Club Notes

Md. League of Women's Clubs conf. set

The Maryland League of Women's Clubs will hold the thirty - eighth annual One - Day Conference Saturday, March 27 at The Forum, 4210 Primrose Ave.

Morning session will begin at 8:30 a.m. with registration and coffee. Then Ten - Point Chairpersons will make presentations on the goals, objectives and activities of each program area.

Highlight of the morning session will be the Housing Workshop that will be chaired by Mrs. Vera Proctor. The panelists will focus on Home safety, home care, rights of tenents, energy and weatherization.

Mrs. Thelma T. Daley, immediate past national president of Delta Sigma Theta Sorority, Inc. will bring the luncheon address.

The theme for this year's conference is "The Challenge of the 80's: "If Not You — Who? If Not Now — When?"

Officers of the Maryland League are Mrs. Gloria H. Luster, president; Mrs. Bernice S. White, first vice president; Mrs. Emma L. Daniels, second vice president; Mrs. Verna Day, recording secretary; Ms. Yvonne Archer, assistant recording secretary; Mrs. Shirley Macklin, corresponding secretary; Mrs. Marian J. Jackson, assistant corresponding secretary;

Also Mrs. Virginia Vauls, treasurer; Mrs. Evelyn Faulk, parliamentarian; Mrs. Delores Clayborne, sergeant at - arms; Mrs. Thelma Rice, publicity; Mrs. Shirley S. Richard, chaplain; Mrs. Huye C. Gill, historian and Miss Martha Blackstone, chairperson, nominating committee.

Reservations may be secured from Mrs. Marian J. Jackson, reservation chairperson by calling 728-2884.

ABWA to meet

The regular monthly dinner meeting of the American Business Women's Association, Freedom Chapter, will be held 6:00 p.m., Monday, March 15, at the Holiday Inn, Belmont Ave.

The educational speaker will be C. Yvonne Holt, Master In Chancery, Baltimore City, Division of Juvenile Causes. The vocational speaker will be Nona Everette, Project Manager IBM.

Also, Freedom Chapter will host its spring "Enrollment Event" at this meeting. Prospective new members are invited to dine and join ABWA. A special program is planned to highlight this event. Mrs. Mildred Lantz is the chairman of the enrollment event.

ABWA is an educational association whose objective is the educational, professional, cultural and social advancement of women. ABWA offers the opportunity for self - growth and development through participation in committee activities, special projects, attendance of seminars, and enjoying guest lecurers monthly.

It also provides scholarships to facilitate the higher education of women of all ages, and elevates the social, professional and business standards of women.

ABWA is a National organization fo working women which holds annual national and regional meetings.

The officers of Freedom Chapter are: Mrs. Maxine Cunningham, President; Mrs. Brenda B. Johnson, Vice - President; Ms. Michelle Sromhart, Recording Secretary; Ms. Helen Ruff, Corresponding Secretary and Mrs. Audrey Tisdale, Treasurer.

Fashion

A FASHION SHOW featuring the latest in Jamaican designs was one of the highlights of Air Jamaica's party celebrating their arrival to the Baltimore - Washington area. The new gateway out of Baltimore - Washington International Airport opened February 19 and offers the area's only non - stop service to Jamaica.

HEALTH

Jumping rope excellent winter form of exercise

Jumping rope — it just may be the answer for America's cold weather exercise problem. At least, that's the word from Sander H. Mendelson, M.D., President of the American Heart Association, Nation's Capital Affiliate.

"The majority of my patients who go off their regular fitness programs do so in winter," reports the Washington Hospital Center Cardiologist. "Most Americans now understand the benefits of aerobic exercise to heart health, but cold weather, the common cold and the rush of holidays shortcircuit many a fine exercise program."

What's a person to do? Who wants to jog around a sloshy baseball field after the winter rains or take a dip in the family pool.

But jumping rope can be done just about anywhere, indoors or out, rain or shine. It's great for the business traveler to do in a hotel room or for a homemaker with a few spare minutes while the potatoes are cooking.

In our speed-crazed society, jump rope may be the world's most efficient exercise. Research indicates that the cardiovascular benefits of a 25-minute rope jump are roughly equal to a half hour of jogging, three sets of tennis, 27 holes of golf, or swimming 700 yards in 25 minutes. Besides, skipping rope exercises more parts of body than running or other conditioning exercise.

made 290 jumps in a single jump without missing a skip.

The cost of a jump rope ranges from a few pennies for the proper measure of clothesline, to $10-plus for ball-bearing and wooden handle models. Everlast and AMF "Big Ticket", executive jump ropes are even equipped with digital counters and special carrying cases.

But jump ropes is no panacea! Without proper guidance it can even be harmful, especially to people over 35 who have not been physically active. The Heart Association advises anyone 35 or over who is interested in launching an exercise program to consult a doctor and to follow a few common sense tips:

START SLOWLY—Allow at least 5-minutes to stretch and warm-up.

Then as little as 20-30 seconds of jumping separated by long rest period for a total of 3 exercise minutes a day is a good starting point. Then a 5-minute "cool-down" period to regain your equilibrium.

—GRADUALLY INCREASE TIME—while comfortably shortening rest period. A good target for a conditioned jumper is 15-20 minutes of continuous activity at least every other day. But Dr. Mendelson suggests taking several months to reach this level.

—DO NOT JUMP WHEN TIRED—Fatigue from exercise usually signals the need for rest. Nausea, cramps, troubled sleep and fatigue which lasts more than a day are signs of overwork. Too much, too soon can shock the system into serious problems, even a heart attack. Consult a doctor at the first sign of lasting discomfort in the chest or surrounding area.

—ONCE YOU RE IN THE GROOVE, DON'T "SKIP IT"—Aerobic exercise should never be considered a fad or shortcut to fitness. Like proper nutrition, fitness is a lifetime commitment. Benefits evaporate rapidly, once you stop.

"Of course," Dr. Mendelson concludes, "aerobics are only one segment of a elevated blood cholesterol, cigarette smoking, and extreme stress may trip up the fittest of jump rope enthusiasts."

Still, the crisp winter days to come should "elevate" everyone's yen for jumping. A regular aerobic program can be a key to a stronger heart. With heart disease accounting for more deaths than all other causes combined, the valve of rope exercise is a conclusion many may jump to.

For further information on exercising for heart health contact your American Heart Association, 337-6400.

LUTHERAN HOSPITAL recently honored its employees with 5, 10, 15, 20, 25 and 30 years of service at an awards presentation. William Jews, hospital president, presents engraved silver trays to Tiny Frederick (L.), nursing aid, and Juanita Pope, RN, supervisor of the emergency room, in recognition of the 30 years of "dedicated" service each has given to the hospital.

Food

April 1 deadline nears for chicken contest

Area cooks are reminded that the April 1 deadline for entering the 1982 Delmarva Chicken Cooking Contest is just around the corner.

Anyone is eligible to compete. All you need is a recipe for broiler - fryer chicken that is a unique and interesting idea that is simple enough to be appealing to busy cooks.

State champions from Delaware, Maryland and Virginia will be chosen during the Delmarva Cook - off on June 12 in Easton, Maryland.

Winners will share cash prizes totaling $3,000 and a long list of household gifts.

First place cooks from the tri - state area will continue competition in the National Chicken Cooking Contest where a grand prize of $10,000 awaits the winner.

You can't be a winner unless you get into the race, so don't delay. Beat the April 1 deadline and mail entries with your name, address and telephone number to: CHICKEN CONTEST, Box 28158 Central Station, Washington, D.C. 20005

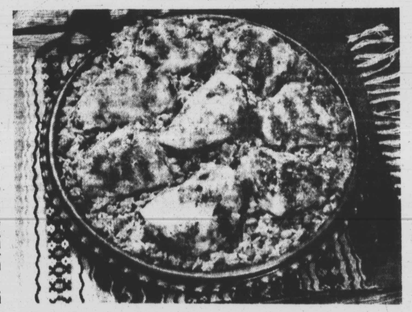
CHICKEN OLE

8 broiler - fryer chicken thighs
2 tablespoons butter, melted
1 package (1.25 oz) taco seasoning mix, divided
1½ cups tomato juice
½ cup water
1 can (16 oz.) vegetarian baked beans, undrained
¾ cup regular rice, uncooked

In large baking pan, place chicken, skin - side down. Pour butter over chicken. Sprinkle half of the taco seasoning mix over chicken. Bake, uncovered, in 400degrees F. oven for 15 minutes. Remove chicken from baking pan and set aside. In baking pan, mix together tomato juice, water, beans and rice.

Return chicken to baking pan, skin side up. Sprinkle the remaining half of taco seasoning mix over chicken.

Return pan to oven, and bake, uncovered, for about 45 minutes or until liquid is absorbed and fork can be inserted in chicken with ease. Makes 4 servings.



QUICK, THRIFTY AND NUTRITIOUS — that's Chicken Ole, a winner in the 1981 Delmarva Chicken Cooking Contest. Treat your family to this hearty dish filled with Mexican flavor and start thinking about your own entries for the 1982 Contest.

Engagements

June L. Baker to wed

Announcement has been made of the engagement of June Leslie Baker, daughter of Mr. and Mrs. James J. Baker, of Baltimore, Maryland, to William Henry Kane, Jr., son of Mr. and Mrs. William H. Kane, Sr., of Baltimore, Maryland.

The bride - to - be received her B.A. degree in social work - sociology from University of Maryland Baltimore County, and her M.S.W. degree in Social Work (administration and aging), from University of Maryland at Baltimore.

The prospective bridegroom received his B.A. and M.S. degrees from University of Baltimore, and will receive degree of Doctor of Jurisprudence from the Drake University Law School, in Des Moines, Iowa, in May.

An August wedding in Baltimore is being planned.

June L. Baker Engaged

Patricia A. Davidson to wed Martin P. Welch

Dr. and Mrs. Irving J. Henry of Ashburton have announced the engagement of her daughter, Patricia Ann Davidson, also the daughter of the late Dr. Walter T. Davidson, to Martin P. Welch.

Mr. Welch is the son of Mr. and Mrs. Harry D. Welch, of Catonsville.

Miss Davidson is a gradute of Goucher College and the University of Maryland School of Law. The propective bridegroom of Frostburg State College and the University of Maryland School of Law.

A June wedding is planned!!!

Patricia A. Davidson Engaged

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Jamaica—"Jamaica Plain and Simple."

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San Juan—"Puerto Rico Sun Spots."

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St. Thomas—"Welcome to St. Thomas."

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EASTERN
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If you ask me

By Bettye Moss

Hats off!

In the spotlight this week is 14 - year - old pianist, Gerald C. Howard.

He is a sophomore and member of the band at Bluestone Senior High in Skipwith, VA.

Before moving to the family home in Chase City, VA, (with his mother, Mrs. Eleanor Tapp Howard), he attended Turner Station Elementary School and Rollers Point High here in the Baltimore area.

Baltimore friends will be happy to know that young Gerald has been selected for membership in the American Musical Ambassadors Band by Purdue University.

He is hopeful of joining the European tour in July and August. Baltimore friends can make contributions to his trip by writing him at 540 Ebody St., Chase City, VA. 23924.

This column's readers who believe in encouraging young talent will respond to Gerald's request.

He is an accomplished pianist and an honor student who is listed in Who's Who American Band Members. Besides the piano, he plays the organ, trumpet and mellophone. His goal is to become an accomplished concert pianist.

Hats off to Gerald C. Howard!

Please continue your nominations to this column's Hats Off section. Help us identify young people who are doing well.

Our theory is that too many of us adults only take time to notice our young people when they do poorly. Hats off!

Local ties

Young Gerald Howard, mentioned above, has Baltimore relatives.

His father, Charles Howard, resides here. So does his sister, Angela Howard, an Anne Arundel County teacher.

A brother, Sgt. Kenneth Howard, is stationed at Ft. Meade, MD. Another sister, Sylvia Hill, lives in Boston. A brother, Charles, NC.

Aunt and uncle in Baltimore are Essie and Wendell Sutton.

The Howard family has attended First Baptist Church in Turner Station for years.

Cuffnote: The 21 - day musical ambassadors' tour of Europe this summer will cost each student $1675. Gerald says that if he can raise at least a fourth of the fee, his mom will see that he gets the rest.

About people

Thinking of you cards to Dr. and Mrs. Charles Watts, (Eula Mae).

They are the west Baltimore dentist and civic leader who were brutally assaulted in their Arunah Ave. home a month back.

When we talked with her this week, she reported they are "doing all right." Your cards will help keep their spirits up.

Still on the ailing list is Mrs. Watts' sister, Mrs. Margaret Wiley, the retired government worker, who makes her home with them.

Out of the hospital after surgery is D. John Peters. His wife, AFRO's Ida Peters, reports he is recuperating at the Hyatsville, MD. home of his daughter.

Still hospitalized is Dr. Simon Carter, the physician. He's been in a month. Your cards will reach him if addressed to Room 7008A at Provident Hospital.

Baltimore relatives of Haywood Williams, the Ocala, FL, interior decorator, were present for his funeral on Friday, (March 5).

There were his sisters, Mrs. Catherine Adams and hubby, Dr. Maurice Adams; Mary Pitts and hubby, Dr. Nathan Pitts; Vera and Clarence Shell, and Mary Land and Dorothy Edwards.

Their parents were the late Walter and Arrie Williams of Ocala.

Mr. Williams, 75, is also survived by his wife, Walterlee; a brother, Herbert, Cleveland, son, Johnnie, at sea with the Navy in Vietnam; and daughter, Leola Landshwin of Ocala.

Baltimore friends of Ruby Reed now of Ocala, will be glad to know she is in good health. She attended the funeral.

Annapolis

This time of the year, Maryland's capitol city is buzzing with activity, mainly because the Legislature is in session.

On Monday evening, any number of a large number of citizens are on hand to observe their lawmakers in action, and to watch and talk with them in person.

Monday evening was no exception. Groups of citizens gathered to talk with their lawmakers and to observe them in action.

State Senator Clarence Mitchell hosted a number of his constituents at supper.

In the State House's Calvert Room, Constant Care Community Health Center of Baltimore hosted a reception to honor lawmakers who have been supportive of health legislation.

Dr. Harvey Webb CCHC director, presented awards to Senators Clarence Blount, Rosalie Abrams and Delegates Larry Young and Torrey Brown.

Delta reunion

We had an opportunity to look in Room 210 in the Senate Office Building. The new occupant is Senator Louise G. Murphy. She was sworn in Feb. 26, representing Northeast Baltimore's 44th District.

She succeeds John Carroll Byrnes, now a judge. She will serve until January 1, 1983.

As we reported here last week, Senator Murphy's new position makes Delta Sigma Theta Sorority members happy. She is one of them.

And so is veteran MD senator, Verda F. Welcome. There was a Delta reunion in the new senator's office before both ladies hurried off to the 8 p.m. session.

Both serve on the Finance Committee. The new senator reports she finds her new job "exciting and challenging." She has NOT, repeat NOT yet decided whether she will seek reelection to the post.

Meantime, the veteran school principal keeps busy greeting people and learning the ropes.

Cuff note: If you want to see how much work is done by your representatives in the Legislature, do visit them and observe them in sessions.

Work is time - consuming and confining. You have to have a good temperament to be a legislator.

Black Brass

The National Guard Armory in Washington was packed with bigwigs on a recent Friday evening (Feb. 26).

They were there for the $50 per Plate Officers' Banquet. A salute to the Black American Generals and Admirals of the U.S. Armed Forces.

Defense Secretary Caspar W. Weinberger led the top ranking administration officials there to salute 75 top black brass for their "unparalleled achievements in the military."

The honorees (past and present) in their full dress uniforms, were a sight to behold. Many had their families present from all sections of the country.

Washington Mayor Marion S. Barry gave the official welcome.

Guests had an opportunity to see and listen to and rub shoulders with our nation's secretary of the Army, Navy, Air Force, National Guard and Joint Chiefs of Staff, as well as Congressional leaders.

Among them, VA Senator John Warner, (Liz Taylor's mate), and PA's Thelma Foglietta; and a special representative from Pope Paul, Rev. Msgr. Hilary C. Franco, who came from Vatican City to offer prayers.

Hoopla

There was much to see and do like hear pretty Miss Black America of 1981, Lydia Jackson, sing the National Anthem; and the Air Force Band and Army Soldiers Chorus perform. And, if you weren't doing that. You could look right in the face of banquet guests like Muhammed Ali and Leon Spinks, or admire the beauty of an Army veteran like Col. West Hamilton, who will be 96 this month.

Cuff notes: There was frequent reference to the accomplishments of one of the honorees, the late Air Force General Daniel (Chappie) James, and applause at each mention.

And applause greeted acceptance remarks for honorees by Lt. General Lewis W. Becton Jr. He was frank to note that life was not easy for black men in the military in the early days. He added, "we've come a long way, but we still have some distance to travel."

It was just after midnight when banquet chairman, Stanley E. Branche Jr., gave closing remarks, noting that the event had "surpassed our wildest dreams."

And moments later, another speaker commented, "the Armed Services are truly an equal opportunity employer today . . ."

FIRST — Maryland State Senate has two black women members now. Newest is Louise G. Murphy, pictured in her office with veteran senator, Verda F. Welcome. For more about them, see If You Ask Me.

BLACK BRASS REUNION — Rear Admiral Benjamin T. Hacker, one of 75 ranking military cited at National Guard Armory in DC, recently, is surrounded by family members. From left, son, Bruce, midshipman at U.S. Naval Academy; honoree's wife, Jeanne, Chicago; Hacker, his parents, Rev. and Mrs. Leroy Hacker, Pittsburgh; and his aunt and uncle, U.S. Congressman and Mrs. George Crockett of MI. For more details, see, If You Ask Me.

Reunions

The military salute provided an opportunity for the Hacker family of Pittsburgh, Springfield, Ohio, and Chicago to gather for for reunion.

Rear Admiral Benjamin T. Hacker was among the honorees. His wife, Jeanne, came from their home in Chicago.

His parents, Rev. Mr. and Mrs. Leroy Hacker, were there from Pittsburgh.

His son, 18 - year - old Midshipman Bruce, up from the Naval Academy in Annapolis.

Also present, Michigan Congressman George Crockett and his physician - wife, Dr. Harriette Clark, (who asked to be remembered to Baltimore classmate, Dr. Shirley Clinton).

Seen in the crowd from Baltimore, Raymond and Evelyn Haysbert and State Senator Robert Douglass.

Gordon Boyd, Baltimorean now living in Annapolis, was there with his wife, the former Dimples Scott. They were seated with their old Air Force friends from Tuskeegee.

Also there, and looking good, was former assistant secretary of defense under Truman 84 year - old James Evans.

He was accompanied by his lawyer - daughter, Evangeline Wells.

World War II veterans, especially former AFRO war correspondents, may remember Mr. Evans and the woman job he had during those segregation days in our armed forces.

Female gen.

Sole female honoree at the Black Brass banquet was Brigadier General Hazel Winifred Johnson.

There was sustained applause when she was introduced.

Cuff note: In September 1979, General Johnson became the first black woman general officer.

Her present assignment is Chief of the Army Nurse Corps.

Maryland professionals know of her achievements. From 1976 to 1978, she was assistant dean of the U. of MD. School of Nursing.

In 1981, Morgan State University presented her an honorary degree.

History note

Dr. Benjamin Quarles, professor emeritus of history of Morgan State University, was one of the "distinguished" panelists and speakers recently at the University of Virginia. Named its program in black studies, "The Carter G. Woodson Institute for Afro - American and African Studies."

It honors the pioneer founder of the Association for the Study of Afro - American Life and History who was born just about 50 miles from the university.

Other distinguished participants on the weekend program, (Feb. 27 - 28), were Dr. Charles H. Wesley and Dorothy Porter Wesley, both formerly of Howard University; Dr. Samuel DuBois Cooke, president of Dillard University; Dr. Lorenzo J. Greene, professor emeritus of Lincoln University (MO); Dr. Evelyn Brooks, president of History, Dartmouth College, and Dr. Francine Rousan Wilson, professor of history, University of Michigan.

At the closing banquet the president of the university and state officials attended.

1,000 black

Students held a breakfast, attended by the guest speakers.

There are 1,000 black students in the student body of 16,000 of the university founded by Thomas Jefferson — believe it or not!!

Drs. Greene, Wesley, Quarles and Porter gave their personal reminiscences of Carter Woodson.

Drs. Brooks and Wilson read papers based on their research studies of the life, works and times of Woodson.

In addition to founding the well - known association, Dr. Woodson wrote several books on Negro history and launched the internationally renown Journal of Negro History.

The director of the Carter G. Woodson Institute is Dr. Armstead L. Robinson who holds the joint rank of professor of Afro - American Studies and professor of history at the VA University.

Before going to the Charlottesville institution, he was on the faculty of the University of California at Los Angeles.

Busy man

Usually, when we write about James E. Lewis, director of the art gallery in the Carl Murphy Fine Arts Building at Morgan State University, we're talking about school activities and his world travels.

A week back, we told of a trip to Barbados, and before that of an archeological visit to West Africa.

Besides directing the gallery, Dr. Lewis is the Henry O. Tanner Professor of Fine Arts at Morgan.

This means that Professor Lewis teaches classes, arranges for a continuous exhibition of art in all dimensions and from all parts of the world.

We became intrigued with Professor Lewis' activities during a visit to the Gordon Parks show a month back and prevailed upon him to share with us some of his activities in the total community.

Many thanks

We were glad to learn that he was recently invited to participate in the one - month institute sponsored at Atlanta University under the title, "Afro - American Perspectives on the Humanities."

It was especially planned for teachers at colleges affiliated with the United Negro College Fund.

A sampling of letters to Prof. Lewis, showed him receiving thanks from Mrs. Jody Albright, director, the Mayor's Advisory Committee on Art and Culture, "for the support and engagement you have given the programs and projects of this committee."

The Philadelphia Museum of Art wrote "to say thanks for his special briefing of media and Museum staff members . . . on the broader picture of Nigeria. (The briefing preceded an exhibition, "Nigerian Art: An Aesthetic Evaluation and Interpretation.")

And more

John Brooman, chairman of the board of trustees of the Baltimore council on Foreign Affairs, wrote "to express personally my thanks for the service which you have rendered to the Council as a trustee."

Later, at a public meeting of the council, these words of esteem and appreciation were repeated to the hundreds in attendance.

There were also letters from former students thanking him for recommending them for graduate scholarships, or for jobs of one kind or another.

Cuff note: Morgan U's art gallery is rich in art objects. What a pity that the state does not provide sufficient funds to maintain it and upgrade its facilities.

Isn't this a worthy project for some Morgan U. grads who have benefitted from Prof. Lewis' training and talents?

Colombia

In this space last week, we wrote about a recent visit to Cartagena, (pronounced car - tah - Hay - Na), in Colombia, South America. Note: It is Colombia, not Columbia, like the Maryland City.

We meant to mention that in addition to the balmy weather, with cool breezes, this town is noted for its emeralds.

It is referred to as the "Emerald Capital of the World."

Tourists get all kinds of sales talks about the value of buying the precious stones there.

Not many tourists did.

In fact, U.S. Customs people were amazed when many of those who landed in NY said they had not purchased over $50 worth of goods.

One U.S. citizen wisecracked to the Customs man - "We did good to make the trip. We didn't have any money to buy a thing, not with Reagonomics!"

Cuff note: There was little or no delay coming through Customs, like it used to be in the old days.

We estimated it would take us at least an hour so we scheduled return flight to Baltimore on a 9 p.m. commuter.

That meant, it took us 4 hrs and 20 minutes to fly from South America to NY, and we waited in NY another four hours for the return home. Ho hum!

COLUMBIA CAPERS

NCNW holds Black History Month Celebration

By Pinnie L. Ross

The National Council of Negro Women, Howard County Section, held its third Annual Black History Month Celebration in Columbia recently.

Celonia B. Walden, chairman, in her opening welcome observed that Negro History Week was a beginning.

Black History Month is an improvement, but we should never be satisified until our history is seriously integrated into the American educational system like everybody eises.

She stated that history gives identity and when it is neglected, people become alienated and feel they don't belong.

For generations we have not known our role in building The America of Today.

All Americans must remember the past the way it was including all of the forces that have made us what we are.

The program included a slide tape presentation of the scholarship program of the Howard County Foundation for Black Educational and Cultural Achievement, Inc. and beautiful guitar solos by Rayna W. Woodford, Basileus of the local Alpha Kappa Alpha Sorority.

Certificates of Recognition for outstanding accomplishment and performance in providing scholarships, counseling and tutoring college - bound youth, promoting Black History, PTA activities, and generally promoting higher education were awarded to several individuals and groups by Vera H. Hayes, president.

Included were The Howard County Foundation for Black Educational and Cultural Achievement, Concerned Parents for Educational Excellence, Omega Psi Phi Fraternity, Kappa Alpha Psi Fraternity, Alpha Phi Alpha Fraternity, Alpha Kappa Alpha Sorority, Delta Sigma Theta Sorority, Phi Beta Sigma Fraternity, Jack and Jill of America, Inc., Spelman College Alumnae, Gilda M. Lewis, Leola M. Dorsey, Roberta M. Briscoe, Grace M. Dixon and Gallery Ligon, Ltd.

THOUGHT FOR TODAY

The shortest and surest way to live with honor in the world is to be in reality what we would appear to be; and if we observe, we shall find that all human virtures increase and strengthen themselves by the practice and experience of them. Socrates

Ninth Women's Fair held

The Ninth Annual Women's Fair, sponsored by Women Together, Inc., was held Sunday and Monday, February 14 and 15, 1982, at Western Senior High School, 4600 Falls Rd. at East Cold Spring Lane.

Women Together, Inc., is a coalition of 32 organizations which has successfully operated this program as one of its major projects each year.

During the two days there were 60 workshops, several of which were repeated, 130 organizational exhibits, free films, free health services and information, free (limited) child care, a keynote address and more.

Workshops this year covered health care from birth to death, licensing and legal rights including divorce, child custody, domestic violence including child abuse, issues of aging.

There were also discussions on career and goal setting, home ownership, volunteerism and use of leisure time. Titles from A through W included Acupuncture, Car Care, Time Management, and Women in the Ministry.

Among those leading workshops were Sister Kathleen Feeley, Ruth Banks Crowder, Delegates Ann S. Perkins and Margaret Murphy.

Health services, screening and informational services, were available in the Health Shite and the Health Row near the exhibits. There was "signing" for the deaf and other services for the handicapped.

The keynote address by the well - known author and educator, Dr. Ruth Helm Osborne, was Monday at 2:00 p.m.

Coordinators for the Fair was Dr. Beryl W. Williams, Rubye C. Gill is president of Women Together, Inc.

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