

Shinn Provides Leadership For Christian Lamaze Class

By Teresa Simmons
Post Managing Editor

After Eve ate the fruit of the tree of knowledge God told her that she would endure pain in childbirth. This curse has been in existence since that time. No matter how hard man may try he cannot release woman from this curse but in time man pondered upon ways to reduce the pain. One specific class offered to parent(s) is entitled the Christian Lamaze Classes. In addition to relieving pain the class emphasizes preparation for child birth through the mind, spirit and body.



Evie Shinn
.....Lamaze president

This Christian Lamaze class is under leadership of Evie Shinn. Mrs. Shinn is also president of the Christian American Society for Psychoprophylaxis in Obstetrics ASPC - Lamaze associates in Charlotte.

Mrs. Shinn is one of 85 certified ACCE Lamaze instructors in Charlotte and the surrounding areas. ASPC, the nation's leading child birth organization, has only accredited instructors.

These accredited teachers must spend one to one-half year in instruction.

He or she must then complete an obstetric test, observe two six-week series of classes with a certified ASPO teacher, attend five labors and deliveries, complete a reading list and attend a four-day teaching seminar. In order to become a Lamaze instructor one must have a bachelor's

degree or nursing degree. Taking the six-week Lamaze classes, according to Mrs. Shinn is one of the best ways a person can prepare for the birth experience. "The class will prepare you for anything," Mrs. Shinn explained. "There is heavy focus on relaxation and the breathing technique that is best for you. We build confidence about the birth experience and emphasize that giving birth is a normal process not unnatural." Classes are open to anyone who is pregnant. A husband or coach may accompany you. "Money should not be a consideration. If an individual has a low income she can contact ASPC individual instructors and something can be worked out," Mrs. Shinn States.

It is important to register early in pregnancy because classes are limited in size. In addition to aiding mothers and fathers emotionally, physically and spiritually the society also provides a parents division which provides post-partum support for mothers. "Mothers who have had babies can get together with other women - a support group - and talk about the adjustments and

share their problems. These meetings are monthly and are free and one can come as often as she likes. There are refreshments and a free baby sitting if you like."

There are over 40 chapters nationally; a nationally organized paid Board of Directors; a local volunteer Board of Directors; and a quarterly newsletter. If you would like to know more about the Christian APC-Lamaze classes call Marsha Dyer, ACCE at 366-7343 or Evie Shinn ACCE at 552-9657.

"Behold, children are a gift from the Lord, and the fruit of the womb is his reward." Psalms 127:3.



The Southwest regional meeting of Las Amigas was recently held in Mooresville, N.C. Several members of the Charlotte chapter were in attendance. Regional director, Evelyn Turner, in her speech, emphasized the idea of strengthening the chapters in sisterhood and focused upon the expansion of the Las Amigas sisterhood by starting additional chapters. All of the chapters made a

contribution to members in Red Springs, N.C. chapter for the rebuilding of homes that were destroyed by the tornado. Present at the meeting were: Dora Mason, Joyce Waddell, Mildred Grier, Barbara Atwater, Joanne Holtzclaw, Ann Anderson, Joyce Matthews, Johnnie Young, Barbara Crosby, Dora Johnson, Cora Howard, Margo Jones and Evelyn Turner.

Cosmetologists Present Scholarship

The North Carolina Cosmetologists and Beautician Association presented a \$2,000 scholarship to Dr. and Mrs. Albright at their annual state convention in Raleigh, NC, on April 30.

The scholarship is named in honor of Lillian Wells Snipes, president of the organization. Johnson C. Smith was selected, in part, by the advocacy of the Charlotte Chapter. Local president Carrie Kirkpatrick presented a \$500 check to the general scholarship fund last Sep-

tember and has lobbied that Smith be chosen for the annual state scholarship.

UNCF Pageant

Members of the United Negro College Fund (UNCF) of Gaston County will host its first Miss UNCF Pageant, May 19, 7:30 p.m.

Sponsored by the Pepsi-Cola Bottling Company of Charlotte, the pageant will be held in the Highland Junior High School auditorium, 1600 N. Morris St., Gastonia. The Master of Ceremonies will be Mike Rossi of WPEG.

Tickets are \$3.50 in advance, \$4 at the door. Proceeds will be used to benefit the 1984 UNCF Campaign Drive, according to Barbara Massey, campaign chairperson.



SUNSCREENS... PROTECTION FOR YOUR SKIN

We all appreciate the benefits of a vacation in the sun—mental and physical relaxation, to name a few. And, we're also aware of the harmful effects of too much fun in the sun... sun burn. What we may not realize is that this exposure to the sun takes place every day, rain or shine, just by being outside. And, the damage builds up over years. It could result in signs of premature aging, such as wrinkling skin.



So, we should protect our skin whenever we are out. First, avoid direct exposure to the sun. Even with medium to dark-toned skin or a tan, the sun's harmful ultraviolet rays are still absorbed. Next, choose products with moisturizers and sunscreens whenever possible. Sunscreens provide a chemical barrier to some of these

ultraviolet rays. So, look for one in your moisturizer and makeup products. Sun tanning products with a Sun Protection Factor (SPF) chosen for your skin type is absolutely essential for a care-free vacation. Remember, the higher the SPF, the more it protects your skin. Good news is that Avon has just introduced Night Support Skin Revitalizing Formula—a breakthrough in facial skin care that works at night to help repair some of the damage done by the day's ultraviolet rays. It is a skin energizer that penetrates deeply to revitalize skin cells and promote the skin's natural repair process. It also helps the skin regain lost moisture by binding essential moisture to the skin.

Followed by your regular nighttime moisturizer, Avon's Night Support Revitalizing Formula helps your complexion look more supple and glowing. It's available only from your Avon Representative.

Ms. Ford is Manager of Black and Hispanic Markets for Avon Products, Inc.

Worsley Awarded Production Training Grant

William Worsley, junior in Communication Arts, has been awarded a scholarship for a video-production course at the PCA Teleproductions Institute. The award covers the entire \$750 cost of the course, which Worsley will take during the summer.

because of the skill he has displayed in production work for the entertainment segment of the association's monthly "Newsmag" program, carried on a local cable service. "I was recently shown the facilities at PCA by the manager, Judy Noe, and the production supervisor, Al Wheeler," Communication Arts Head Albert Kreiling said. "At the time, they had not quite finished installing a big array of expensive new state-of-the-art equipment.

"They certainly have one of the best-equipped production facilities I know of. The chance for a talented student like William Worsley to get training and experience in it should be a big advantage," Kreiling added. Worsley received a certificate from the Carolina School of Broadcasting in 1981 and worked as a disc jockey and board operator at WPEG and WEGO. He entered Rust Col-

lege in the fall of 1981 and transferred to Smith in the spring of 1983.

He is a 1980 graduate of Garinger High School, where he was a photographer and associate director of the school newspaper, the Rambler, and a member of ROTC.

He is the son of Dr. and Mrs. Raymond Worsley, 1713 Miles Court. Dr. Worsley is on leave as pastor of the First United Presbyterian Church to

serve as executive director of the Catawba Administrative Unit of the Presbyterian Church.

William's sister, Marie Matthews, is working on a master's degree in English at UNCC.

PCA Teleproductions, located in Matthews, recently decided to offer the scholarship to a Smith student to be selected by the Black Media Association.

The BMA chose Worsley

LSC Fighting To Exist

Continued From Page 1A. mented. He mentioned some revenue is produced by old cases which are finally being settled. The situation could get worse next year if Legal Services' budget continues to get slashed. According to a Newsweek report, "Reagan tried to end the program permanently, but was stopped by Congress' sentimental faith in the old ideal of equal access to the law."

visory Group. "Twenty-two percent of all poor people in our five counties (35,400 thousand families annually) need assistance from Legal Services," he stated. Of course all of those demands can't be met. If it wasn't for the American Bar Association and in some instances Congress, Roche believes Legal Services could already be nonexistent.

Roche confirmed the President was against Legal Services Corp. while he was governor of California. "I worked with Legal Services in California at that time," Roche commented. "He (President Reagan) once tried to de-fund California Rural Legal Assistance, whose winning lawsuit forced the governor to restore \$210 million to the state's Medicaid program," Newsweek reported.

Roche is also the southeastern representative to the Funding Criteria Committee which is a sub-committee of Legal Services Inc.'s Project Ad-

Levering To Be

Forum Keynote

Speaker

Miriam Levering, well-known Quaker Peace Worker, will be keynote speaker for the International Women For Peace forum set at the YWCA Park Road Center, 5 p.m., Friday, May 25.

The affair, including dinner, a film showing, and musical presentation is being sponsored by the YWCA through cooperation of its World Mutual Service Committee, International Y Women, Public Affairs Committee, and Creative Learning Task Force.

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Family Fast Food Fixin's

See what raves you get for this colorful, flavorful Under-the-Sea Salad. Made with JELL-O® Lime Flavor Gelatin! Make it quick 'n easy, by following the recipe below. General Foods recipes keep your family coming back for "more, please!" They're always downright delicious.

JELLO
gallatin dessert

Under-the-Sea Salad

JELLO

1 can (16 oz.) pear halves	1 tablespoon lemon juice
1 package (3 oz.) JELL-O® Brand Lime Flavor Gelatin	2 packages (3 oz. each) cream cheese, softened
1 cup boiling water	1/8 teaspoon cinnamon (optional)

Drain pears, reserving 3/4 cup of the syrup. Dice pears and set aside. Dissolve gelatin in boiling water. Add reserved syrup and lemon juice. Pour 1 1/2 cups into 8x4-inch loaf pan or 4-cup mold. Chill until set, but not firm, about 1 hour. Meanwhile, beat cheese until creamy. Very slowly blend in remaining gelatin, beating until smooth. Add cinnamon and pears and spoon into pan. Chill until firm, about 4 hours. Unmold. Garnish as desired. Makes 6 servings.