

## Black Female Architect Is Ignored In Studies In Field

By Michael Rachlin  
TALLAHASSEE, FLA.—She is in her late twenties or thirties, lives on the east or west coast,

was a racial and sexual pioneer in her field — and has been almost totally ignored in studies of her profession.

"She" is a black, female architect, the subject of a recently completed, two-year study by Ms. Sandra V. "Sandy"

Moore, assistant dean of the Florida A&M University School of Architecture.

The study, "Survey on Black Women in Architecture," 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 Sociology, Anthropology, and Human Services.

Ms. Moore and Mrs. Fresh, a Gestalt therapist and social worker, jointly designed the survey instrument, interpreted and correlated 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 non-person," 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 explains.

She also was surprised



Christmas Gift

Mrs. Ada Leach, age 97, was recognized senior among guests at the 37th annual Golden Ageds Christmas party held recently. Mrs. Leach is shown receiving a gift from Mrs. Nancy Rowland. Mrs. Betty Blackmon, president of Durham Alumnae Chapter, Delta Sigma Theta, Inc., observes.

## A NEW YEAR'S Resolution!

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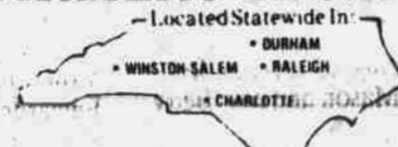


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## Test Your Nutrition IQ!

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 Daily Allowance (U.S. RDA) of all the nutrients listed on food package labels.  T  F
- Some foods have "good" Calories and some foods have "bad" Calories.  T  F
- A nutrient is any substance that is necessary for the functioning of the human body.  T  F
- Fortified foods are foods to which one or more nutrients have been added or in which the original nutrient levels have been increased.  T  F
- Fortified lowfat and skim-milk products have fewer nutrients than whole-milk products.  T  F
- Two ounces of natural or pasteurized process cheese has more protein, calcium and phosphorus than an 8-ounce glass of milk.  T  F
- Meat is the only source of complete protein.  T  F
- The term "enriched food" is just a general descriptive phrase used by food manufacturers and advertisers to imply that a product is nutritious.  T  F
- Dieters should avoid pasta because it is too high in calories and doesn't contribute to good nutrition.  T  F
- All nutrients, including vitamins and minerals, supply energy.  T  F
- Fiber intake should be considered in determining the daily diet.  T  F
- Health foods are always more nutritious.  T  F

- FALSE. The U.S. RDA, established by the Food and Drug Administration, 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 each nutrient daily.
- 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.

- FALSE. Other animal sources such as eggs, fish, poultry, cheese and milk supply complete protein of high biological value.
- 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. 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, riboflavin, 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 1.3 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.

## 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.