Catonsville Notes

... by Liz Williams

Send sympathy cards to the family of Mrs. Emma Smith whose funeral was held on Wednesday at Mt. Zion United Methodist Church, Main Street, Ellicott City.

Mrs. Smith is survived by five sons and two daughters, eight grandchildren, three great-grandchildren and a sister, Mrs. Smith formerly lived on Felix Lane in Elliott City.

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"Thinking of You" cards to Lucille Monroe whose husband, Samuel (Sam), is in the intensive care unit at North Charles Street General Hospital. We all know Sam, a long-time retired postal employee, and Lucille, a retired Baltimore City teacher. The Monroes are beautiful people and have been friends to many through the years.

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Sympathy cards to Emma Collier Roberts who recently lost her father. Also to Dorothy (Clinton) Greenfield of Columbia who lost her mother. Remember also Ann (Bob) McInfer who recently returned home after having attended her uncle's funeral.

There are many sick and shut-ins in our community. Among them are: Brother Harold Bonds of Crescent Lodge No. 355 at Bon Secours Hospital; Zola (Leonold) Saunders, St. Agnes; Helen Kent, Johns Hopkins; William Brooks, Veterans Hospital; Blanche Stanley, Church Home Hospital; William Rideout, Winters Lane;

Also Catherine Handy, Roberts Avenue; Sherena Fitzsimmons, Propident Hospital and Ruth Patterson, Winters Lane.

Send a card, pay a visit, make a phone call, but most of all, say a prayer.

Also remember Robert (Bobby) Treuth who has returned home after having been in St. Agnes Hospital for a month.

Bobby, as we all know, is one of the brothers who own the Treuth Meat Packing Company in Delta.

It is interesting to know that our good friend, Leopold Saunders, has been with the company for over 40 years. The Treuth Co. has been a part of this community for almost a century.

Members of Grace AME Church are elated about the purchase of the land on Winters Lane, across from the church. At the present time, it will be used as a parking lot, which is very much needed.

Come and enjoy an evening of "Soul Filling Music" by the Male Chorus of Grace Church. The date is Feb. 22, 4 p.m. The Rev. Reginald Boston is pastor.

Visitors Day was celebrated on Sunday, Jan. 25 at Morning Star Baptist Church. Many visitors were in the audience, in addition to a large turnout of the membership.

Following the service, dinner was prepared and served under the guidance of Deacon Troy Crosby and Eliane Washington Jr. The highlight of the day was when three young members joined the church. They are: Crystal Coniland, James Shaver and Vivian Wills.

More news about Morning Star soon.

Although this column is supposed to be about our community, I also like to keep you informed about what is going on in other communities.

Many of you have heard about All Saints Gospel Choir at All Saints Church on Liberty Heights Avenue. This group visited our community last year and sang at the Saturday night mass at St. Marks Church.

Hopefully, they will come back again this year. More about group next week.

Have a good week and try to remember the sick and the shut-ins in your own special way.

Ellen Luff speaks

Ellen Luff, counsel for the Maryland Equal Rights Commission, will give a presentation on "International Women's Year — Where From There" at the February monthly seminar sponsored by the Maryland Conference of Social Concern.

This event will take place at noon, Wednesday, Feb. 4, in the Peabody Cafeteria Lounge, 606 St. Paul St.

Isaiah Fletcher is chairperson of the program committee, and Ronald M. Shapiro is president of the conference. Call 235-1979 for a luncheon reservation.

LIKES LONG JOHNS — Attractive Theresa Reeves of Washington, D.C. says Long Johns cigarettes are one of her favorite things. In promoting the new 20mm brand in the Baltimore-Washington area, the American Tobacco Co. has been giving complimentary packages to local smokers.

WOMEN'S FAIR PROGRAM

(Continued from Page 25)

Atty. Ann Hofmann, Esq., Women's Law Center
Ms. Georgia Goslee, Esq., Howard Goslee and Kemp

I. Panel of American Women: Perspective in Prejudice
PROTESTANT, CATHOLIC, JEW, BLACK, WHITE

Morning: Linda Watts, Mary Pat Lynch, Erma DeBeal, Judy Richter
Afternoon: Peggy Obrecht, Nancy Renner, Ellie Conn, Jane Davis

J. Volunteerism
IS IT A DEAD-END STREET?

Moderator: Carolyn Carter, Education Assistant, Grace United Methodist Church; President, Baltimore City League of Women Voters
Ms. Gloria Albinak, Voluntary Action Center of Central Maryland
Ms. Tolly Lewis, National Organization of Women
Mrs. Gloria Harris, President, Baltimore Section, National Council of Jewish Women

Vitamin C intake slight effect on colds

MOUNT VERNON, N.Y. — Vitamin C has only a slight effect on colds, and large doses appear to offer no advantage over small ones, Consumer Reports has concluded following a review of recent clinical studies.

Regular intake of vitamin C may lessen some of the more severe cold symptoms, such as aches and fever, but there is no reliable evidence that it prevents colds or shortens their duration, says the magaine's current issue.

Doses of vitamin C in excess of 120 mg a day will be excreted in the urine, according to Consumer Reports. Large doses have not been shown to be more beneficial than small doses and may pose a risk to some people, the magazine notes.

One eight-ounce glass of orange juice or one broccoli stalk will provide all the vitamin C the body can use in one day, Consumer Reports points out.

The article adds that those who prefer to take vitamin C in tablet or powder form should look for the cheapest brand of ascorbic acid.

"Vitamin C is vitamin C whether it's 'natural,' 'organic' or synthetic," "The ascorbic acid in concoctions made with acerola berries, 'wild rose hips' and the like is different only in its high-potency price," says the article.

Free booklet

First aid for your budget comes from, "Suppers on a Shoestring." This leaflet is a collection of economical main dishes including a meatless Lazy Lasagna, Cheddar-Tuna Quiche, Barbecue Strata and many others.

It's yours free for a $.13 stamped, self-addressed, long envelope, sent to Suppers, United Dairy Industry Association, 6300 N. River Rd., Rosemont, Il. 60018.

Beta Sigma

(Continued from Page 27)

Alma Bethea with Mary Hawkins at the piano included "Summertime" and "My Soul Is Anchored In The Lord."

Zeta Sigma Chapter officers are Joseph S. Wiles, president; Samuel B. Newton, vice-president; Hubron R. Blackwell, recording secretary; John W. Marshall, corresponding secretary; Ernest W. Lee treasurer; Dr. G. Franklin Phillips, business manager; W. Lyndsai Pitts, parliamentarian; William T. Dorsey, sergeant-at arms; and E. Jerry Williams, chaplain.

Club Notes

(Continued from Page 27)

The convention's theme is "Cooperation and Togetherness A Challenge to Beauticians in 1975." Officers are Mrs. Margaret C. Mitchell, state president; Mrs. Bean Jennings, convention chairman; Mrs. Flora B. Irving, co-chairman and Mrs. Lois James, reporter.

Woodlawn Highlights

... by Marjorie Green

The Yuletide season has come and gone, and I have been reminded I have not yet mentioned the lovely Prayer Breakfast sponsored by the ushers of Concord Baptist Church.

Perhaps, it was because I found it hard to be objective and so I hesitated to repeat the many wonderful phrases that were used by guests to describe the early morning spiritual feast.

Everyone who attended agreed that it was a beautiful sight to see members of the church and their friends gathering at the breakfast table to pray, testify and lift their voices in song. The sponsoring group has already made plans to have another Prayer Breakfast during the '76 holiday season.

Phyllis Reaves and Nettie Brown are members of the Usher Board working at the Social Security Administration. Mary E. Gibson, business manager, retired last year from government service.

• • •

The church of St. Cecelia is sponsoring an Oyster and Boil Roast to be held Feb. 22, 7 p.m. at Martin's West. The committee promises continuous entertainment and plenty to eat. Mrs. Eleanor Taylor is chairperson. Father Don Sterline is administrator of the church.

Tickets can be secured by contacting Mrs. Ethel C. Walker, authorizer in the Bureau of Disability Insurance, 591-6158.

Send birthday greetings to Ethel C. Walker this weekend. She will celebrate her 55th birthday today, Friday. June will mark her 39th year working for "Uncle Sam."

• • •

Norman Whipple has been employed at SSA 20 years. He works in the Operations building print shop during the day. His evenings are spent with his son Norman Whiple Jr. or working in the neighborhood with the Lutheran Community Organization.

There are some 600 families involved in this community group. According to Mr. Whipple they have worked together to improve their neighborhood and to bring about better relations among the neighbors.

Recently, the community organization was successful in getting better lighting approved in the neighborhood. They were also involved in the taping of a show for George Collins' "Man To Man" television show.

Norman further states, "There has been less tension and fear since people became aware that the group is trying to bring everyone together as one body." Mr. Whipple is a member of the Prince Hall Masons.

I was saddened this week to learn of the death of the Rev. John Day, husband of my very dear friend and co-worker, Mrs. Verna Day. Expressions of sympathy can be sent to the family at Route 22, Box 142, Simpsonville, Md. 21150.

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Send news items c/o Woodlawn Highlights, P.O. Box 785, Baltimore, Md. 21203.

The U.S. Department of Labor's Employment Standards Administration seeks to upgrade the status of working women, members of minority groups and the handicapped.

Carletha Grant

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Meet Me at Both These New Weight Watchers Groups!

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3200 Garrison Blvd.

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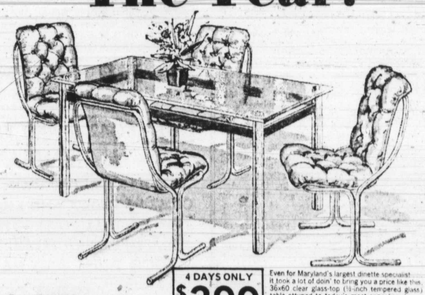

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