## —More Partyline

(Continued from page 7)

excitement.

The games of chance included bridge, pinochle, pokeno, bingo and several others, with high scorers winning prizes at cards and individual winners of the other games winning prizes.

It was a fun-filled morning — well planned and highly enjoyed by all Chairperson for the event was Catherine Neal. Mary Fields is Chapter basileus.

### TRAVELERS MARK 12TH YEAR

On November 28, the Travelers celebrated their 12th anniversary at a Post-Thanksgiving affair at The S&R Banquet Room on the Alameda.

Guests fraternized with old friends, dined on the palatable dinner and danced to the familiar music of the D.J. They danced the Charleston, the Cha-Cha, the Twist, the Madison to the now familiar dances the youngsters are doing today. 'Twas such a varied age group attending the affair.

Prizes that had been donated by the club members were presented to fifteen lucky persons who were seated in the "turkey seats." Each person had to look under his/her chair to find a turkey. Such oohs and aahs were heard as the winner opened the gifts. The folk who have been guests of the club always look forward to the "give-aways" each time they are invited to a social affair.

Coordinator Nora M. Etheridge was truly shocked when the club members presented her with a gift for her innovations and kind assistance during the years.

The Travelers were organized in 1974 in the home of Geneva and Gladstone Dobbins after the group had cruised to Bermuda with The Men of Wayland Baptist Church. Everyone had such a fabulous time that they wanted to "get together" and share experiences, slides and pictures. As a result of this meeting, "The Bermuda Bunch" was organized. As the membership in - take changed, the name later became The Travelers.

The original goal of the club was to circumnavigate the globe and socialize once-a-month. To date, they have not circumnavigated the globe. However, they have traveled to the Caribbeans, Los Angeles, Las Vegas, New Orleans, Atlanta, New York City, Upstate New York to Grossingers, Concord and the Playboy, Host Farm and recently to Myrtle Beach, South Carolina. Several Thanksgivings were spent at Mickey Rooney's Resort Tabas in Pennsylvania.

The Travelers is a non-profit, congenial -social club which shares its activities with friends and family members at little or no cost. They make certain that their guests have enjoyed themselves when they are invited to their affairs such as their Christmas Party, New Year's Day Game Activity, Mystery Ride, Super Coach Expedition, Charles Town Races, Crab Feasts, Picnic and Swimming Party.

The Travelers have donated to Santa Claus Anonymous, Mrs. Santa, and this year, to Our Daily Bread.

Officers and Charter members are: Nora M. Etheridge and Geraldine Wilson — Co-ordinators, Helen Lake — Secretary, Clyde Richardson — Treasurer — Business Manager and Hallie Tucker — Program Chairperson, Mary Richardson and William Wilson.

Other members are Mary Alderman, James Chastain, Catherine Greene, Charles and Bessie Griffin and Delores Lewis.

Guests at their anniversary fete were: Mr. and Mrs. Thomas Dorsey, Clarence Frazier, Wendall Jackson, Reginald Lake, Ronnie Powell, Roderick Richardson, Charles Taylor, James Williams;

Also Ms. Virginia Briscoe, Charlotte Dett, Rebecca Dorsey, Charlene Frazier, Lois Harris, Mary Holeman, Anita Horne, Ada Jenkins, Virginia Jones, Frances Langhorne, Barbara MacGregor, Martha Parrish, Beatrice Robinson, Helen Washington, Joan Zander, Veronica Valentine, Roy Adams, Walter Greene, Duane Murphy, Ellis Murphy, Daniel Scott and Gilbert and Frederick Walker from Chesapeake, Va.

### LOVE AND APPRECIATION PARTY

On November 15, the officers and members of Guiding Light Chapter No. 26 O.E.S. Naomi Grand Chapter, Hiram Grand Lodge honored their founder and Past Matron Sister Sandra D. Logan with a Surprise Birthday Party.

The party was held at 1906 Winford Rd.

Sister Logan was overwhelmed with joy and appreciation. She sta' ' ' at "Thank you" was not adequate," Appreciation and gratitude was not sufficient, but the Love she bears deeply in the her heart for All of Us is overwhelming; for Love is the Greatest of All."

Everyone had a fantastic time.

Those attending were: Alice Harris, Cathare Thompson, Muril Lewis, William Jackson, Lucinda Rucker, Elizabeth Jones, Clara McCoy, Roselie Vaughn, Franchetti Chavez, Alreck Hillacks, William Hunter, Margaret Scott, Barbara Forbes, Sallie Chatman, Lawrence Blackwell, Bessie Epperson, Geraldine Williams, Lavon Reynolds, Essie Smith, Reginald Eggleston, Regina Logan

Melvin Green, Quintilla McClary, Rachel Daniels, Alice Williams, Christine Green, Shirley Little, Lelia Hubbard, Mary Wright, Dorothy Ross, Ada Gibson, Janice Roache, Mr. and Mrs. Spector, Donald and Mignon Wratchford, Elizabeth Baxter, Delores Brock, Mable Coats, Betty Dunnigan and William Coats.

### CHUMS HOLD 26TH CONCLAVE

St. Louis was the host Chapter for Chums' 26th Conclave held in late October at the Clarion Hotel in St. Louis, MO.

Present were representatives from 27 Chapters, located in 14 states and D.C., including the Newest Chapter, Columbus, OH.

Other delegates came from Virginia, North Carolina, Georgia, Mississippi, New Jersey, Rhode Island, Connecticut, Michigan, Ohio, Alabama, New York. They were accompanied by husbands or escorts who are called Hums. Special activities were arranged for the men.

Putting on the Ritz — Meet me in St. Louis was the theme used and portrayed throughout the Conclave.

Mrs. Ponjola Brown Priest, National President and Charter Member of the Baltimore Chapter, presided over the business sessions.

Highlight of the three day sessions was the public luncheon. At this time the group presented $5,000 to the United Negro College Fund.

In addition, members of the St. Louis hostess chapter gave $1,000 to the local YWCA.

Through the years, the Chapters have devoted themselves to the betterment of social, civic, and cultural relationships. Their current National Project is focused on "The Black Female." The Chums Chapters are engaged in developing programs relative to the theme; "The Black Female," so that the impact of Chums might be felt on the local level in communities throughout the country.

The following officers were reelected:

President, Poinjola Priest, Baltimore, MD; Vice President, Lucille Gayle, Washington, D.C.; Corresponding Secretary, Bernie McDaniels, Baltimore, MD; Recording Secretary, Ann Bush Edge, Rocky Mount, N.C.; Treasurer, Gertrude Harvey, Atlanta, Ga;

Financial Secretary, Allison Jordan; Hampton, Va; Parlimentarian, Loretta Carroll, Jackson, MS; Public Relations, Ruby Sapp, Hempstead, N.Y.; Member-At-Large, Hazel Williams, Teaneck, N.J.

New officers elected: Historian Journalist, Thelma Cooke; and Sergeant-At-Arms, Barbara Newman.

The next Conclave will be held in Chicago, Ill., July 16-19, 1987.

The National body will sponsor the 1988 Conclave in Freeport, Grand Bahamas, October 20-23.

### ABWA ENROLLMENT EVENT

The Baltimore Inner Harbor Chapter of the American Business Women's Association (ABWA) held its Fall Enrollment Event recently at 3 p.m. at Kappa House located at 4703 Liberty Heights Ave.

As to the purpose of the event, Paula Cullings, chairperson, explained, "to stimulate enthusiam and generate new ideas, there is a continuous need to broaden the scope of ABWA by reaching out to new members. Growth is necessary to maintain a professional network of business women who share ideas and interests to achieve personal and career goals."

Patricia Aquilla, co - chairperson of the event, further stated, "Our main objective at the event was to meet with chapter friends and prospective members for the purpose of introducing ourselves and acquainting them with our policies and procedures."

Chapter president, Marcia Tuck pointed out that "today's business world challenges women to achieve as never before. With more opportunities available to them, women are realizing their potential as a vital force in the workplace." These comments were made as part of her welcoming speech, followed by the introduction of officers and committee chairpersons who each gave a brief overview of their respective committee functions.

The balance of the program consisted of a slide presentation which was designed to illustrate the degree of the chapter's participation in ABWA activities on national and local levels. Prospective members were afforded the opportunity to field inquiries and elaborate on special events and membership rules, prior to actual registration. The remainder of the afternoon was spent in fellowship while members and guests shared refreshments.

At the regular monthly dinner meeting held on November 25th, the membership chairperson reported 27 new members were enrolled as a result of the event.

### IOTA LUNCHEON

Recently, Kappa Chapter, Iota Phi Lambda Sorority, Inc. held its annual luncheon and card party at Meushaw's Motor Inn and Restaurant for the benefit of their scholarship program.

Kappa awards scholarships annually to young women pursuing a business curriculum.

Co - chairpersons for this affair were Mrs. Ruth Ross and Mrs. Christine Frazer. The chapter's president is Mrs. Mildred G. Marlow.

### WOMAN POWER SEMINAR

Officers and members of the Northwest Balto. County Chapter of Woman Power, Inc. attended a three hour Leadership Training Seminar on Saturday, December.

Mrs. Shirley Gravely Currie, Director of Public Affairs for the Joint Action in Community Services of Washington, D.C. was the instructor.

The topics covered included parliamentary procedures, Public Relations, Tips on Speaking; Personality Analysis, Meeting agendas and minutes, Functions of Leaders, Responsibilities of Chairman, working with people and effective listening.

Officers of Chapter are Lillian Dorsey, President of Hope Lewis 1st Vice President, Adrea Nelson, Second Vice President, Adrienne Jones, 3rd Vice President, Angela Hawkins, Recording Secretary, Ruth Horried, Corresponding Secretary, and Barbara Dorsey, Treasurer.

Chapter Members include Margaret Brown, Regina Carson, DeVerne Coleman, Barbara Davenport, Agnes Davis, Marietta English, Bernice Gordon, Barbara Jackson, Beverly James, Lois James, Mills Johnson, Sheila Abrams-Jones, Lillain Moulden, LaFrance Muldrow, Eva Patterson, Caradella Robinson, Brenda Stovall, Roberta Thomas-Russell, Catherine Thompson and Reachel Williams.

### United Black Fund seeking members

The United Black Fund of Greater Washington, D.C. will begin accepting membership applications from area organizations until Jan 31.

Only tax-exempt, non-profit area organizations are eligible to apply for membership. The United Black Fund, Inc. is a grant-making organization, currently supporting 64-member agencies who render human care services to residents in the Metropolitan Area.

New membership applications and guidelines may be secured at the United Black Fund's Office, 1012 14th Street, N.W., Suite 300. For additional information, call 783-9300.

DISCUSSING a conference on improving job opportunities for older workers sponsored by The National Council on the Aging are Bruce Stokes (l), field supervisor for NCOA's Senior Community Service Employment Project (SCSEP); Don Davis (Cntr), associate director for SCSEP and Arthur S. Flemming, former chairman of the U.S. Civil Rights Commission. Job opportunities, housing, health, retirement planning and volunteerism are some of the issues NCOA addresses in serving the diverse needs of the aging.

# Senior citizens honor their own at Christmas

By Robyn-Denise Yourse
AFRO Staff Writer

Genevieve Johnson currently serves on C&P Telephone's Board of Directors. Simultaneously, she is — among other things — the chairman of the Zion Baptist Church Auxiliary Board, a body that oversees all church organizations, a member of the Mayor's Advisory Council on Senior Citizens, and the founder of the American War Mothers.

Additionally, she presides over the D.C. State Council on Senior Citizens, a conglomerate of 200 local senior clubs and churches; and annually, she coordinates the Mayor's Prayer Breakfast.

Last week she hosted the Senior Citizens Christmas Luncheon at the D.C. Armory, a yearly event attended by the Mayor and other District officials.

Genevieve Johnson is 87 years young and shows no signs of slowing down.

She was joined at the luncheon by more than 300 senior citizens from various senior agencies and groups, where Mayor Barry was scheduled as the keynote speaker. But by the time the Mayor arrived, the guests had already eaten and were boarding the buses back to their respective destination.

The Mayor did however, board each bus to address the groups before turning his attention to those remaining inside-including the lady who made it all happen.

The Mayor described Johnson as "dynamic and one of a kind" a sentiment echoed throughout the Armory.

Rev. Carton W. Veazey is the pastor of Zion Baptist Church where Mrs. Johnson has been a member for the past 66 years. He notes that the interesting thing about Johnson is that she has never held a paid government position.

"She is definitely service oriented," says Rev. Veazey. "Her main thrust has always been on senior citizens."

According to Veronica Pace, director of the D.C. Office on Aging, senior citizens currently comprise 17. 2 percent of the overall District population. Although her office provides meals and transportation for some 3,000 seniors daily, she praises the contributions of volunteers like Mrs. Johnson.

"There is a tremendous need for outreach services for seniors other than those provided by our office," continued Pace. "Seniors should be a vital part of the community — you can look around and see that from those here at the luncheon."

And the seniors at the luncheon were indeed vital — like the dance team of Cecilia Barnes and Lawrence McKenize. Both members of the Funtastics Jazz Dance Group, they delighted the crowd with their skillfully styled ballroom renditions.

But whether old or young, everyone contributed to make the luncheon a memorable affair.

Sally Johnston is a volunteer who has worked with the luncheon for the past several years. She describes the experience as giving her great fulfillment and credits Genevieve Johnson with giving her inspiration.

"She is the most energetic lady I know, young or old," says Johnston.

Mary Wilhoite of the DC Armory staff agrees with Sally Johnston in describing Genevieve Johnson.

"This really is her day; we only provided the space," she said.

## —Alphas

(Continued from page 8

Lansey, Jr., Publicity; Bro Leon Jones, Music; Bro. Clayton C. Stansbury, Awards; Bro Ronald Wright, Publicity; Phi Theta Chapter; Bro. Ramon Wright, Decoration and Seating.

Officers are: President, Charles T. Mitchell; Vice-President, Vernon Pennington; Recording Secretary, Mervin Thompson; Corresponding Secretary, Harry Holt; Financial Secretary, Earl Graves; Treasurer, Robsol G. Pinkett; Chaplain, Ward Parham; Historian, Glendi Johns; Dean of Pledges, Vernon Dorkins; Assistant Dean of Pledges, William Coleman, Associate Editor-to-the-Sphinx, Everett Coleman; Sergeant-at-Arms, Larry Jones; Parliamentarian, Joseph Thomas; Director of Education Activities, Cecil Payton and Lay Members to the Executive Council, Eugene A. Austin and Joseph Griggs.

HOLIDAY ART — Several city school children, educators and officials were on hand at City Hall Tuesday afternoon presenting examples of students' impressions of the holidays through the use of painting, drawing, printing and designing. Pictured are, left to right, LuMumba Pierce, Jonah Bryant and Mayor designate Clarence Du Burns, who all are admiring examples of the students' fine works.

# Calendar

### Classes At The Oasis

Registration for the Winter Semester of classes and lectures for the Oasis Club will be held on Jan. 5 from 10 a.m. until 3 p.m.

There will be 10 week courses in painting, puppetry, quilting, knitting, exercise, music, and line dancing. Seminars in Financial Planning, a millinery fashion show, and microwave demonstration will also be offered.

Oasis Older Adult Service and Information System) is located on the lower level of the Downtown Hechts. Membership is free to anyone 60 years of age or older.

For further information and a free brochure call: 396-4799.

### Business Workshop

The U.S. Small Business Administration and the Service Corps of Retired Executives (SCORE) will conduct a one day workshop entitled "How to Start and Manage Your Own Business" on Wednesday, Jan. 7, 1987.

The workshop will begin promptly at 8:45 a.m. and run through 4 p.m. and will be held at the Towson United Methodist Church, Dulaney Valley Road and Hampton Lane (Beltway Exit 27N), Towson, Maryland.

To register and get further details call SCORE: 962-2233.

This workshop is designed for anyone thinking about starting a business or who recently did so.

This workshop will address such topics as organization, business plans, advertising site selection, marketing and others.

### Separation and Divorce

The YWCA Woman's Center will offer "Legal Aspects of Separation and Divorce," on Thursday, Jan. 15, 1987, 1 p.m. - 3 p.m. A private attorney in Annapolis who is a member of the Woman's Law Center will present information about legal rights and legal procedures for obtaining a separation or a divorce in Maryland and problems which can be encountered.

There is no fee, but pre-registration is encouraged. To register, please call 268-4393. The YWCA Woman's Center is located at 167 Duke of Gloucester Street, in downtown Annapolis.

### Red Cross Holiday Feast

The Red Cross, with the help of area restaurants and caterers will treat blood donors to a special "Holiday Feast" from Friday, December 26 through Wednesday, December 31. Located at 2701 N. Charles Street, the Donor Center will extend its normal hours to include Saturday, December 27, from 9:00 a.m. - 3:00 p.m. and Sunday, December 28, from 12 noon through 5:00 p.m.

The "Holiday Feast" will be Red Cross' way of saying "thank you", to those donors who take an hour out of their hectic holiday schedules to donate blood for those hospital patients in need.

BEING CONGRATULATED by the Kensington Lions Club is Benjamin Layton (left) after he received the Melvin Jones Fellowship award from the organization recently. Congratulating him is the immediate Past President of the Kensington group and receives the award from Meredith I. Pattie.

# Artificial intelligence aids hard of hearing

People said it was counter to the laws of physics.

Filtering hearing aid background noise, without also removing most of the speech, seemed insoluble, says C. Donald Causey, director of the Bio-Communications Laboratory at The Catholic University of America.

But using artificial intelligence to eliminate background noise results in a 10 to 30 percent hearing improvement in the presence of noise for hearing aid users and provides hope for more hearing advances in the future, says Causey. Improvement varies depending on the degree and type of hearing loss.

"Seventy-six percent of hearing aid users claim that noise in the environment is their biggest problem. For them the worst situation is to separate what they want to hear when several people are talking in a crowded, noisy room or when background air conditioner or traffic noises are present," says Causey.

Causey, an audiologist, worked with Daniel Graupe, an electrical engineering professor at the University of Illinois, in developing a computer chip for hearing aids.

The microprocessor that resulted from their work has the unique capability to differentiate speech from noise and then to filter the noise selectively in whatever frequencies it exists. It works on a continous basis, automatically adjusting according to the noise in the environment.

Hearing aid manufacturers have traditionally tried to handle the background-noise problem by designing mechanisms, such as a tone control, that indiscriminately cut low frequencies when the user activates it, says Causey. "The theory was that most noise is low frequency, and if the lows are cut the noise is eliminated. Bu that solution has been of limited effectiveness because often the noise is in the mid or high frequencies. Also with that technique, sometimes more frequencies are removed than is necessary or desirable."

The new chip is being used in both behind - the - ear and in - the - ear models supplied by four manufacturers. Other manufacturers are expected to use the chip in 1987.

When considering the purchase of a hearing aid, people should take advantage of trial periods offered by hearing aid companies. "Trial is one way an individual can find out just how effective the aid will be," concludes Causey.

# New sickle cell publications released

Three new publications from the National Association For Sickle Cell Disease, Inc., (NASCD) address major issues which affect persons with the sickle cell conditions.

They include prenatal diagnosis of sickle cell anemia, advice for parents and teachers of children with sickle cell anemia, and the advantages of summer camp programs for these children.

Dr. Charles F. Whitten, NASCD president, said the group took the position on prenatal diagnosis of sickle cell anemia, because "one of the recent advances in the sickle cell field is the ability to make this diagnosis early enough in the pregnancy for parents to make a judgement as to whether or not they wish to continue the pregnancy."

"We are convinced that unless our position is communicated and adopted, a vast number of women with sickle cell trait who are carrying a fetus with sickle cell anemia, will be advised by their physicians to have a termination, without any indepth counseling," he said.

The NASCD goal for prenatal diagnosis is to have all women who are pregnant with a child with sickle cell anemia to be able to make informed decisions that they believe are in their best interest with respect to continuing or terminating the pregnancy.

The NASCD pamphlet, addressed to individuals with sickle cell trait and to physicians who provide health care to the Black population, describes the required services to achieve that goal, the nature of the counseling that should occur, and the appropriate service providers.

A second new publication, a Parent Teacher Guide, tells how parents and teachers can work together to achieve school success for children with sickle cell anemia.

Dr. Whitten said the handbook is an attempt to resolve one of the major problems is sickle cell disease - the fact that the overwhelming majority of adults with the disease are not self-sufficient, and many are unemployed, on public assistance, or being supported by their families.

"We need to break that cycle," he said. Many individuals with sickle cell disease are capable of handling any occupation other than one which requires heavy manual labor, but there is a marked discrepancy between their innate abilities and their current status.

"Since there are very few jobs which do not require an education, we must begin with the primary school education process, looking at how children with sickle cell anemia can get the special considerations they might need to have a successful school experience," Dr. Whitten explained.

# Freedom from smoking clinic being offered

The American Lung Association of D.C. will be kicking off the New Year with a Freedom From Smoking (R) clinic at the National Capital YMCA in downtown D.C. The popular smoking cessation class will meet once a week beginning Tuesday, Jan. 13, at 6:45 p.m.

For more information or to register call Lori Rogovin at 682-5864.

"The timing of this clinic is perfect for those who are serious about keeping their quit smoking New Year's resolutions," says American Lung Association of D.C. Board member Ina G. Morgan. "After our record - breaking year in 1986, we are very excited about getting our 1987 Freedom From Smoking (R) clinics off to a start."

Freedom from Smoking (R), now in its sixth year nationwide, has so far offered 65 clinics in the District of Columbia, giving 1,000 graduates the opportunity to begin living smokefree lifestyles. The program provides tips to quit smoking, information on how to stay quit and helpful hints about stress management, weight control and fitness.

The program also features the Winners' Circle, a post - clinic component for those who need continuing support in their efforts to remain smokefree.

*IN FOCUS*

# The woman behind top man at HU

By Bonnie R. Keys

Although Celestine Williams Cheek, wife of Howard University President James E. Cheek, is often seen at ceremonial functions, many in the university community don't really get a chance to know her.

For the past 33 years, she has been the captain of the Cheek home, raising two children while hosting dignitaries, faculty, students and staff. Now, she says, the time has come for her to retire from her career at home and venture back into the community.

"I have always wanted to design clothes," she said. "When I was 11 years old I designed a dress for my 3-year-old sister." She laughs, "If he (President Cheek) had retired while we were younger, I would have made it a vocation, but now I'll probably do it for the fun of it."

Cheek, who describes herself as a "home person," says the happiest time in her life was when the children were growing up. Now, her son, James Jr., has graduated from Howard and daughter Janet is a senior majoring in chemistry.

"The decision for both Jimmy and Janet to attend Howard was their own," she stresses. From the time Janet was 11 years old, she planned to attend Howard. James Jr. attended Morehouse College, where he stayed for two years before transferring to Howard.

Appearing somewhat amused, she said, "Janet thought that she was going to be a school separate from him, but before she could enter her freshman year, he was back at Howard."

"But," she pointed out, "it was completely their decision to attend Howard."

Contrary to what many people may think, she says, her children did not get any special privileges. "It was just the opposite. They got no favoritism, none at all. In fact, I think the teachers made it more difficult for them."

"We talked with them before they started school to warn them that they might have a harder time. I don't think they mind," she said.

About students today, "I'm quite proud of them. I think they've finally grown up. They are more serious. Before the '60s they were serious but it

was a different kind of seriousness."

"They knew that everything was cut and dried...you entered an elementary school and you knew what high school you were going to and you made a decision about going to college. Now, there are so many different decisions to make," she said.

She met her husband at Shaw University in 1951. "It just happened one day," she said. "I was sitting in the cafeteria and I'm told that he said to some of his friends, 'See that girl over there? That's the girl I'm going to marry."

"They brought him over that same day," she continued. "I was shy as usual but we spoke and said a few words." After a two-year courtship, they were married in 1953.

She taught school for eight years, moving often in the early years of their marriage while she furthered his career. In Fort Barnswell, N.C., she taught English and French. And, because it was easier to get jobs teaching elementary education, in Rochester, N.Y., she taught first grade; Elizabeth, N.J., kindergarten; and in Richmond, first grade again.

Though she opted to stay at home when the children were born, she says, "The way I did it is not always the way that people think you should do it. I gave up my career and took care of the family and my husband and the house. I am not in favor of every woman doing it. If they have a career that is important to them, then I think they should try to do both with the help of the spouse. I stress that very highly: that the husband and wife work together." "Whatever the preference," she says, "do it together," she said.

"I didn't mind giving up my career as a teacher. I knew that he would be busy and I felt that one of us should be home with the children. He's the kind of person that when he has a job, that's his life," Cheek went on.

Now that the childen are grown, she has also made a partial return to the classroom. A few years ago she became a volunteer with the District of Columbia Public School's Operation Rescue Program tutoring students at Patterson Elementary School in Anacostia. She finds teaching today very different from when she began."

"It's a totally different environment, but I enjoy it," she said.

Reminiscing about the past has made her think about her childhood. She was born in Newton Grove, N.C., into a family of 13 children. She attributes her being a tomboy-

CELESTINE WILLIAMS CHEEKS

climbing trees and playing basketball-to spending a lot of time with her brothers. She was the ninth child with a brother before and after her. However, she says, she was named "most ladylike" in high school.

Though the Williams family was large, she says, life was

not hard. "My father owned a farm and there was lots of space and lots of fun out in the country."

Always good at cooking, which she says is one of her hobbies, she remembers the years when her husband was president of Shaw University and there was no money in the budget for entertaining. She had to prepare as well as serve all meals. Her culinary skills continue to come in handy because she routinely entertains the members of the board of trustees, vice presidents, deans, directors, faculty and student leaders.

With Christmas approaching, she is plannng her annual Christmas celebration with some students and fraternities.

She has traveled quite a bit with her husband on university business-throughout the Caribbean, Mexico, Japan, Taiwan, Iran and Greece. "He has been to several countries in Africa, I've been to Egypt and Senegal." The most interesting country was Russia, she says.

*CHILD WATCH*

# Careful Christmas shopping

By Marian Wright Edelman

As we shop for gifts for our children this holiday season, we try to find toys that are enjoyable and fun. But we must make sure that we select toys that our children are able to play with safely.

Unfortunately, under some circumstances, toys can be dangerous. According to a recent press release from the U.S. Consumer Safety Commission (CPSC), hundreds of thousands of children were treated in hospital emergency rooms last year for injuries associated with toys, bicycles, roller skates, sleds and skateboards.

Twenty-two children died from toy-related accidents.

The report points out that some of these deaths are not the fault of the toy itself but due to the child's inability to safely play with the toy. For example, deaths can result from children choking on balloons, small balls and marbles. Tricycles or other riding toys have been involved in at least 194 fatalities since 1974, primarily when children rode these toys into the paths of vehicles or into pools.

As parents, we can reduce the risks to our children by following a few simple guidelines in picking out toys for our children and supervising their use:

Select toys with an eye to the age, skills and abilities of your child. Often, labels will not tell you if a toy is hazardous for children younger than the recommended age listed.

For help, write for a copy of CPSC's "Which Toy for Which Child: A Consumer's Guide for Selecting Suitable Toys," available in a Birth Through Five or Six Through Twelve edition. Write U.S. ConsumerProduct Safety Commission, Washington, DC 20207.

Look for sturdy construction. When buying soft toys for young children, make sure you purchase well-made items on which eyes, nose, or other small parts are firmly secured. Stay away from toys with long strings or cords that may cause strangulation.

Keep away from complicated toys, especially for young children. Electric toys with heating elements are recommended only for children over eight years old, and only as long as there is adequate supervision. Avoid toys that shoot or propel objects that may injure eyes or get lodged in the throat.

Check all instructions to make sure they are clear to you.

Give protective equipment to the skateboarder in your family. Skateboarding is not only popular, but dangerous. Twenty-five thousand children were treated for injuries associated with skateboards last year alone.

Protective equipment like helmets, padding and gloves can help cushion a fall or protect your child from scrapes and scratches.

Once the toys are purchased, a few simple ground rules can increase safety. Be willing to supervise games that need adult supervision. Teach older children to keep toys that may be hazardous away from younger children. Keep children playing with riding toys away from stairs, traffic or pools.

Have a safe and happy holiday season!

*COPING*

# Take charge of your life

By Charles W. Faulkner

**Dear Dr. Faulkner:** I have lost all reason to live and am continually depressed. My parents (especially my father) want me to fulfill their dreams and expect too much of me. My father sent me away to college where I just don't fit in. My grades have been terrible. Two weeks ago I went to a fashion show on campus and two disappointing things happened. A fellow I admire passed by me and did not speak.

Also, I sat there seeing all those beautiful ladies modeling and it made me cry because I wanted to do the same thing. But I have gained too much weight and lack confidence in myself. That night I couldn't sleep and wanted to kill myself. What else can I do? Please answer soon.

**B.M., Atlanta**

**Dear B.M.:** The immediate thing that you must do is consult your local American Psychological Association and request reference to a competent counselor who is trained in administering to your problem.

Next, you must realize that you have the power to assert tremendous control over your life and resolve your problems in the process. You identified three areas that have contributed to your depressed state: your college studies, your social life, and your self-image.

Each of these issues is resolvable by you and your determination. You apparently are a normal young lady. No one is going to give you the success that you want.

However, you can give it to yourself, but, first, you must decide whether you are prepared to pay the price. If so, go to work.

— **Your studies:** Work out a study schedule, consult your professor for advice about the best study materials and tutorial services available, moderate your study load and work hard.

— **Your social life:** Join a church club (if you are religious), volunteer your services to a social or political organization, join a college study group, display an interest in other people, wear attractive clothes and hairstyles, and participate in everything that suits your taste (don't over extend yourself).

— Your self-image: If you want to be a model, you can accomplish your objective. Are you overweight? Go on a diet. Exercise. Do you need to know more about make-up, hairstyles, and clothes? Get some books from your library or join a modeling class. You can improve any aspect of yourself.

Today, no person should feel insecure about their appearance because every physical feature can be changed or corrected, medically or behaviorally.

DEC 1986