

The Black Women's Health Book, survival in a white male world

Upon first encountering *The Black Women's Health Book*, I thought that this would be a book about how to monitor one's diet, get proper exercise, set regular physical examinations and other righteous criteria for being a healthy American. It is not! Upon reading the first essay, I realized that this book is about surviving as a black woman in a white male world. It is about the sociology of the black woman whose physical health is dependent on her psychological and emotional health.

woman said, "My home life is not working. My old man is an alcoholic. My kids got babies. Things are not well with me. And the one thing I know I can do when I come home is cook me a pot of food and sit down in front of the TV and eat it. And you can't take that away from me until you are ready to give me something in its place."

And that's what the book is about — helping black women to add life and spirit to their lives. Traditionally, these women have been asked to give a lot of themselves, to employers, to husbands, to children, to church. These women are saying they are sick and tired of being sick

and tired; they are tired of being strong. They are "empty wells that

Wright Edelman and other accomplished black women. The four sec-



WORLD OF BOOKS

By DOTHULA BARTON BUTLER

never got replenished." They endure relationships that reinforce their dilemma.

The Black Women's Health Book is a collection of poems and essays written by Alice Walker, Angela Davis, Audre Lord, Lucille Clifton, Faye Wattleton, Marian

tions whose titles, "There is a Balm in Gilead," "Tell the World About This," "Climbing Higher Mountains," and "Rocka My Soul" give a clear picture of their content. The first section gives a sense of the history of black women's health. It touches on historical issues, i.e. atti-

tudes, stress, root doctors, cancer, pioneer physicians and "healing from the inside out."

Section two covers sexual abuse, incest, domestic violence, teen pregnancy, abortion, and the black family. Section three covers basic diseases common to black Americans, hypertension, sickle cell anemia, lupus, diabetes, and AIDS. The final section deals with solutions. Alcohol, crack, smoking, are addressed. Cheryl Killion writes about her experience as a registered nurse.

She strongly advocates, as do other writers, the importance of family support and prayer to pro-

mote self healing. Also, taking charge of one's own health care rather than giving away ultimate decisions for healing to medical professionals.

The final essays are on holistic healing, or healing from inside out, even as it relates to weight loss. Georgiana Arnold promotes relaxation techniques, visualization, aerobics, high carbohydrate diets, salt reduction and self-rewards.

The Black Women's Health Book is a powerful resource for black women. It is the kind of book that is good for discussion groups, research and for adding to one's personal collection.

When heavenly objects collide, you get recent hits and near misses

Normally this article is about stars and planets that are so far away that there is little possibility of any of us being influenced directly in our daily lives by them. But lately, there

have been affected.

This is about just such a collision. It is from the *Source Book of Astronomy* by Harlow Shapley, 1960. It may seem technical, but I hope

0 hrs. 17 min. 11 sec. GMT (7:17:11 p.m., June 29, EDT). After the fall of the mass, a column of fire was observed in Kirensk, also in the USSR, at a distance of 250 miles. The sound was recorded over 600 miles away.

The blast caused the radial fall of trees (crowns outward) to a distance of several dozen miles from the point of the fall. The air waves were so powerful that they set in motion microbarographs in North America, as well as in Western Europe; they circled the world and were recorded a second time at Potsdam, Germany. The epicenter was in the vicinity of

the Podkamennaya Tunguska River — more exact, 60 degrees 16 minutes latitude north, 103 degrees 6 minutes longitude east.

The large masses of fine particles of matter sprayed in the atmosphere during the flight of the meteorite and by the explosion when it struck the earth's crust at cosmic speed, created a thick dust layer in the upper strata of the atmosphere, formed "silvery clouds" at an altitude of 55 miles. At 250 miles fences were torn up and grain loaders were thrown from their feet. In Kansk, at a distance of 435 miles, horses could not

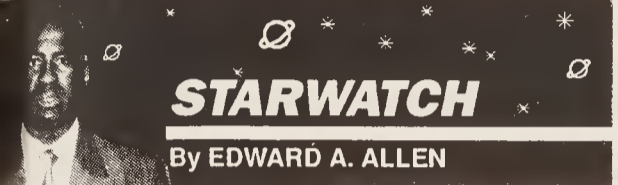
stand up.

On the outer fringe of the wind-fall area (about 12 miles from the center) everything on the surface of the earth was charred, moreover, as a rule the branches of the trees which remained standing as well as those that were felled, were broken. Eye witnesses related that individual trees were felled on the hills in the vicinity of Vanovara. The area where every single tree has been felled begins at a distance of two miles.

In conclusion, a huge iron meteorite fell near the Podkamennaya Tunguska River. It is supposed that

this body broke up first in the air, and then further when it struck the earth's crust, which it penetrated as discrete fragments and was broken into still smaller fragments by the action of the incandescent gases produced at the time.

At a depth of slightly less than 80 feet, crushed masses of nickeliferous iron, some pieces weighing one or two hundred tons, should be encountered. Scientist believe that the entire mass of the original iron meteorite before it invaded the earth's atmosphere weighed several thousand metric tons.



STARWATCH

By EDWARD A. ALLEN

There has been some news on television of objects in space coming very near the earth. A few months ago it was reported that a large meteor came within 100,000 miles of earth before anyone had observed its approach. Had a meteor of that size collided with the earth, our lives would surely

those that have an interest in these things and students can find it helpful.

On June 30, 1908, in fair weather, a large fireball was observed flying from south to north through the cloudless sky over the Yenissei River basin in Central Siberia; the time was

Jabberwock contestants attend WSSU Univ. Day



Members of WS Alumnae Chapter of Delta Sigma Theta gather with Jabberwock contestants.

The Jabberwock contestants of the Winston-Salem Alumnae Chapter of Delta Sigma Theta Sorority Inc. attended the annual University Day sponsored by Winston-Salem State University Saturday, Oct. 6.

The contestants had an informative fun-filled day, hosted by the administration, faculty, and students at the university. A vast amount of information was given through a series of lectures and workshops on college prep courses, requirements for college entrance, financial aid,

and student programs and facilities designed to enhance student life while on campus.

Rounding the day off with a variety of entertainment, the students presented a talent show, a greek step show, a tailgate party, and provided tickets for the contestants to the WSSU football game.

The 1990-91 Jabberwock contestants will continue their ventures this month with a beauty and charm session given by Soror Andrais Brandon on Oct. 20.

Guest artist to perform

The Twin City Chapter of the North Carolina A&T State University Alumni Association is pleased to announce that Kelvin C. Wharton, renowned dancer, will perform at the 1990 "Blue and Gold Boutillion" Sunday, Oct. 14 at the Sawtooth Building at Winston Square.

Wharton hails from Mocksville, NC and is a member of Calilee Missionary Baptist Church. He has been dancing since 1975, studying at North Carolina School of the Arts and New York. He has performed in "The Wiz," "An Evening In The Neighborhoods," "To Build a Dream," and "Don't

Bother Me, I Can't Cope," as well as the "Nutcracker."

Wharton is a member of "Othesha Dance and Music Ensemble, Nell Lite Production, Dance Central Station and Fredrick T. Peters and the Pure Imagination Tour Co." He is currently a member of NCBRC and on the faculty of Dorminy Dance Studios Inc. In addition, he is guest artist with Davie Dance Academy.

The "Blue and Gold Boutillion" is sponsored by the Twin City Alumni Chapter to promote scholarship and advance the positive Black male image.

Mother and daughter of distinction

Cheli Elizabeth English, a granddaughter of Mrs. Sallie Shell and the late Leon Douglas Shell and daughter of Mr. and Mrs. Herbert A. English, received a Doctor of Law Degree from Columbia Univ. School of Law in NYC on May 16, 1990. She has accepted a position as Associate Counsel at the prestigious Wall Street firm of Shearman and Sterling, effective Sept., 1990. She earned a Bachelor of Science Degree from Yale University.

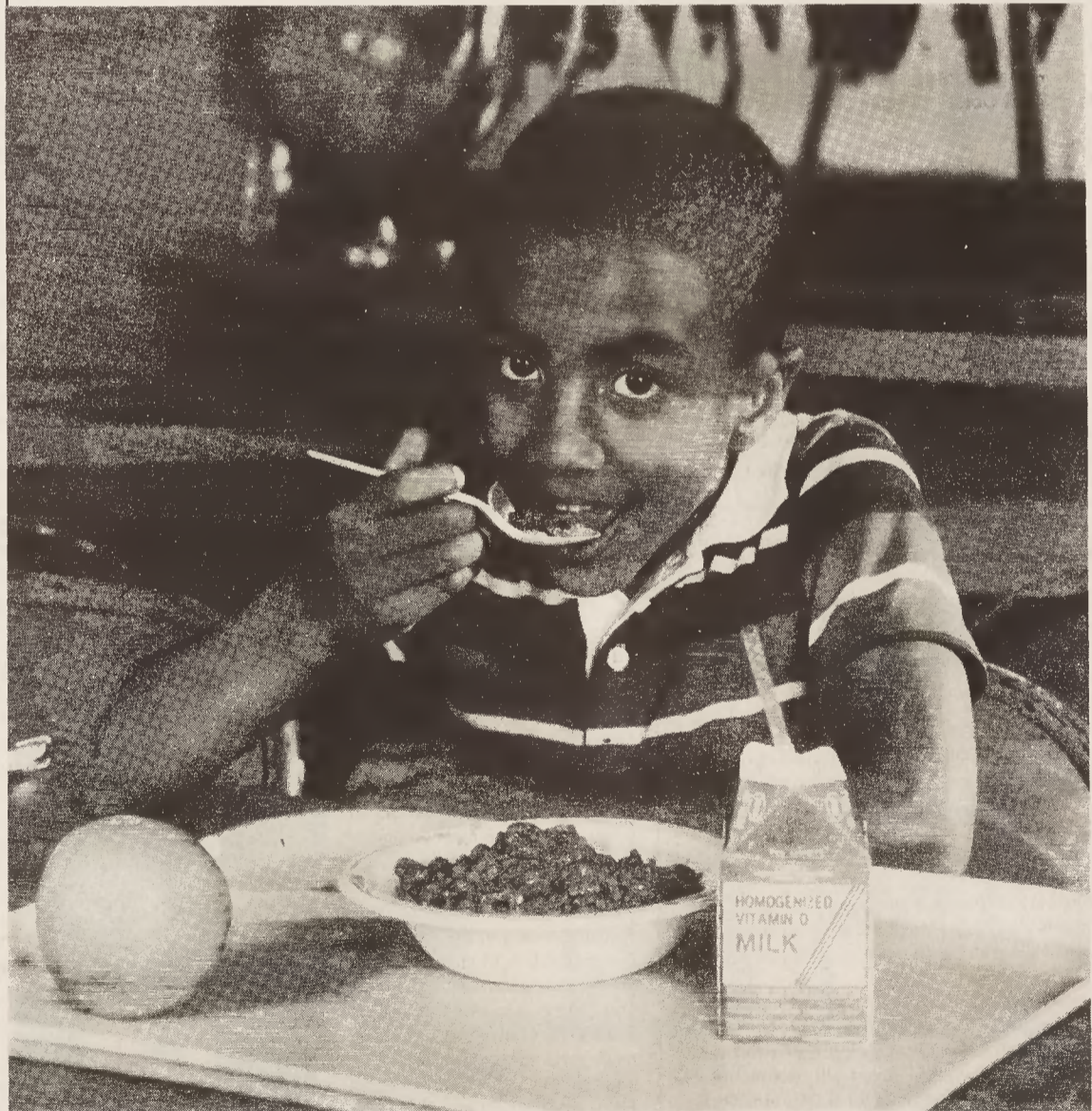
Mrs. Shell's daughter, Elizabeth Shell English was a recipient of a "Women of Color-Educator" award presented by the N.Y. Club of The National Association of Business and Professional Women's Clubs, Inc. at its Annual Journeyer Truth Awards Luncheon in May. She was also selected to be listed in the First Edition of *Who's Who Among*

America's Teachers, to be published this month.



Cheli Elizabeth English

We feed dreams



Every morning millions of children go to school on an empty stomach. They're more than just hungry. They're missing out on their chance to learn, to make their dreams come true.

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