Tips for the obese child

"If your child is already overweight," says Helen Fletscher, Area Director of the Maryland Diet Workshop, "use good dietary guidelines to help him get into shape. Consult your family physician and follow these additional tips:

Don't nag about overweight. It's difficult for a child to hold a long - term goal and understand why people want him to stop eating.

Don't sold if he goes on the diet.

Offer support. Give praise and reward for the good diet days. Let the child feel that he's in control of the diet. Involve him in menu planning, shopping and preparing.

Plan extra family activities where food is far away. The more physical the better — you'll all benefit from the exercise. Keep conversation away from weight, food and diet. Keep his mind busy with things that interest him.

Protect your child from the noisiness of friends and family. Don't go into diet details and progress reports with outsiders.

Helen Fletscher suggests, "Ten minutes of undivided attention fills a craving no hot fudge sundae ever reaches." For more information and diet receipes send a self - addressed envelope to The Diet Workshop, 6999 Reisterstowns Rd., Baltimore, Md. 21215.

Report rape cases

The rape - sexual assault problem in Baltimore City is being camouflaged by victim reluctance to report the crime. The Baltimore Center for Victims of Sexual Assault reports that statistical data released by the Baltimore City Police Department on July 13 represents only a small percentage of those rapes - sexual assaults which have occurred.

The police crime figures for the first six months of 1978 reveal an 8 percent decrease in violent crime. However, forcible rape increased 14 percent - 650 reported rapes. This increase is made more dramatic by the BCVSA estimate that 4 to 10 times that number of rapes actually occured. The BCVSA emphasizes the need for community acknowledgement of this problem in the Baltimore metropolitan community.

The BCVSA offers crisis intervention counseling, victim advocacy through police, hospital and court procedures, and follow - up counseling to all victims requesting such services. The goal of these services is to aid the victim and promote his - her healthy recovery.

For further information, or to make a contribution to this volunteer, non - profit organization, please call 366 - RAPE.

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Columbia Capers

By Pinnie L. Ross

Mrs. Ethel B. Hill, of W. Running Brook, Columbia, has been selected for inclusion in **The Dictionary of International Biography.**

A graduate of Pennsylvania State University and the Byrn Mawr College School of Social Work and Social Research, Mrs. Hill is an Equal Opportunity Specialist with the Bureau of Retirement and Survivors Insurance, Social Security Administration.

Mrs. Hill has achieved a notable record of leadership in various areas of community service in Howard County. By appointment of the Howard County Executive, she has served on the following: The Citizens Task Force on Crime Prevention and Criminal Justice; The Public Advisory Committee on Water Quality Control; The Mental Health Advisory Committee, and The Citizens' Advisory Board on Energy Conservation. Mrs. Hill was elected to three terms on the Wilde Lake Village Board and served as chairperson for two of those years.

She is a member of the NAACP, the League of Women Voters, the National Women's Political Caucus, and the Academy of Certified Social Workers. Mrs. Hill was a charter member and a past president of the Columbia Chapter of Alpha Kappa Alpha, Inc.

In recognition of her past achievements and services to the community, Mrs. Hill was recently presented an award for community leaders and noteworthy Americans by the

Mrs. Ethel B. Hill

American Biographical Institute, a division of Historical Preservations of America.

The Dictionary of International Biography is published in Cambridge, England. Established in 1960, the volume is acknowledged as a leading work of reference and may be consulted in the major National Libraries of the World.

This columnist has just returned from Hollywood, Calif. where she attended the Hal Jackson's Talented Teen International Pageant.

I shall give you a full account of the national pageant in next week's column and tell you of the contribution it has made in the lives of young people speaking of young people.

Sherman Ragland II, 15, son of Lt. Col. (Ret.) and Mrs. Sherman Ragland of Watercress Place, Columbia, a junior at Howard High School in Columbia was selected to become a member of the 204-piece All American Band.

Sherman is one of three students from the state of Maryland who will perform in the international student exchange program. The band will first participate in a two week Band Camp on the campus of the University of Florida, then perform at Disney World and finally, tour and perform for 15 days in Colombia, and Equador, South America.

The position carries a five hundred dollar scholarship. In addition, Sherman was awarded fifty dollars by the Howard High PTSA, and fifty dollars by the Optimist Club.

Sherman's hobbies are precision marching, bowling, fishing, watching television, science projects, music, and traveling. Recently, Sherman was selected drum major of the Howard High School Marching Band, and was presented the 1978 Nathaniel Allison Murray Award by the Kappa Phi Lambda Chapter of the Alpha Phi Alpha Fraternity.

Sherman has two sisters, LeAnita, 16, and Erika, 6.

Thought for today — The highest reward for man's toil is not what he gets for it but what he becomes by it.

John Ruskin

Three women promoted at Advance Federal

Three women have been promoted to vice presidents at Advance Federal Savings and Loan Association. They are, **Carrie M. Young, Claudia Dennis and Zelma A. Brown.**

Dr. W. O. Bryson Jr., Advance president, in announcing the promotions, observed that all three women have demonstrated their ability to perform in their field.

"Advance Federal has always been an equal opportunity employer, and through the years has given women an opportunity to perform on a professional level. I am happy to announce these promotions," Dr. Bryson said.

Mrs. Young, who was Advance's first and only employee when the association started 21 years ago, is the new vice president in charge of mortgage loans. She was formerly assistant secretary. She is a graduate of Douglass High and Morgan State University, where she majored in business administration.

Miss Dennis, who becomes the new vice president in charge of branch operations, began work as a teller at Advance in 1964. She was formerly assistant vice president. She is a graduate of Douglass High and Cortez Peters Business School.

Miss Brown, just 27, joined Advance as a management trainee 5 years ago. She is a graduate of Morgan State University, where she majored in business administration. Her new title is vice president, administrative officer. She was formerly administrative assistant to the president.

Advance, the only black-owned federal savings and loan institution in the state of Maryland, maintains two offices in Baltimore city. The main office is at 1611 W. North Ave., (near Pennsylvania). The Northwood office is at 1405 E. Cold Spring Lane, (at Loch Raven near Morgan State University).

As of July 1, 1978, Advance's assets exceeded $21 million, ($21,707,096), highest in the association's history. Also during the first seven months of 1978, Advance set another record by granting over $4 million in mortgage loans to churches, homebuyers and businesses in the city.

Largest individual loan made so far in 1978 was the $170,000 to New Unity Baptist Church, 2650 - 54 Polk St., near Kirk Ave., of which the Rev. James S. Williams is pastor.

Largest participatory loan was $425,000 to the First United Church of Jesus Christ, Bishop Monroe Saunders, prelate, towards purchase of the Samuel Ready School site in Catonsville.

An $80,000 loan was granted Long Memorial Baptist, which acquired the former Psalmist Baptist structure at North and Druid Hill, the Rev. Lewis Campbell, pastor.

While expressing pleasure at the unprecedented loan activity, Dr. Bryson observed that Advance's savings accounts have not increased in the same proportion.

Claudia Dennis

Advance's new vice president, branch operations

NEW VICE PRESIDENTS promoted at Advance Federal, left, 27-year-old Zelma A. Brown to vice president administrative officer. (R), Carrie M. Young, new vice president, mortgage loans.

Woodlawn Highlights

By Marjorie Green

The retirement program was called "A Toast To Ce Ce."

The honoree was Mrs. Cecelia E. Washington, certification clerk and longtime Social Security employee. Family, friends and co - workers arrived at the 707 Calvert St. Building on Friday, July 28 to say farewell and extend best wishes to her.

Toastmistress Raymona Robinson was in charge of the program that featured an original poem written by Mrs. Ruthe Dillard and dedicated to the retiree.

Other program participants were Mrs. Rosie Keene, Walter Stokes, Helen Chase, Martha McCready, Doris Stevenson, Oona Reuter and Doris Payne who presented the corsage.

Family members and friends seated at the head table were Inez Fullwood, Cecelia, Arlene, Helen and Tanya Fisher. Cecelia's daughter Gwen, and son - in - law Edward Owens shared the happy occasion.

It was evident from the retirees on the guest list that Ceclia Washington was a well though of old timer. Hildreth Jones arrived looking just as young as she did 10 years ago. Recent retiree Estelle Flowers stopped into extend well wishes on her way home from the downtown festival.

Other retirees mingling among the guest were Virginia Jones, Pauline Weston, Juanita Hall Davis, Charlottee Williams, Rose Harcum, Alhertha Crawley and Helen Ruthe.

We also exchange greetings with Vera Macklin, Alice Tyler and Alice Malone. They lingered long enough to tell us that they have accepted the early out retirement.

Look for Warren Clegg and Irvin West to sign their early retirement papers very soon.

We are sorry that we were unable to attend the retirment dinner given in honor of our former co - worker Lamarr Quarles. We do wish him the very best of everything.

Many of our good friends are running for public office this year and we of course think that all of them will do well because they are good people. Heading the list is Juanita Dal Williams, wife, mother, teacher, author and democrat. She is seeking to get elected to the Baltimore County Council and Commission.

Mrs. Brenda Sewell recently received a promotion from senior teacher to vice principal of Lakeland Elementary School No. 12. Brenda who is the dauther of Mrs. Gabrella McNair, resides in King Park Estate, Randallstown with her husband Ernest and three daughters Terrye, Rhonda, and Carla.

Many members of the United Baptist Missionary Convention may remember that Brenda served as a youngster in the Young People's Department of the Convention under director, Bettye Graves.

wherever there is a gathering of people in Baltimore City, you are certain to find a Social Security employee playing a major role.

We caught a glimpse of Sandy Jones, AFGE Local 1923 vice president - at - large, setting on the Civic Center platform during the Revival Crusade. Sandy has been an officer and active local member for many years. Besides being an active church and union worker, Sandy is a member of Advance Federal Saving and Loan Association, the Baltimore Metropolitan Council, the Maryland State AFL-CIO and the Maryland Food committee.

According to Sandy, the most important and rewarding of her many roles is that of mother to two daughters and coordinator of the New Shiloh Baptist Church Food Program.

In October, Sandy will run for re - election.

Send news item c-o: Woodlawn Highlights, P. O. Box 785, Baltimore, Md. 21203.

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R.S.V.P.

By Marie Phillips - Cooke
AFRO Women's Editor

Two non - traditional weddings will take place next weekend — August 18 and 19 — in and around Baltimore.

Both are unique. Very unique, indeed.

The first will join together as man and wife Maria Anne Broom and Albert E. Brown, Jr. on Friday evening. "It will be a lovely, natural celebration based on our natural feelings. It's not African, Indian, European — it's natural," says Maria, my friend since childhood.

"We've invited those people who are closest to us to sit with us during the ceremony. They are not bridesmaids or ushers. Our parents will sit with us also."

They are: Oprah Winfrey, Pat Wilson, Norma Ford, Brenda Carter, Cynthia Staley and Cheryl Carter of Los Angeles. And, Michael Brown, Al's brother; Embu Seitu, Stanley Harmon of Philadelphia; Victor Bonaparte, Larry McCoy, Ernest Palmer and Kamau Oghonna, of Chicago; Millard Richburg and Ed Madden.

The actual ceremony will include a burning, period of meditation, the exchange of vows (written by couple), words by Fred Clifton, founder of Lifestream, Inc., located 3315 Powhatan.

Lifestream, says Albert Brown, is "an organization that takes as its goal to spread the eternal principles of religion."

Maria, a Baltimore native, is the daughter of Ms. Charlotte Ruth Bond. Her stepfather is Jack Perey Bond. She's a graduate of Morgan State University with a B.S. degree in elementary education. She studied for a year under a Fulbright Scholarship in Germany. Also, she worked as an airline stewardess and taught retarded children in the Baltimore City Public Schools.

Many will remember that for over four years she was a reporter and consumer specialist for WJZ - TV 13, a position she held until recently when she decided to devote full time to her first love— dancing.

She and Al opened Kinetic Pleasures Center For Growth and Enjoyment Through Movement, located in Mondawmin Shopping Center. Maria teaches dance, and Al teaches yoga.

Al, also a Baltimore native, is the son of Mr. and Mrs. Alberta E. Brown (Sylvia). A graduate of Polytechnic High and Morgan State University (1972, sociology), he's currently working towards a master's degree in transpersonal psychology at Towson (that deals with the wholistic approach; physical, mental and spiritual). Before linking up with Maria, he worked for Model Cities (now Urban Services Agency) and Coppin State College.

Ross wedding

"The all powerful Lord knows the depth of the heart," reads the front of a lovely invitation done in pen and ink by artisan Michelle B. Clay that announces the wedding of Rae Collette Ross and Siri Sat Nam Singh, of New York City, Saturday, August 19, 10:30 a.m. at Blue Crest North.

"The most joyous occasion is the union of man and woman in celebration of life," it says.

This wedding, too, will have a unique, natural flair. All guests are required to wear head coverings. The ceremony will be performed by a sheik and there will be performances by some of the nation's most gifted performers. A reception will consist of all natural and health foods.

Rae is the daughter of Mr. and Mrs. William A. Ross, Sr. (Pinnie, author of "Columbia Capers") of Columbia.

Maria Anne Broom
Will wed Albert E. Brown Jr. Aug. 18

Travel Notes

People do go to faraway places to hold conventions and meet their neighbors across the seas.

Members of Chi Eta Phi, the nurses' sorority, did just that for 18 days. They held their 33rd boule in Monrovia, Liberia, where Zi Chi Chapter was host.

Some 158 delegates and guests attended from all over the United States, including Baltimoreans, Phyllis Shamwell, Ada Veney, Lilyan and Ed Slater and Mabel Hawkins.

Mrs. Hawkins was elected national secretary. National president is Peola McKascil of D.C.

Before returning home last week, Baltimoreans went on to visit the Ivory Coast, Gambia and Senegal.

More vacationers: The Bill Mumbys and daughter, Jerri, and the Clarence Dysons found Hollywood, Fla., delightful.

The Charles Marshalls (Priscilla), enjoyed Virginia Beach. Bill and Delores Sykes, daughters, Angie and Jackie and their chum, Gabrielle Urquardt are on a Caribbean cruise.

Vernice and Medford Reynolds are in from Portland, Oregon, where they attended her family reunion, with cousins, Jeri and Ward. Also there Dr. and Mrs. Lester Ward of Springfield, Mass., and the George Wards of Riverside, Calif.

Claudine and Ernest Chambers of Dayton, Ohio, are here visiting her sister, Luveen Houston.

Harold and Enid Banks of Grand Cayman, who are in the visiting relatives, guested with their cousins, Marvin and Jean Davis on Saturday. Over from D.C. to meet them were Bob and Marian Brown, Mildred Fields, Joseph Gibson and Joseph Adams.

Famous visitor within our Baltimore gates this past weekend was Edward Dwight of Denver, who made news in 1961, when he was selected as the first black astronaut.

Today, he is making a name for himself as a sculptor, has been commissioned to do a statue of Frederick Douglass at the Smithsonian Institution in D.C.

Mr. Dwight and his wife, Dr. Barbara Dwight, an executive in the Denver public schools, visited here with Dr. and Mrs. Bruce Russell. Mrs. Russell (Alice), and Barbara, are childhood friends.

In to meet them on Saturday were Dr. and Mrs. Roland Smoot, Dr. Ferdinand Leacock, Dr. and Mrs. Harold Johnson, Dr. Donald Stewart and Dr. and Mrs. Gilbert Banfield.

The Dwights were among guests at that Sunday poolside party at the Yancy Whitakers, hosted by members of a swimming instruction group which calls itself the CYP (Charley's Girls at Yancy's Pool.)

Under the direction of Charles Robinson, the physical ed teacher, they had undergone strenuous swimming instruction, and so they gave the party to mark their achievement, to gift the instructor and to say thanks to the Whitakers (with gifts), for allowing use of their Hillsdale Rd. pool.

Health fair Saturday, 10 a.m. - 4 p.m.

The West Baltimore Community Health Center will sponsor a health fair from 10 a.m. to 4 p.m. Saturday, Aug. 12 in the 200 block S. Mount St.

The health clinic will include testing blood pressure and immunization for school going age children. Parents are advised to bring their children's immunization records so health officials may know what tests are necessary for their children.

Among activities planned for the fair are games, music and dancing.

Mrs. Frizzel, Mrs. Hodges re-elected

The State Board of Examiners of Nurses has received announcement from Acting Governor Blair Lee III that Mrs. Jean S. Frizzell, R.N., of Frederic, Md and Mrs. Gertrude Hodges, R. N., of Baltimore City have been reappointed as members of the Board, each for three - year terms. Mrs. Ruth Dorman, L. P. N., of Frederick was appointed as a member of the Board for a three - year term.

Mrs. Frizzell is a Certified Nurse Practitioner in private practice in Frederick. Mrs. Hodges is Director of the Department of Nursing, Community College of Baltimore. Mrs. Dorman is employed at the Home for the Aged in Frederick, Maryland.

Other members of the Board currently serving are Mr. Deane F. Fassett, R.N.

Miss Quarles, Mr. Pourzal

Dr. and Mrs. Benjamin A. Quarles of Southern Avenue have announced the marriage of their daughter, Pamela Anne, to Rostam Pourzal, son of Mr. and Mrs. Reza Pourzal of Iran.

The couple resides in Philadelphia where Mrs. Pourzal is a senior in the medical school of the University of Pennsylvania, and Mr. Pourzal is a candidate for the Ph. D. degree in cultural anthropology, also at Penn.

The marriage, a civil ceremony, took place in Philadelphia Monday, July 31.

The new Mrs. Pourzal was born in Baltimore, was graduated from Friends School, and earned the bachelor's degree from Oberlin College, Ohio.

FIRST PLANE TRIP was made recently by 85-year-old Thomas P. Jones, longtime Bethelhem Steel worker residing in East Baltimore, shown here with his daughter, Eva Holcombe, the Air Force clerk, as they prepared for trip to California, Nevada and Mexico. Their trip was arranged by Aristocrat Travel. For more about special travel packages by Aristocrat, PAK-A-BAG and Galaxy travel agencies, see advertisement in this edition.

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Lv. Baltimore/Washington	Ar. Saginaw/Bay City/Midland	Ar. Lansing	Ar. South Bend	Ar. Flint	Ar. Alpena
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