

Local Coed Named To MSU Honorary

Rhoda Weiss of Livonia is one of 12 outstanding women students at Michigan State University named to Delta Chi, an honorary organization.

The group, in which members are selected on the basis of involvement in campus activities, meets weekly during the school year to discuss current issues with campus administrators and legislators.

Miss Weiss, who will be a senior next fall, is president of Delta Sigma Phi, national journalism society, a member of Senior Class Search and was initiated into Sigma Chi, an national fraternities Phi Kappa Phi, which she represented.



By MARGARET MILLER
Women's Editor

Women on the Go

These Women Bring Banking To Public

initiated many new services in recent years. Miss Dunham suggested there are many more that could be instituted.

"For instance," she said, "banks in the future may be securing tickets for travel or for entertainment for their customers."

ONE SERVICE being offered right now by this women's department is for recent widows.

"We write letters to women whose husbands are listed in the obituary columns," Miss Meyers explained. "The idea is just to offer our services if they are needed."

"Many women have been so well taken care of by men they lack the knowledge of such financial matters as banking a checkbook. We go to their homes to see them if they ask us to do so, and we try to give whatever advice is needed."

The response to this project, both Miss Dunham and Mrs. Meyers reported, has been "most gratifying."

"Many widows, especially those who have been bereaved suddenly, need to talk to someone who can be both impersonal and sympathetic," Miss Dunham went on. "Many of these have kept in touch with

us as they got over the shock and went on to rebuild their lives."

THE WOMEN'S DEPARTMENT also helps coordinating the business trends luncheons that Detroit Bank & Trust puts on several times a year. These bring varied groups of business people together for discussion of what is going on in the world of finance and what the bank can offer its clients.

Sometimes these luncheons are for career women—many attorneys.

"We've had the women tell us they are most grateful for this kind of recognition," Miss Dunham said.

For Detroit Bank & Trust employees, the department began three years ago to offer a personal development class.

"This was something very new," Miss Dunham said. "There have been many technical courses for both men and women employees, but this deals strictly with attitude—helping people in their personal and business lives because one's attitude certainly affects the other."

BOTH women's department leaders are busy often taking the story of banking services to the bank. The banking area finance forums, had Eve Meyers speaks often for women's groups and at neighborhood meetings.

Miss Dunham is frequently a business convention speaker.

One particularly interesting project, Mrs. Meyers said, was working with a Wayne State University student who, has been meeting with a group of inner-city teen girls 14 to 17, some of them mothers.

"They need help in matters like making budgets," she said, "but some can't even sign their names and they are all afraid to go into a bank."

Leah Dunham has been with Detroit Bank & Trust 33 years, most of that time in personnel. Five years ago she became one of the first women vice presidents in this area and organized the women's services department.

Eve Meyers, who had worked for the bank before she was married and on a part-time basis while her two daughters were growing up, moved into the department with her then.

Both think their department represents the beginning of a trend.

"Banks give service and women give service," Miss Dunham said. "It's their background. Women are bound to be closer to banking."

Madonna Dean Named To List Of Top Educators

The name of Sister M. Lauriana, CSSF, academic dean at Madonna College, will appear in the 1970 edition of "Outstanding Educators of America," annual awards directory published by the Outstanding American Foundations in Chicago.

The directory prints biographies of Americans who distinguish themselves through the advancement of education.

Sister Lauriana has been academic dean at Madonna College since 1965. Prior to that, from 1957 she was instructor and coordinator of teacher education at the college.

SHE WAS also school supervisor for the 32 schools conducted by the Felician Sisters in the Archdiocese of Detroit and reading coordinator of the Detroit Archdiocesan Schools.

As reading-coordinator she authored and edited the reading ad listening books used in the archdiocesan schools for grades one through seven. She also published a number of articles dealing with reading in the elementary grades and conducted special reading

SISTER LAURIANA received her master's and doctor's degrees in education at Fordham University and did post-doctoral work at Teachers College, Columbia University. She was an instructor in the graduate schools of education at Fordham University for three summer sessions and at Scranton University for one summer.

Last fall Sister Lauriana attended an institute on a one-semester subject at the Claremont Graduate School on the grant of "Innovations and Change in Higher Education."

She has also been awarded a four-week study grant for the coming summer at the College Faculty Institute on Modern Africa at Hamilton University, St. Paul, Minn.

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BANKING WOMEN -- Eve Meyers (left) and Leah Dunham.

What Boosts Cholesterol? Answers Not All In Yet

Scientists don't have all the answers yet on the relationship between diet and blood cholesterol and heart disease, says an NIH Michigan report published in the medical journal.

The complicated problem and many who tell you the story are about it is a fact.

Dr. Donat Cederquist, dean of the Michigan State University department of food and nutrition and a co-leader of a gathering of the Plymouth Robins last week.

The speaker said many experiments had indicated that almost every nutrient we consume has something to do with blood cholesterol.

"SO PROBABLY the best way to keep it down," she stated, "is to restrict our food intake somewhat—almost everyone should lose a few pounds, expend a little more energy and be a little less uptight."

She described the experiment was conducted in England with two groups of monks.

One group lived a vegetarian life; the other was more affluent and its members were considerably heavier.

Dr. Cederquist said that the incidence of heart disease was just the same. The constant factor was that both were out on the rate of cholesterol.

DR. CEDERQUIST, in her talk "Food Fats and Fatness," outlined these findings: "There is nothing necessarily wrong about food."

Certain facts are known about nutrition, but there are endless variables, she stated.

The facts are that there are certain essentials needed by every person that the need for each of these varies with age, sex and activity and there is some variation in the way different individuals utilize the nutrients, and that body doesn't perform any particular source of any nutrient.

THUS, SHE ADDED, it is fallacy to believe that natural sources are better than synthetic from a nutritional standpoint.

"A whole cult has been built on this ideal," Dr. Cederquist said, "but the truth is that the body doesn't give a hoot."

THE NUTRITIONIST commented on reducing weight and said that "a calorie in is a calorie out" is exactly the same as calorie in sugar and the only way to lose weight is to take in fewer calories than you expend.

Signaling out the Weight Watcher program, she said this diet is "absolutely safe, and the reason people feel well

Teens Fill Relief Kits

Eighteen teenagers from the tri-county area have volunteered to prepare 750 comfort kits on Thursday, July 2, but the Peruvians left destitute after the May earthquake.

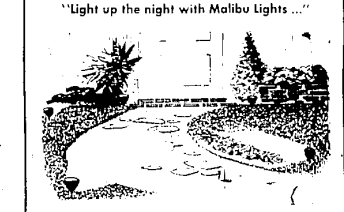
The project is part of the American Red Cross relief work in Lima. The national quota for the kits is 30,000.

The kits will be filled with useful personal and household items, including soap, scissors, needles and thread, and writing materials, and will be shipped by air to Lima along with other relief materials. There they will be distributed by the Peruvian Red Cross.

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