

FOR THE LADIES

HOW ARE THEY DOING WITHOUT ME?

By Bonita Armstrong

Not too long ago, I was at a dinner with some friends and business associates. One friend and her husband are brand new parents. Their beautiful new daughter is the apple of their eyes.

As I watched them that evening I had to smile. Mom was doing OK for a while. She was enjoying the evening with our friends, having intelligent, grown-up conversation. But, I could see that thoughts of her daughter were rolling around her brain.

Isn't it always like that? With your first child you're always hesitant about leaving them. Even with someone you trust completely, like grandmother or a close friend. I guess it's that mother-child bonding thing.

I went through that period with each of my children when they were less than a year old. Just as my friend was going through this ordeal this time.

She was doing OK but finally broke down and said to her husband "I wonder how the baby is doing? When she said this I started thinking how I use to wonder how my kids were doing without me? "Did the baby-sitter feed them enough? Were their diapers changed regularly? Did she send them to bed on time? What if they get sick and can't reach me/ I'd better call home and make sure they are alright."

When I did call home, I must admit I was always a little disap-



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pointed that everything was going so smoothly. I was a little jealous that someone could take care of my children as well as I could. I wanted my kids to need me and miss me as much as I missed them. How ungrateful they are to be getting along so well without me.

Well, now they are a little older, more independent and can hold their own with any baby-sitter. I don't worry about them as much when I'm away from them anymore. I don't call home every hour to check on them. In fact, I've even gotten to the point where a grownup evening sounds appealing every now and then. As for the kids, they look forward to spending time in different environments sometimes and playing with their friends or cousins.

We are all glad to be reunited after an evening apart. We love each other but we also understand that a short separation is often healthy.

IT TAKES A DEDICATED LADY TO HEAD THE LINKS, INC.

By Annette Leslie Williams, Capitol News Service

Washington, D.C. — When Marion Schultz Sutherland assumed the presidency of The Links, Inc. in 1990, little did she know that her presidency would be a full-time job, the busy chief executive of the major women's volunteer organization explained during a recent visit to the Haitian Embassy.

She did not realize that it would require eight-to-ten-hour work days, six days a week, endless telephone calls to the east coast, faxing all over the land, and flying back and forth to the east coast from her home in Seattle, so often that she knows the airline schedule by heart.

"I keep the fax machine hot," said the former nursing home administrator, marveling modern day technology.

The Links National President was recently in Washington, D.C. to attend a Links Reception to celebrate "Glaucoma Awareness Week" in the metropolitan area. Held at the Haitian Embassy and hosted by His Excellency the Ambassador of Haiti Jean Casimir and Mrs. Sutherland, the reception drew a crowd of more than 150 Links members and their friends, representing all 13 Links chapters in the Washington, D.C. area including neighboring Baltimore, Annapolis, and Southern, Maryland.

The Links project, operated in partnership with the National Eye Health Education (NEHEP) at the National Institutes of Health, is one of several national programs administered by the Links National Trends and Services Program. Links officials hope their project will serve as a

model for other organizations. Glaucoma is a disease Mrs. Sutherland says she knows all too well; it is one that has personally touched loved ones in her family.

"My dearest friend and a favorite auntie have glaucoma," she said. "Just before I left to come here, I learned that my friend can no longer drive her car."

The Seattle, Washington resident takes the demands of her presidency all in stride. Her visit to the nation's capital was her fourth trip to Washington, D.C. that month. In addition to attending this reception, she also attended a meeting of the Links Financial Committee and installed 32 new Links in The Links Old Dominion Chapter in Virginia.

According to Mrs. Sutherland, there are now 9,020 Links in 39 states, the District of Columbia, Nassau Bahamas, and Frankfurt, Germany.

As the first Links president to live west of the Mississippi River, Mrs. Sutherland has put all of her talents to work to ensure that when she leaves office in 1994, she will leave the Links in great financial shape when her second term as Links president ends in July, 1994.

When asked to name her greatest accomplishments as The Links national President, she

noted that it is yet to be achieved.

"We are working on a strategic plan which will be revealed to the entire Links membership at our national assembly next July in Louisville, Kentucky." And that strategic plan will form the basis for the Links' growth and development well into the 21st century.

Another source of great pride for Mrs. Sutherland's presidency is her belief that she has brought The Links closer together in sisterhood and service, a feat which she credits to her administration, communication, and organizational abilities and the leadership skills she says she inherited from her father, who was a minister.

A Link for more than 28 years, Mrs. Sutherland has not decided what path she will take when her presidency ends. One option is to become more active in the Seattle Links Chapter where she served as the area coordinator of the Lou Rawls Parade of Stars Benefit for the United Negro College Fund for two years. She also served as the president of her local chapter of Jack and Jill, and is the president of the Seattle First Baptist Church and chair of it's board of trustees.

She might even fly east to stroll on the campus of Howard University, where she was a student for seven quarters before marriage, family and a trans-



Marion Schultz Sutherland

fer to Portland State University where she graduated with a degree in psychology.

One item she plans to include on her agenda is to spend more time with her family — husband U.S. Army Co. (Ret.) Earl Sutherland, architect son Clyde Merriwether, and daughter Chrystal Merriwether Weinberg, who works at her father's travel agency and also serves as the treasurer of The Links, Seattle chapter.

First, Mrs. Sutherland plans to take some time to relax. Then she says she will spend some time figuring out what she is going to do with the rest of her life. "I have been a person who's always found something to do."

HOUSE PASSES LEGISLATION ENSURING WOMEN VETERANS RECEIVE PROPER HEALTH CARE IN V.A. MEDICAL FACILITIES

Congressman James H. Bilbray recently voted to pass H.R. 3313, the Veterans Health Improvements Act of 1993. The bill offers many improvements in medical services to U.S. military veterans, especially to women who have served in the defense of our nation.

"Recent investigations of Veterans Administration medical facilities have found that such facilities still do not provide vet-

erans, especially women veterans, with a consistent level of basic medical care," said Rep. Bilbray. "With the passage of this bill, many of those inconsistencies will be eliminated."

The Veterans Health Improvements Act of 1993 expands the type of services that must be offered by the VA as basic health care services for women veterans. Included are management and treatment of osteoporosis,

treatment of cardiac disease in women, counseling and treatment for conditions resulting from acts of sexual violence, and services for the treatment and prevention of sexually transmitted diseases.

Services already provided by the VA - mammograms, breast examinations, pap smears, and general reproductive health care services - will also be defined under this bill as basic health care services which must be provided to women veterans.

"These services to our women veterans are long overdue. While many of these services are already offered in many of the larger VA facilities, now no veteran will be forced to go without the basic health protection to ensure them a long and healthy life."

In addition to services for women, the Veterans Health Improvements Acts extends the period in which Vietnam Era veterans may obtain treatment for exposure to Agent Orange. The bill also requires the Veterans Administration to establish a Special Council on Care for the Severely Chronically Mentally Ill Veterans. This committee will advise the VA on concerns toward effective treatment of severely mentally ill veterans.

If You're Dabbling In Drugs... You Could Be Dabbling With Your Life.



Skin popping, on occasion, seems a lot safer than mainlining. Right? You ask yourself: What can happen? Well, a lot can happen. That's because there's a new game in town. It's called AIDS. So far there are no winners. If you share needles, you're at risk. All it takes is one exposure to the AIDS virus and you've just dabbled your life away.

For more information about AIDS, call 1-800-842-AIDS. Nevada AIDS Hotline



This is a message from the U.S. Centers for Disease Control.

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