(AFRO staff photo by Benjamin M. Phillips)

ALPHA KAPPA ALPHA, Epsilon Omega Chapter Founder, Mrs. Vivian Johnson Cook was cited at the 69th Founders' Day luncheon on Saturday. Local artist, Sharon Evans painted this portrait of Mrs. Cook which was unveiled at the affair. At left is Sharon Satchel, basileus, Alpha Delta Chapter, Coppin State College, and Windy Deese, basileus, Alpha Delta Chapter, Morgan State University.

(Photo by Warren Bailey.)

FOUNDERS' DAY was observed recently by the Baltimore Chapter of Las Amigas, Inc. Members who attended the occasion are: seated, L to R: Pam Sewell, Audrey Randell, Carol Ball, Dora Cox, Roberta Epps, Sandra Days and Arneta Gambrill. Standing, L to R: Pam Widgeon, Carolyn Marshall, Shirley Drew, Dolores Street, Portia Badham, Loretta Smith, president and Mary Eastman. Club sisters not shown are Doris Hayes, Geraldine Harvey and Lois Wysinger.

—Alpha Kappa

(Continued from Page 25)

dullable imprint on the hearts of every Epsilon Omega Chapter soror," said Basileus Pugh, her successor. "We love you Virginia. I'm fortunate to succeed you."

— A response from Soror Vauls: "Words are only symbols of how one feels. You'll never know how grateful I am to have served as basil.us.

— The unveiling of a Sharon Evans portrait of Soror Vivian Johnson Cook, co-founder of Epsilon Omega and member of Alpha Kappa Alpha for some 66 years.

Mrs. Cook was unable to attend but sent a tape recorded message by Soror Charlotte Harper. It began: "In spirit, I shall be with you — I shall follow the program hour by hour."

(Editor's Note: Mrs. Cook's message, in its entirety, will be printed in next Friday's edition).

— Musical rendered selections were by the Epsilon Omegas, accompanied by Soror Genevieve Wisner.

About Speaker

Dr. Gwendolyn Goldsby Grant, an AKA soror, gave the keynote address, which could easily have been termed a sermon or spiritual message. Rightfully so, because Soror Grant is the wife of a Baptist preacher and holds a doctorate in theology. Her voice has been heard inside church sanctuaries around the country, as well as right here in Baltimore.

By profession, Soror Grant is a psychologist who teaches at Essex County College located outside Newark, N.J. and conducts assertive training workshops for women.

In addition, she is working towards a second doctorate, this one in education. Dr. Grant is also a writer. She is the wife of the Rev. Ralph T. Grant Jr., an administrator in the Mayor Gibson's office and pastor of St. John's Baptist Church.

Her meseage was entitled, "Think, Dream, Then Do It To Death."

"As black people, we need to set the record straight. We're about the business of telling people the truth."

Dr. Grant quoted scriptures from St. Matthew.

She talked about Kunta Kintes, the Kizzies, the survival of black women.

"Without dreams and visions, people perish. The only power oppressed people have is WILLPOWER, the power over self We as black people are programmed to failure

Dr. Grant brought along several publications by black authors whose writings dealt with overcoming the "I can't" syndrome.

"You are a child of the universe you can be if you want to be. But you have to want to be! That's half of the battle."

She continued: "Some of us don't know which way is up and so we constantly "run up" each other's backs, instead of pursuing the DREAM OF FREEDOM. Below are seven don'ts for those who intend to make the dream come true."

— Don't give up: Never give up on the dream of freedom. Never give up. Never! Never! Never!

— Don't mess up: Don't mess up while trying to fulfill the dream. Example of a mess up: Not electing your own representatives in a municipal, county, state and-or national political campaign. Register to VOTE.

— Don't live it up: Don't just live it up and forget about your human rights. Guard your freedom or you will soon find you have no rights at all. Remember the Dred Scott decision of 1850. A decision that concluded that a black man has no rights that a white man is bound to respect.

— Don't jive it up: There is no jive time left. Time is up for jiving it up. Street corner jive will only get you, "FIVE ON THE BLACK HAND SIDE." We need: one man-one vote, plus millions of freedom fighters. No jive!!

— Don't hurry up: Slow down. Be thoughtful. Think, then act. You may get tricked if you hurry. Getting tricked will leave you with the messy end of the stick. Don't worry and hurry, it will only increase your Hypertension.

— Don't wish up: A wish is like a fish, very slippery when you try to hold on to it. Hold on to the dream of freedom. Forget about wishing and fishing for power. "Power is never given or bestowed, it must be taken."

— Don't chalk it up: Stop saying, "Just chalk it up to experience." We've chalked up too much already. Now walk up and claim your rights with human dignity.

(Caution: Don't DAYDREAM. Get this straight: it is not too late; we could have another Watergate).

Other Highlights

Following Dr. Grant's message, Soror Marie Frazier sang the AKA "Birthday Song. The program closed with remarks by Soror Gertrude Cooper.

—Pan-African

(Continued from Page 25)

death in 1915). Turner himself was the grandson of an African prince, who had been captured and enslaved.

Turner left the white Methodist denomination in 1857 when he discovered the AME Church, the first organization controlled by black people.

After he was ordained in 1858, Turner was assigned to Waters Chapel Mission here in Baltimore. In 1862, he was reassigned to Israel AME Church in Washington, D.C.

Turner, in his wide travels throughout the South and border states in the late 1860's and 1870's, became convinced that black people could not survive in this country under the conditions with which they were forced to live. He began to advocate emigration back to Africa. Turner made 4 trips to Africa between 1891 and 1898.

His work there resulted in the establishment of the AME Church in the following countries: Sierra Leone, Liberia, Ghana, Nigeria, South Africa, Zimbabwe, Zambia, Swaziland, Lesotho, Botswana, and Malawi.

Turner's work toward achieving emigration to Africa was eventually undermined by Booker T. Washington and some of the conservative bishops in the AME Church.

Thus, Henry McNeil Turner was the first serious black advocate of emigration of mother Africa. Turner made more progress on this project than any other "back-to-Africa" advocate, including the most famous Pan-Africanist of all, Marcus Garvey.

Further evidence of the ties of the AME Church to Africa are found in its very name — "AME" stands for African Methodist Episcopal. The founder of the AME Church, Richard Allen, was born a slave in Philadelphia in 1760, the son of an African.

He eventually purchased his freedom in 1781. Allen formed the AME Church in 1787, after an impasse had been reached with the Methodist Episcopal Church over the issue of segregated worship.

About HMTS

The Henry McNeil Turner Society of Bethel AME Church (HMTS, as its members call it) was founded to carry out programs and projects beyond the church walls to benefit and educate the community.

HMTS' purpose was to do things that other church groups traditionally did not do, and thus help the church address itself in a contemporary manner to contemporary problems.

In April, 1976, HMTS sponsored an all-day fish fry to raise money for legal expenses for the Rev. Ben Chavis and the Wilmington Ten.

In May, 1976, HMTS sent the most participants in a group to the Unemployment Rally in Hopkins Plaza. And in Aug. 1976, after the South African crisis boiled over with the murders of at least eight black children (more current information places that particular casualty figure much higher), HMTS sponsored the first UMOJA (Unity) service at Bethel in Sept.

Some $1,400 was raised and later donated to the South African Liberation committee of the Organization of African Unity.

On Nov. 20, HMTS presented a Freedom Feast at Bethel, featuring an African-style dinner and a performance by the New Africa Players of University of Maryland, Baltimore County. While preparing for the Feast, members managed to register 102 new voters.

The Pan-African Liberation Weekend is the culmination of what HMTS members now call "the Pan-African Trilogy."

David Allen is president of the organization.

Local club notes

By Michele L. McRae

Lambda Kappa Mur Iota Chapter of Lambda Kappa Mu sorority, along with hundreds of their supporters, recently marked and gave tribute to their founder, Florence K. Norman at a luncheon.

TV Co-anchorwoman, Oprah Winfrey was the afternoon speaker and addressed her talk to the theme: "Positive Leadership for Purposeful Action."

Some of the highlights of the Founder's Day program included: the presentation of the Distinguished Service Key to Margaret Yates; a choral presentation from Iota's youth group, the Kopelles, under the leadership of Lenora Terrell;

Also, a musical selections from the Hallhcock Ensemble and F. Ellerbe, and the presentation of special awards to several community organizations.

OPRAH WINFREY gave address at Founders' Day luncheon

Over the years the local chapter has made contributions to the following organizations: Girl Scouts of Central Maryland Minority Fund, Anna Mae Hunter Foundation, Arena Players, Baltimore Urban League;

And, the AFRO's Mrs. Santa, NAACP, Montrose School, Henry County School, Madison Avenue YWCA, and the Greenmount Recreation Center.

Officers of Iota chapter are: Ovella Queen, basileus; Betty Shelton, first anti basileus; E. Monterey Williams, second anti basileus; Marguerite Wilkins, financila grammateus; Bettye Wooden, recording grammateus; Geraldine Smith, tamiochus; Veta Greig, parliamentarian, and Elaine Alesander, epistoleus.

Grand Basileus Dr. Lorraine Boykins was present for the day's activities.

Those who served on the planning committee were: Dorothy Stone, chairperson; Imogene Douglas, Bertha Sembly, Naomi Johnson, Olivia Bates, Lucy Bond, Mary Silva, Arabella Ross, Elaine Alexander, Lenora Terrell, Betty Shelton, Elizabeth Day, Myrtle Jones, Vivian Bennett, Fannie Harvey and Jacqueline Flemings.

Amigas

The Baltimore chapter of Las Amigas, Inc. recently observed Founders' Day by sponsoring a wine and cheese party at the French Riviera Club.

More than 100 guests' of who have patronized the club's recent activities, were invited to the affair of which Portia Badham acted as chairman.

Las Amigas is a national civic and social club founded by Dora R. Mason and Mary Q. Moore on Feb. 5, 1957 in Charlotte, N.C.

The Baltimore chapter was organized 10 years ago by Shirley Drew, who is still an active member. The local chapter will observe its anniversary in October.

The club's annual conclave will be held May 5 to 7 in Wilmington, N.C.

Columbia Capers

By Pinnie L. Ross

Dr. LeeRoy Bronner

Dr. LeeRoy Bronner, a five-year Columbia resident ant a director of the International Business Machine Corp., was recently honored by IBM for his work in developing computer capacity planning predicting current and future use of computer operations.

The Akron, Ohio native, who earned a B.S. degree in electrical enginering at the University of Akron, Ohio, a M.A. in electrical engineering, at Northeastern University, Boston, Mass., and a Ph.D. in systems engineering, Case Western Reserve University, Cleveland, presented his work at a world-wide meeting of IBM Computer Engineers and Executives in London, England last week.

The brilliant young man has been involved in computer systems research with IBM since his discharge from the Air Force in 1966.

Thirty - six - year-old Dr. Bronner is a rapid speaking young man. He was asked why he chose electrical engineering in undergraduate school? "I had a very good background in math in high school and felt that I could master it very well in college."

Dr. Bronner is not a stranger to his many colleagues across the country, especially individuals owning IBM's. Prior to his trip to London, he had recently completed a report and had presented it in various states.

In 1966-70, in the data processing division he functioned as a team

(Continued on Page 29)

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Speaking of women

(A look at what black women are doing nationally)

Outstanding working woman

Vy Higginsen is a radio and television personality as well as publisher of her own magazine.

NEW YORK — Vy Higginsen, New York City television personality, radio disc jockey, and publisher of Unique New York Magazine, has been named as an outstanding working woman.

She is among ten achievers GLAMOUR Magazine selected from over 600 applicants that represent a cross-section of successful young working women throughout the nation who have excelled in pursuit of their specific vocational goals. Their professions show a wide range of choices and reflect a growing interest among women to pursue careers — not just jobs.

To be either a television moderator for NBC's "Positively Black," or a radio personality on New York jazz station, WRVR-FM, with a show so popular it is called "Saturday Night Special," or publisher of a successful, cultural entertainment magazine might be an ultimate goal from some people. Vy Higginsen does all three.

Beginning her radio expereince with WBLS-FM, she was the first black woman to have a prime-time daily radio program in New York. Ms. Higginsen set another precedent in 1970 as the first female account representative for Ebony Magazine.

A graduate of the Fashion Institute of Technology, she is currently a consultant on the black woman's market for a national cosmetics company in addition to her other positions.

LEGISLATIVE LINE

Social Security benefits for divorced women

WASHINGTON — The Supreme Court has ruled unanimously that it is not unconstitutional for Congress to deny Social Security benefits to divorced women with dependent children until the mother reaches age 62.

Under the law, married women with dependent children may receive benefits regardless of age. However, in a decision written by Justice Potter Stewart, the Court found, "Divorce, by its nature, works drastic change in the economic and personal relationships between a husband and wife. Ordinarily, it means that they go their separate ways."

Justice Stewart pointed out that many divorced women earlier when their ex-husbands stop work because of age or disability. But, he said, "Congress was not constitutionally obligated to use the Social Security Act to subsidize support payments.

The purpose of the old age and disability program, it was pointed out, is to replace lost wage-earner income, not provide general public assistance to the needy.

In a second case, the Court declined to review a lower court holding that Kentucky's unwritten regulation requiring a married woman to obtain her driver's license in her husband's surname does not violate the U.S. Constitution.

In many other states a married woman may legally use her maiden name after marriage and adopts her husband's surname only by custom.

WEEK'S FOOD ECONOMIES

Some good buys around

Prices ARE on their way up on most fresh produce items due to cold weather, while meat prices remain rather stable, says Georgia Stevens-Nerud, Consumer and Food Economics Specialist, Cooperative Extension Service, University of Maryland.

Good values can still be found on beef, pork, and chicken cuts. Look for betters buys on beef chuck roast, hamburger, sirloin steak, rib roasts, T-bone steaks and liver. Porks cuts of Boston butts, hams, smoked picnics, and bacon will likely remain economical choices.

Chicken broiler-fryers are a bit more expensive but prospects are for chicken to go below $.40 a pound when the weather returns to normal.

Egg prices remain as high as they were before the holidays, due to the adverse weather. The situation should return to normal with a break in the temperature.

The frosts in Florida have scared most shoppers into a panic regarding the citrus crop. Actually, the bountiful citrus crop had such surplus this year that the leading newspaper of the produce industry indicates that the weather may have actually lessened the problem the growers were having in getting rid of the hue crop. It is too soon to determine the full extent of the citrus damage, so do look for specials, including frozen orange juice.

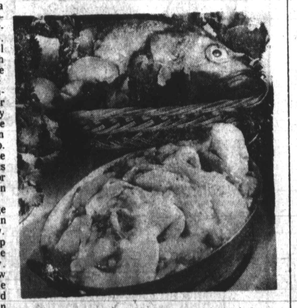
California naval orange crop is reported to be in fine supply and quality.

The Navel orange crop is reported to be in fine supply and quality. California lettuce is now back to a more reasonable price. Broccoli and Cauliflower prices remain about the same because they are coming in from California, where the weather has not been as bad.

Rains in Texas have restricted harvest of cabbage and carrots so that shorter supplies mean increased prices. The root vegetables of onions, potatoes, and sweet potatoes continue to be the best all-around best buy at most markets.

Many stores are now featuring the Controlled Atmosphere (CA) storage apples. Apples for CA storage are specially handled after being picked and are put under special holding conditions to preserve their harvest-time goodness.

CA apples are actually left in a state of hibernation under controlled temperature and moisture until brought out of storage later in the season. Many produce specialists consider the CA apple to be a sales pick-up in the produce department during the winter season when other produce activity is at a low.



Colorful canned cling peach slices are the basis for a flavorful lemony sauce that tops white fish filets. An appealing way to vary February menus.

Combine apples with pears and bananas for a quick pick - me - up fruit platter - or afterwork snack. Bananas are always a bargain that are a real treat at any time of the year.

Banana Poppy Seed Cake

1 large ripe banana
2 eggs
1 package (16 Oz.) pound cake mix
½ cup dairy sour cream
2 tablespoons water
2 tablespoons poppy seeds
⅛ teaspoon cinnamon

Generously grease a 9 inch bundt pan or 9x5x3 inch loaf cake pan. Mash banana to make ½ cup. Blend with eggs. Beat into pound cake mix until smooth. Beat in sour cream, water, poppy seeds and cinnamon. Pour into prepared bundt pan.

Bake in a 350 degree F. oven 1 hour or until tooth-pick comes out clean. Cool in pan 10 minutes. Turn onto wire rack to complete cooling.

AFRO AMERICAN NEWSPAPERS

Fashion, Consumer guides, Food

Living

FEBRUARY 15—19, 1977

Beauty, Home decorating, Travel

FEBRUARY

Love Month calls for some little extras

By Marie Phillips-Cook
AFRO Women's Editor

For those of us who're in love with love — whether it be for a loved one, family acquaintances or all three — February is the month to really let it show. It's that time of year when those little extras and "remember-me's" mean so much. Here are some "Loving" recipes.

February is the month for old-fashioned desserts made with milk . . . and love.

Golden Triple
8 servings

1 package (1½ oz.) vanilla pudding and pie filling mix
3½ cups milk
4 teaspoons sherry
½ teaspoon almond extract
1 package (7½ oz.) dessert rolls, cut in 12 slices
Orange slices, cut in half, drained
Maraschino cherries, chopped, drained

Prepare mix as directed for pudding except use 3½ cups milk. Cool. Stir in sherry and almond extract. Arrange dessert roll slices on bottom and sides of 1½-quart glass bowl. Pour pudding over slices; chill. Arrange fruit on top before serving.

Apple Bread Pudding
6 to 8 servings

2 cups milk
3 eggs, slightly beaten
½ cup light corn syrup
1 teaspoon vanilla
½ teaspoon cinnamon
½ teaspoon salt
6 slices day-old white bread cut in 1-inch pieces
¼ cup (½ stick) butter, melted
2 cups peeled sliced apples

Scald milk; cool 3 to 5 minutes. Combine milk, eggs, syrup, vanilla, cinnamon and salt. Toss gread with butter; place in buttered 1-quart shallow baking dish. Pour milk mixture over bread. Arrange apples on top. Place baking dish in large shallow pan on oven rack. Pour hot water into pan to 1- inch depth.

Bake in a preheated 350 degree oven 55 to 60 minutes or until knife inserted near center comes out clean. Serve with strawberry preserves, if desired.

Individual Baked Custard
8 to 10 servings

1 cup milk
6 eggs, slightly beaten
½ cup sugar
½ teaspoon salt
2 teaspoons vanilla
¼ cup coconut, toasted

Scald milk; cool 3 to 5 minutes. Combine milk, eggs, sugar, salt and vanilla. Pour milk mixture into eight to ten 6-ounce custard cups; set in large shallow pan on oven rack. Pour hot water into pan to 1-inch depth. Bake in a preheated 325 degree F. oven 40 to 45 minutes or until knife inserted near center comes out clean. Cool. Refrigerate. Top with coconut before serving.

Variation: Pour milk mixture into 1½-quart shallow baking dish instead of 6-ounce custard cups. Bake about 60 minutes.

Fruited Filipino Fish

1 can (29 ounce) cling peach slices
1 medium onion, diced
1 clove garlic, minced
1 small green pepper, thinly sliced ¼-½ cup oil
3 tablespoons lemon juice
½ teaspoon grated lemon rind
1 drop hot pepper sauce
½ teaspoon ginger
½ teaspoon salt
2 tablespoons brown sugar
½ cup water
2 pounds fish filets (snapper, cod, sole, etc.)
Salt and pepper
1 tablespoon cornstarch

Drain peaches, saving ½ cup syrup. Saute onion, garlic and green pepper in 2 tablespoons oil until tender. Add lemon juice, lemon rind, hot sauce, ginger, salt, brown sugar, water and peach syrup. Simmer while frying fish in remaining oil with salt and pepper to taste.

When fish is white and flakes with a fork, remove to serving platter. Blend cornstarch with a tablespoon of cold water and add to sauce to thicken. Stir in peaches and continue cooking until they are hot. Pour sauce over fish and serve.

Serves 4-6.

Little helpers

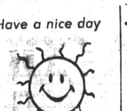
Want a quick snack? Toss bite-sized shredded wheat and peanuts in the proportion you desire, with melted butter, to which you've added some garlic salt. Serve warm on a cold evening.

For that extra protein you may want on a cold morning, add some shredded Cheddar cheese to scrambled eggs or omelet for breakfast. It's also a great way to use those holiday cheese bits and pieces.

If you've forgotten the tartar sauce for fish, then make your own! You may even like it better than the ready-made variety because it contains only your favorite flavors. To one cup of dairy sour cream or plain yogurt add the following ingredients: two tablespoons, each, of chopped onion, chopped green pepper, chopped dill pickle, chopped parsley, one tablespoon lemon juice and one-half teaspoon of dry mustard, plus salt and pepper to taste.

Waffles can go to breakfast, lunch or supper. Make your own or buy the frozen ones to serve with this bright sauce: heat together three-fourths cup sugar and one-half cup water until sugar is dissolved. Add one cup cranberries and cook five minutes. Remove from heat and add one cup diced apple. Serve warm over butter waffles. Any leftover? It's delicious on a scoop of ice cream!

Have a nice day



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