# —Community Calendar—

**Free medical care for unemployed**

The Baltimore County Department of Health has reinstituted its Program for the Unemployed to provide free outpatient medical care, dental care, and free prescriptions for the unemployed and their families in Baltimore County.

If you have been unemployed for two years or less, and are not receiving Medical Assistance or Medicare, and have no health insurance, the Program for the Unemployed may be able to assist with health needs.

For more information, or to find out if you are eligible under the program, call the Eastern Regional Health Center at 687-6600, ext. 300. Family members can be scheduled for immediate health problems, and the Health Department can provide services needed at Franklin Square Hospital's Family Practice Center.

**Job Training Classes offered**

Adults seeking short - term job training and retraining skills will find a variety of opportunities available to them through Baltimore County's Adult Education Program. Over fifty vocational education classes that can lead to getting a job or a better job are being offered at a very low cost during the upcoming winter semester. Classes will meet one or two nights a week for twelve weeks beginning Jan. 21.

Registration for these classes will be held during the week of Jan. 14, 15, 16, and 17 from 7:30 p.m. at the Central Vo - Tech Center in Towson, the Eastern Vo - Tech Center in Essex, the Southeastern Vo - Tech Center in Dundalk, and the Western Vo-Tech Center in Catonsville. For a list of course offerings or more information, telephone the Office of Adult Education at 494-4064.

**Meeting on disabled**

The transition of developmentally disabled people from completion of legally mandated special education at age 21 to adult life will be the subject of a meeting to be held at 1 p.m. on Jan. 3 in Lobby Conference Room 2 in the O'Conor Building, 201 West Preston St.

The Maryland State Planning Council on Developmental Disabilities is the sponsor of the meeting.

The heads of the State Departments of Health and Mental Hygiene, Human Resources, Budget and Fiscal Planning, Education, and Employment and Training or their representatives will hear presentations by the developmentally disabled and their parents making recommendations for state action on the transition issue.

Press coverage will be appreciated.

**Oasis Club registration**

Registration for the Winter Semester of the Oasis Club, located on the lower level of the Hecht Co., Reisterstown Plaza, will be held on Monday, Jan. 7, from 10 a.m. to 3 p.m.

There will be classes in painting, calligraphy, knitting, and exercise.

On Tuesday afternoons there will be a series addressing the changing roles of women in today's world. Ten different speakers will examine the woman's place from different angles. Men and women alike will find this a fascinating analysis of dynamic social change.

This is a cooperative effort of the Baltimore City Commission on Aging and Retirement Education, the Area Agency on Aging, the Maryland Institute's Art and Aging Program and Hecht's.

For further information call, Barbara Rogers, 396-4799.

**Assertiveness training course in January**

New Directions for Women, Inc. (NDW) will offer an Assertiveness Training workshop in January. This four - session workshop will teach the basics of assertiveness behavior. Participants will enhance their sense of self - esteem and learn to make their own choices in any given situation.

This series is facilitated by Sandy Huss, BNDW career counselor and experienced trainer in assertiveness behavior.

The workshop sessions will be held on Jan. 9, 16, 23, and 30 from 6 p.m. - 8 p.m. at the NDW Career Resource Center, 12 East 25th St. The cost for the four session course is $40 for NDW members and $50 for non - members. Pre - registration is required. For registration and further informaion call 889-6677.

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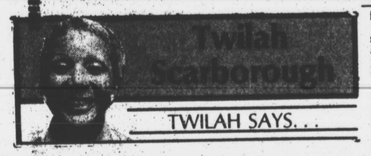


## TWILAH SAYS. . .

**"New Year 1985 — Rejuvenate Your Mind", — "In 1985 Of Being A Better Year For Yourself**

In 1985, take steps to rejuvenate your mind with thoughts for success. According to Collins New World Dictionary, success is a favorable or satisfactory outcome or result; the gaining of wealth, fame, rank, etc. Now for my thoughts on a more spiritual level, success is a journey, not a destination.

Success is often viewed from a human level as specific material accomplishments — a particular type of car, home, status, or income level. On this level, success is a destination. Once the car, home or other material possessions are obtained, there is no further growth in understanding, wisdom, or consciouness.

One who operates on this level of material success becomes consumed with maintaining the possessions which represents this success. Quite simply, their success, as a destination in their lives, becomes a rut.

When success is understood on a spiritual level, it is seen as a progressive realization of worthwhile purpose. You never arrive, but continue to grow and develop in all aspects. Success on a spiritual level is the continous unfolding of your destiny, while on a material level is is a destination.

True success is the progressive continous effort of attaining the goals, more which guide you to your worthwhile purpose.

Be Constant in Your Efforts. Never take a break from youre success journey. Don't stop for rest and reward too soon. When you stop at the first sign of success you become stagnant, lazy and begin to decline. As your efforts begin to produce rewards and results, you should work even harder. Success and achievement comes only through continous work.

Success must be in your mind. Success starts in your own mind. Have a concept and vision of your success constantly in your thoughts. You become what you think about most of the time. Get away from the crowd at the bottom.

One of the most difficult steps in achieving success is getting away from the crowd who seemed to be holding you back or down or at the bottom. Unfortunately the world is filled with unsuccessful, mediocre, unmotivated people, your success journey will be short lived.

The first law of success is "Like Attracts Like." Mediocre associations violates the First Law of Success. As a result, your success efforts will be frustrated. Now, once you break away from the mediocre crowd, accept the temporary state of loneliness and prepare to put the First Law of Success to work on your behalf. You must and have to clear the deck to make way for new associations which compliment and enhance your success efforts.

You must be willing to change your life completely to make it consistent and compatible with your desired success. Examine your self - image. Is there something in the way you see yourself which will frustrate your success efforts? If so, change it immediately.

For example, if your desired success requires you to inspire and lead other people, but you see yourself as a timid, insecure person, your success efforts will be frustrated unless you change your self—image. I have found this out to be really true — don't, I repeat, don't give in to the negative influences of the world. Keep the "high watch" in your thoughts and your success efforts. Constantly focus on your worthwhile purpose.

"Be not conformed to this world, but be ye transformed by the renewing of your mind."

In 1985, let's have Peace on Earth and Good Will Towards All. Let it first start and begin with me. Peace within myself and spread and forwarded to you, Let's make a new start, a new chance to live to create and to accept 1985 a better look on life.

We should pray to God to help us to forgive us for those things that either hurt or harm those in the past. We have so much to be thankful for. Whether we like it or not we are in this world together. To all my AFRO readers and close friends, I extend a Happy New Year and a True Linking of Friendship.

Thought For Tommorrow

Love knows no age. To love others you must first love yourself. To cheat oneself out of love is the most terrible deception; it is an eternal loss for which there is no reparation either in time or eternity.

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# OUR WORLD

(Left to right) Carolyn Jones, Dorothy King, and Catherine Matthews at the 10 Karat Inc. Party.

(Left to right) Joe Snyder, Ruth Allen and John Wood enjoy 10 Karat festivities.

## Ten Karat, Inc. and the holiday sip

(Left to right) Jeoffey McArthur, Edward and Celestina Bazemore

The Ten Karat, Inc. held its combination Christmas Party and Cocktail Sip Sunday, December 16, in the cozy setting of the Cafe Park Plaza.

Music for this elegant buffet affair was provided by Alan Clifford. In addition to fine food, good music and the pleasant sociable crowd, a basket of cheer was raffled and won by Janice West of Prince Georges County.

The affair was so well received that guests could be heard murmuring "See you next year." A good time was truly had by all.

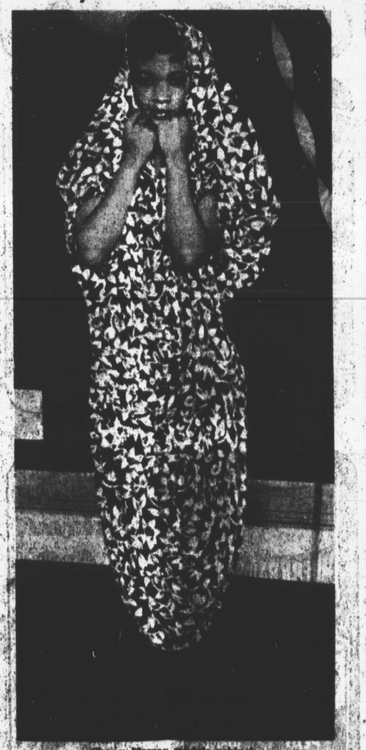
Linda Cummings, program committee chairperson, can be proud. She did a great job. Her committee includes Ruth Allen, Pamela Bullock, Laverne Naesea, Rosalyn Jangdharrie-Palmer, Casaundra Ross and Delores Beamon.

Ten Karat, Inc. is a social and civic club conceived by Brenda George Baker, Laverne George Naesea and Audrey Mintor Cain and formed for the purpose of professionally enriching lives of its members and that of the community. The organization was incorporated in October, 1980.

(Left to right) Jeanne Cummings and Dorothy George

## Hyman Fashions

[illegible] Paul wears a [illegible] cream white dress by Hyman and Hyman. Baltimore-born Charlene Hyman has had her creations featured in the Ebony Fashion Fair and many other nationally syndicated fashion shows.


[illegible] Murray [illegible] white floral [illegible] Charlene Hyman. The [illegible] has a studio on [illegible] St.

Vanessa Williams models a comfortably revealing jump suit.