#### 10-THE CAROLINA TIMES SAT., JANUARY 9, 1982

## **Black Female Architect Is Ignored In Studies In Field**

By Michael Rachlin twenties or thirties, lives totally ignored in studies pleted, two-year study by on the east or west coast, of her profession. Ms. Sandra V. "Sandy"

was a racial and sexual "She" is a black, TALLAHASSEE, pioneer in her field - female architect, the sub-FLA. - She is in her late and has been almost ject of a recently com-

Moore, assistant dean of Florida A&M the University School of Architecture. The study, "Survey on Black Women in Ar-

Sociology,

chitecture." funded by the University Research

Committee, represents a collaborative effort between Ms. Moore and

Mrs. Edith M. Fresh, assistant professor in the FAMU Department of

thropology, and Human Services. Ms. Moore and

Mrs.Fresh, a Gestalt therapist and social

worker, jointly designed the survey instrument, interpreted and cor-

An-

# **A NEW YEAR'S Resolution**!

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by number of businesses, or were

and construction. . . . the ages of 26 and 30 or degree in architecture architecture" or "It is extremely 36 and 40, is either from historically and "minority architects," significant." Ms. Moore single, or married to an predominantly black in- the lack of which stands . WINSTON-SALEM . RALEIGH NOUS CHARLOTTEL JOLDEN plains. She also was surprised adds, "that, in 1980, the architect, writer, or stitution. **Test Your Nutrition IQ** There is a wealth of nutrition information available to the consumer today, but often it is only partially understood by the average shopper. If the terms protein, fortified, nutrient, calorie and U.S. RDA are vaguely familiar to you, chances are you need to know more about the foods you eat and how they affect your health. To learn some of the facts behind the information you encounter in advertisements, newspapers, magazines and on package labels, take this nutrition quiz and see how you rate! For a well-balanced diet, everyone needs the exact U.S. Recommended 7 Meat is the only source of complete protein. TF Daily Allowance (U.S. RDA) of all the nutrients listed on food package labels TF The term "enriched food" is just a general descriptive phrase used by food Some foods have "good" Calories and some foods have "bad" Calories. manufacturers and advertisers to imply that a product is nutritious. T F TE A nutrient is any substance that is necessary for the functioning of the Dieters should avoid pasta because it is too high in calories and doesn't contribute to good nutrition. human body. TF ĪF Fortified foods are foods to which one or more nutrients have been added All nutrients, including vitamins and minerals, supply energy. T or in which the original nutrient levels have been increased. TE Fortified lowfat and skim-milk products have fewer nutrients than Fiber intake should be considered in determining the daily diet. T whole-milk products. TE Realth foods are always more nutritious. TF Two ounces of natural or pasteurized process cheese has more protein, calcium and phosphorus than an 8-ounce glass of milk. TF FALSE. The U.S. RDA, established by the Food and Drug Administra-FALSE. Other animal sources such as eggs, fish, poultry, cheese and milk supply com-plete protein of high biological tion, lists the requirements of several essential nutrients. The maximum amount required of each nutrient-generally the amount needed by an adult male — is represented. Thus, many normal, healthy people such as women and small children will not need the full 100% of the U.S. RDA for value. each nutrient daily.

the geographic American Institute of -broker, and lives on the discrimination, but has "en- which may be given to trepreneurs," women any architect, world who owned their own wide."

The picture that working in such non- emerges from Ms. fewer women in her artraditional areas (for ar- Moore's study is that of chitects) as real estate, a woman who was born economic development, in the South, is between ed an undergraduate

distribution of the Architects (AIA) elected east or west coast. population - heaviest in the first black woman She has a graduate to "cope," and to create Washington, D.C., and ever to the prestigious degree in architecture or alternatives for her own the states of New York AIA College of Fellows, one of the management 'personal development. and California; but with the highest honor fields from a She agrees that an effort almost an equal number bestowed by the Institute predominantly white in- should be launched to indistributed throughout on its members, except stitution, as a result of crease the presence of the South - and by the for the gold medal, the increased black black women in the proturbulent 60s. She is one of three or complished.

Durham Alumnae Chapter, Delta Sigma Theta, Inc., observes.

Mrs. Ada Leach, age 97, was recognized senior among guests at the 37th an-

nual Golden Agers Christmas party held recently. Mrs. Leach is shown receiv-

ing a gift from Mrs. Nancy Rowland. Mrs. Betty Blackmon, president of

learned to "get tough,' presence on formerly all- fession, and has some white campuses since the definite ideas as to how the task can be ac-

She is cognizant of the chitectural classes at the need for a sense of idengraduate level, and earn- tity distinct from "women in

> as the reason that her knowledge of other

women discovered via

Ms. Moore thinks the

through

"grapevine" or

incidental



related the data, and summarized the findings.

The survey grew out of Ms. Moore's personal need "to identify others in the profession, and to bring to the public's attention the fact that there is a significant number of black women in the field.

"I felt like a total nonperson," she continues. "When they surveyed 'women,' we didn't know whether we were included or not."

The same thing is true for studies of minority architects, Ms. Moore adds. "there .is no visibility. We know very little about each other, and the only contacts we make are through incidental meetings or the grapevine. There is no 'networking.' "

The study identified some 225 black women in the field, 55 of whom responded to the survey. And Ms. Moore, who thought she knew what to expect, found herself constantly surprised by the results.

"The first thing that surprised me was the number of us. No one I had talked to had any idea that there were more than a handful of black women in the profession," she ex-

-Located Statewide In:

FALSE. All foods, except water and non-caloric drinks, have Calories. Nutritionally, there are no good or bad Calories, but there are foods with varying amounts of Calories and nutrients.

TRUE. Nutrients are used by the body for growth, tissue repair, energy, heat, and the regulation of body processes. Macronutrients are required by the body in relatively large amounts. These include carbohydrates, fats, protein, calcium, phosphorus, magnesium, potassium and chloride. Micronutrients-vitamins, iron, iodine, copper and other "trace" minerals-are required in small amounts.

TRUE. The intent of fortified foods is to provide additional amounts of nutrients to the diet. Foods are selected for fortification because they are appropriate carriers for specific nutrients, such as vitamins A and D.

FALSE. Fortified lowfat and skim-milk products have essentially the same nutrients as whole-milk products except less fat for fewer calories. Milk and most milk products provide calcium, ribofla-vin, protein and vitamins B6 and B12. They also provide vitamins A and D when fortified.



TRUE. Two ounces of cheese, a normal serving, have the protein of 1.7 glasses of milk, the calcium of 1.4 glasses of milk and the phosphorus of .3 glasses of milk.

> To learn more about nutrition and common food terms you encounter every day, send for your single free copy of "Food and Nutrition Terms from Kraft, Inc. To order this helpful reference, simply send a post card with your name and address to "Food and Nutrition Terms" (C7), Box 802, Dept. MR, South Holland, IL 60473.

FALSE. Enriched foods are grain products, cornmeal and rice to which niacin, thiamine, riboflavin and iron have been added to replace the amounts lost during processing. Processing is necessary to retard spoilage. The replacements are strictly regulated by federal government standards.

FALSE. Contrary to popular belief, pasta can be a boon to the weight watcher, when it is included in the menu with a sensible program of calorie control and a balanced diet. Enriched pasta products provide protein and have a good distribution of essential amino acids. Pasta's carbohydrate content provides energy, yet it is low-fat, low in sodium, easily digested and satisfying.

FALSE. Proteins, carbohydrates and fats are the only nutrients that supply energy (Calories). Fats supply over twice as many calories (9 calories/gram) as do protein and carbohydrates (4 calories/gram).

TRUE. The actual importance of fiber in the diet is currently being researched. Nutritionists now know that fiber is the indigestible component of food and aids in the passage of waste products through the intestines for elimination. Major sources of fiber in the diet are whole grains, nuts and vegetables.

FALSE. In current vernacular, foods that are sold in health food stores or special store departments are labeled "health foods." In theory, these foods have undergone little or no processing; however, there are no government standards established for regulating their production and sale. In reality, all foods that supply nutrients and contribute to good health are health foods.

She was the first woman to pursue ar- black women in the field chitecture at her univer- is limited to her former sity or college, and was classmates, or those the first female to infiltrate her high school's the mechanical or architectural drafting classes.

meetings. Her parents either finished their education study represents critical first step" in the with high school or acpost-graduate development of a muchquired degrees. She is engaged either in traditional practice or works in government or industry and earns \$16 to \$20 thouentrepreneur at up to \$40

thousand per year. with the strongest influences being selfmotivitation and enhibit to increase their couragement by her visibility and provide ex-

needed sense of identity among black women in the profession - but only a first step. She would like to see sand per year; or may be the establishment of an of archive black women's contributions Her decision to pursue to architecture, which a career in architecture would serve as the founwas internalized between dation for the developthe ages of 15 and 17, ment of a publication about such women; and, perhaps, a traveling ex-

family. amples for others who She has experienced might choose to follow both racial and sexual in their footsteps.

### Friendly Ladies Hold **Two Meetings**

On December 20, the Friendly Ladies met at the home of Mrs. Mattie Tillman with Mmes. Dewayne Lassiter and Betty Green as co-hostesses.

Alveta Baxter, Patricia Sellers, Lizzette Tapp, Jammal McDuffie, Kendrick Lassiter, LaThoma Tapp. Walter Tapp and Michael Tillman were Santa's helpers. Mrs. Hannah Roberson was Santa Claus moneywise; Mrs. Mary Hayes, Ms. Betty Green, Ms. Evangeline Page and Ms. Ernestine Fikes were Santa Claus giftwise.

Mrs. Agnes Hinton was in charge of devotion and Mrs. Hastie Price presided, There was election of officers.

The hostesses and Santa's helpers served a delightful meal to the following members and guests: Willie M. Johnson, Elizabeth Burton, Ernestine Fikes, Hannah Roberson, Evangeline Page, Lina M. Saunders, Catherine Trice, Agnes Hinton, Betty Green, Louise Smith, Hastie Price, Mary Hayes, Minnie Petty, Ella Crawford, Iola Massey, Lennie Rose, Magdaline Llewellyn, Mattie Tillman, Dewayne Lassiter, Elizabeth Edwards, and Myrtle Taylor.

The January 3 meeting was hosted by Mrs. Lucille Satterfield with Mrs. Ovetta McIntosh as co-hostess. Following the devotion, Miss Annie Cruse presided over the business discussion. A refreshing repast was served. Members attending this meeting were: Mmes. Agnes Hinton, Lina M. Saunders, Dewayne Lassiter, Elizabeth Edwards, Louise Smith, Annie Cruse, Iola Massey, Mary Hayes, Magdaline Llewellyn, Catherine Trice, Bette Green Susie Dillhunt, Ella Crawford, Lennie Rose, Viola Thompson, Myrtle Taylor, Evangeline Page and Lucille Satterfield.

The next meeting will be with Mmes. Hayes and Smith at the Kyles Temple AME Zion Church on Dunston St.

