Mrs. Ethel Freeman

Editor

WHEN DAFFODILS ARE OUT!

Dear God, I had forgotten quite
How good a day could be
For winter winds had blotted out
From my poor memory
The warmth and loveliness of spring
The eagerness I knew
When all the gardens come alive
With green things peeking through.
Dear God, when hard things come my way
Oh, let me not forget
That just beyond adversity
There's warmth and sweetness yet
So thank You, for this day, Dear God
And never let me doubt
Though winter comes, there'll be a day
When Daffodils are Out!

Speaking of daffodils, we are again joining with the Massachusetts Division of the American Cancer Society in their distribution of the flowers. Our donations will go to the Dr. William B. Price Unit of the Cancer Society. These funds will be used for further research, education and service.

SOCIAL SECURITY

It is reassuring to learn that the Social Security program continues to operate on a sound financial basis. It is not a savings or checking account. Any amount not used for benefits, or operational expenses are invested in United States securities and earn the prevailing rate of interest. This year-60 percent- Retired Workers. 20 percent- Survivors of Deceased Workers 10 percent- Families of Retired Workers 10 percent- Disabled Workers and Their Families. Social Security is funded through payroll taxes paid by employers, employees and the self-employed and NOT from general revenues.

QUOTES

"If Jesse Jackson was a white, Irish, Catholic politician the contest would be over".

"Your wife drives you to drink? You are lucky, mine makes me walk".

"Want to know about a tax audit? Where seldom is heard an encouraging word".

"The only time a woman succeeds in changing a man is when he's a baby".
A BILL

There is a bill in Congress that would protect persons of all ages in case of a long illness requiring care outside the hospital.

Co-sponsored by Reps. Claude Pepper of Florida (our friend) and Edward Roybal of California, both Democrats, it will provide home health care coverage under Medicare for chronically ill elderly and children and for the disabled.

Among those who would be helped are those with Alzheimer’s or Parkinson’s disease, elderly stroke victims, children and elderly with long term cancer and working-age men and women disabled by accident or illness. Hope our Representatives do not forget us, but help in its passage.

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BIRTHDAYS

IN

APRIL

If there's Something very special
You'd like your day to bring
Something you've been wishing for
more than anything
Here's hoping on your birthday
All your wishes will come true
But nothing but the very best
Is good enough for you!

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<td>Ollie Chandler</td>
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<td>Bessie Sampson</td>
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<td>Sallie Parcon</td>
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HAPPY BIRTHDAY

MORE BLACK HISTORY

Continuing the observance of Black History Month, a hall at Bridgewater State College was dedicated in the recognition of outstanding blacks who have achieved.

The first inductees were:

W.E.B. DuBois, historian, civil rights activist and the first black graduate from Harvard University

Charlotte Hawkins Brown, native Cantabrigian, founder of Palmer Memorial Institute in Sedalia, North Carolina, the first black finishing school

Frederick Douglass, abolitionist, who resided in New Bedford

Louis Temple of New Bedford, who revolutionize the whaling industry by inventing the harpoon.

Inductees into the hall are required to have been in this Commonwealth or have lived here for twenty years.

Other highlights of the ceremony included the awarding of an honorary degree to Henry Hampton, producer of the documentary “Eyes On The Prize”.

The $1,000 scholarship named for Mary Hudson Onley who in 1912 became the first black graduate from Bridgewater State College will be awarded to an outstanding black graduate of the College.
POSSIBILITIES

The more faith you have
The more you believe
The more goals you set
The more you'll achieve
So reach for the stars
Pick a mountain to climb
Dare to think big
But give yourself time
Remember no matter
How futile things seem
With faith there is no IMPOSSIBLE DREAM!

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COOKIES

It is claimed Americans eat more than two billion pounds of cookies a year; on the law of averages every man, woman and child in the country eating an ounce of the many over 28 popular varieties consume 300 cookies a year.

Despite the fact that Supermarkets devote whole aisles of an ever increasing number of choices, they are all based on three ingredients, sugar, flour and shortening, that is fat.

Comparing two popular varieties:
Keebler Chip Deluxe has as much as 90 calories, 40 percent comes from fat.
Almost Home Oatmeal Raisin cookies of the same weight has just 65 calories and only 35 percent fat.

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IS THIS TRUE?

Life is like a journey taken on a train
With a pair of travelers at each windowpane
I may sit beside you all the journey through
Or I may sit elsewhere never knowing you
But if fate should make me sit by your side
Let's be pleasant travelers it's so short a ride.

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RATINGS

An interesting article in the Senior Citizens News published by the National Council of Senior Citizens gives an insight as how our representatives look out for our interests.

All Senators and Representatives are listed by states and how they voted on ten of the issues before them.

If they voted according to the viewpoint of the Council who is always in our corner an "R" for right is opposite their names and if according to the viewpoint of the Council they voted negatively, a "W" for wrong appears.

Since Senator Dole of Kansas, Gore of Tennessee and Simon of Illinois and Representatives Gephart of Missouri and Kemp of New York are campaigning for the high office of president, their records are incomplete.
Our Senators Edward Kennedy and John Kerry voted in our interests receiving a rating of 97 and 93 respectively. In the House Joseph Kennedy received a rating of 100, followed by Barney Frank 99, Joseph Moakley 96. The lowest rating was received by Silvio Conte, the lonely Republican from this Commonwealth whose rating was 73.

A TEST

The moral test of government is how it treats:
Those who are in the dawn of life—Children
Those who are in the twilight of life—The Aged
Those who are in the shadows of life—The Sick,
The Needy and The Handicapped.

BIRTHDAY

LUNCHEON

The weather was perfect when a group of Goldenaires and friends observed the first in a series of birthday luncheons.
They spent an enjoyable afternoon at Joppa Restaurant in East Bridgewater.
Their motto is "Enjoy life and eat out more often". In following those words they certainly made their customers feel that way about the food and service, especially their "Joppa Sticks".
After that pleasant experience we are looking forward to our next luncheon in April. Our appreciation to our Directors Mittie Thomas and Frances Bowen.

ADVICE?

Consideration for others can mean taking a wing instead of a drumstick.

No food tastes as good as the food you eat when you are cheating while on a diet.

The person who has everything usually sits next to you in the doctor's office.

AWARDS

The City Wide Boston Equal Rights League Contest was held in Doric Hall of the State House. The subject was "Poetry". Glancey Charlemagne received first prize of $75; she represented Thompson Middle School
Miescha Bryant-$55—the Thompson Middle School
Rona Morrisettes-$45—the Lewenberg School
Nneka Hall-$35—Boston Latin
John Eisenburg-$25—Edison School
Selina Brown-$25—a Mackey Middle School
Sabrina Davis-$25—Mackay Middle School.
The annual observances of Crispus Attucks Day were held with exercises at the scene of the Boston Massacre on State Street, the Old Granary Burying Ground and at his statue on Boston Common.

HOW ABOUT

IT?

When you get up in the morning and look through the Forbes list of richest people in America and do not see your name, go to work.
Time Banking, a volunteer service for elders, will be one of three organizations in the nation to demonstrate a new program at the Kit Clark Senior House in Dorchester. The agency will act as a bank where services rendered by volunteers will be recorded and credited to their accounts. Credits can be redeemed by the volunteer who may need services at a later time. Volunteer services can include shopping, cooking, light cleaning, doing laundry and other chores, repairing homes, escorting and socializing.

There are 17,000 elderly who live in Dorchester and if the program is successful it may be extended to other Boston neighborhoods. The Kit Clark Senior House will receive up to $200,000 from the Robert Wood Johnson Foundation over a three year period to initiate the program.

WHY NOT

Wives who cook and wash dishes
Should be granted three wishes
A grateful mate, a well-kissed cheek
A restaurant dinner every week.

SUGGESTIONS
(Taking the joy out of life)

Foods high in Vitamin A
Carrots, Spinach, Beaches, Apricots, Yams.
Food high in Vitamin C
Citrus fruits, green peppers, strawberries
High fiber foods
Cereals, breads
Vegetables
Cabbage, broccoli, cauliflower, brussels sprouts

Avoid or Cut Way Back
Sausages, smoked meats, cured deli-meats, duck, poultry with skin, tuna in oil, mayonnaise, gravies, butter, ice cream, fats and cream.

THIS 'ND THAT

Those of you who like to shop, how would you like to live in West Edmonton, Alberta Canada? There is listed the world's largest shopping mall. It contains 828 stores, 110 restaurants, 19 theaters, two car dealerships, 7-acre water park a man made lake.

Some men remain bachelors because TV reminds them that women are anemic, have stringy hair, rough hands, large pores and are overweight.
PEOPLE

Auxiliary Bishop Eugene Mario of the Catholic Archdiocese of Washington, D.C., is also a black female. He was director of adult religious education in the diocese and author of a study guide and pastoral letter by the nation's black Catholic bishops. He is a member of the Josephite Order and one of the nation's 11 Black bishops.

Thomas Jones, a native of St. Albans, N.Y. has been promoted to Senior vice-president and treasurer of John Hancock Mutual Life Insurance Company. He is the first black to hold that position. He received his bachelor's and master's degrees at Cornell University.

Rev. Sherman Hicks at the age of forty-one, became the first black bishop of the New Evangelical Lutheran Church in America. He was elected head at the Metropolitan Chicago Synod.

Ms. Barbara Burgess, assistant dean at the Boston Business School has been reelected director of the New England Business Educators Association.

SILENCE

I listened to all the noises in the world
But Truth I couldn't find
Lectures, sermons, and the like
Couldn't satisfy my mind
I read each book that I was told
Would answer all my quests
But each one left my thirst unquenched
None put my mind at rest.
And then I found a quiet place
I sat alone and closed my eyes
And there, away from all the human race
My heart was opened to the skies
I heard a voice so soft and clear
Say, "All your answers are right here
In silence, all the Truth you'll find
For God speaks there to every human mind."

AWARDS

The Third Annual Ralph J. Bunche Oratorical Contest co-sponsored by Freedom House and Emerson College presented several talented high school students. The 30 participants represented the local schools and the suburban schools of Lexington, Concord-Carlisle, Newton North, Lincoln-Sudbury, Sharon and Holbrook. All received certificates of recognition. At the opening ceremonies greetings were extended by Allen Koenig, president of Emerson and Ms. Kathie Thomas, Director of Special Projects and Community Outreach at Freedom House. The topic of debate was "How Will A Good Education Help Minorities Compete Successfully for Jobs in the 1990's".
Ms. Natalie Christian, a graduate of Emerson College, former co-anchor at Channel 7 and now Community Affairs Manager, Executive Producer of Public Affairs at Channel 56, where she has been for the past ten years, presented the awards. First prize of $1000 was given to Shauna Grovelle of Holbrook High School; Second prize of $800 to Junior Edwards of Boston Technical High School; Third prize of $600 was presented to Sam McLemore Jr., of Boston Latin Academy. Congratulations to all.

**DOS AND DON'TS**

Here are some hints to follow when you visit the hospital:

Follow rules do not evade visiting hours.
If you are not up to visit at that time, as many do not like hospitals, telephone; then ask if it is convenient to talk, the patient may be sleeping, the doctor or nurse maybe discussing the case, you may be interrupting a medical procedure.
If the doctor or nurse come into the room step out, or ask if you should.
If the door is closed, ask the nurse if it is all right to knock, as the patient may be upset or even using the bed pan.
Do not stay too long; 15 or 20 minutes, unless you are very close.
Only 2 or 3 people in the room is best. Do not sit on the bed.
Do not bring food only on the advice of the doctor or nurse as you may bring something the patient should not have.
Don't drink from a patient's glass or use his bathroom. Use the restroom in the hall before you visit and wash your hands as no one needs more germs.
You can ask how a person is feeling but do not pry into details and it doesn't help to tell an ill person there is nothing to worry about.
Be a good listener. You can sit quietly or watch TV together.
You do not have to do anything or bring anything. But you could offer to do errands, take or deliver mail; bring magazines or toiletries or something personal.

**GIVE**

The more you give, the more you get.
The more you laugh, the less you fret.
The more you do unselfishly.
The more you live abundantly.
The more of everything you share.
The more you'll always have to spare.
The more you love, the more you'll find.
That life is good and friends are kind.
For only what we give away.
Enriches us from day to day.