



Largest Ever

Democratic Vice Presidential Candidate Geraldine Ferraro, left, talks with Alpha Kappa Alpha Sorority's National President Faye B. Bryant, at the banquet sponsored by the sorority during its national meeting. Ferraro addressed more than 8,000 AKA's during the banquet which was a milestone because it was the largest sitdown banquet in convention history. In her remarks, Ferraro stressed that her candidacy symbolized the opening of doors to those who had been formerly barred from the political process. She also praised the AKA's for their strides in voter registration and vowed to address more of their concerns.

Suggested ways to ease loss of loved ones

By JOAN GOSPER
N.C. State University

Learning to say good-bye is a tough lesson. It is most difficult when it involves the final good-bye to a loved one, says Dr. Leo Hawkins, extension human development specialist, North Carolina State University.

Bereavement after the death of a friend or relative is painful and inevitable. Researchers have found several factors which lead to a favorable outcome for the person having to deal with a serious loss.

--It is easier when the relationship lost was a good one.

--A mature, independent person will be able to work through the grief better because this type of person is better able to deal with change. The death of a loved one is a change which must be worked into life.

--It helps if there has been time to say good-bye and make peace with the loved one. This is why a sudden, accidental death is generally harder on the survivor than a more gradual death.

--The survivor should not try to hide painful feelings. It is important to talk of when and how the loved one is missed.

FREEZING UP?

Air conditioning units occasionally freeze up. There are several causes for this problem, says Sandra Dellinger, extension housing specialist, North

Carolina State University. It may not be necessary to call a repair person.

Check the temperature. "Most room air conditioner units will not operate properly if the outdoor temperature drops below 65 degrees, Mrs. Dellinger says.

Other causes of icing include: operating a unit with a dirty filter, keeping the fan speed too low and trying to cool too large an area or running the unit at a very cold setting for too long.

If the evaporator ices, the air conditioner may be located too close to a ceiling, side wall, furniture or drapes causing a short-

cycling of air.

CHOOSING DAY CARE

You have searched and searched, but the day care perfect for your child does not seem to exist. Now what can be done?

"Chances are, you will have to settle for the best choice possible," says Dr. Frances Wagner, extension human development specialist, North Carolina State University.

Look over your criteria. Where could you compromise? Can you help?

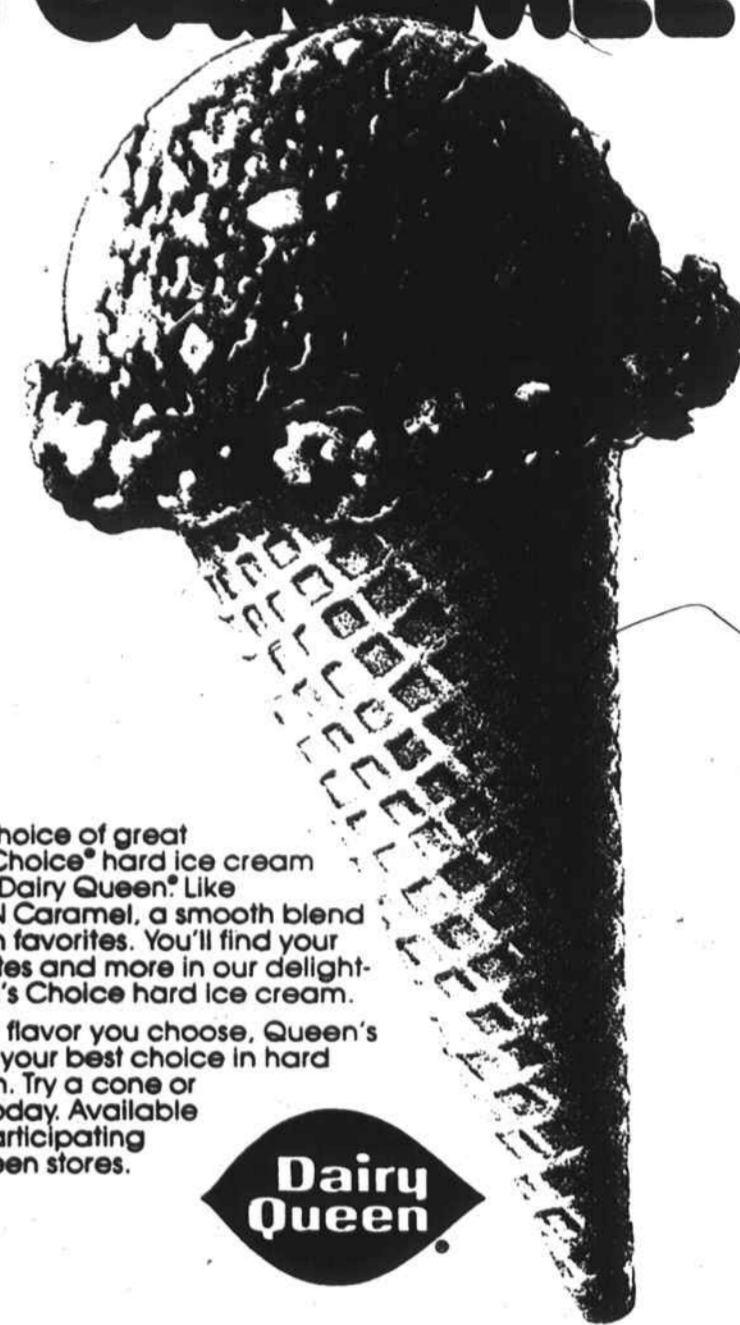
"You may be able to assist or educate the caregiver to offer a

more varied diet or program of play activities," Dr. Wagner says.

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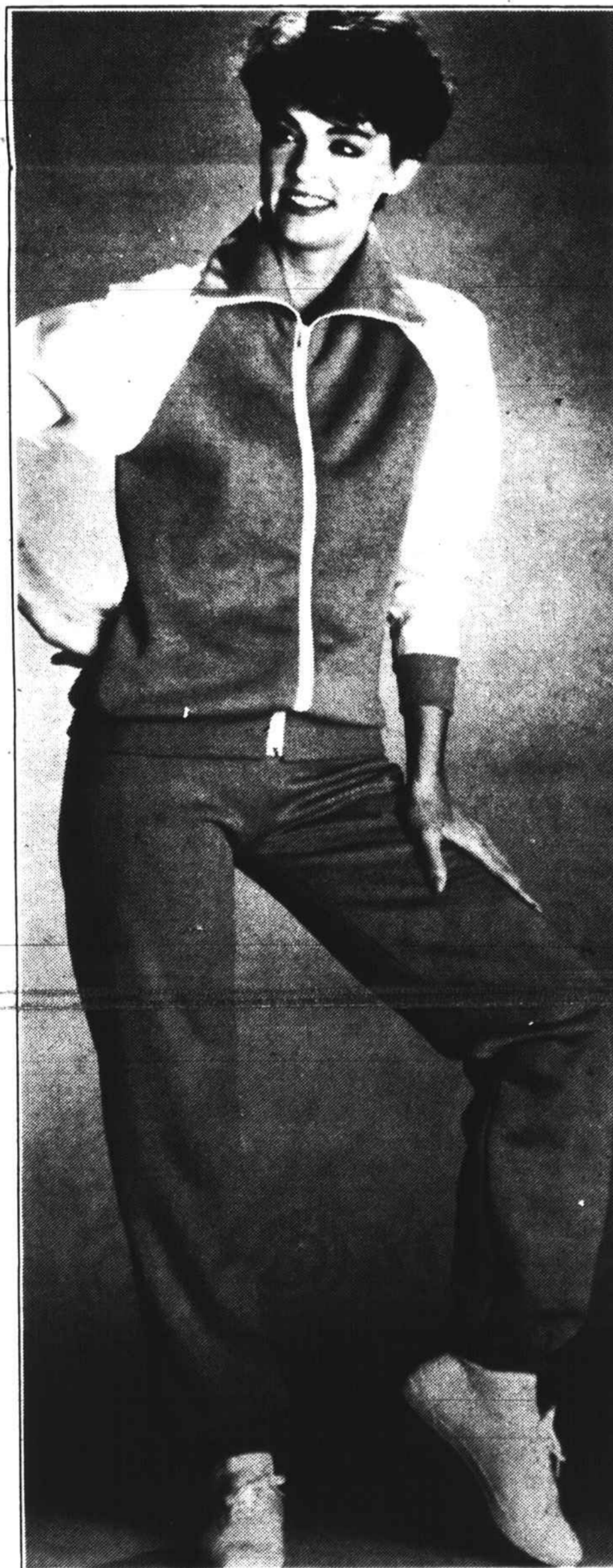


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