

Michelle Sermen

Hails As

Miss 49er

See Story On Page 5A

Basketball  
Preview

'85 - '86

See B Section

Clifton's Business

Ventures Provide

Opportunities

See Story On Page 9A

# THE CHARLOTTE POST

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## Health Watch Maps Strategies

### For Black Health Improvement

The National Board of Advisers of the New York-based Health Watch Information and Promotion Service met recently at the Marriott Marquis to finalize health promotion plans for reaching and informing Black Americans about cancer and other high risk disorders that disproportionately affect the black population. Health Watch, is a unique communications research and development project, headed by Dr. Norma J. Goodwin, and funded by the National Cancer Institute, to improve the health and longevity of blacks in America.

"The development and distribution of culturally sensitive Health Watch messages and services concerning the prevention, early detection, and control of major black killers and disabilities," said Dr. Goodwin, "will help to increase awareness and promote more healthful lifestyles and behavior." High risk disorders initially targeted by the project, in addition to cancer, include hypertension, heart disease, diabetes, and obesity.

Among planned Health Watch services endorsed by the advisory group for execution in 1987 are: a series of Wellness Seminars which will address issues ranging from prevention and early detection of specific diseases especially prevalent in blacks, to approaches for enhancing wellness through better nutrition, physical and emotional fitness; a Health Watch newsletter - Health Information for Self Preservation, and the dissemination of customized brochures and pamphlets. This health information and promotion system will be supported by direct mailings through national black organizations, as well as major media Awareness Campaigns to



Norma J. Goodwin, M.D., (second from right), director of Health Watch Information and Promotion Service, met recently with the National Health Watch Board of Advisers to plan '87 programs and services. Health Watch, a Black conceived and directed research and development project, is funded by the National Cancer Institute to improve the health and longevity of Black Americans. Among the group of distinguished health professionals and experts from

the public and private sectors represented on the Board of Advisers were (L-R), Dr. Robert L. Polk, Executive Director, The Council of Churches, City of New York; Toni Fay, Director, Corporate Community Relations, Time, Inc; Louis W. Sullivan, M.D., President, Morehead School of Medicine; Dr. Goodwin, and Fred Rasheed, Director of Economic Development, NAACP.

provide continuous reinforcement of Health Watch messages.

The Health Watch National Board of Advisers, comprised of distinguished health professionals and experts from the public and private sectors, considered it imperative to issue the following statement concerning high risk disorders in the black population: "It is important to understand that the disproportio-

nately high incidence and mortality rates among blacks associated with cancer, hypertension, heart disease, diabetes and obesity, are not due to genetic differences, but to inadequate information, frequent denial of early warning signals and delay in seeking care, as well as decreased access to quality health services for many Black Americans."

"Health Watch is committed to this war on major killers of blacks," said Dr. Goodwin. "We believe that knowledge, followed by positive action is power, and that if the black population is armed with appropriate information, they will take the needed steps to reverse the premature, and often unnecessary, high incidence of disease and early death."



Theda Lowery  
Inspired by mother

## Theda Lowery Strengthens Grip On Nursing Career

By Russell Clark  
Post Staff Writer

If you are a straight guy, and you stop by Kentucky Fried Chicken on Milton Road, you may want to take out more than just a box of chicken. Theda "Tiger" Lowery is a Management Sub there but she's making plans to strengthen her grips on another career. "I'm going in January," announced this week's beauty. "I plan to be a pediatric nurse because I like kids and I like to help others."

A 1984 graduate of North Mecklenburg High School, the 21-year-old young lady was inspired to

pursue nursing by a television special she saw. "The show featured how children get injured at home by their parents' carelessness. It showed how some children are seriously hurt by toys, and other dangerous things that should be kept out of their reach. This was a good program because it made me aware that a lot of accidents happen to children and they are usually not to blame. I think that inspired me because I want to help them," she explained.

The daughter of Willie Mae Lowery, she gets a lot of support from her family. "I support her 100 percent," stated Ms. Lowery, who once studied nursing at CPOC. "I was forced to drop out because I had three girls to raise. I think Theda will make an excellent nurse."

"I'm inspired by my mom because she wanted to be a nurse but she couldn't because she had to take care of me and my sisters. Now, I have the chance to become a nurse and to make her proud," she responded.

At Kentucky Fried Chicken she counts money, takes orders and helps when the managers are out, but her responsibilities will increase as a nurse.

"I'm willing to take on more responsibilities as a nurse because it's something that I want to do. When I graduated from high school, I didn't know exactly what I wanted to do," she replied. "I saw a sign in the window at Kentucky Fried and I applied," mentioned Lowery, who has worked there for two years.

Born November 13, 1965, Theda is celebrating her 22nd birthday.

"Right now, I don't have any special plans, but I think I will be spending time with my family."

A member of Chapel Hill Baptist Church in Huntersville, she is a member of the junior choir and enjoys gospel music by Andrea and Sandra Crouch.

When not busy, she likes to go jogging, biking, and bowling.

The youngest of three, Theda is single. "I do plan to get married and have a family, but right now, I'm not financially prepared and I haven't found the right guy. He has to be a Christian," emphasized Lowery, who projects to be ready for marriage in four years.

"I describe myself as a quiet and shy, but easy to get along with," she concluded with a smile.

## Families Headed By

### Black Women Decrease

The growth rate of families maintained by black women has declined significantly since the mid-1970s, according to the Commerce Department's Census Bureau.

Such families grew by 41 percent from 1970 to 1975; the growth dropped to 19 percent in the 1980s.

The rate of increase among white female households also has slowed since 1975, but at a lesser rate than for blacks, the report shows. The white rate dropped to 15 percent in 1980-85 from 25 percent in 1970-75.

While growth rates have fallen, the number and proportion of families maintained by women have risen since 1970. For blacks the total rose from 1.4 million to three million and for white families from 4.1 million to 6.9 million. Women maintained 44 percent of black families in 1985, up from 38 percent, while women maintained 13 percent of white families, up from nine percent.

## Proposals To Raise Retirement Age For Full SS Benefits Could Be Considered "Racism"

New York - Pointing to the average American black male's less-than-65 lifespan, the eldest son

of President F.D. Roosevelt, James Roosevelt, says proposals to raise

the retirement age for full Social Security benefits could easily be considered "institutional racism."

Roosevelt, chairman of the four million member National Commit-

tee to Preserve Social Security and Medicare, raised the issue during recent hearings in Harlem held by the Forum on Income and Employment Issues Affecting Older Blacks. The forum, moderated by

Congressman Charles Rangel, a ranking member of the House and Ways and Means Committee, was sponsored by the National Caucus and Center on Black Aged.

"Fewer opportunities for varied employment and lower rates of compensation make it difficult for black workers to amass adequate retirement incomes," said Roosevelt. "For over 50 percent of the elderly black, Social Security is the only source of retirement income." This fact alone makes the stability of the Social Security system especially important to black retirees, the former Congressman told the forum.

Roosevelt also noted that the progressive nature of Social Security - returning proportionately higher benefits to lower income workers - makes Social Security a significant tool for social equality. He testified that attacks on Social Security in recent years in the name of deficit reduction had undermined confidence in a critically important program to elderly black people and that elected leaders must work hard to restore that confidence.

On the issue of raising the retirement age to 67 (due to begin phasing in by 2000), Roosevelt said that he thought the impetus for the change in legislation was innocent - but ill-conceived - and that it would visit an injustice on blacks especially. He strongly recommended to the forum that the legislation be modified to restore age 65 as the age for full benefits and that early retirement benefits (at age 62) be restored to 80 percent of full benefits (instead of the 70 percent mandated by the 1983 legislation).

## Black Enterprise Creates New Approach To Networking Process

Black Enterprise, black America's guidebook for success, has established the Black Enterprise Professional Exchange: A Networking Forum, to create a new approach to the networking process. Entrepreneurs and professionals around the country have used the program to close important deals, set up a sound financial plan, and find a better job, the magazine reports.

Having advocated the virtues of career savvy, sound money management, and the art of developing business contacts for 16 years, the Professional Exchange puts the magazine's words into action.

The network allows participants to line up effective personal resources among fellow black professionals, a process made more difficult with the Reagan Administration's moves to undercut affirmative action programs.

Dean Witter Reynolds Inc., a New York-based investment firm, sponsors each forum. "During the last year, the company has created a campaign to increase awareness of Dean Witter among black professionals and develop new

business relationships with them," Phillip Purcell, chairman of Dean Witter, told Black Enterprise. "The networking forums cultivate new business and staffing contacts for Dean Witter while providing educational information for its participants," he adds.

The Forum begins with remarks by Earl G. Graves, publisher of the magazine. Participants then proceed to different seminars designed to help them consider a full range of money management tactics, offer strategies for success, and give expert advice on career enhancement. The program is followed by a business card exchange reception.

At each Forum, Dr. Price Cobbs, a noted psychiatrist who has a San Francisco-based management firm, Pacific Management Systems, also conducts a seminar exploring the psychological and sociological aspects of being a black professional in corporate America and an entrepreneur in a free-enterprise system.

To date, the Professional Exchange has been held in six cities: Dallas, Greensboro, NC, Atlanta,

San Francisco, Los Angeles, and Chicago. Black Enterprise secures a local professional organization to co-sponsor the Exchange in each city. "This committee helps us identify the people we are trying to reach in our forums," Barbara Graves, vice president and general manager of Black Enterprise, explains. The organization receives a small percentage of each registration fee for its involvement, Graves adds.

More than 350 black professionals and entrepreneurs attend each session, the magazine reports. A forum is planned in Philadelphia, PA, on December 11, in 1987, 14 networking forums are currently scheduled.

For more information on the Black Enterprise Professional Exchange, call toll-free, 1-800-342-0331.

A copy of the November issue of Black Enterprise is available at selected newsstands or by sending \$1.95 plus \$1 postage to the publisher, 130 Fifth Ave., New York, NY 10011.



Ideas are funny things, they won't work unless you do.