

FOR THE LADIES

BIRTHDAY SEASON

By Bonita Armstrong

It's birthday season in my house. For my family that means there will be back-to-back birthday's for us from July to September.

Each year, after birthday season is over, I promise myself that I won't do it again. That I won't get caught up in buying gifts and giving parties. I always say that next year it's going to be simple. "We'll do a simple, homemade cake and ice cream. I won't spend a lot of money on gifts. I'm just going to give my children something homemade or edu-

cational."

Needless to say, I've failed miserably so far and birthday season is only one-third over. The simple party for my two July birthday boys became a pool party with balloons, music, lots of food and a huge cake. Those inexpensive, homemade, educational gifts turned into a CD/Cassette player with AM/FM radio, a remote control car and a toy laser gun that makes 150 sounds.

Well, by the time birthday season is over I feel like a complete weakling. I beat myself up



BONITA ARMSTRONG and promise not to do it again. But, the looks on those little faces when they get their gifts and see those cakes and balloons and friends and family...well, it just makes it all worthwhile.

DR. LOWERY, CLAYTON TO ADDRESS LEADERS CONFAB

Chicago, IL. SCLC president Dr. Joseph Lowery and Turner Broadcasting vice president Xerona Clayton will address Alpha Kappa Alpha chapter officials when the group convenes July 22-24 at the Westin Peachtree Plaza, Atlanta, Ga.

More than 2000 chapter officers are expected to attend the biennial convention, dubbed

"New Dimensions in Leadership," which will also feature a Black women's heritage promotion and program and operational workshops.

Lowery, long noted for his civil rights activism, will keynote the public meeting at 7:00 p.m., July 23. Among the highlights will be the presentation of AKA's 1993 Peace and Justice Awards

to Drug Czar Dr. Lee Brown, PBS official Dr. Jennifer Lawson, and Africare, a Washington-based African advocacy group.

Clayton's presentation will come at a luncheon at 12:30, Thursday, July 22. The first Afro-American to host a television show in the South, she has been credited as the force behind many of the advances made by minorities and women in the broadcasting system.

As part of the plenary session at 9:00 a.m., July 23, AKA international president Dr. Mary Scott of Atlanta, Ga. will unveil the two latest editions in the Alpha Kappa Alpha Heritage Series and detail AKA's promotion of *Black Women in America: An Historical Encyclopedia*. An exhibit of the publications will also be on display throughout the meeting.

But workshops will be the focal point of the conference as officers seek new strategies for improving the delivery of services in their communities. Program workshops on education, health care, the arts, economic empowerment, family, and global concerns are on the agenda, along with operational workshops to improve chapter efficiency and sisterly relations.

NATIONAL COUNCIL OF NEGRO WOMEN HONOR 1993 "BLACK WOMAN COMMUNITY LEADER OF THE YEAR"



Pictured (left to right) Eric Stevenson, The Quaker Oats Company; Marcia Delaney, The Quaker Oats Company; Robin Robinson, WFLD-FOX TV in Chicago; Carol Porter, national winner; Dr. Dorothy I. Height, National Council of Negro Women; and Lyle Hubbard, The Quaker Oats Company.

CHICAGO — Extremely outgoing, motivating and inspirational were just a few of the words used to describe Carol Porter, recently named 1993 "Black Woman Community Leader of the Year" by the National Council of Negro Women (NCNW). The announcement was made by NCNW president and CEO, Dr. Dorothy I. Height, at a leadership breakfast held recently in Chicago in Porter's honor and attended by many of Chicago's prominent business and community leaders.

Porter, a Houston resident, was chosen the national winner from among contestants in Atlanta; Columbia, S.C.; Chicago; Cleveland; Detroit; Houston; New Orleans; and Philadelphia. Local NCNW Sections in each city coordinated "Tribute to Black Women Community Leaders," a year-long program sponsored by Aunt Jemima brands of The Quaker Oats Company. Residents were encouraged to nominate Black women making positive changes in their communities.

During the leadership breakfast, Dr. Height spoke of the triumphs made by African-Americans and the never-ending strength of black women. "The black family has come through slavery, single-parent households, welfare and all the wars in between. Through it all, the black woman has prided herself on being a major source of strength and perseverance," stated Dr.

Height, an ardent activist on behalf of women and their families.

Porter and her husband, Hurt Porter, are the proud parents of two children. Together the Porter's founded Kid Care, an organization that feeds and provides clothing for hungry children. Kid Care, funded by private donors including tennis prodigy Zina Garrison, delivers 510 meals daily to hungry children.

Kid Care also teaches nutrition classes and English as a second language in addition to providing cultural activities. Porter has been recognized nationally on "Good Morning America" and as one of former President George Bush's "Thousand Points of Light."

Porter's definition of a strong community leader is one who recognizes the gap in social services in the community and becomes a part of the solution. "I am honored to have our work recognized — it isn't about the glory it's about feeding the kids," says Porter. Carol Porter is sincerely dedicated to all children and continues to challenge urban communities to invest in our future.

"Tribute to Black Women Community Leaders" was created to recognize the achievements of grass-roots community leaders," says Marcia Delaney, of The Quaker Oats Company. We are honored to

recognize Carol Porter and all the local winners for making a difference in our communities." In addition to an all-expense paid trip to Chicago, Porter received a trophy from NCNW and a check for \$3,000 from the Aunt Jemima brands of The Quaker Oats Company.

Members of the independent panel of judges who selected the national winner from the eight local nominees included: Vivian Penn, M.D., Immediate Past President, National Medical Association; Janet Turner, President to Auxiliary, National Medical Association; Evelyn Fields, New Jersey State Convener, NCNW; Allie Latimer, Esq., Head of Office of Ethics & Civil Rights, General Services Administration; Elsie Reed, President, National Association of Fashion and Accessory Designers; Annie Goodson, Social Worker, D.C. Commission on Human Services; and Dr. Joyce Ladner, Dean of Academic Affairs, Howard University.

Founded by legendary educator and human rights activist Mary McLeod Bethune, the National Council of Negro Women is a 60-year old social service organization. Under the direction of Dr. Dorothy I. Height since 1958, the organization is recognized as the principal advocacy group for African-American women and their families with an outreach to more than four million women.

PREGNANT WOMEN SHOULD TAKE FOLIC ACID AS PART OF A ROUTINE VITAMIN SUPPLEMENT PROGRAM, PHYSICIAN SAYS

A Stanford Medical Center gynecologist/obstetrician says that vitamin supplements are probably a good idea for most women, but it's particularly important for women to take acid when a baby is planned or on the way.

While studies are not conclusive on the need of all women to take multivitamin supplements, Dr. Barbara A. Peters, clinical assistant professor at Stanford, says that folic acid has been shown to prevent a cluster of birth problems called neural tube defects. Ailments in this category include spina bifida, lower extremity paralysis and hydrocephaly (water on the brain), which all may be associated with various degrees of mental retardation.

"Most vitamin supplements recommended for pregnant women contain a sufficient dose of folic acid for most expectant mothers, but women who have previously given birth to a child with a neural tube defect need to ask their gynecologist/obstetrician if they would benefit from a larger dose," Peters says. The federal Centers for Disease Control has recently recommended that all women capable of becoming pregnant take 0.4 mg. of folic acid, while pregnant women with a history of neural tube problems should talk with their physicians about a larger dose of 4.0 mg.

(See Pregnant Women, Page 21)

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