

UNC graduate authors book of parents' tips on child care

By LISBETH LEVINE
Staff Writer

They say that every person has at least one book on them. Brooke Beebe, the author of *Best Bets for Babies*, has found hers. When she graduated from Chapel Hill in 1965 as a Phi Beta Kappa English major, she never thought that she would write a book.

"Writing a book was not one of my goals when I graduated. It takes a one-track mind, and it's much too lonely," Beebe said. "I wrote *Best Bets for Babies* because I needed it myself, and I felt that other parents would need it too."

Best Bets for Babies is a compilation of tips on caring for infants that Beebe has been collecting for three years. The book is set up in an easy-to-follow format which allows the reader to find the baby's problem and offers several solutions to choose from. She gathered the ideas by talking to 200 other parents and sending surveys across the country.

"Parents need other parents to talk to," Beebe said. Since more mothers are working, and some people live far away from their families, many people have no one to answer the thousands of questions that arise when a new baby arrives.

"When my son Scott was born, I didn't know any other people with new babies," Beebe said. She advises new parents to join groups where they can meet other parents with newborn babies. "My book is a substitute for those times, like I am, when you can't contact other parents," Beebe explained.

Brooke McKamy Beebe was raised in Connecticut and attended Northwestern University until her junior year, when she transferred to Chapel Hill. "I was disappointed with the academics at Northwestern, and I'd always wanted to go to UNC," Beebe said. Strong English and Drama Departments and her parents' move to Winston-Salem in 1962 made Chapel Hill even more

attractive to Beebe.

Even now, 17 years after her graduation, Beebe is still enthusiastic about Chapel Hill. "UNC had a wonderful atmosphere. The people there were open, inquisitive, congenial and stimulating. Everyone had the freedom to be themselves, and it was large enough for people to find their own place," Beebe said.

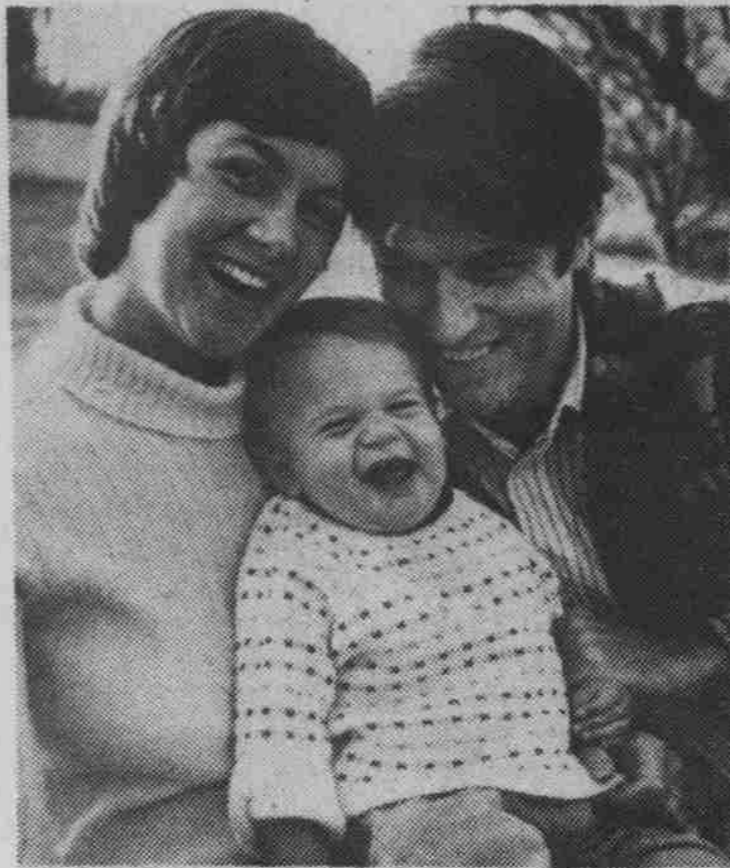
As an English major, Beebe obtained what she called a "broad-based liberal arts education." She had no specific career plans when she graduated. "I didn't think of college as a place to train you for a career," she explained. "I don't feel students should view college as a training school — they should just learn all they can. Many skills are taught on the job anyway."

When Beebe graduated, she had no plans for marriage; she wanted a career. "I thought that I was too young to get married. Life had too much to offer. Although many women only thought about marriage, I wanted to make something of myself," Beebe said.

After graduation Beebe spent two years in Spain working first on an English language magazine, then as a secretary at a feed and grain company. While working on the magazine, she met her future husband, Tyler. When she returned to New York, she started as a secretary at McGraw-Hill Publishing Co. When her boss left, she filled the vacancy. She remembers how hard it was for women to earn a decent wage in publishing and said that it was necessary to switch jobs often in order to advance.

Later she free-lanced as a filmstrip producer until her now four-year-old son was born. Beebe pointed out that her English major and liberal arts education were invaluable to her. "I don't see how anyone can go into publishing or any form of media without knowing literature," she said.

Beebe has recently completed the third publicity tour for her book and also is doing a four-part series on local cable television which help answer the questions parents



Brooke McKamy Beebe and family ... her book offers advice to new parents.

have about their babies. "I enjoy touring," Beebe said. "I find it very rewarding to talk to people about the book."

Beebe loved the acting classes she took at UNC, and she now finds them useful when she makes radio and television appearances. "It's easy for me to be on stage. TV doesn't scare me," she said.

She is now working on her new book, titled *Tips for Toddlers*. "I really don't plan on writing any more books," Beebe said. "But if I get inspired..."

Brooke Beebe expects to continue working, and hopes to return to media work, and possibly do interviews.

"If there were a job that I really wanted right now I would take it," she said, "but I've gotten used to making my own hours. Besides, I can do more exciting things on my own."

health

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Student David Sultzter said he was being trained "not to spend time with patients and to get through (my) rounds as quickly as possible."

"They're either fairly easy-going, or they hide it well," Lilly said of his classmates' ability to cope. "People joke a lot about the pressures—the professors joke ... everybody knows it's (the stress) there. Humor is a defense mechanism."

Third-year medical student, Joanne Sumpio, 25, said the effects of stress depended on how the student handled it.

The stresses of dental school are such that last year, only about 50 percent of the fourth-year students graduated on time. Fourth-year dental student Meade Ridge, 28, said the biggest stress now is scheduling patients to complete his requirements.

First-year student Larosa Pinnix, 22, said this week "was rather slack because we only had three exams. Usually there are four or five." The first semester, she had a class load of 22 hours, and this semester she is taking 21. "I expected there to be pressure, but it has been overwhelming."

She said six students of her 85-member class withdrew from dental school. "I think very few dropped out merely for academic reasons. There were family problems ... you're in class everyday from 8 to 5, and you're doing well if you get six hours of sleep a night."

Dr. Ron Shugars, assistant director for student affairs in the School of Dentistry, said pressure came from heavy course loads, learning to work with one's hands (psychomotor coordination) and adjusting to "the process of providing care and treatment to another person."

Dental students are the primary provider of care from the end of their first year, he said. "Dental school is very stressful but it's also highly rewarding ... with the benefits of providing service to another human being."

profile

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But studying in a foreign country will not be a new experience for King. He studied at the University of Dusseldorf in Germany during the 1979-80 academic year in an exchange program he helped start.

Study in Germany provided him with a good view of German culture, King said. "I only met two other Americans the whole time." "Cooking is a major hobby of mine," King said. He started making bread one summer after the eighth grade and found it a relaxing hobby. He taught a special interest course in breadmaking here at UNC.

Along with making bread, King also brews beer. He has made batches of different kinds, light, amber, and dark, he said. He gets his equipment in Carboro. He said a usual batch is about 2 1/2 cases. "I made a 200-bottle batch once for the fraternity."

This summer, King plans to retrace Marco Polo's steps through China on bicycle, along with Tom Jessiman and two Chinese students. The trip is still in the tentative stage, he said. "It's been a dream I've had since my freshman year."

Murdoch

On the question of volunteer safety, Kinkaid said that volunteers would never be placed in unsafe situations. "The worst thing that could happen to you is that somebody could hug your neck," he said.

Kimerling began working at the Murdoch Center because of a fear of the mentally retarded. "I was embarrassed by my reaction to mentally retarded people," he said. But working at the Center has changed Kimerling's attitude toward the mentally retarded.

"They show every emotion. They laugh; they smile; they cry," Kimerling said. "They really are people."

Campus Calendar

Public service announcements must be turned into the box outside DTH offices in the Carolina Union by noon if they are to run the next day. Each item will be run at least twice.

TODAY'S ACTIVITIES

New York City's finest Rappers and Music Mixers "Champaign Doves" featuring Gary J. E. Man, EZ Loc, and Dutchie D will be from 7:30 p.m. until 2 a.m. in Great Hall. Drawing for the bottle of Champaign at midnight. The event is being sponsored by the BSM.

Campus Crusade for Christ Discipleship Training Seminar will be from 7:30 p.m. to 202-204 Union. Col. Nimrod MacNair will be speaking on "The Essentials of Leadership." Come join us for a great time.

The Pressure Boys, Eraserhead, and the Kamikazes will appear live at the Station in Carboro tonight. A \$3 admission fee will be charged.

Carol A. Lindeman, dean of the School of Nursing at the University of Oregon Health Sciences Center and national president of the nursing honorary society Sigma Theta Tau, will give the 1982 Kemble Lecture in room 9 of Carrington Hall.

Five New York City DJ's will be rapping and making music in Great Hall from 10 p.m. until 2 a.m.

There will be a chicken dinner served at 7:30 p.m. at Hill. Please make reservations by 5 p.m. today. Special guest will be Mickey Shur, Hill's director at Averett College in New York. Services begin at 6:30 p.m. For more information call 942-4057.

Campus Y Dinner Discussion sponsors "Will The Green Revolution Solve The Problems of Third World?" with Dr. Joanne White and Dr. Charles Jenner of the Zoology Department at 5:30 p.m. at the home of Maria Young. Everyone is welcome. Please sign up for potluck dinner at the Y Building starting Monday.

COMING EVENTS

United Christian Fellowship candidates forum will be held at 3 p.m. Saturday in Craig rec. room.

Saturday is the 12th Annual ZBT mile of Pennies. Come hear the John Santa Band perform on Franklin Street from 12 noon to 2 p.m., and help ZBT raise money for the Chapel Hill-Carboro United Way.

Join the Black Interdenominational Student Association in a special Palm Sunday service in the Carolina Auditorium. An ensemble will provide music and hymns. Services begin at 11:30 a.m.

UNC Campus Girl Scouts will meet at 6 p.m. Sunday in the Union. Anyone interested is welcome to attend. Ask for room number at Union Desk. For more information call 933-4296.

Polish Tapestries Exhibit will be displayed at the Horace Williams House, 610 East Rosemary from April 4-16. There will be a reception from 2-5 p.m. Sunday to open the exhibit.

Traditional American shape-note hymns sung in four part harmony will be held from 2-5 p.m. Sunday in Person Hall.

Order of the Bell Tower will meet at 6:30 p.m. Monday in 222 Greenlaw.

UNC Outing Club will have a potluck dinner and volleyball game before the regular meeting at 5:30 p.m. Monday in Carr building.

The UNC Outing Club provides a framework and some resources for members of the University to participate in backpacking, canoeing, kayaking, caving, and climbing. New members welcome at 7 p.m. Monday in the Student Union.

Col. Roy Flint, chairman of the Department of History, U.S. Military Academy at West Point, will discuss "The President and the General: The Strategic Impact of Chinese Intervention in the Korean War" at 8 p.m. Monday in Gerrard Hall. It is being sponsored by the Department of History and Curriculum in Peace, War and Defense. The public is invited.

Dr. Thomas Webster from George Washington University will speak on "Health Care in the International Scene - The Case of Poland," at 3 p.m. Monday in 103 Berryhill Hall.

The UNC Recreation Society will hold its final meeting of the year at 7 p.m. Monday in 218 Union. They will be electing new officers and discussing the MDA Superdome, Special Olympics, and the Harold D. Meyer Awards Banquet.

African/Afro-American Studies is sponsoring a lecture/performance by Ephat Mujuru, Zimbabwe's foremost player of the mbira (finger piano). The presentation is free and open to the public.

The last Black Student Movement General Body meeting for the 1982 Spring Semester is at 8 p.m. Monday in Upendo Lounge. All BSM members are urged to attend.

Dr. Thomas Webster from George Washington University will speak on "The Awakening of Soul" Saturday in the Carolina Union. Free session is from 10 to 11:30 a.m. and regular session is from 1 to 4:30 p.m. Talks, panels, poetry and music will be featured.

A day of Jewish crafts and festivities will be held from 1 to 5 p.m. Sunday in the Great Hall of the Carolina Union. Artists from North Carolina and the Washington area will feature their work. There will be entertainment (belly dancing, Israeli folk dancing, Yiddish storytelling) and food. For more information, call 942-4057.

Senior Class of 1982 Committee will meet at 7 p.m. Sunday in the Carolina Union. Check at the Union desk for the room number.

"Dating and Marriage," will be Jimbo and Joan Perry's topic at Greek Christian Fellowship at 7 p.m. Sunday upstairs

in the Chapel of the Cross. Everyone is invited and bring a friend.

Disappearing Community: Jewish Life on New York's Lower East Side, a photographic exhibit by Bill Aron, will be in the Upper Gallery of the Carolina Union through April 4. For more information, call 942-4057.

The Mu Zeta Chapter of Alpha Phi Alpha Fraternity, Inc. will host the Black and Gold Ball on Saturday, April 3, in the Great Hall of the Carolina Union. Tickets may be purchased from any chapter member. For more information, call 933-4041.

Volunteers are needed during the Walk for Humanity to monitor checkpoints. The walk is on April 3 and begins at 9 a.m. There will be a sign up sheet in 102 Campus Y.

The UNC Flag Corps will hold tryouts April 2, 3 and 4 in Carmichael Auditorium. Anyone interested in being in the Marching Tarheel Band should meet at 4 p.m.

The Carolina Varsity Cheerleading Squad will be holding tryouts April 4, 5, 6 and 7. All are encouraged to come and try out. Try for a chance to cheer for the No. 1 team in the nation. Clinics are Sunday and Monday. Tryouts are Tuesday and Wednesday. How 'bout them HEELS!

ITEMS OF INTEREST

Intramurals: Deadline today for submitting all "Jump rope for Heart" money and for entering "Ride and Tie" jogging/bicycle race to be held Sunday at 1 p.m. in Carmichael IM field.

Applications and interview schedule for performing Arts Committee now available at Union. Desks. Anyone interested in Dance, Concerts, Theater and more is encouraged to apply.

The Southern Activist Conference will be held April 2-4 at the Union. Workshops on Eco-4 will be from 9:00-11:00 a.m. Draft, El Salvador, the oppression of Women, etc. A free concert at the Pit on Saturday with Brother Yusuf and Vernon Pratt. Panel discussion on Sunday will include speakers from AIM, Black Vets for Social Justice, Majahedien, etc. For more information call 967-2119.

Attention All Freshmen Women: Interested in a scholarship for one semester's tuition? Applications are available at the Carolina Union Desk and in OI Steele Building for the Panhellenic Freshman Scholarship. Applications due March 31.

The New Well is the Campus Wellness Resource Center, and its purpose is to promote positive health in the University population. It is located in the Health Education Suite of the

Student Health Service. Staffed by peer health educators, the New Well offers drop-in peer consultations and welcomes all to visit our browsing library and lounge. Our hours this spring are 3:15 to 7 p.m. Monday through Thursday. The New Well a. responds to student's health questions bi-monthly in *The Daily Tar Heel*. The New Well phone number is 942-WELL.

The Traffic Office holds preregistration for students for application of parking permits. You may make application daily from 8 a.m. to 4 p.m. from April 5 through May 14. Our office is located in the basement of the YMCA building.

3.0 recipients who did not attend the Pre-professional Health Society's 3.0 reception may pick-up their certificate... Dean Rowley's office in Steele Building.

Broadway Triangle Dance and Concerts are only some of the programs the Carolina Union Performing Arts Committee brings to the area. Interested in working on the committee? Applications now available at the Union desk.

Keep your eyes open for the New Well Student Health Fair on April 6 and 7. There will be workshops, music, movies, booths, balloons, etc. in the Pit and Union.

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