Columbia Capers

By Pinnie L. Ross

Oops — I made an error in one of my recent columns dated November 5, 1977 in reference to Mrs. Minnie McNeal

Kenny being the first black member to join the Patuxent Business and Professional Women's Club in Columbia. According to our good friend Bertha Hall, who sent me a nice friendly note recently regarding that article on Mrs. McNeal, I made a mistake. Here's what she said:

"Hi there Pinnie:

"Suprise, surprise, surprise. I guess you wonder what this letter is all about. Well, I needed a good excuse to get in touch with you. (smile).

"Of course you know that I read your column each week faithfully. I enjoy reading about my ex-neighbors in Columbia. But this week you kind of "stepped on my toes" (smile). Enclosed, please find a copy of the charter made on the night of the first meeting of the Patuxent Chapter of Business and Professional Women's Club in Columbia.

"Although I was very proud to read about a black being named Woman of the Year by this chapter, I just want to let you know that I was the first black woman to join the Patuxent Chapter."

(Thanks, Mrs. Hall for your correction.)

Mrs. Hall is administrative secretary to the chief of surgery, Dr. Archie Robinson, Provident Hospital.

She is a former employee of Columbia Association Community Service Department. I am sure she enjoyed reading about our black brother Van Eaton who is at the very top of the ladder at Columbia Association, as director of Columbia Association Commercial Facilities. The appointment of this black brother is a "star in our town here in Columbia."

Mrs. Hall has a cute little daughter, Robin, a sickle cell anemia victim. She is 14-years-old now and is not in school at all this year. According to her mother, she is receiving home tutoring four days per week and is now reading beyond her eighth grade level. Hang in there Robin, we're praying for you.

Three hundred Links of the Baltimore Chapter and their friends gathered at the Garland Dinner Theater here in Columbia for their fund raiser.

The proceeds of the affair will be used to implement their educational, cultural, and civic projects.

The local chapter was delighted to have several Links from nearby Chapters present. Columbia was represented by the chapter president, Zola Boone, and the vice president, Shirley Colvin. Also represent from Columbia were Suzanne Price, Ada Woodland, and Roberta Briscoe.

Link Bertha Crossling, the chairperson of Service to Youth Committee of the Eastern area attended and from the Alexandria chapter came Anna Hardy.

Link Robbie Chissell was chairperson of the Fund Raising Committee. Members of her committee were: Emma Michael, Pauline Watts, Ada Weaver, Kathleen Carter, Audrey Howard, Barbara Patterson, Mary Pitts, and Ruth Glenn.

Officers of the Baltimore Chapter are: president, Vera Hayes; vice president, Ruth Glenn; recording secretary, Kathleen Carter; corresponding secretary, Geraldine Desbordes; treasurer, Marion Russell; financial secretary, Lillian Jones; parliamentarian, Catherine Adams.

Speaking of fund-raisers, the Columbia Chapter of Links, Inc., soon host their benefit affair. It will be a luncheon-fashion show that will take place at the Pikesville Hilton Inn. Fashions will be provided by Hutzlers.

The focus of the fund-raisers is threefold: (1) to support the Howard County General Hospital in its planned expansion of facilities and services (2) to provide continued support to the elderly of this county and (3) to provide continuing opportunities for underprivileged children.

For ticket information and reservations contact, Mrs. George Woodland, 730-3460.

Mrs. Zola Boone is president of the Columbia Chapter. Mrs. Shirley Colvin is fashion show chairperson.

Tune to WEAA-FM Morgan State University 88.9. The Thursday morning edition of Queen's Gambit at 10:30 a.m., December 22. and Dec. 29. My special guest will be Mrs. Rena Clay, wife of Dr. Earl Clay Sr. She is a psychodramatist at Spring Grove Hospital. She is another black queen, who is doing relevant things to benefit the total community.

THOUGHT FOR TODAY

It matters not what you are thought to be, but what you are."

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Woodlawn Highlights

...by Marjorie Green

It's Christmas time and time ot pause and say "thank you" to all the beautiful people who have been so kind to us this year. We, of course, want to first say "thanks" to Him who still sits on the Throne, because without Him nothing good would have come to pass.

We want to say "thanks" to the readers of this column and to those who have made any kind of contribution. We want to say "thanks" and "best wishes" for a happy holiday to our many friends and to all employees of the Social Security Administration.

We want to say "thinks" to the wonderful people associated with the United Baptist Missionary Convention of Maryland and especially to those members of the F.R.E.D. Committee who are working so hard for the success of the March 16 Expansion Banquet that will benefit the Baptist Aged Home.

We want to extend special "thanks" to the officers and members of Concord Baptist Church, who have encouraged and prayed for us during the past year, because we want to say "thanks" to our husband of many years for his patience and understanding. He has been an continues to be the best part of this columnist.

We wish each of you the very merriest Christmas day.

The Social Security Administration in Woodlawn, through its Center for Continuing Education, is again making its building available to the public between 5:30 and 8:15 p.m. for high school, college, undergraduate and graduate courses.

Approximately 70 courses will be offered during the spring semester. They range from high school equivalency courses in English, Mathematics, and Reading to college courses in Psychology, Management, Data Processing, Labor Studies, Public Administration, Economics, and Public Relations.

"Hobby" courses such as Basic Automechanics, Home Maintenance, and Investment Seminars are also available.

Adult education courses are taught in cooperation with the Baltimore County Board of Education and the Community Services Division of Catonsville Community College.

College courses are conducted on the first and second year levels by Community College of Baltimore and Catonsville Community College under a cooperative program.

Courses sponsored by Dundalk Community College specialize in Labor Relations. College courses on the third and fourth year level are offered by Morgan State University primarily in the fields of Computer Programming and Economics; and by the University of Baltimore in the fields of Supervision and Public Administration.

George Washington University will be offering a graduate program leading to a master of science degree in Administration. It will also continue to offer the recently instituted program leading to a master of arts in special studies (Social Policies), especially oriented toward government employees at the federal, state and local levels.

American University will offer graduate courses leading to a master of science degree in public relations.

Registrations for the 1978 spring semester are scheduled as follows: For the Community College, January 17; the University of Baltimore and Morgan State University, January 23; American University, January 12; George Washington University, January 3 and 10; Adult Education, January 16-19. Students of the Para-Legal studies program recently introduced by Conference and Institutes Division of the University of Maryland's University College, are required to register at University College.

During the 1977 fiscal year, SSA's Center for Continuing Education processed almost 2,600 registrations. Approximately 50 per cent of the students are Social Security employees, the remainder are other residents of the Greater Baltimore area.

May the blessings and Peace of Christmas be yours and happiness fill each day of the new year.

Send news items c-o; WOODLAWN HIGHLIGHTS, P. O. Box 785, BALTIMORE, Md. 21203.

'Y' program for women

In recent years the central YMCA of Baltimore has concentrated its efforts towards expanding the fitness program to fulfill the special needs of women. The YMCA has attempted to develop programs that achieved a physical conditioning effect, included activities that interested women, and were fun. As a result of this effort the YMCA has initiated several programs that combine traditional exercise forms and innovative exercise techniques.

Slimnastics incorporates ballet and modern dance exercise in a way that improves muscle tone and removes inches from various body areas. Yoga is an energetic system of exercise and breathing designed to bring the most in relaxation. Aerobics in motion is an innovative program designed by the YMCA that consists of choreographed dances. These dances are programmed to improve cardiovascular fitness, increase endurance, and improve muscle tone.

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The diet corner

By Helen K. Fleischer
Director,
The Diet Workshop

The staple IS the diet

Straight from China comes the technique of acupuncturing the ear with a small wire staple that the would-be weight-loser wiggles every time hunger pangs strike. I suspect that a wiggle of the staple brings a hurt pang to replace the hunger pang. That would probably result in weight reduction all on its own. Of course the 400-calorie diet which is appended to the staple insertion as part of the weight loss program might just have something to do with it!

Master rulers have long known that 900 calories is a good way of keeping people subservient. It gave slaves just enough energy to make it through a day's tasks, while leaving them too lethargic to revolt. People quickly became living skeletons on 900 calories, the easy-way-outers wire themselves for pain and cut back more drastically on calories than any soundly-based nutritional weight reduction diet would ever allow.

If I had it all to do over, I'd elect the same diet to slimness. I'd eat three solid meals a day with 1200 luscious calories. I'd again tempt myself with diet cooking like these:

Quickie Salmon Complete
6 oz. canned salmon, drained
2 oz. canned mushrooms, drained
½ cup yellow or green French-style beans, drained, and save the juice
4 oz. canned tomatoes, drained, save juice
dash garlic salt
dash paprika
salt and pepper to taste
½ teaspoon minced onions
1 packet instant beef bouillon
sprinkle grated parmesan cheese

Preheat oven 350 degrees. 9" pie plate or small casserole. Combine salmon, mushrooms, beans, tomatoes in pie plate. Combine the garlic, paprika, and minced onions in ¼ cup of the drained and saved juices, add the one packet of bouillon and mix well with the other ingredients. Salt and pepper to taste and sprinke with parmesan cheese. Heat through for 10 to 15 minutes at 350 degrees. Eat right from the plate. Serves 1.

Now it so happens that my ears are pierced. But at least what hangs therefrom is pretty. And a wire staple stuck smack in the center of my outer ear is NOT.

In six months or so, the staples will be out. The miracle seeking dieters will be questing for yet another miracle. But will they try the miracle that really works — eating less but eating right? I sadly fear that for some the solution is too simple. After all, if really wows at bridge table if you can stroke a staple and refuse a dessert. You'll receive much more sympathy with your tea that way.

As for me, when it comes to props, I'll make sound nutrition the staple of my diet, today, tomorrow, and into the future!

Thank You, Mrs. Adams

To: Mr. L. Bluefeld and all Staff Members

From: Catherine Adams

Re: A personal note of Gratitude

Please allow me to thank you for continuing to give the "Orchid Touch" to the affairs given at Blue Crest. You not only continue to hold your high standards of efficiency, but through the many years which I have dealt with you it appears that they get higher, if that can be possible. My friends and I enjoy Blue Crest for that reason and we want you to know that. All affairs have been lovely, but our Union Baptist Church anniversary and the Perdue (Hampton Alumni Assoc.) affair were "super." You have a great staff of loyal workers, each of which appears to exhibit a personal interest.

Please thank Ms. Trudy for her patience with me, she is always so king and pleasant. Being sort of a perfectionist myself, I'm not always the easiest person to get along with. Thank you again and may you continue to have a great success.

Mrs. Maurice L. Adams

Bluefeld CATERER
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R.S.V.P.

With Marie

By Marie Phillips-Cooke
AFRO Women's Editor

Christmas. We wanted to devote our entire column to the coming and birth of the King — our way. We wanted our words to be sooo poignant that they'd cry out — JOY TO THE WORLD! Oh, how we wanted to tell The Story.

We pondered. If we don't, who will? Then the answer came: Let His children tell it—not for form or fashion — through their good works.

Now we are happy — rejoicing.

Here's the story, natural and in various forms, from the hearts of His fruit — YOU.

Adopted

By Mary Carter Smith

Although it was early in November, Christmas talk was in the air. Marcus had been making some broad hints about guitars. He'd be the coolest ten-year-old guitarist ever. He hoped Mama and Dad had caught his hints so he would see a guitar under the tree Christmas morning.

Of course what he wanted most he had no hope of getting: a baby brother. Dad had told him that when he was born Mama had trouble giving birth to him. The doctors had told the couple they could not have another child. Dad had told Marcus, but they never mentioned it in front of Mama. It made her eyes so sad.

One night they were looking at television and saw a program about the many children who needed homes. The sponsors were hoping some families would adopt these children.

There was one little girl they noticed, who never smiled.

'What do you want . . .'

Later they turned the television off and talked. Most of the children were black like themselves. Dad asked, "Marcus, what do you want most for Christmas?" Marcus gulped, then answered, "A brother." As they usually did, the family talked it over.

A few days later they went to the building where the children lived who were waiting to be adopted. Most of the youngsters were playing.

Sitting quietly on one side of the room Marcus saw the little girl he remembered from the television show; the little girl who didn't smile. She was a tiny child. Her skin was chocolate brown, almost the exact shade as Mama's.

She had two small plaits that curved out on both sides of her face. Marcus walked over and squatted near her. "Hi," he said. She looked up. Without saying a word she handed him a little truck she held. It had only three wheels.

'More,' she said . . .

Marcus took the truck in his hand, ran it over the floor and made truck The little girl laughed, clapped her hands, and said "More." Marcus rolled the wobbly truck again. Mom and Dad were watching. The little girl laughed, clapped her hands, and said, "More." Marcus rolled the wobbly truck again. Mom and Dad were watching.

Soon it was time to go. Marcus said, "She's cute. Kinda skinny, but cute." Maybe a sister would do almost as well as a brother.

There was much talking, visiting and writing between Mama, Dad and the people at the building where the children lived. Finally it was decided. The Sutton family could have the little girl, Rosa, to bring home. Rosa could stay with them for a time. Then they could see if they still wanted to adopt her. She could see if she wanted to stay with them.

A room for her

Mama, Dad and Marcus spent the week before Christmas fixing up the guest room to look like a room for a little girl. On the morning of December twenty-third they brought Rosa to her new home. Mama had made some little dresses, gowns and slips for Rosa. Later they went downtown and bought other things Rosa needed.

"Well," said Mama, I told them I was leaving the library to come home and take care of my daughter. She's not quite three and needs me."

On Christmas Eve, as they always did, they went to church. This time it was different. They were a family of four, not three.

As the minister talked about Christ, still seeking a place to stay; this time not in an inn, but in human hearts; Marcus invited Him to live within his heart. A strange feeling came over Marcus. He now had a Brother, too!

Just as they were adopting Rosa, God had adopted Marcus. Now Christ was Marcus' Elder Brother. He could talk to Him about everything and know that he, Marcus was loved.

This Christmas Eve, for Marcus, was his second birthday. For on this day he received the New Birth. The two adoptions made this the most joyous Christmas the Sutton family ever had.

Barnes-Wood Wedding

Christmas is remembering. Edna Alston, our longtime beautician friend, called to report she truly enjoyed her first plane trip. She jetted up to Buffalo to attend the wedding of Susan Murphy Wood and Philip Lance Barnes.

The Saturday morning service was at the home of her mother, Frances Murphy Campbell and her stepfather, Charles Campbell. The bride's sister, Frances (Tony) Draper of Baltimore stood with her.

Susan, Baltimore born and bred, is the daughter of Mrs. Campbell and James (Biddy) Wood of Baltimore. A graduate of the University of Wisconsin, she is now a graduate assistant in journalism at Michigan State University, where the bridegroom is a medical student.

Philip is the son of Mrs. Christine Joseph and the late James Alexander Barnes of Mt. Vernon, N.Y.

Our friend Edna reports that there is plenty of down home hospitality in Buffalo, and she tells us that she had an experience she never dreamed could happen. She opened the Campbell's door to admit a guest who recognized her immediately, called her by name and recalled that he had married her daughter. He was the Rev. Father E. Don Taylor, who performed the Saturday mass.

But, says Edna, he told her, "I know you, I married your daughter several years ago. And indeed he did. Edna's daughter, Gwendolyn Alston Shelton, was married to Earl Shelton at Father Taylor's Episcopal parish in New York. He is now rector of St. Phillip's in Buffalo. Soooo, says Edna, it's a small world . . . she had lots of fun and flying's not so bad after all.

Christmas is togetherness. Arthur and Louis Lamb are off to their balmy climate home in Freeport for Christmas and a spell afterwards. He's the retired drama professor at Morgan. She's the retired county teacher. And before the month is out, businessman Allen Quille will be off to the prime ministers' conference in Israel . . . he'll be among a group of nine Baltimoreans who'll make the historic trek.

Carats' Red Round Robin

Christmas is fellowshipping. The Baltimore Carats, a nationally prominent social club, held its annual round robin last Sunday evening at the homes of three members who live in Columbia. The Columbia robin caravan of some 16 members and their mates began the festive jaunt at the home of Dr. Ozella Webb for refreshments and hors d'oeuvres.

"The holiday spirit filled the air," says Carat Janet Woolridge, in the beautifully decorated Swanfield Road split-level with its breathtaking inside sunken garden off the clubroom.

The second stop was at the plush ranch home of Carat Ada Woodland where the group enjoyed a gourmet sit-down candlelight dinner followed by group carol singing.

The final stop was the regal West Running Brook home of Carat Bessie Lassiter for dessert and coffee. French pastries were in an array of colorful cakes and pies followed by the exchange of gifts and a farewell carol singing session.

Christmas is preaching the Gospel: Oh, how our hearts did rejoice when our brother, Edgar Carter Sr., delivered his trial sermon, "Let Jesus Fix It," Friday, December 9. Carter is a steward at Bethel A.M.E. Everybody's happy, including his five-year-old son, Edgar Carter Jr.

Those responsible for the activity were: the three hostesses mentioned above, Helen Birt and Frances Pennington. The club is under the new and dynamic leadership of Minnie Smoot.

Other members were: Joan Phillips, Gerri Desbordes, Lillian Jones, Gordine Blount, Jeanne Davis, Helen Whitaker, Phyllis Moore, Merlene Adair and Vera Carrington.

GOLDEN YEARS — Deacon and Mrs. James Evans marked their 50th wedding anniversary Nov. 26 at Emmanuel Christian Community Church. Some 250 persons attended the affair where the Rev. Sidney Daniels is minister.

Menstral cycle program at John Hopkins hospital

Women who suffer from painful menstrual periods are being sought for inclusion in a treatment study by the Department of Gynecology and Obstetrics at The Johns Hopkins Medical Institutions. The study will attempt to identify an effective therapy for menstrual pain and to demonstrate that higher than average levels of biochemicals called prostaglandins in the uterus are a possible explanation for this problem.

The painful condition, known as dysmenorrhea, will be treated in the study by an anti prostaglandin drug called Naproxen, which blocks synthesis of prostaglandins. The hormone-like substances regulate many vital life processes, including blood pressure, circulation, and the uterine contractions associated with labor, according to the project directors, Dr. Georgeanna Seegar Jones and Dr. Zev Rosenwachs.

Goodwill needs furniture

Baltimore Goodwill Industries has a current and critical need for used cabinet furniture. All types of wood furniture such as kitchen and dining room tables, chairs, end tables, chests, china cabinets, beds, desks are all in short supply at this time.

This donated furniture is restored and refinished in the workshop at Goodwill Industries on Southwestern Blvd. It is essential to the continuation of the training programs of the handicapped.

Please call 247-3111 for home pickup of any used wood furniture you may wish to donate. Goodwill truck drivers will supply you with a receipt for your tax deduction.

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Xmas Party

Medina Temple No. 1, Ill. Grand Potentate, Noble Amos A. Baxter and Medina Temple No. 2, Ill. Grand Potentate Denver C. Blackwell, gave a Christmas party for the children of the Baer School last week at the Charles Theatre.

The five bus loads of children saw a film, got red hats, candy and fruits and were entertained by Noble John A. Mosby, clown; Nobel Herman Lee, Santa Claus; Noble William Day, Cowboy.

Men helping to make the party a success were Noble Joseph W. Parker, Asst. Chief Rabban; Noble Franklin Parker, Public Relations;

Also Nobles Thomas William, George White, Harmon Bobbitt, Reginald R. Burrell, Winston Hall, Harold Hawkins, Ronald Hayes, Willie P. Jones, Henry P. Lott;

And, Nobles Harold Mister, James L. Mosley, James C. Williams and Earl Gray.

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Menopause Clinic on Howard Street

A menopause clinic for both women and men has recently opened at Planned Parenthood of Maryland, 610 N. Howard St., Baltimore.

Trained counselors conduct the two-session seminars which are arranged at convenient times for small groups. Fees are based on a sliding scale to make the service available to all. For a small additional fee, Planned Parenthood offers women participants a complete examination and consultation with a woman doctor.

Mrs. Eggleton points out that the menopause clinic is the first of its kind in this area to deal with the physical, psychological and sexual aspects of the menopause. "There is much incorrect information about menopause, and in some cases women know nothing at all that can reassure them," Mrs. Eggleton says.

For full details, interested persons may call 752-0131, Planned Parenthood of Maryland.

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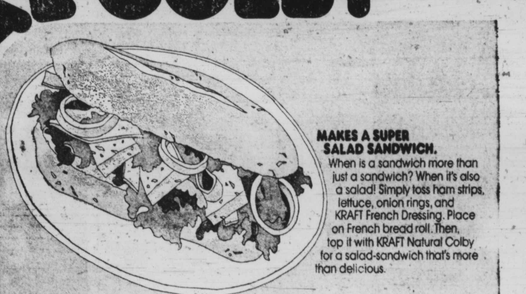

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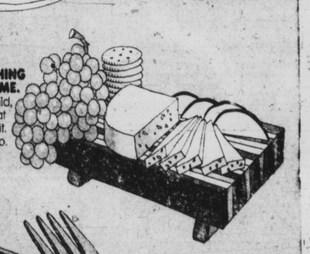

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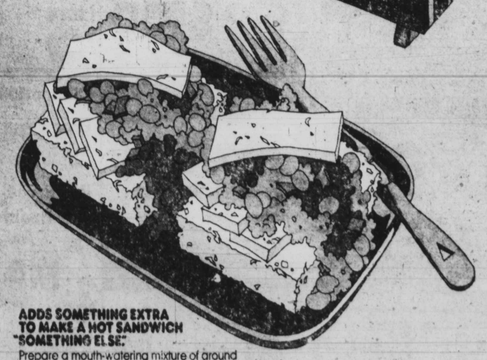

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