

3. to improve the patient's ability to deal with physical and emotional stress.

The program consists of 24 to 36 individualized exercise sessions; held three days a week for 8 to 12 weeks. Each session lasts from 45 to 60 minutes and includes gradual warm-up exercises, treadmill training, and cool-down exercises. The exercise is prescribed according to the individual data obtained from a graded exercise test performed prior to starting the program.

Educational sessions including anatomy, physiology, diseases, medications, exercise and therapy are also provided.

Ventilatory muscle training (inspiratory loading method) is done in the home using a simple, inexpensive breathing device designed to improve endurance of the breathing muscles. Ventilatory muscle function is evaluated weekly and the exercise prescription is adjusted accordingly.

For further information regarding the outpatient exercise program, contact Luke Gosselin, Respiratory Rehabilitation Specialist at St. Agnes Hospital, 368-7489.

The new dream: a home-based business

One third of all American workers dream of making a living working out of their homes. If you're thinking about joining the estimated 10 million who already do, here are some tips for success from the January Reader's Digest:

-Choose work you like and can do well. Maybe you can turn a hobby — making furniture, for example — or job-related skill — such as word-processing — into a business. If not that, then research the need for a product or service you would enjoy providing. One woman built a successful business providing home-sitting services for people away on trips.

-Organize yourself. When you work out of your home, you are on your own. Nobody will be there to tell you when to work, what to do or how to do it. You must have iron discipline and be able to set priorities or you could find yourself in trouble before long.

-Check out the laws and regulations governing home businesses. The federal government and 18 states prohibit certain types of work in the home, including the manufacture of various products. Contact the U.S. Department of Labor to make sure what you have in mind isn't against the law. It's also good to talk to your accountant or the IRS to find out about the tax advantages of working out of your home.

-Use your mind instead of money. Most home-based entrepreneurs try to get by on a shoestring budget, which is one of the reasons for setting up shop where they live. That's why it's important not to respond to problems by throwing money at them. As one home business operator told the Digest, "Throw your mind, your energy — your spirit."

-Get help. Going it alone can be a costly proposition, especially when you have to pay for other services you can't provide yourself such as legal fees or tax advice. Try to find a friend or family member who can provide the expertise you don't have and work out an arrangement, perhaps a partnership.

-Know your personal bottom line. Every successful home businessperson has to decide at what point to stop growing in order to keep enjoying the independence of running a small business out of the home.

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For more information, contact: Sgt. A. Selman Wallace, 199 Taylor Avenue, Annapolis, MD 21401 (301) 268-9000.

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Twilah Scarborough

TWILAH SAYS...

This is the year to try something new. This year 1986 be your own power, your own self, your very own woman. Be the model of your life. Endulge in your very own essence, self-woman.

Don't Agonize—Organize.

Go ahead revisit your life style and revisit again and again. This year let us not look back, don't be backward. Strive for straight ahead, look forward and keep striving for this. You should do more for you. You will see, you would have made a very important change for "self."

Get a new perspective on yourself. Start the new year off by saying this is my year and I'm going to make it my year too. Always be a winner to yourself. To have real self confidence, you must first know that you have a self that is worthy of your love. Remember if we are to move through our lives with self-confidence, then surely we have to believe we are worth the time it takes to know and care for ourselves. Let's face it, if you don't take the time to remind yourself each and everyday just how wonderful and capable you are, no one will accept who you are.

Remember as a child we play and act as a child, but upon growing up and being a delightful adult, well good wishes come too. We put away childish things, and though as an adult and act as an adult. We have to stop looking back. We learn how to let go of old angers and resentments. To hear the old anguish, and keep them all boiled up inside ourselves, tends to weigh us down and prevent us from being the positive person. Keeps preventing us from seeing the light. Today, we must move ahead and have a positive faith now.

No matter where ever you are, you are your life style, your life pattern. Your self in control and say you are your number 1 and be good to you, be good to your number 1. Learn to let go and start a fresh start anew.

In the self spirit. You know you can actually smile and hold a sort of laughter with yourself. Why, because you re in the race from the very beginning. You start and you come out on top with yourself. You, me and I right on time, right on target. No hit or miss or missed. In the ever ready self control, self image, self essence, in the best control/self person there's no problem. Everybody is perfect.

Whether you're black, white color of the rainbow, tall, short, full size, thin or somewhere in between you can be better than just okay. It can be perfect!!!

You see, perfection doesn't mean being like everyone else, it means allowing yourself to fill the best and look the best that you can be. You're always in the highlight of yourself, you just go all the way and this is called highlighting oneself. To yourself there should never be a problem with self. This is the year, to try something different. You can count on you. Meet your own match. It is your year 1986. It's more you, looking good, feeling good, keep yourself looking good and fresh. In 1986 we are our own boss.

We are going to gain confidence and discover new whit and energy. The attitude with which you face life each day depends on how much you value yourself and the more pleasant way you see your body and self. What you see in the mirror and the way you feel about what you see in the mirror is important of self.

The attitude with which you face life each day depends on how much you value yourself and the way you see yourself forthcoming. Remenber we are in charge. A person has to know not only where they are going as far as directions is concerned. But we have to stop and remember about all our awareness and positiveness. God is in control and through him we get strength, self images, self awareness and self control in order for us all to function to go on with our positiveness and self esteem and like the old saying onward soldier marching on.

We, you and I are blessed, better than blessed. Let's walk tall, keep our heads in the clouds. Strive to discover something wonderful. Let's get ourselves out of the closet, take ourselves off the back burners and discover the new you.

The first thing you'll find at the very beginning is the new you. Its time you find the new you nobody knows. You are in charge. You are the black warrior. You re in your golden chariot, knock the chips off your shoulder. You want to know what love is, you want to know, look around you and find you. Life is life. Team up with yourself.

Get to know yourself this year of 1986. You are the best novel, you are the nobel peace prize you are Baltimore's best. Each day you are a holiday, each day you bonus yourself. Make yourself your own quality investment. You are always a start in your corner. Guest what!!! YOU—NON FICTION.

FUND RAISER

Soon, we will be getting together again like our centennial. Douglass High School, will be holding its fundraiser in April of 1986. The Douglass High School steering committee and its Douglass AFRO family will furnish more information in due time. So all you Douglass Ducks and united families we'll be seeing you soon.

FOOD FOR THOUGHT

The key to successful leadership is understanding. A great leader needs to know its people!!! Ok!! Tomorrow.

News about Nutrition

Eating a proper diet, along with exercise and enough sleep, may be keys to a healthier life, but figuring out what is good nutrition can seem complicated.

"There's so much information presented about the way to eat well that it often seems confusing, but that needn't be the case," suggests Dr. Dee Graham, a food scientist at Del Monte Corporation.

Graham savs achieving good nutrition is as simple as understanding the basics.

Graham explains, "All foods are composed of three major nutrients: carbohydrates, proteins and fats. with the exception of oils, all food contains water. The three major nutrients and water account for more than 99 percent of food content.

Graham says each nutrient has a unique function, and that all are needed for a balanced diet. Simply, carbohydrates supply energy. Fats also supply energy, as a backup source.

Protein helps build muscles, tissues and carries out other maintenance work. Excess protein is used for energy.

In addition, he says, "The calorie content of food is fuel for the body, providing energy to carry out basic functions.

"Exercise is necessary to maintain a balance between calories consumed (energy added) and calories expended (energy used)."

Eating more calories than what is needed without sufficient exercise will result in weight gain, so the two work together. Excess calories are stored as excess body fat.

Vegetables, which contain more nutrients per calorie than any other food, are mostly water."

To test your nutrition IQ, try answering these questions about food and fitness:

1. Which of these meals would be the best choice before a hard workout?

a. Steak, baked potato, apple pie and milk.

b. Granola bar and high energy sports drink.

c. Vegetable macaroni salad and a fruit blender drink.

2. Exercise demands oxygen. Which nutrient helps move your body?

a. Vitamin D.

b. Iron.

c. Protein.

Answers:

1 - c: Steak, milk and apple pie are too high in fat for easy digestion, while granola bars don't provide enough nutrients.

The vegetable macaroni salad and fruit drink provide ample vitamins and other nutrients, as well as carbohydrates needed for energy.

2 - b: Vitamin D helps form bones and teeth; protein is used to build and repair body tissues. Iron is part of hemoglobin, the oxygen transporter in red blood cells.

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