Clarence M. Mitchell Jr., Baltimore's remarkable human being

MITCHELL FAMILY AND FRIENDS include George Mitchell, brother of the 101st U.S. Senator Clarence M. Mitchell Jr., the honoree; his sister, Mrs. Annabelle Gittings, Dr. and Mrs. Keiffer Mitchell and children; Michael Mitchell and son; Mr. Mitchell Jr. and wife, Mrs. Juanita Mitchell, Congressman Parren J. Mitchell and George Gittings and daughter; George Mitchell, John H. Murphy III, AFRO board chairman and longtime family friend, the honoree and his wife.

Clarence Mitchell

(Continued from page 1)

Mr. Mitchell who is noted in America and abroad as the 101st U.S. senator, is retired from his post of over 30 years as chief of the Washington Bureau of the NAACP. Succeeding him is Ms. Althea Simpson. Mitchell will remain in the D.C. headquarters for transition until June. He is the brother of Congressman Parren J. Mitchell.

A kindly gentleman and a lawyer, he is scheduled for an honorary law degree from Howard University May 12 and Boston University May 22; an honorary banquet by the Hawaii NAACP in June and many other national events including the Philadelphia NAACP next week.

At an as yet unnamed date, Mr. Mitchell and his family will be hosted at the White House and given the Freedom Medal by President Carter.

The National NAACP board and executive staff gave Mr. Mitchell the gift of a stereo set and a recording of the entire 68th birthday event. In addition he received the AFRO citation in memory of his 1930 service as a reporter in the Baltimore office from City Editor Elizabeth M. Oliver.

Benjamin Hooks, NAACP executive director presided at the March 14 occasion, announced the gift and led over 20 speakers in lauding Mr. Mitchell.

A brilian array of U.S. senators, congressmen, nationally known personalities and civil rights advocates gave standing ovations and sustained applause as Mitchell presented his family. He and his wife, noted Attorney Juanita Jackson Mitchell, his sons, City Councilman Michael Senator Clarence M. Mitchell III, Dr. Keiffer Mitchell and Realtor George Mitchell, spoke in response to the leaders and also praised Mitchell as a family man, a Christian gentleman and "the greatest guy on earth."

A personal letter from President Carter expressed his pride in having known Mitchell and saluted him for a lifetime of service to the nation.

The Congressional Record of the 96th Congress preserves the Senate tribute by Senators MacMathias and Robert Dole. Noted at a breakfast in Mitchell's honor Feb. 6. Terming him a remarkable human being, the document traces Mitchell's 30 years "a force to be reckoned with on Capitol Hill."

It states in part:

"Clarence Mitchell's contribution cannot be measured solely in terms of his congressional appearances; they tell only part of the story.

"Since joining the NAACP in 1945, first as its Labor Secretary and then as the director of its Washington Bureau, Clarence Mitchell has been in the forefront of efforts to achieve equal rights for all Americans.

"His record as a civil rights advocate is an enviable one; it is unlikely to be duplicated.

"He was present at the creation of the civil rights movement and he is still in the fray."

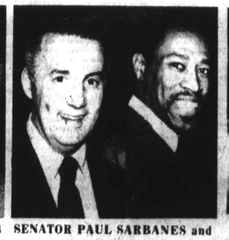
SENATOR CLARENCE M. MITCHELL III and wife and children, Clarence IV and Clarice. THE HONOREE, Clarence Mitchell Jr. receives AFRO citation as a distinguished AFRO reporter of the 1930s from City Editor Elizabeth M. Oliver and Benjamin Hooks, NAACP executive director, New York, who presided.

MR. AND MRS. GEORGE HALEY, Silver Spring, Md.; Mrs. Yvonne Scipio, Baltimore and Miss Pam Davis and Blaine White, Baltimore attorney.

HONOREE Clarence M. Mitchell Jr. and wife, Mrs. Juanita Mitchell, his sister Mrs. Annabelle Gittings and special Baltimore guests Mesdames Johnnie Mae Thompson, Frances Marshall, Ethel Gordon, Ethel Jones, Mrs. Dorothy Height, National Council of Negro Women, Mrs. Miriam Hughes Raymond formerly of Baltimore; Senator John Glenn, the astronaut and Mrs. Bettye Graves of Baltimore.

SISTER BENIGNA — Mitchell cousin and member of the Oblate Sisters of Providence

WALTER A. JENNINGS Baltimore publisher



SENATOR PAUL SARBANES and Baltimore Contractor Robert Clay

MR. AND MRS. Herbert Graves Jr. and Herbert Graves Sr.

All photos by Ryales

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OUR WORLD

Zeta womanhood awards, 'Columbia Capers,' a great chef's yummy almond ring

By Marie Phillips Braxton

The experience and knowledge he's gained in the past 17 years have made him a leader in the field of cosmetology—especially in the area of black hair care. A media friend said of him, "he even looks like he knows what he's doing!"

An expert, no doubt.

"I'm really into hair," says Francis Johnson, owner-operator of the new Studio 808, located in the busy Pikesville shopping district, 808 Reisterstown Rd.

"When I see a black woman, the first thing I look at is her hair. I look to see how much grease she has in in!

"Now I talk to women and try to get them to stop using pomades — they now realize that they have natural oils in their hair. And, you know, it turns a woman on when she gets compliments on her hair."

Johnson, 35, a native of Tappahannock, Va. He came to Baltimore in 1960 to learn the hair trade at the Apex Beauty School and others. His first job was a Gateway to Beauty, located at Sanford and Pennsylvania Avenue. And since then he's been on an upward climb.

"He's a born - again believer and serves as a deacon at City Temple Baptist Church where the Rev. W. W. Payne is minister.

Francis decided to add another dimension to his life — that of operating his own business. So he opened a salon on Park Heights Avenue. That experience led to others.

Francis wanted more.

He took on a position at a downtown department store salon (when Baltimore stores first opened up to black hair treatment) and then it was on to Columbia when he worked as manager of a Glemby Company branch at Woodward and Lothrop. The experience he gained there was immeasurable.

"With the knowledge I received at Glemby, I can now offer the same through my own salon. Now I can be more creative with hair.

"I feel good that this is my salon. Ladies are getting better service than in department store salons. I think that black women are returning to privately owned salons once again.

Studio 808 offers its adult customers a glass of wine upon arriving. "Many say a glass of wine really relaxes them, especially after work," says Francis.

Five professionally trained staffers work full-time, Monday through Saturday.

What type of woman comes into the salon, I ask.

"The average lady who comes into the salon is extremely active socially. She's fashion - conscious. Her time is limited, she can be out within an hour. We serve from teens to subtle ladies. Surprisingly, many of the people know each other.

What do women talk about? "The conversation nowadays is of hair, not gossip."

The studio specializes in chemical relaxers, conditioners and the newly-patented "Studio 808, Inc. Rod Curl," a permanent wave process of using heat and chemicals which give hair soft, yet tight long-lasting curl that requires little or no maintenance.

Henna treatments are relatively new for black hair. They are used for conditioners and contain no chemicals. Hennas add body, natural sheen, and last for about three months.

Cutting is extremely important. "A woman should have her hair cut every six to eight weeks. The time between conditioning depends upon the particular problem.

Prices at 808 are in line with the average first-class salon that offers professional service. Cuts range from $9.50 to $18.50 depending on the design; conditioners, $7.50; relaxers, price depends on length of hair."

For male customers, Francis offers conditioners, hair cuts and the "Rod Curl."

Service is by appointment only. Call 486-3994.

(Continued on Page 28)

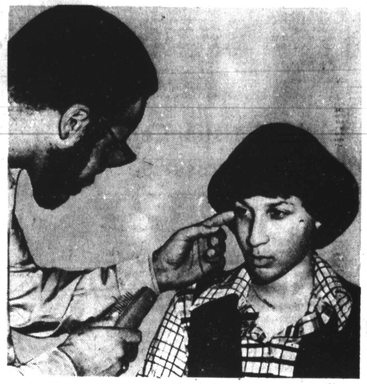
Some basic tips for healthy hair

An attractive, yet healthy head of hair, in most cases, doesn't just happen. It calls for a regular maintenance program. These are just the basics:

1. Shampoo once a week to remove dirt and oil build-up.
2. Professional conditioning is a must for all types of hair. It replenishes and rebuilds damaged hair shaft.
3. Have your hair cut at least every six to eight weeks. This routine is extremely beneficial to your hair for it eliminates the "frizzy end" problem as well as making for a beautiful hairstyle.

THE ROD CURL is Studio 808's own patented name for a new treatment for black hair. It's processed with heat - activated permanent wave treatment, rolled on rod curlers and naturally dried. Here, Rhonda Anderson sports a style that is 4" at neckline and V-shaped front. Designed by Eric A. Thomas.

AIRY, YET SOFT is this hairdo worn by Susan Cole. Her chemically relaxed and blown dry hair features the precision - layered cut with 3 to 6 inch lengths.



(Photos by Phillips Studio)

CHEMICALLY RELAXED hair can be blown dry into an attractive style. Here, Studio 808 owner, Francis Johnson, puts finishing touches on Janet Hargrove's hair. Her style features the percision layered cut, 1" at neckline to 10" at crown.

Sgt. Shirley Mc Dougald first woman to gain membership in Md. 5th district VFW

ABERDEEN PROVING GROUND, Md. — An Aberdeen Proving Ground soldier has become the first woman to gain membership in Maryland's 5th District of the Veterans of Foreign Wars.

Sgt. Shirley McDougald was sworn in as member of Post 6054 in Aberdeen recently, and is the only woman member in the 5th District.

Before the rules of the organization were amended last summer to permit acceptance of women into the VFW, McDougald was not eligible to join, even though she had the necessary qualifications.

According to McDougald, the only qualification required is for an individual to have served in a combat zone during a foreign war.

McDougald acquired eligibility through eight months military service in Vietnam in 1971 - 72.

"It didn't join because I'm female," McDouglad said. "I joined because I met the qualifications."

Samuel Riggs, commander of the 5th District, said he was glad to see her accepted as the district's first woman member.

"Naturally I was elated to have her join my district," said Riggs. "She also joined my post, which was gratifying."

Other members of the district also welcomed her.

"The male members, I guess, have changed their attitude over the years," Riggs commented. "I took her to a district meeting and they accepted her very well and made her quite welcome to the district."

Riggs noted that male members have not always had such an open mind.

"They were really opposed to having female members a few years back," said Riggs. "I got the impression that they felt that maybe a lady would eventually become state commander or national commander and they resented that."

McDougald, noncommissioned officer - in - charge of the Transfer-Separations section of the APG Military Personnel division, served as a personnel specialist with Headquarters, Special Troops, 720th Military Police Battalion at Long Binh, Vietnam.

"It was one of the best assignments I've ever had in my life," she reminisced. "That was back when the WACS were still a separate unit. The Army did everything it could to accommodate us, and make us feel comfortable."

McDougald noted that the highlight of her tour in Vietnam was the opportunity she had to escort Sammy Davis Jr., during his visit with a USO show.

"I remember I was off that day, and a WAC captain called me. 'I though to myself, 'Oh Lord, what have I done now?' But she asked me if I'd like to escort Sammy Davis Jr. while he was in the country. After I came back to," she laughed, "I said that yes, I would."

"It was really beautiful," she added. "He did his show, and I was with him all the time. Then he sent me a nice little note after he left the country, thanking me. It was great."

McDougald entered the Army in 1970, and now proclaims herself a career soldier.

"I joined the service for travel," she said. "I felt like it was just about the best way for me to get around and meet people. I've really enjoyed it so far."

McDougald has applied to become a warrant officer in the personnel field, and is taking courses at Harford Community College which will qualify for an associate degree in business administration.

Sgt. Shirley McDougald

Learning to help the elderly

Some 21 students representing 12 area secondary schools, (Samuel Gompers Jr. High, Lombard Jr. High, Fairmount Hill Jr. - Sr. High, Dunbar High, Douglass High, Baltimore City College, Lake Clifton High, Forest Park High, Northwestern High Patterson High, Western High and Woodlawn High) as well as three adults have been learning to work with the elderly for the past six weeks.

They were members of a Red Cross course sponsored by the Red Cross. The course was conducted at the Granada Nursing Home, Granada and Liberty Heights Avenue. Ms. Betsy Steele, formerly the Activities Director at Granada Nursing Home was instructor for the course.

The "Learning to Work With The Elderly" course was developed to meet the growing need of local nursing homes, senior citizens groups, and individual elderly persons for trained volunteers to assist in a variety of activities. The course gives students training in how to relate to elderly persons, physical and mental aspects of aging, needs and problems of the elderly how to plan and conduct various activities with the elderly, etc.

Included as part of the course structure was an actual activity, planned and conducted by the students for the residents of the nursing home. The course consists of one hour each day of class discussion and lecture, followed by an hour of actual interaction with nursing home residents, followed by another hour of classroom discussion.

This format gives students an opportunity to experience first - hand what it is like to work with elderly people in a nursing home setting, with an opportunity each day to discuss that experience with a trained professional. It is hoped that each student in the class will volunteer in some way to serve the elderly after taking this class. A number of students have already committed themselves, through the Urban Services Program, to serving elderly citizens this summer.

Photo by Phillips

LEARNING TO HELP — Betsy Steel Aranjo, an instructor at Catonsville College shared her experience with some 20 high school students recently when they participated in a Red Cross program which taught them ways to care for the elderly. Also pictured are Olive Rice, a patient at the Granada Nursing Home and student Carliss Ford.

Partyline

By Michele L. McRae and Pattie Hodges

If the Monday afternoon press conference announcing the testimonial dinner for the AFRO's sports editor, Sam Lacy to benefit Project Survival is any clue of what the May 2 fete at Martin's West will be like — holders of tickets are in for a FIRST CLASS affair!

The press conference was hosted in the Chesapeake Room of the Baltimore Civic Center and was attended by some 250 representatives from local businesses, agencies and organizations. Also on hand were representatives from the political arenas, including the city's mayor, William Schaefer, who presented Sam Lacy with a proclamation for his many years of dedication to the journalism profession and his outstanding services to the community and East Baltimore's Councilman Clarence DuBurns.

Press conference guests were treated to an individual, to order, to taste luncheon which was prepared right before their eyes. The menu consisted of omelettes, home fries, begels and cream cheese, coffee and tea.

Many of us also enjoyed cocktails and beer.

The relationship between Sam Lacy and the Project Survival Basketball League has been referred to as a 'natural marriage.'

Lacy, a prize - winning journalist has always taken advantage of an opportunity to mix his profession with a special personal interest — the welfare of young kids.

He is quoted as saying, "I love them. They are the greatest things in the world. I have this philosophy that we adults give them birth and a foundation, then we are responsible for seeing that they get off the nest."

Project Survival is more than just a basketball team — and that's what Lacy likes about it.

It began as a group to bring about housing and sanitation improvements in an East Baltimore community and later met a need among neighborhood youngsters by developing a basketball league that now operates citywide.

It dispenses tutorial assistance, college scholarship aid, and good citizenship training as part of its summer basketball program. More than 4,000 youngsters have been involved in the program.

Over the past year, Lacy has made many personal appearances

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