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(Washington's Birthday Observance)

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The Columbia Chapter of Links, Inc. recently hosted a Salute to Community Leaders Luncheon. Pictured are Mrs. Mignon B. Johnson, guest speaker; honorees, Miss Angela Corbin; Leroy Giles, Mrs. Dorothy L. Moore, Mrs. Cynthia Morton and Mrs. Celonia B. Walden, chapter president.

WOMEN IN THE STRUGGLE FOR DEMOCRACY IN AMERICA
TWO PERSPECTIVES:
BLACK & WHITE
AN HISTORICAL CONFERENCE SPONSORED BY THE MORGAN STATE UNIVERSITY BICENTENNIAL COMMITTEE AND THE MARYLAND COMMITTEE FOR THE HUMANITIES AND PUBLIC POLICY.
Speakers will include Dr. Benjamin Quarles and Dr. Dorothy Porter
Morgan State University
COLLEGE CENTER
BALTIMORE, MARYLAND 21239

FRIDAY FEB. 27th
Friday, February 27
Registration — 9:00
Coffee — 9:00-9:15
Welcome—9:15
Sessions from 9:30 to 11:00 & 11:15-12:45
Luncheon break
Session from 2:00-3:30

SATURDAY FEB. 28th
Saturday, February 28
Registration — 9:00
Coffee — 9:00-9:15
Sessions from 9to15-10:45 and 11:00 to 12:30
Luncheon Meeting: In Honor of Dorothy Porter, 12:45-2:15
Final Session — 2:30-4:30

Free Registration
For Saturday luncheon reservations call: 893-3341 or 893-3344 before Feb. 17, 1976
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Columbia Capers

... by Pinnie L. Ross

Congratulations to Philbin Scott Sr., who has been promoted to chairman of the Douglass High School guidance department. Prior to going to Douglass, he was a counselor at Southern High.

Mr. Scott is the husband of Grace Scott, a Wilde Lake High School reading specialist.

The Columbia chapter of Links Inc. sponsored its first annual luncheon and a very impressive salute to community leaders last week.

The setting was the Ellicott Room in the Cross Keys Inn. Cocktails lasted for an hour followed by the luncheon and then the program.

Mrs. Roberta Briscoe, secretary for the chapter, introduced the speaker, Mrs. Mignon Johnson vice area director for programs, Eastern Region.

Mrs. Johnson's community activities include services on many boards and commissions in the Arlington, Va., community. She is a retired principal of Randall Junior High School, Washington.

Presently, she is employed as a counselor in the manpower program of Arlington schools. She is president of the Omega Wives, and a member of Delta Sigma Theta Sorority.

Speaking primarily on the Links program, she had this to say: "Margaret Hawkins and Sarah Scott, Link founders, recognized that we as women needed to perceive ourselves as part of the main society. The program is the keystone of linking. Never before have history and the issues of today demanded so much of its women."

After the comments regarding the founders' commitment of the Links to community service, the speaker explained how local chapters could implement such programs by a unique use of the alphabet.

She described how Link chapters through their image could influence meaningful community efforts. She also outlined a methodology which chapters could use in developing and implementing extraordinary programs.

A token of appreciation was presented to the guest speaker by chapter president, Celonia Walden. This was followed by presentations to outstanding honorees by national chairpersons, Mrs. Doris Waters for Service to Youth; Mrs. Ada Woodland for Freedom of Arts; Mrs. Jean Cooper, member of National Trends and Services, and Mrs. Zoola Boone for International Trends and Service.

The awards recipients were, Angia Corbin in the category of Service to Youth.

She is a senior at Wilde Lake High School and is listed among the American high school students in Who's Who. She has received honors as a Distinguished American High School Student.

She is a volunteer in Community Learning Activities where she taught math, spelling, and science to third and fourth graders.

Leroy Giles was the Freedom of Arts recipient. He is a professor of English and chairman of the English Department at Catonsville Community College.

Also, he is director of St. John's Baptist Adult Choir, chairman of youth activities, cultural arts — playwright for Founders Day activities, Southern University.

He is a lecturer in many universities, and past member of the board of directors of Center Stage.

Receiving the award for Trends and Service was Mrs. Dottie Moore, a native of Howard County. She is assistant director of the Howard County Community Action Council and member of the Howard County Human Relations Committee.

A dedicated community worker, she has won accolades for her aid to others during the floods, Agnes and Eloise.

Dr. Cynthia N. Morton, Baltimore, received her award in the category of International Trends and Service.

She is an associate professor of history at Coppin State College and coordinator of the International Curriculum Development Program.

She has traveled extensively, both for education and social reasons, in Africa, Trinidad, the Virgin Islands, and Switzerland.

Because of her initiative in the area of International Studies, many foreign scholars can now be heard at Coppin and students are traveling outside the U.S. with her assistance.

She presently teaches courses in African, Latin American, and World History.

Among other luncheon guests were representatives from various chapters including Annapolis, Silver Spring, Reston, and Arlington.

Representing the Baltimore chapter were Mrs. Cardrienne Griffin, president; and Mrs. Vera Hayes, chairperson for International Trends and Service for the Eastern area.

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Spring outfits that make spectators' heads turn

THESE ARE THE kinds of clothes that make heads turn . . . all are from the Bill Haire for Fredericks spring collection. Designed for women who are innovative and young at heart, Haire's outfits possess a great degree of versatility . . . they come in daytime, evening and vacation wear. Many of the designs are ethnic-looking, influenced by Caribbean. (Photo taken by Benjamin M. Phillips at New York fashion showings.)

Naomi Sims writes for black women

Being beautifu isn't a matter of luck. It involves skill, intelligence, hard wor and plenty of know-how. And who would know better than one of America's most beautiful women, Noami Sims.

In her first book, **All About Health and Beauty for the Black Woman,** this super model turned super businesswoman turned author shares with black women her knowledge of beauty and what she's learned in hours of com- cosmetologists, dentists and other health care professionals.

and other health care pforessiona.s

After four years of research, Ms. Sims has come up with an easy-to- read encyclopidia to aid black women of all ages in beautifying themselves and, more importantly, maintaining their health.

Along with the many helpful tips on beauty, Naomi Sims offers sound advice on practicing good yourself with your health when you need medical attention and the do's and don'ts for beautifying yourself with your health in mind.

Naomi Sims felt the strong need to write a book on the health and beauty of black women because of the major differences, physical and mental, between blacks and whites. Black women will realize the value of this book as they are tired of using the unworkable guidelines for white women.

For instance, most people assume black hair is coarse and unmanageable but Naomi Sims reveals in her book that black hair;

"1) from a functional standpoint does a better job than any other of protecting the scalp;

2) grows stronger longer (i.e., older black women) than all other types of hair;

3) despite the required effort, can be worn in the widest possible range of styles (from corn row to chignon), unlike any other type of hair."

"But **All About Health and Beauty for the Black Woman** is not just another book on how to be beautiful. It is also about how to be healthy.

Did you know that glaucoma, the eye disease, attacks blacks more frequently than other races? For this reason, Ms. Sims advocates regular eye checkups for blacks — men and women. And in her book, Ms. Sims discloses some startling facts about cancer and black women, stating that: "Uterine cancer among black women is declining, but breast cancer is increasing and we have the highest rate of cervical cancer of any ethnic group in this country."

The following are but a few of the helpful hints found in this book:

"Always apply a moisturizing product to the skin, but don't rub it in. Let the skin absorb it naturally.

"Conditioning agents for the hair that black women should definitely avoid are henna and balsam.

"When buying shoes, find a noncarpeted area of the store to walk on. Many stores encourge you to test the shoes only on carpet, which gives a false feeling of comfort nd does not tell you how the foot and shoe work together on hard surfaces.

"How to decide about cosmetic surgery and some specific operations black women should avoid.

In her foreword, Dr. Goodwin states, " . . . any woman can, after reading the book, decide, after taking into consideration her objectives, responsibilities, available time, financial means, personal needs, priorities, and past practices, which of the approaches in this book she may wish to follow. Ms. Sims has stressed, and I concur with this, that in any event, to understand and strive for physical and mental health is a prerequisite for the good life."

Naomi Sims was born in Oxford, Mississippi and attended the Fashion Institute of Technology and New York University in New York City.

Ms. Sims commenced her career as a model in 1967 and since then has appeared in virtually every fashion magazine in the world. In October, 1969, she was featured on the cover of **Life** magazine:

"Naomi Sims — Top Model." In 1973 she retired from modeling to devote her time to her business interests, her writing and her family.

In June, 1973, she launched the Naomi Sims Collection of wigs and hairpieces. Ms. Sims creates new designs for the collection semi-annually, and it now consists of twelve wigs and six hairpieces in a variety of shades.

Ms. Sims is married and the mother of one child, a son, and lives in New York City with her family.

Community Calendar

APRIL 16

Las Amigas annual dance. "An Affair to Remember" Martin's West, 10-2 p.m.

April 30

"Journey into Blackness," an exciting musical theatre production tracing highlights and achievemens during the black man's sojourn from Africa in the 17th Century to life in the urban centers of America in the 1970's, auditorium of the Martin Luther King Communication Arts Center on the Northwest side of the Bowie State College, 8 p.m.

Calvert County News

By Melvina Edwards

Edmonds United Methodist recently hosted a group of singers from New York. The Rev. John White is minister.

• • •

Belated birthday greetings to Mrs. Peggy Marshall and Charles Johnson Jr., (Bo Peep). Young Johnson is 17. He is the son of Mrs. Lelia Johnson and the late Charles Johnson Sr.

• • •

Mrs. Leroy Neal (Eva Mae) has returned home from her trip to Disneyland.

Mrs. Mabel Thomas is working on her master's degree at a college in New York. She is the niece of this writer.

• • •

Continue prayers for Mrs. Ethel Purvey and the Rev. William Edwards, husband of this writer. Both are recovering from eye ailments.

Also for Mrs. Mabel Emerson, Mrs. Lillie Duppins, Wesley Duppins, Richard C. Smith, the Rev. Everett Gray.

And for Mrs. Nancy Wallace at Md. General Hospital. She is a nurse and one of 15 children of Mr. and Mrs. Henry Evans of Dunkirk.

The U.S.mDepartment of Labor, through its Employment Standards Administration, enforces regulations requiring equal pay for equal work, regardless of sex.

7TH ANNUAL MTF STARTING FEB. 24-28TH

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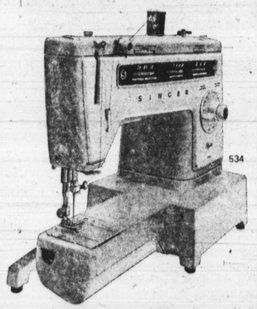

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(continued on back)

(and this attractive display sheath)

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