

Conference on Afro-American Records Set

Washington, DC — The first conference of the National Archives concerned specifically with its records as sources for research on Afro-Americans will be June 4-5.

Conference director Robert L. Clarke, specialist in black-related records at the National Archives, said that the opening session of the two-day meeting will be addressed by W. Augustus Low, editor of the JOURNAL OF NEGRO HISTORY and professor of history at the University of Maryland campus in Baltimore.

Leading scholars in Afro-American studies who will deliver papers or lead discussions include Benjamin A. Quarles of Morgan State College, John W. Blasingame of Yale, Leon F. Litwack of the University of California, Herbert G. Gutman of New York's City College, Elsie M. Lewis of Hunter College and Andrew Billingsley, Rayford W. Logan, and Odon Edet Uya of Howard University.

Author Alex Haley of San Francisco, who has traced his family's roots back to the 18th century capture and enslavement of an ancestor along Africa's Gambia River, will be among the speakers.

Arthur E. Sampson, head of Mrs. Doris Howard Receives Masters From Howard U.

Ms. Doris Elizabeth Howard recently received the Master of City Planning Degree from Howard University at their Commencement exercises, May 12. Mrs. Howard is a 1967 graduate of Hillside High School in Durham, and she received the Bachelor of Arts in Sociology at Hampton Institute in Hampton, Virginia in 1971.

While attending Howard in the Masters program, she was the recipient of a HUD Fellowship for Minorities in Urban Planning. Her area of specialty was in Social Planning and she worked in Federal and District of Columbia government offices while in the program.

She is the daughter of Mr. and Mrs. John M. Howard of Durham.

R for your child's safety

Home accidents kill and cripple more children under the age of five than any disease, according to Albert H. Domm, M.D., child safety specialist and medical director of the Prudential Insurance Company.

Dr. Domm defined a home accident as one which occurs in the house, yard or neighborhood.

"The child who swallows kerosene, pulls a pot of boiling water over himself, falls from a second story balcony, drowns in a swimming pool or breaks his leg in a vacant lot is a victim of a home accident," Dr. Domm explained.

"These tragedies are almost entirely preventable by careful planning, forethought, supervision and education," he said.

Dr. Domm appealed to parents to check each and every room of the house as well as neighborhood play areas for safety hazards.

"Poisonous household substances and medicines should be kept in locked cabinets," he said. "Sharp instruments which can seriously maim or kill must be kept out of the reach of the curious toddler."

Dr. Domm suggested fastening all windows securely and putting gates at the bottom and top of stairways to prevent injury from falls. Doors leading to outside balconies should be locked.

For yard safety, Dr. Domm urged parents to fence off a protected play area for children.

Dr. Domm also stressed the importance of parental responsibility for teaching good safety habits.

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NASSAU, Bahamas—It's hard to keep your feet still when the throbbing rhythms of Bahamas

Goombay Summer start. Here in Nassau, capital city of the Bahamas, the big Goombay

Summer parade takes place Friday nights on the main thoroughfare, Bay Street.

The General Services Administration, and Archivist of the United States James B. Rhoads will welcome those attending the conference. The National Archives and Records Service is a division of GSA.

Clarks, a professor of history at Virginia State

College for 20 years before joining GSA's National Archives staff in the fall of 1970, said that a principal purpose of the conference is "to give researchers more information on potentialities in the National Archives for research on Afro-Americans".

"In addition to hearing and discussing papers based at least in part on research in the National Archives", he said, "those attending will have the opportunity to visit some stack areas and talk with specialists in charge of records".

Anyone wishing to apply for admission to the conference should contact: Robert L. Clarke, Conference Director, Rm. 11-E, The National Archives (GSA), Washington, DC, 20408, Telephone (202) 962-7034. The conference is the 12th in a series sponsored by the Archives.



EASY TO LOOK AT! And so are the flooring blocks the girls are holding—venered parquet flooring to give your floors the expensive look of solid oak blocks at a price competitive with vinyl tile. The tongue-and-groove panels are designed to withstand extreme heat and cold—even flooding—and they should outlast vinyl, according to Arlo A. Klinetok, marketing manager of Gulf Adhesives, a Gulf Oil Corporation division headquartered near Philadelphia. Gulf's L-100 adhesive has been used by several manufacturers to produce this plywood-like product. The admiring young ladies are Donna Phayre, left, and Olive Richardson, employees of Gulf Oil's Eastern Marketing Region.

By the way...
by Joe Black

An important Black woman, for whom I have great respect, said something a few days ago that got me thinking.

What she said was, "Women weren't created to walk behind their men, or ahead, but side by side."

And I thought, how many of our women walk that way? How many are into their responsibilities as a woman? Their commitment to the stability of the Black family unit?

True, the fires of romance may begin to burn low. But that needn't cool the glow of caring, sharing, and growing together. Especially when children can learn from the love and guidance of both parents.

When a woman walks side by side with her man, she makes him neither slave nor competitor. But rather, her companion. Someone to encourage to take his place as head of the family. Someone to provide the affection both she and her children need.

If we could attune ourselves to these notions, perhaps more Black men would feel the great dignity of being a good husband and father, instead of just someone around the house to help out with the bills.

I remember reading something once that said, "If you want him to be more of a man, try being more of a woman."

Might be worth a try.

Joe Black
Vice President
The Greyhound Corporation

Alumni Boost Support of ECSU Annual Fund Raising Campaign

Immediately following the Eighty-Second Commencement, Chancellor Marion D. Thorpe, President of the Elizabeth City State University Foundation, announced that contributions to the Annual Fund-Raising Campaign continued on the upward swing, especially during the April 27 - May 14 period. The continued upward trend was made possible when the General Alumni Association presented a \$3,000 gift to the Foundation.

However, the total alumni contributions from the association, local chapters, and individual alumni exceeded over \$5,000, during the period. Chancellor Thorpe indicated that "This increased interest in and support of ECSU is to be commended".

"In a national report on voluntary support for public higher education, the alumni of ECSU were ranked second on the honor roll of traditionally black institutions, with their contributions", Dr. Thorpe reflected.

The Acting Executive Director and Secretary of the Foundation, Nathaniel C. McNair, Jr., ECSU Director of Development, joined Chancellor Thorpe in thanking James R. Spence, Assistant Director of Development - Alumni Relations, and Willie B. Spence, President of the General Alumni Association, for their leadership in helping to communicate the critical financial needs of ECSU to the

Association's gift to the Foundation, four alumni chapters also made contributions. They were: the Elizabeth City (NC) Alumni Chapter, Miss Mary Sharpe, President, \$1,000; the John H. Bias Alumni Chapter, Baltimore, Md., Mrs. Edna G. Randolph, Treasurer, \$500; the Rosa B. Riddick Alumni Chapter, Gates County, Benjamin Saunders, President, \$200; and the Portsmouth (VA) Alumni Chapter, Eugene Blair, President, \$100.

Individual alumni contributions were reported as

having been received from Willie B. Spence, \$100; Mr. and Mrs. Javon Brothers, Seaboard, \$15.00; Mr. and Mrs. James R. Spence, \$130; Mrs. Marion B. Mitchell, \$10; and Isaac Battle, Winton, \$25.

She Lost Anyway
SANREMO, Italy — Laura Cobianni, a 60-year-old Milanese, feared burglars so much she brought her \$15,000 worth of jewels along on vacation at this resort. A thief snatched her bag as she strolled through a fruit market, pulled out the jewels and fled.

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Good Nutrition
by Dorothy M. Kalkmann, R.D.

Food Labels Cue Consumers In On Fat

With many doctors now limiting or restricting foods containing high levels of saturated fat and cholesterol, label information regarding these are significant aspects of the new labeling regulations set forth by the Food and Drug Administration.

All nutritional labeling information is to be based on the manufacturer's designated average serving or portion size. Following this statement will be the number of calories; grams of protein, carbohydrate and fat; and the percentage of U. S. Recommended Daily Allowance of protein and specified vitamins and minerals in the serving or portion.

Fat and cholesterol values are an optional addition to the basic nutrition information panel. These add the percent of calories from the fat, as well as grams of polyunsaturated and saturated fat, and milligrams of cholesterol.

This addition requires an accompanying statement that the "information on fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and/or cholesterol."

Since nutritionists now recommend that about 35 percent of our calories come from fat and that this fat include a good balance of polyunsaturates and saturates, manufacturers who provide fat labeling will help the consumer plan meals with this precept in mind.

To demonstrate the sort of information that might appear on labels, here are Best Foods' nutritional data for Mazola corn oil.

Nutrition Information Per Portion (Mazola corn oil)	
Portion size=1 Tablespoon (14 grams)	
Calories	120
Protein	0 grams
Carbohydrate	0 grams
Fat	14 grams
Percent of calories from fat	100
Polyunsaturated*	8 grams
Saturated*	2 grams
Cholesterol	zero

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