IN THE WOMEN'S WORLD

Buffalo Briefs

— By —

Evelyn Patti MERRIWEATHER

LIVE SCIENCE WORKSHOPS AT BFLO. MUSEUM OF SCIENCE

A series of five science workshops for school children will begin at the Buffalo Museum of Science Nov. 4th.

"Five Science Saturdays" was designed by the Museum's Junior Education Department for children in Grades 5 through 12. Movies, demonstrations, projects, tours and museum explorations will be used to introduce the following subjects:

Nov. 4, Biology of the City; Nov. 11, Geology; Nov. 18, Mammology; Dec. 2, Ornithology; and Dec. 9, Anthropology.

The two-hour sessions will begin at 9:30 and be repeated again at 1 p.m. Registration for either time slot must be phoned in weekly to the Junior Education Department, 856-5200, ext. 27.

McCLELLAN'S VISIT KIN HERE

Mr. and Mrs. Carl McClellan of W. Hartford, Conn., spent Veterans Day weekend with her sister and husband, Mr. and Mrs. James Crawford, of Tonawanda.

MISS J. HUNTER ADDRESSED CLUB

The Echols Progressive Club sponsored their Annual Fall Tea, Sunday, Oct. 15, at Shiloh Baptist Church. The theme was: "In Times Like These, We Need A Saviour."

Mrs. Alice Ewing gave the Welcome Address and Mrs. Consetee Slade, gave the Club History. Two vocal solos were rendered by Mr. Willis and Mr. Melvin Caver.

Mrs. Eva Coles introduced the speaker, Miss Josephine Hunter, head teacher of St. Augustine School, whose topic was along the line of the theme.

Being so well versed in social work, she knew so many ways to tell her audience how to be helpful to our fellowmen in the community, and how to be of service to those less fortunate than we are.

The meeting closed with remarks by Mrs. Ada Griffin, past president; Mrs. Gladys Rice, president; and pastor, Rev. E. J. Echols.

Thinking About The Future—Security?? Doing MORE For Yourself??

REGISTER NOW AT STATE UNIVERSITY OF NEW YORK URBAN CENTER, 228 DELAWARE AVENUE, PHONE: 852-6181 — FOR COURSES IN BUSINEESS MANAGEMENT, BUSINESS MANAGEMENT, MEDIA, AUTOMOTIVE & ELECTRONIC MECHANICS, GRAPHIC ARTS.

HIGH SCHOOL STUDENTS INVITED TO OPEN HOUSE

High School students who have no classes on election day, Nov. 7th, may take advantage of the free time to learn about careers in nursing, by attending an Open House, from 2 to 4 p.m. in The Buffalo General Hospital School of Nursing, 112 Goodrich St.

Anyone interested in nursing, is invited to the open house, which includes tours of the school and an explanation of requirements for entry into the three-year school.

GAME NIGHT AT LINCOLN

Annual Game Night will be given by Wesleyan Service Guild of Lincoln Memorial Church, Friday, Nov. 17, at 8 p.m., in the Church Gymn, 641 Masten Ave.

Featured will be games, prizes, and refreshments. The donation is $1.50.

Eleanor E. Cameron is Publicity Chairman.

PRIZES TO BE GIVEN AWAY AT SOCIAL, NOV. 18th

Prizes will be awarded at a Thanksgiving Social given by the Ethopian Club, Sat., Nov. 18, at 8 p.m., at 55 Eaton St.

William Mark is president; and Mrs. Jackson, Chairman.

BELLS OF ST. JOHN CELEBRATE 24th ANNIVERSARY

A MOMENT BY CANDLELIGHT

The Bells of St. John, of the St. John Baptist Church, will celebrate their 24th Anniversary, with a Dedication Service, Sunday, Nov. 19th, at 5:30 p.m., at St. John Baptist Church, 184 Goodell St. The public is invited.

Rev. B. W. Smith is pastor; Mrs. Dorothy Talbert. President.

SUPPORT OUR ADVERTISERS

Women are gaining in Veterans Administration medicine. At the close of fiscal year 1972, VA's Department of Medicine and Surgery had 518 women physicians compared to 338 in 1967.

BABY CONTEST

A Baby Contest and drawing will be held at Tabernacle Baptist Church, 172 Johnson St., Sun., Nov. 26, at 1 p.m. Three prizes will be given away.

Rev. Elroy L. Day, is pastor.

For Women Your Body, Your Health

By DR. F. J. CLARK

Dr. Clark's column is prepared with the cooperation of the American College of Obstetricians and Gynecologists. Letters and questions should be sent to: Dr. John F. J. Clark, ACOG, 79 W. Monroe St., Chicago, Illinois 60603.

Year by year the percentage of women in this country who are in the work force increases. Large numbers of these are married women whose earnings are important to the support of their families. Many of them, in fact, are the principal wage earners for their families.

Should a woman work during pregnancy? Along with how much need there is for the money she earns, a woman's decision should be based on how well she feels, on the kind of work she does and her own psychological feelings about continuing to work.

Recently, The American College of Obstetricians and Gynecologists issued a statement giving its views on the pregnant employee. The obstetric specialists said that it is desirable for the working woman to see her physician during the first two or three months of pregnancy, both to verify that she actually is pregnant and for a thorough initial examination. At this time, a recommendation can be made regarding work during the remainder of pregnancy.

Then the statement adds: "If the patient continues in good health, feels well, and the pregnancy proceeds normally, there is generally no reason why a normal working schedule cannot be continued until close to the expected date of delivery."

There are other recommendations: Like other pregnant women, the working woman should get sufficient rest and exercise and eat foods which adequately supply her increased nutritional needs. She, and her employer, should consider these basic health needs in determining if a normal work schedule can be continued.

For the working woman, as for all women, her regular visits to the doctor are an important part of good prenatal care. How long she should continue to work can be determined by the woman and her physician at these visits.

After the baby is born, when can the working mother return to her job? The College says that adequate time should be allowed for complete recovery from the effects of childbirth before resuming a full work load. It gives this physiological changes to return to normal, but in individual instances, a longer time may be required for this, or for adjustment of feeding or other problems of baby care."

Good care includes a checkup after the baby is born and the mother has been at home for about six weeks. At this "postpartum" checkup, the doctor can determine whether she is now able to return to her normal work schedule.

It should be remembered that housework, is work too, and that the heavier household chores are often more physically demanding than the job which brings a welcome paycheck at the end of the week. The doctor will advise both working and non-working mothers how much of their usual home activities they can manage, and when they can resume them fully.

I will discuss work and pregnancy some more in my next column.

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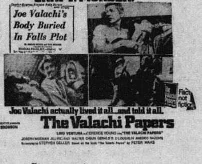

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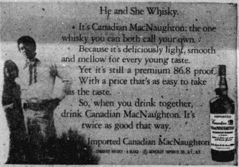

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