

For The Ladies

National Black Women's Health Project Appoints New Executive Director



CYNTHIA NEWBILLE-MARSH

Atlanta — Ms. Cynthia Newbille-Marsh has been named Executive Director of the National Black Women's Health Project. She assumes management responsibilities formerly held by Bylye Avery, who has been elevated to the newly created post of Founding President.

Newbille-Marsh previously was director of the Head Start program at the Charles Drew University of Medicine and Science in Compton, California. She managed an annual budget of five-million dollars, which supported 18 school sites, a health clinic, a nutrition center and administrative facilities serving 1,252 low income children and their families. "Social service must put more emphasis on promotion/prevention (before there's a problem) rather than

on intervention (after a problem has surfaced)," said Newbille-Marsh. Guided by this philosophy, she established several unique programs at Head Start which gained national attention because of their successes.

Chief among them were the Parent Policy Council, which enlists parents in the co-management of various Head Start activities, and the management of a Parent Training Center, which offered job-training and self-esteem building to low-income parents. The purpose was to empower parents to take control/change their life circumstances and thereby, positively affect the lives of the children. "We only had the children for half of the day, for approximately 8 months out of a year. If we were to have a long-term impact



Cookbook Cutouts

Light Italian Supper Garlicky Shrimp & Artichokes

Garlic Shrimp with Noodles combines shrimp and artichoke hearts in a light garlic and olive oil sauce. Garlic lovers will note that shrimp seems to intensify the garlic flavor. These delicate favorites absorb the flavors of herbs and spices so thoroughly they seem made for one another.

Like shrimp, artichoke hearts perfectly complement spicy dressings and sauces. Toss them both on a bed of noodles. All the other spices are already in the packaged Lipton Noodles & Sauce - Butter & Herb. With a few simple additions, this mouthwatering Italian-style dinner is ready to eat.

Serve this dish with a dry white wine, a tomato salad and Italian bread. Fresh summer berries finish the meal. For more great recipes with Lipton Side Dishes, send check or money order for \$1.75 made payable to Thomas J. Lipton Company to: Shortcut Cooking with Lipton Side Dishes, P.O. Box 4154, Syosset, NY 11791. Allow 6 to 8 weeks for delivery.

Garlic Shrimp with Noodles

- 4 tablespoons butter
- 1/4 cup finely chopped onion
- 2 cups water
- 1 package Lipton Noodles & Sauce - Butter & Herb

- 2 tablespoons olive oil
- 1 tablespoon finely chopped garlic
- 1 pound uncooked medium shrimp, cleaned
- 1 can (14 oz.) artichoke hearts, drained and halved
- 1/4 cup finely chopped parsley
- Pepper to taste

In medium saucepan, melt 2 tablespoons butter and cook onion until tender. Add water and bring to a boil. Stir in noodles and butter and herb sauce and continue boiling over medium heat, stirring occasionally, 8 minutes or until noodles are tender.

Meanwhile, in large skillet, heat remaining 2 tablespoons butter with olive oil and cook garlic over medium-high heat 30 seconds. Add shrimp and artichokes and cook, stirring occasionally, 3 minutes or until shrimp turn pink. Stir in parsley and pepper. To serve, combine shrimp mix-

ture with hot noodles. Garnish, if desired, with watercress. Makes about 4 servings.

Microwave Directions: In 2-quart microwave-safe casserole, microwave 2 tablespoons butter with onions, uncovered, at HIGH (Full Power) 2 minutes or until tender. Stir in water and noodles and butter and herb sauce and microwave 11 minutes or until noodles are tender. Stir, then cover and set aside.

In 1-quart microwave-safe casserole or 9-inch glass pie plate, microwave remaining 2 tablespoons butter, olive oil and garlic at HIGH (Full Power) 2 minutes. Stir in shrimp and artichokes and microwave 3 minutes or until shrimp are almost pink, stirring once; stir in parsley and pepper. Combine shrimp mixture with noodles and microwave covered 1 minute or until heated through. Let stand covered 2 minutes.



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on their lives, it was evident that we must empower their parents through education, training and self-help," she said. Before leaving Head Start, Newbille-Marsh developed a special program for children exposed to chemical substances, commonly referred to as crack babies.

Before Head Start, Newbille-Marsh worked in community based criminal justice programs

in Inglewood, California and in her hometown, Richmond, Va., Where she coordinated juvenile and pretrial diversion programs to rehabilitate young first-time offenders through the use of education, recreation and counseling/therapy, and community service. She also coordinated community service. She also coordinated community diversion programs to re-socialize non-violent young adult and adult

offenders back into the community. Raised in the housing projects herself, Newbille-Marsh believes that the poor must realize that their situation is one borne of economics and not inferior character. She strongly believes in the effectiveness of empowerment and self-help in affecting the true "front end of life," for women.

Some of the things Newbille-Marsh hopes to accomplish at the National Black Women's Health Project are to develop a

strong research center to facilitate public education on women's health issues, to establish a for-profit corporation so that the organization can implement more programs, and to replicate some of the successful existing programs such as the housing project's Center for Black Women's Wellness (so far only in Atlanta.)

Newbille-Marsh holds a Bachelor's degree in psychology from the State University of New York at Stony Brook.

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