Marjorie Green
WOODLAWN HIGHLIGHTS

RETIREMENT DINNER

Early this month, in a festive red and white setting at the Pimlico Center on Park Heights Ave., friends of Ms. Pearl Jackson staged a celebration in honor of the retiring Social Security Administration (SSA) employee.

Dressed in a two piece, side draped red dress with black accessories, Ms. Jackson glowed with happiness as co-workers smothered her with tributes and gifts.

A skit depicting a typical work day with Pearl during her 12½ years at SSA was performed by Mrs. Sylvia Williams and Beverly Haynes. Other friends and church members participating on the program were Mrs. Bessie Hampton, Horace Simms, Ruth Mickens, Louise Johnson, Carleta Mills, the honoree's son, Earl, and three soloists; Mary Fletcher, Magadelene Benn, a life-long friend and Mary Carter Smith, the honoree's sister-in-law.

James Gunn, a co-worker and Mrs. Madge Carson, chairperson of the event, presented the honoree with a 13-inch remote control color television. In addition to several unique gifts presented by members of the First United Apostolic Church, a co-worker gifted her with a beautiful gold watch.

Included on the dinner guest list were three of Ms. Jackson's four children; Carolyn, Earl and Gilbert; several nieces and nephews; Shirley and David Roane, sister and brother-in-law; two brothers and their wives, Earl and Mary Carter and Alfred and Mary Carter.

Sonia Wilson and Trannie Pitts also served as committee members.

Kelly Hill
SINGLE PARENTING

WOMEN AND HEALTH

As a single parent, I have come into contact with numerous single women with health problems. The majority of these problems center around poor eating habits.

What is the best solution? too numerous to mention. In the case of Joan constant indigestion was her problem. About an hour after lunch she had to pop Rolaids for relief. One of Joan's problems is that she is under a lot of pressure on her job and therefore, would eat her lunch at her desk and talk constantly while eating, allowing a lot of air to enter her windpipe as she ate, and she generally took big bites of food without realizing that she was not fully chewing her food. This may seem trivial but it is part of the indigestion process. Your digestive system is unable to digest large amounts of food while you are constantly pushing food in your mouth.

Connie, a single parent for six months, was suffering from severe constipation and had to rely on a softner. One of Connie's problems was the type of food that she was seating. An enormous amount of cheese, greasy foods, fast foods, can all play a role in constant constipation.

with the virus going around this past winter, a lot of parents fell prey to it. All parents should be conscious of the nutritional foods that they eat each day. Did you know that by eating apples the pectin in the apple skin helps to control the cholesterol level in your body?

Have you looked at your complexion lately? The foods you eat affect your complexion and texture of your skin. Dry and oily skin should be taken care of properly. Your complexion and your health can either make you look ten years older or younger.

Last year more than 350,000 people died from some form of heart disease from reaching the hospital. Not to mention other diseases related to poor eating habits.

Single parents setting up new households should pay attention to their eating habits as well as those of their children Fast food restaurants aren't the answers in the long run. If you don't have time to cook nutritional foods, try purchasing a microwave or a slow ooker. Not only does the slow cooker prove to economical, but for tougher pieces of meat, this slow cooking method tenderizes the meat.

It is a known fact that black women are progressively climbing the ladder with black men as the leadersin hypertension and heart disease. Take care of your body, it is your most important asset.

The business meeting for Black Single Parents will take place on Saturday, May 3 at the 32nd Street Plazha, from 2-4 p.m. Lunch will be seved. . . . .cost is $3.00. If you are a member and have not been contacted please call the B.S.P. Hotline (301) 466-5554

KINGS LANDING WOMEN HOLD BENEFIT AFFAIR

Abe Riley, the Disco Man is back with his music making after undergoing several operations as a result of a serious automobile accident. Looking well and rested, Abe furnished the music during intermission at the recent benefit affair sponsored by the Kings Landings Women's Club.

More than 500 loyal supporters of the popular women's club gathered at the Winchester Armory where dancing, socializing and prizes topped the evening's agenda. The Dennis Fletcher Trio along with vocalist Jennifer Jones assisted with the entertainment until the wee hours of the morning.

The KLMs are known for their support of many charitable projects including area soup kitchens, The House of Ruth, Camp Farthest Out as well as co-sponsorship of the Martin Luther King Memorial Breakfast.

Ms. Hassie Jones chaired the annual event. Acting as hostesses for the evening were club members Betty Lindsey, Geneva

Continued on page 28

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Beauty Talk
by Jean Ford

HEAD START FOR SPRING

Today, whether our hair is layered off the face, brushed into thick bangs or altered naturals, the message is the same; what counts is healthy, beautiful hair. No matter which style you choose, to keep your hair in top condition, follow these easy care tips.

- Treat your hair gently; black hair is fragile.
- Have professionals take care of major needs, e.g., chemical processing, coloring, cutting.
- Keep your hair clean and conditioned on a regular basis in order to maintain its healthiest state.
- Identify your hair type and condition and use the appropriate products. Remember: the state of your hair can change, so be sure to check it often.

Salon Performance, Avon's hair care line created for the special needs of delicate black hair, offers 6 products with enriched formulas which provide lustre and manageability. The maintenance products help combat dryness and brings out the beauty of our hair.

Salon Performance products are available through your Avon Representative. If you don't have one, call 1-800-858-8000. For more advice on how to make your hair look its best, on-target makeup and skin care tips and fragrances to match every mood, send for Avon Style: The Best Spring Looks for Black Women-Jean D. Ford; Public Relations; 9 West 57th Street, New York, N.Y. 10019

The Federal Home Loan Board, an independent federal regulatory agency supervising the operations of the federally insured thrift institutions throughout the nation, is seeking highly motivated individuals to occupy positions in the Federal Savings and Loan Insurance Corporation (FSLIC) and the Office of General Counsel.

FINANCIAL ANALYST
RISK MANAGEMENT ANALYST
MARKETING ANALYST
PROGRAM ANALYST

Individuals perform duties directly related to: the development of innovative techniques to financially assist troubled thrifts and to otherwise prevent failure of these institutions, management and disposition of assets acquired through receiverships, and improvements in forecasting and analytical methods to evaluate FSLIC decisions.

ATTORNEYS — provide counsel to the Board and the FSLIC and assist in litigation and other enforcement efforts. They also devise regulations to implement Board and FSLIC policy and negotiate agreements related to mergers, etc.

Salary range is $14,390 to $48,876, and is determined by individual qualifications. For analyst positions, an undergraduate or higher degree in business, accounting, finance or economics is desirable. Attorney applicants should have experience in litigation, bank regulations, securities or representation of other federal agencies.

All positions are located in Washington, D.C. Some travel may be required. To be considered, applicants must submit a resume or SF-171, Application for Federal Employment. Send information to:

Adean King, Director
Minority Affairs Office
Federal Home Loan Bank Board
1700 G Street, N.W.
Washington, D.C. 20552

EQUAL OPPORTUNITY EMPLOYER

Advertisement) Advertisement) Advertisement)

Hints For Homemakers/Inez Kaiser

Everyone Needs Benefits Of A Real Cavity-Fighter

DEAR INEZ: For years I've been buying AIM fluoride toothpaste for our children as a means of fighting cavities. It's one of the smartest things we ever did for their teeth. But what kind of toothpaste should my husband and I use?
—CAVITY CONSCIOUS

DEAR CAVITY CONSCIOUS: Just as your kids like to brush their teeth with AIM, you and your husband could hardly find a better toothpaste for your needs.

AIM provides anti-cavity fluoride protection in attractive gel form and a great, great taste that makes toothbrushing more enjoyable.

I'm afraid that some people like yourself somehow got the idea years ago when the fluoride toothpastes were introduced that they were just meant for the kids. But what do adults need to prevent cavities?

The truth is that every member of the family needs an advanced cavity-fighter like AIM. It makes good sense and it also makes for good dental health. In fact, no other toothpaste has a more effective fluoride formula or fights cavities better than AIM.

AIM's taste is so special that you—as well as the kids—will actually enjoy brushing your teeth. The happy result is that you may wind up brushing more often and for even longer periods of time.

When you have to brush, you might as well have fun by doing it with AIM. That's why I recommend this great toothpaste for the whole family—a cavity-fighter with a very special taste.

You might say that AIM doesn't miss a thing in spreading maximum fluoride protection where toothbrushes can't go.

HOW TO ADD GREAT TASTE TO FOOD

Spring is one of my favorite and busiest seasons. Everything seems to be happening—graduations, weddings, receptions, outdoor parties and out-of-town visitors. And don't forget Mother's Day and Father's Day.

It all adds up to the second busiest time of year for cooking and baking. If you're smart, you'll be using a lot of IMPERIAL margarine.

IMPERIAL has a rich, buttery taste that enhances the flavor of any food you prepare. In fact, it tastes so rich and creamy you just might mistake it for butter.

IMPERIAL can be used to season vegetables, sauces and casseroles or for baking cakes, pies and preparing other desserts. No matter what, it adds a rich buttery flavor to whatever you cook.

This great-tasting margarine comes in all of your favorite forms—stick, soft, 2-lb. and 3-lb. light tubs, whipped and diet—to please just about everyone's taste.

So add good taste to your springtime meals and special occasions by saying "hello" to the buttery taste of IMPERIAL. Remember, besides adding great flavor to your cooking and baking, there's no better tasting spread than IMPERIAL for those breads and rolls and biscuits.

IMPERIAL tastes so much like butter that you may be one of those people who can't tell them apart. Just try IMPERIAL and you'll agree it really tastes great.

HOW TO LIFT STAINS AWAY

One of the most thankless and yet most important chores in any home is the laundry. As long as things go right and the clothes keep clean, doing the laundry is taken for granted.

But let just one important item—like a pair of trousers, a skirt, a blouse or a shirt—show up with a messy stain or spot that didn't come out, and your reputation is likely to be soiled as badly as the clothes.

So choosing the best possible detergent for the family wash becomes an all-important decision. In my house, we use CONCENTRATED "all," a powder detergent that cleans all kinds of stains. The great thing about "all" is that it outcleans the leading powders on extra-tough oily stains and gets your whole wash "A-L-L" clean.

"all" goes straight to the stain—to lift it away and get everything clean. Hints on how to handle specific laundry problems are shown on each "all" package. Its concentrated low-suds formula works with your machine to get your whole wash really clean.

"all" with its concentrated cleaning power gets out the most difficult greasy, oily dirt. That's what laundry should be all about.

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Open Monday - Tues - Wed - Thurs - Fri - Sat
11:00 A.M. - to 9:00 P.M.
GRAND OPENING MAY - 1ST
Location Between Gas & Elect. and Telephone Co.
Free Bingo Starting At 11 A.M.
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Play For Only
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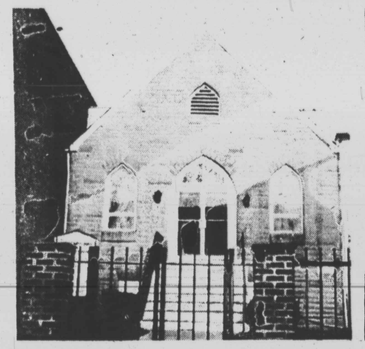
Free Gifts For Everyone All Grand Opening Week.
Come on Down, Play The Mondawmin Bingo Way

THE LIVING CHURCH

CHURCH'S VISION REALIZED

Pentecost Baptist holds 'Victory' celebration



Pentecost Baptist Church, 1615 Poplar Grove St. held its "Victory" Banquet at the Marriott Inner Harbor Thursday at 6 p.m. Hundreds attended.

This house in the 2800 block of Baker St., owned by the church, is the projected site of the Day Care Center and home for elderly persons.

By Brion M. Tyson
AFRO Religion Editor

"Nothing is impossible if you put your faith in God." These are the words that inspired Rev. Dr. Charles F. Fletcher, pastor of Pentecost Baptist Church, located at 1615 Poplar Grove St. in northwest Baltimore.

Rev. Fletcher's story began when he received a vision from God instructing him to expand his church to meet the needs of the surrounding community. With God's inspiration, he formed his Humane-Expansion-Liquidation-Project (H.E.L.P.), carefully selecting a group of people that he felt was dedicated, energetic, and full of faith in God's word.

On that special day, Rev. Fletcher's committee commenced planning and organizing a fund drive, setting a goal of $50,000. As a result, a new spirit began to emerge within the walls of the church. All were excited and many pledged to support their pastor and the church in the Victory Drive. Nevertheless, in spite of the enthusiasm, some felt that a goal of $50,000 was a little farfetched for a church that barely exceeded 200 in membership.

But being a true man of God, Rev. Fletcher, reaffirmed his commitment to Christ, and through prayer and faith in his congregation, he has inspired the group to work tirelessly to liquidate the old building mortgage note. The group hopes and plans to extend the church in order to accommodate a day care center that will assist working parents in the area. Also they plan to build a safe place for their senior citizens to relax and be safe from the vice of the streets.

Pentecost Baptist is one of the first churches of its size to hold a $100 per plate banquet. The banquet was held at the Marriott Inner Harbor Hotel on Thursday, April 24. According to Rev. Fletcher, this event was Phase One of the pastor's plan and approximately 95 percent of the church's congregation attended. The program consisted of State's Attorney Kurt Schmoke, City Council President Clarence "Du" Burns, gospel singer Julia Mae Price-Williams and others.

The congregation consisted of members ranging in age from 8 to 80. All were appreciative of the fine program and downtown facilities.

SLAB TOWN DISTRICT CONVENTION COMING!

Featuring nine lead characters and a cast of forty-two, the hilarious church comedy, "The Slab Town District Convention," will be presented at Guilford Elementary School, Oakland Mills Road, Columbia, on Saturday, May 3 at 8 p.m.

Showcased are the president of the convention-Catherine Payne, convention vice president, Janie Bolden, recording secretary, Mildred Green, corresponding secretary, Beverly Laster, treasurer, Mary Frances Moore, chaplin, Dorothy Davis, pastor, James Ward, Sergeant-at-arms, Abbie Dorsey, and preacher, Morris Woodson.

Cast members also include the small town delegates who stand and humorously make their reports, as well as the convention attendees who came bag, baggage, babies, and box lunches to see, be seen, and speak their minds on a variety of issues: How the children in the community are carrying on; What are we doing in Africa?

Cast delegates and First Baptist of Guilford Senior Choir members will provide the gospel music. Cast participants are volunteers from First Baptist organizations: The Board of Trustees, Missionary Society, Sunday School, choirs, other communities, and Cannan Baptist Church, Baltimore.

The Slab Town District Convention shows the importance of Christian Education Training. It reveals the catastrophe that can occur if one is not properly trained.

THE WAILING WALL was built by Rev. Fletcher shortly after his vision and inspiration. It was built so that members of the church could pray for victory in the church's quest to raise $50,000.

An Islamic information seminar, "Islam in Focus," will feature Jamil Al Amin (formerly H. Rap Brown) as its guest speaker on Saturday, May 3 from 1 to 5 p.m. at the Enoch Pratt Free Library. The event is sponsored by Masjid As Saffat. Admission is free. The library is located at 400 Cathedral St.

FIRST BAPTIST CHURCH
525 North Caroline Street
Baltimore, Maryland
Celebrates Its
ANNUAL WOMEN'S DAY
11:00 a.m. Speaker — Dr. Peggy E. Wall
Dean, Bethel Christian School
3:30 p.m. Concert — The Women's Day Choir
of First Baptist Church
ALL ARE WELCOME
Mrs. Maxine Faulkner, President
Rev. Dr. Leroy Fitts, Pastor

REVIVAL CRUSADE
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"A Church Seeking To Reach Her Potential To The Glory of God"
Come and Hear
The Internationally Known Preacher-Evangelist
REV. DR. HAROLD A. CARTER
Pastor of New Shiloh Baptist Church-Baltimore, Md.
Tuesday, April 29, 1986
Through
Thursday, May 1, 1986
7:30 P.M. Nightly
Inspirational Singing by Local Church Choirs
High Noon Worship Hour
12:00 Noon - 1:00 P.M.
Come and Bring Someone With You
REV. JAMES THOMPSON, Pastor

ST. JAMES' EPISCOPAL CHURCH
Lafayette and Arlington Avenues
The Clergy
The Rev. Donald O. Wilson, D.D., L.H.D., Rector
The Rev. Charles L. Taylor, M.A., M. Div., Assistant
The Rev. Robert T. Ford, ED. D., Deacon
Mr. Maurice Murphy, MUS. D., Choirmoster-Organist
SUNDAY, APRIL 27, 1986
8:00 A.M. ..... Holy Communion
9:00 A.M. ..... Family Service — Church School
11:00 A.M. ..... Choral Eucharist and Sermon
The public is cordially invited to attend.

The men of Fulton will be celebrating their 82nd Annual Men's Day on April 27, 1986. The morning message will be delivered by Rev. Douglas Wilson. Theme "Christian Men Walking By Faith - Not by Sight."
The 4 p.m. message will be deliverd by the Rev. Avery Penn of the Mount Olivet Baptist Church. Please come and share in this Men's Day with us.

CHRISTIAN COMMUNITY CHURCH OF GOD
2701 W. BALTIMORE STREET BALTIMORE, MARYLAND 21223
ELDER C. GREEN, Pastor
"The earth is the Lord's, And the fullness thereof." Psalm 24:1A
Friday April 25, 1986 8:00 P.M. The Sunday School will have an Open House and Worship Service
Sunday April 27, 1986
9:00 A.M. Sunday School (All Ages)
10:30 A.M. — Live Radio Broadcast WYST 10:10 A.M. Dial
11:00 A.M. — Divine Morning Worship and Holy Communion Service Sermon by Elder C. Green
4:00 P.M. — The Green's Specials will observe their 5th Anniversary in Worship to God
7:00 P.M. — Service of Worship and Praise. Special Music by Bro. Eugene Brown
Rev. Stewart Marshall, Speaker
The Christian Education Seminar and Worship for Sat. April 26th has been postponed to a later date.
Elder C. Green, Founder & Pastor

MORNING STAR BAPTIST CHURCH OF CHRIST
"The Witnessing Church" 1063 West Fayette STreet
SUNDAY, APRIL 27, 1986
8:00 a.m. ..... PRAISE & SPIRITUAL HEALING SERVICE
8:45 a.m. ..... CHURCH SCHOOL — Deacon William Nelson, Director
9:45 a.m. ..... CHURCH/COMMUNITY HOUR — Dr. Cynthia Neverdon-Morton, Chairperson
TOPIC: "The Role Of A Deacon"
SPEAKERS: ..... Deacons William Riddick, Celestine King, William Nelson
11:00 a.m. ..... MORNING WORSHIP
MUSIC THE ANTHEM: I Have Set Watchmen Upon Thy Walls ..... Kirkpatrick
THE SPIRITUAL: One of These Days ..... Traditional
Bro. James R. Peterson, Director
PREACHING: "Study War No More" ..... Pastor Ray
3:30 p.m. ..... The Reverend Leroy Bowman, Pastor, First Baptist Church, Annapolis, Md., Choirs and Congregation will be our guest.
Wednesday, April 30, 7 p.m. ..... Martha W. Preston Bible Class
Reverend Dr. Samuel Ray, Pastor

DOUGLAS MEMORIAL COMMUNITY CHURCH
Lafayette and Madison Aves.
"The People of the Way"
Dr. Marion Curtis Bascom, Minister
James S. Hammond, M. Music
Juanita Hall Davis Organist

SUNDAY, APRIL 27, 1986
8:00 and 11:00 Services
Officiating Minister: Marion Curtis Bascom, Sr.
Preaching

MUSIC
8:00 a.m. — On Great Lone Hills — Jean Sibelius
A Prayer of St. Richard of Chichester (Children's Choir)
11:00 a.m. — Done Foun' My Los' Sheep — Arr. Elliott Forbes
God Is My Shepherd (Youth Choir) — Gordon Young