Kromah Gallery exhibit

Cuffie's photos --eye-catching

By Pattie Hodges

Latest in the thriving Kromah Gallery's month-to-month exhibits is the eye-catching array of photography by artist Steven Cuffie.

Cuffie's work, which went on display Sunday, Jan. 7 to a crowd of 100 spectators, will be on exhibit until Jan. 31.

Cuffie was an art major at Morgan and works in various art media, but his great love is photography, his favorite subject people and his present theme, "Women and Children."

It was evident, on viewing his display, that the artist's camera had captured women, children, (and some men, too) in moods varying from elation to poignant loneliness.

A bold black and white photo of an obviously joyful woman perched high on a stool contrasts with the muted gray tones of a little boy sleeping in a city doorway.

The artist was born in Durham, N.C. but has lived in Baltimore since 1974. He is a 1969 graduate of Dunbar High School.

While at Morgan, he got his first exposure to photography and did free lance work for the student publication there, for weddings and community organizations such as the old Model Cities project (now Urban Services).

Cuffie's works have been shown in group exhibits at Morgan, at AFRAM and at branches of Enoch Pratt Library. This is his first one - man show but he plans others.

Seen attending the opening of his exhibit were:

Attorney A. Dwight Pettit, Harry Holmes, Power and Radwell, Bill Joyner, Rev. O. E. Bonny, Tammy Serik;

Also, Jeannie Fry, Charles N. Jones Jr., Mildred Long, Arnetta Wilder, Jonathon Greene, James Bryant, Bill Joyner, Karen Pinderhughes;

And, Carole Warnack-El, Dawn Warnack, Mista Reid, Stephen Nurna, Jeffrey Barnes, Johnny Barnes, Charlotte Barnes, Chris Cuffie (the artist's brother);

Also, Yvette Shipley, Danielle Turner, Joan Davenport, Zara Hamm, Jamawa Umoja, Jamyrick, William J. Thomas Jr., Ed Howell and Edward Bunch.

ARTIST — Steven Cuffie is shown with some of his works which are currently on display at Kromah Gallery, 1203 Druid Hill Avenue. The exhibit, entitled "Women and Children," will run through Jan. 31.

AFRO photo by Robin McGinty

Catonsville Notes

By Liz Williams

Get Well cards to Inez Henson (Wilson). We are hoping that she will be home by the time you read this column. Inez was a counselor at Lemmel Junior High School before her retirement.

Get Well cards also, to Charles Gaskins Jr. who recently had foot surgery. Chucky as we fondly know him is a 1978 Morgan University graduate and is employed at Westinghouse.

Continue to remember Bessie Smith, Richard Peed, Alice Turner, Bob Rideout, Frances Collette, Artemus King, Helen Hill, Eleanora Welch, Pauline Brown, Rosalee Hall, Amy Warden, Margaret Ebb, Fannie Hayes, Frances Coe, Edna Wainer, Mary Adams, Shirley Nelson, Arthur Welling and Ann Blackwell. Continue to remember Florence Jenson's mother who has been quite ill; she's Pauline Stewart Brown.

Sympathy cards to the family of the late Edward B. Watkins. Mr. Watkins is survived by his daughters, Edwina Watkins and Odell Payne (Rev. Arthur) and two great grandchildren, Jerryl and Jerrylyn. He died at the age of 93. He was an active member of Enon Baptist for 64 years. Odell spoke about the wonderful care that her sister gave to their father during his illness.

Sympathy cards to the family of the late Ulysses Smith (Ernestine), whose funeral services were held from Morning Star Baptist Church. He was the brother of Mrs. Helen Kent. Cards also to the family of the late Lee Coleman (Maurie) whose funeral services were held at Mt. Moriah Church. He was the son of Lee and Marie Coleman of Leeward Avenue.

It is a real joy to pass Winters Lane and Maine Avenue and see a dream come true for the Rev. Gentry McDonald and his flock. The new Morning Star Baptist Church is actually rising up in the heart of the Catonsville community. God has really bestowed his blessings upon this congregation and the community.

I read a poem 'At Day's End' by John Hall. Each week I will share the lines of the poem with you: Is anybody happier because you passed his way? Does anyone remember that you spoke to him today? How will you answer these questions at the end of the day?

Public relations workshop planned

The media coalition of the Maryland Commission for Women, chaired by Kathleen M. Carter, MCW vice-chairperson, will sponsor a Public Relations Seminar from 11:45 a.m. to 4:30 p.m., Saturday, Jan. 13, at Howard Community College.

The seminar is designed to assist organizations which lack professional public relations staff in developing publicity campaigns.

This free session, planned by the Maryland Commission for Women's Media Task Force, will be held in Room 230, Nursing Building, Howard Community College, off Little Patuxent Parkway in Columbia.

This seminar is open to the public, and each participant will have a chance to attend two of three workshops.

For more information, and to pre-register, contact the Maryland Commission for Women office, 1100 N. Eutaw St., Baltimore, Md. 21201, or call 301 - 383 - 5606.

Career workshop

Baltimore New Directions for Women offers a workshop for people desiring a career change or considering re-entrance to the job market.

"Career Changers" is to be held Wednesday, Jan. 17 form 6:30 to 9 p.m.

Topics to be covered include career decision-making, skill assessment, resume writing the job interviewing. There will be a fee charged for the workshop.

For further information and to register, call 366 - 8870.

Doll's to present fashions

Doll's Productions modeling troupe will celebrate their first anniversary with a show, called "Soft and Sensual" at the Gatsby, 1817 N. Charles St., Saturday, Feb. 10, from 5 to 9 p.m.

Fashions to be presented were designed by Chaz, Tricia and Pocketlady.

For more information, call 362 - 2730.

—Amy Smith

(Continued from Page 15)

"I work part time now, taking care of an invlaid in a private home," she says. "I was offered a full time job doing similar work, but I turned it down because the service I could give to others through the Red Cross was more important."

Mrs. Smith is only one of many dedicated Baltimoreans who volunteer in the Red Cross Blood Services. These volunteers travel on bloodmobiles throughout their communities, as well as work in the Chapter Headquarters, registering donors, preparing plastic blood containers, and serving refreshments in the donor canteens. All it takes to join their ranks is a willingness to serve the community and a few spare hours each week.

Blood is a constant need that is always increasing. And, just as much as the donors, themselves, the Blood-Services volunteers contribute to meeting that need. During the fall and winter months especially, the Red Cross Blood Services needs concerned citizens to work on bloodmobiles.

For more information on how to become a Red Cross Blood Services volunteer, call Red Cross Office of Volunteers at 467-0905.

Eastside Committee helps needy

The Eastside Community Committee Inc. purchased and distributed new clothing and shoes for needy families during the holidays. The families were selected by social worker and members of the Committee.

Boxes of new clothing and toiletries were also sent to Montrose School where Ms. Ruth Crawford is on the staff.

Mrs. Dorothy Alford was chairperson aided by Mrs. Mable L. Watts and Mrs. Martha E. Underwood.

Mrs. Thelma D. Ray is president of the Eastside Community Committee Inc.

—R. S. V. P.

(Continued from Page 16)

and Miss Brenda Robinson, Dayton, Ohio schoolteacher. They were visiting Mr. and Mrs. Fred Green of Edgewood, Md. relatives of Mrs. Green. He is Planning and Zoning Director for the City of Annapolis.

Others in the party were the Calvin daughters, Lavenia, a student at Mannes College for Gifted and Talented of New York City, Ann Elizabeth, dormitory director and counselor of Virginia Union University, and Lenora, Dr. Clem Sharpe, geologist, and Mrs. Sharpe of Annapolis, Mrs. Lulu Hardesty and Mrs. Minor Brown, both retired educators and prominent civic workers of Annapolis.

The Board of Managers of the Grand United Order of Odd Fellows entertained a group of friends this past Monday at Odd Fellows Hall.

In the group were: Lottie Downey, Otis Smith, Matilda M. Johnson, Elizabeth Johnson, Gertrude W. Thompson, Mable M. Preston, Phyllis Minor, Isabel Throgmorton, Louise Crosby, Mary F. Lanson, Annie Jones, Daisy Hinton, Thelma Garner, Stephen Penn, Susie Hamlet, Clara K. Booker, Arthur Dixon, Ruth Carter, Courtnea Henson, Rosie Lee Tillman, Theresa Givens, Edith Byrd, R. Wesley Lewis, Edward Byrd, Vernon Hughlett, Avery McHuffie, Arthur Dixon, Henry Mason and Bernard M. Armstrong.

Word has it that the Sunday fog did not dampen the Daytimers' disco at the Crystal Room . . . it was well attended.

Have a good week!

Tchiakowsky's 'Nutcracker'

John Taylor will dance and cajole his way into the hearts of many youngsters and others as Drosselmeyer in Tchiakowsky's "Nutcracker."

The cast and crew of this mammoth production is hard at work at Dunbar and Oliver Centers and Gallery 409.

Up to now we've seen only a few glances but the grape vine has it that Annette Holt and her faithful crew are moving mountains.

Keep an eye on this column for more details as things progress.

Production date is January 12 and 13, 8 p.m. and January 14, 2 p.m. Reserved seating $2. For more information call 276 - 4646.

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Fashion design

Weight Watchers sponsoring contest

Weight Watchers is sponsoring a fashion-design contest for its members, according to Norma Malis, area director in Maryland.

The winner in each category will receive a food processor and then will be eligible to attend the Design Week Fashion Showing in New York.

The contest is open to men and women currently enrolled and Lifetime members within two pounds of goal.

Fashion design sketches may be submitted in two categories: (1) a, design that can be worn on the way to goal weight, and - or (2) a Dream Costume to be worn when goal is achieved.

Sketches will be accepted until Feb. 15, 1979, for pants, skirts, tops, jackets, suits, gowns, etc.

Two winning sketches from this area, one from each category, will be submitted for consideration in the National Contest.

Weight Watchers International will select five winning designs from each category and will have these garments made up to be modeled in the Design Week Fashion Showing in New York.

Each local winner whose design is selected will be invited to New York by Weight Watchers International for the fashion show and a three-day all expense paid trip.

Detailed rules are available in all area Weight Watchers classes and - or the area headquarters, at 110 Reisterstown Road, Baltimore, Md. 21208.

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Nutrition ignorance problem for teens

The United Nations General Assembly, deeply distrubed that "100 many children are deprived of even the most elementary amenities of life" has proclaimed 1979, as the International Year of the Child.

"As part of this year's undertakings," says Otis Mallis, area director for Weight Watchers in Maryland and N.E. West Virginia, "A Declaration of 'The Rights of the Child' has been devised by the UN, to help countries mobilize in support of the young. Listed in this bill of rights, second only to the right to affection, love and understanding, is the child's right to adequate nutrition and health care."

Knowing this, isn't it amazing that in the U.S., one of the world's most progressive countries, malnutrition remains a major problem among children in their teens — privileged and under - privileged alike.

"According to some of our most prominent experts in this field, a report by Dr. Jean Mayer, Dr. Sebrell, M.D., F.A.C.P., Medical Director for Weight Watchers International and world renowned physicians and specialists in the field of human nutrition, "teen - age boys are generally found not to be getting the recommended allowances of ascorbic acid and thiamine. And for teen - age girls, the nutrition story is almost horrifying. They are among the most poorly fed groups in our population, with diets low in calcium and iron, and sometimes in protein, ascorbic acid, and thiamine, as well."

In a country that prides itself on its abundance of everything, this lack of nutritional adequacy in the diets of our teens seems incomprehensible, particularly since it is in adolescence that a major growth spurt, as well as maturation, occurs.

"As might be imagined," Dr. Sebrell explains, "the nutritional needs to meet this rapid growth rate are enormous."

So it seems that teen - agers, at a time in their development when good nutrition is most necessary, are often suffering from malnutrition.

How? Why?

Poor food habits, lack of nutrition education, inadequate or no breakfasts, snacking on empty calories, self - imposed fad diets, irregular eating patterns, too little of some foods, too much of others and finally, too little or too much protein.

"In fact," Mr. Mallis tells us, "one of the most prevalent forms of malnutrition among teens is overweight. It can have some very detrimental effects on their lives."

Says Dr. Sebrell, "Adolescent obesity is associated with both physical and emotional handicaps. Overweight can have a permanent effect on a teen's sense of body image and sense of worth. Further, as a majority of overweight teens remain overweight into adulthood, they carry with them greater risks for heart disease, hypertension, diabetes, and post surgical problems."

What can you do as a teen - ager or a parent of a teen - ager to lower the risk of malnutrition in any form? Here are some recommendations from Weight Watchers International:

1. Educate yourself and your child on nutrition. Be sure to consult the legitimate experts. Speak to your family physician or the local public health nutritionist and take action on their recommendations.

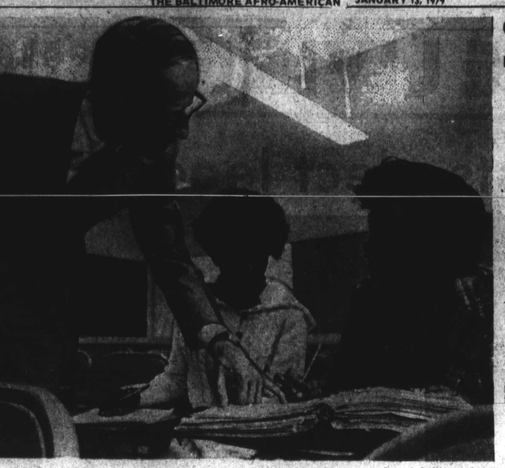
2. It is recommended that normal - weight teens take in approximately 2,500 calories a day in a variety of meats, fish, fruits, vegetables, whole grains, and grain products, dairy products and polyunsaturated fats.

3. To meet the needs for iron, a serving of liver once a week is suggested specifically for girls, or with a physician's approval add an iron pill to their daily diet with the onset of menstruation.

4. Snack foods should be worth their weight in nutritional content.

5. If overweight, a sensible diet with a nutritionally sound food regimen and a behavior modification program should be undertaken in addition to increased physical activity.

In addition, Weight Watchers international, in keeping with the tenets of the International Year of the Child has prepared a public service pamphlet on nutrition and the teen - ager. Be the best is a lively brochure on general nutrition written for teens and answers questions teen have actually asked most frequently. It is illustrated by a teen - age cartoonist, and is available free by writing to Weight Watchers, 110 Reisterstown Rd., Baltimore, Md. 21208 Att: Mrs. Honey S. Book.



Joseph Sullivan photo

NOTRE DAME COLLEGE A Notre Dame teacher goes over a point with a student after class. Notre Dame's small size makes it easy for students to work closely with the teachers.

College of Notre Dame may be your answer

Are you intrigued by the idea of a private women's college, but not sure if it can offer what you are looking for? The College of Notre Dame of Maryland, located in north Baltimore may help you find the answer.

At Notre Dame students find a personal, friendly atmosphere where they may choose from a variety of courses in literature, science, history and the arts. Internships and independent study offer good career preparation, with new opportunities constantly being developed to match student interests.

In the past private education was out of the question for many students because of the cost. Today, with more sources of financial aid becoming available to both the lower and middle income families, private education is a possibility for many who never considered it.

Today's young women are developing a growing concern about their occupation after graduation. As part of Notre Dame's educational offerings, each student begins a career development program in her freshman year in which counselors help the student plan her course of study while keeping her informed of current information on jobs, professional training and career opportunities.

Required for some fields of study, internships are available as an option in many others. Internships are available in a variety of settings: banks, hospitals, schools, ad agencies, social services, TV stations, art museums, and newspapers are only a few examples.

"Winterim" is another Notre Dame Feature. This is a special January term that allows students to explore non traditional areas of learning. Courses range from full - time internships to independent study courses in travel, producing your own TV show, and sign language, to name just a few.

Notre Dame not only attracts interested young women to its liberal arts education, but also attracts because of its personal atmosphere. Students are not just numbers. Faculty members know their students by their names and strive to help students accomplish their goals. It is easy for students to make friends whether they live on campus or are the 40 percent of the students that commute from home.

Students find themselves involved with on - campus activities such as student government, community service organizations, four sports teams which compete in state and regional leagues, and numerous social activities both on - and off - campus.

If you are not sure that women's college is right for you, just ask any Notre Dame student about their experience at the college. The students believe that they have the best of both worlds — a place to learn and make friends with other women, while at the same time a school that is close to neighboring co educational schools where they can exchange classes and to the numerous social opportunities that Baltimore offers.

If you think this type of education and social experience sounds good to you, Notre Dame invites you to the campus to take a closer look at what we have to offer. When you visit the campus you can see a class in action, talk to students, and spend a night in the dorms if you are interested in becoming a resident.

For more information or to arrange a visit to the campus, contact the admissions office at 435 - 0100.

Ji-Tu Cumbuka guest commentator

Producer Lawrence Parker has named movie actor and television personality, Ji - Tu Cumbuka of Altadena, Calif. as guest commentator of the "Anniversary Show of Stars" which premieres at the Baltimore Civic Center on Jan. 29 8 p.m. Mr. Cumbuka enjoys numerous credits for his leading and supportive roles in the motion pictue industry.

Movie goers and television viewers will remember Cumbuka when he co - starred as "Cicero" in the motion picture "Mandingo"; he also played the role as "The Wrestler" (a member of the Mandingo Tribe) who was advisor to "Kunta Kinte" in Alex Haley's "Roots". He is best remembered when he spoke out in "Roots" stating "We brother should unite and speak to each other to offset our oppressors."

Mr. Cumbuka also co - starred in "Angela" with Peter Stauss and Roger Mosley, and the Daniel Boone" series.

Television viewers will get an opportunity to watch Mr. Cumbuka's performance when "Madrake the Magican" premieres on NBC Television on Jan. 24

Cumbuka will be portraying the role of "Lother", a magician. Mr. Cumbuka will also star in "Flesh and Blood," a 4-hour television motion picture which is scheduled to be released in the Spring of this year.

One of the ten fashion scenes that will be highlighted at the "Anniversary Show of Stars" will be devoted to the "celebrity" models; Mr. Cumbuka will be responsible for the commentary for that segment of the show.

Producer Lawrence Parker also announced that Reg Williams, host of "Evening Magazine's" fashion department, Chanel 13, has been named the commentator for other fashion scenes in the "Anniversary Show of Stars." Mr. Williams has been involved with fashions for the past 11 years in various canacities (both on the retail level and in fashion consultation).

Reg will be making his contribution as commentator for the "Anniversary Show of Stars". A United Negro College Fund Benefit on behalf of "Evening Magazine" and WJZ - TV.

Radio personalities in the Baltimore area will also be on hand at the January 28 extravaganza to help host the affair. They include Curtis Anderson, WWIN Radio, Master of Ceremonies; Lee Cross, WWIN Radio, Louise Johnson, and Kweisi MFum'e WEAA Radio.

Parent Clinic to be held

The Regional Institute for Children and Adolescents, 605 S. Chapelgate Lane, Baltimore 21229 is offering a Parent Clinic, a free training and counseling clinic services for parents, married persons, families, teachers and interested counselors from community agencies.

The counselor training program will be held on three Mondays, Jan. 22 and 29, Febuarry 5, 3 to 6 p.m.

The sessions for parents, teacher, married couples are scheduled for 10 Tuesday evenings, Feb. 6 through April 16. The hours will be 6:30 to 8 p.m. and 7:30 to 9 p.m.

Skills to deal with parent, teacher, family, child or marital problems will be taught to help improve interpersonal relationships and promote better understandings between family, school and community contacts.

For additional information and applications call 455 - 7687 or 455 - 7683.

BLAIR'S four days after Christmas perm and relaxer sale starts Tuesday, January 16th thru the 24th. Tuesdays and Wednesdays only - 16th, 17th, 23rd and 24th. all regular $18.50 and $22.50 perms: $12.50 and $18.50 relaxers $10.50. We offer special electric scalp treatments.
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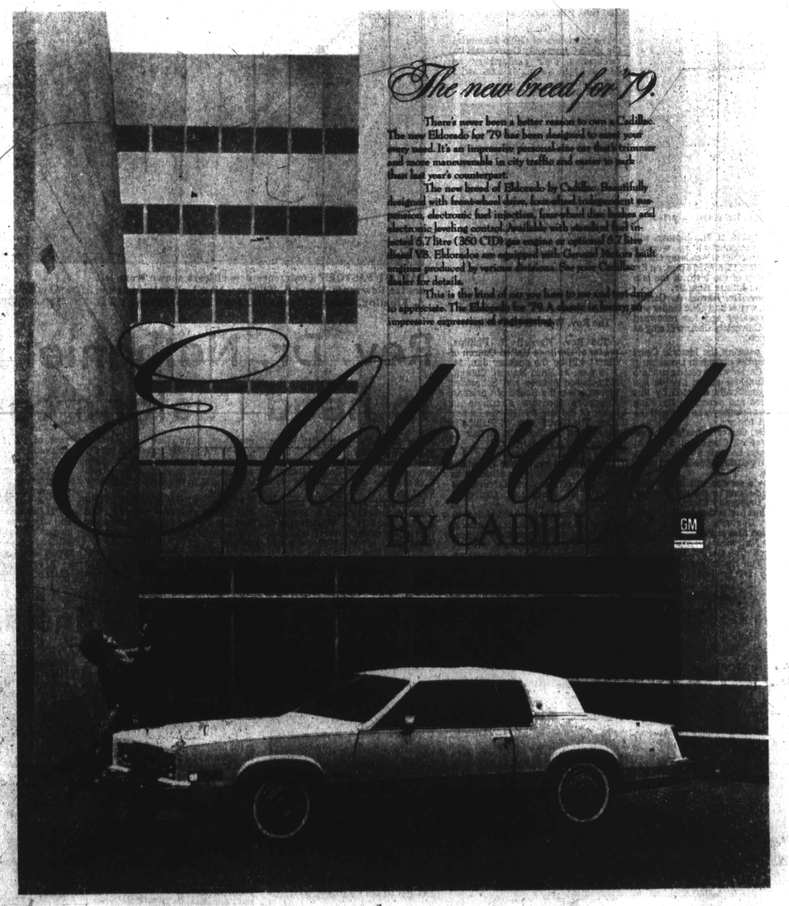
Carol Distasio, R. N. M.S., a Doctoral Student at Johns Hopkins University School of Hygiene and Public Health, and a Clinical Specialist and Consultant in Drug Abuse, will be the instructor on Tuesdays, February 6 through March 20, 1979, from 7:00 - 9:00 p.m. at Essex Community College.

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