TWILAH SAYS. . .

OUTDOOR PRE-CHRISTMAS CELEBRATION

Central Rosemont Recreation presented itself, as always, in style and good taste. The recreation center did things a little different this time for their Christmas program.

The Christmas celebration was held outdoors, right outside on the grounds around the center. Lights, decorations, glitter, songs, hot chocolate, music, tea, and coffee, all the trimmings, you name it.

This was the first time Central Rosement had its Christmas program off stage and outdoors. It was cold, but it was certainly well attended. Parents and children surrounded the school; all participated in this glorious affair.

Its purpose and aim was to have all the neighborhood organizations join hands and begin the holiday season as a total community. The program was different and rejoicing.

What an exciting event and evening sharing with friends and neighbors. There was a mini-fashion show from the studio of Carlton Jiggetts.

Mary Conaway, Register of Wills, shared with us various selections of Christmas songs. There was a fantastic dance group from School No. 202; Dudley is the school's principal.

Mary Hughes, dance instructor, beamed all over because of how well her dancers performed. School No. 144 presented their new club called "Just Say No" (to drugs).

These students were from the 5th and 6th grades. Teachers in charge were Clorie Dorsey and Rosetta Anderson.

Moving on in the program and not feeling the cold, we were entertained by the American Legion Troop No. 213. Now these gentlemen moved and marched and kept everyone watching them in their performances.

Union Memorial Church was well represented and supportive in our program, along with the Reverend Ogle of Perkins Square.

The Brownie troop danced and entertained under the leadership of Mary Davis and Lisa Possey, dance instructors. "Christmas" deluxe-celebrated right outside on the grounds of the Central Rosemount Recreation Center.

Robin Fields, Danielle Simmons, and Debra Eaddy showed off with their selection towards the closing of the program.

Congratulations go to the program coordinator, Effie Colden, Director; Sarah Bright, Chairperson; and Sonny Lesesne, Leader. Talking with Mrs. Colden who stated, if all goes well, we will have the pre-Christmas program outside again.

This kind of togetherness brings our people and families closer. We need these arrangements. People need people, people getting to know more awareness of our Center.

Just recently the center awarded thanks and trophies to 25 volunteers for support and services rendered. Central Rosemont Recreation Center is located at 2621 Winchester St.

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The Urban Services Day Care Centers are currently accepting applications for enrollment of children, ages 3-5 years old. Fees are affordable. Reduced prices or free services are available to low income families that qualify.

The Centers operate year 'round, Monday through Friday from 7:00 a.m. until 5:30 p.m. The Urban Services Agency Day Care Center services include:

Modern curriculum, three nutritional meals per day, educational field trips, recreational activities, and a safe and clean environment. The Day Care Centers have provided quality to Baltimore for 21 years.

Interested persons or parents can call 396-1194 for more details, more input, and more information.

The Golden Girls Ceramic Club presented its first fashion show plus dinner on December 6, at the Central Rosemont Recreation Center.

The Golden Girls are retired ladies and the fundraiser was held for the recreation center's new kiln. The Golden Girls and Company had a packed house for their very first occasion.

Retired Fireman Charles Miller, ceramic director, formed the class several years ago at the center, along with Gloria White.

There were fashions on top of fashions. Most of the designed clothes were made by most of the models.

Going down the runway were: Gloria White, Lena Wood, Delores Williams, Morty Brown, Vivien Wilkins, Alice Clash, and Sarah Brown.

Guest male models were Anthony Chaney, Clifton Gatewood, and Anthony Moore. The show was a success.

The Golden Girls and Company planned on having another sell-out affair next year. Talking about a show of stars and a runway of top modeling at its best — well it was.

Gloria White stated that the new kiln for the ceramic club will be purchased real soon from this fundraiser.

THOUGHT FOR THE DAY

The spirit of Christmas can be with us all year if we remember Christ.

See ya!!!

(Left to right) George Bunting, execuive director of the Baltimore Branch NAACP, Enolia McMillan president of the Baltimore Branch NAACP accept a check for $1,000 from Michael C. Middleton of Maryland National Bank.

(Left to right) Michael C. Middleton, executive vice president of Maryland National Bank presents a $2,000 check to Kathryn Waters, chairperson of the Druid Hill YMCA Branch Board of Directors, Kathleen Conley, executive director Druid Hill YMCA and Lynwood M. Taylor, chairman of the Major Gifts Committee.

Watch those calories during the holidays

This is the time of the Big Meals, the months of Thanksgiving and Christmas — and maybe the worst time in the year to talk about diet! But the U.S. Department of Agriculture has added a fifth food group to its basic four groups of particular interest during the holidays.

It's a category of high-calorie-low nutrient foods: fats, sweets and alcohol.

The traditional holiday dinner can be pretty well-balanced, what with its veggies — sweet potatoes and broccoli or peas, perhaps — and fruits and rolls and bread stuffing. But maybe it won't surprise you that it has a lot more calories than we need. Think of the gravies, the cream sauce, the wine, the hors d'oeuvres and the cocktails.

These foods, containing empty or low-nutrient calories, comprise that new fifth food group — "a group that you want to avoid getting too many servings froms," says the Food and Drug Administration's Marilyn Stephenson, a registered dietician and assistant to the director of the Office of Nutrition and Food Sciences.

"With all the interest in diet and disease," she points out, "the one disease on which there is strong agreement is the link between excessive alcohol and liver disease."

So, what are the four food groups we need to emphasize?

1. Vegetables and fruit—four servings a day including one good source of vitamin C such as citrus fruit and at least one good source of vitamin A, such as a deep yellow or dark green vegetables.

2. Bread and cereal — four servings a day, a serving being a slice of bread, half a cup or more of cooked cereal, pasta or rice, or a cup of ready-to-eat cereal. Some of these should be whole grain products.

3. Milk and cheese — a couple of servings up to as many as four servings for teens and nursing mothers, daily.

4. Meat, poultry, fish and legumes such as kidney and lima beans — two basic servings a day. An egg can also be considered a serving in that group, but eggs and animal fat are limited for people with high cholesterol.

Lung disease, a growing problem in the U.S.

More than 40 million homes across the United States, 847,000 of which are in the Baltimore area, are now receiving their 1986 Christmas Seals in the mail, William Follett, president of the American Lung Association of Maryland (ALAM), has announced.

"What began 79 years ago as an attempt to save one small tuberculosis hospital has grown into a holiday tradition as widespread as gifts under the tree," Follett said. "The Christmas Seal Campaign represents the spirit of giving and of helping others, as well as the American Lung Association's dedication to eliminating such diseases as lung cancer, emphysema, asthma, chronic bronchitis and tuberculosis."

Lung disease is an ever-growing problem in America. It is the only major disease category in which death rates continue to rise and is the third most common cause of death in the country. Twenty-nine percent of our population suffers from chronic respiratory illness ranging from the mild to the severe—and sometimes the fatal. Lung diseases, including lung cancer, kill over 246,000 Americans each year.

Opportunistic lung diseases—which attack patients with severely damaged immune systems—are responsible for over 66 percent of all AIDS deaths. Although the most common of these opportunistic infections is a form of pneumonia, recent reports indicate that tuberculosis is also being found in rising rates among AIDS victims. In the general population, about 22,000 new cases of TB are reported yearly — figures that graphically demonstrate how far we have yet to go before TB is finally eradicated in this country.

"Christmas Seals are the mainstay of the American Lung Association and its 139 affiliates nationwide," Follett said. He added that 90 percent of Christmas Seal funds remain in Maryland to support research and provide community services, public health education, patient services and professional education and training.

Locally, contributions to Christmas Seals will support lung programs such as: smoking cessation clinics; Freedom From Smoking in the Workplae programs; Smoking and pregnancy educational programs; smoking avoidance education for schoolchildren; "Marijuana: A Second Look;" sponsorship of Clean Air Week; self-management classes for adults and children with asthma; and lung research being conducted locally with lung association funding.

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PARK YOUR SLEIGH AND RIDE MTA.

Metro open Sundays, December 14th and 21st, 10 am. to 6 pm.; and every Saturday 8 am. to 8 pm.

We've added two Sundays in December to our Metro schedule to make it easier for you to do your Christmas shopping. (Metro Connection bus service will not be operating on Sundays.)

Just park your car, and hop aboard. We'll take you where the shopping's great. To Harbor Place, Downtown Lexington Market, Lafayette Market,* Mondawmin Mall, Reisterstown Road Plaza.

Fast, dean and safe, MTA ensures a Merry Christmas to all and to all a good ride!

All aboard the "Christmas Train."

Ho, ho, ho! Be sure to take the kids for a ride on our specially decorated Metro train.

For more information, call 539-5000.

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*Lafayette Market open Mon.-Sat.

MTA MASS TRANSIT ADMINISTRATION

Mayor, Elections Board host holiday gala

When Mayor William Donald Scaefer and the Board of Elections give a party, they really give a party. Such was the case Tuesday night at their annual Christmas affair.

Several hundred of the city and state's top elected officials and political movers and shakers attended a gala Christmas party which was highlighted by a lavish and sumptuous buffet, tempting desserts, liquid libation and a hot jazz combo.

Honored guests were the members of the Baltimore City delegation to the General Assembly in Annapolis. The affair was at the ornate First National Bank Building at 14 Light Street in downtown Baltimore.

The feast was catered by L'ecole, Baltimore's international culinary arts institute and featured such delectables as turtle soup, goatcheese, tortellini salad, seafood crepes, peanut soup, smoked duck, pate and a vast assortment of rich confections.

It was also a feast of who's who for the political inclined. There were far too many to mention in this small space, however the AFRO's roving eye spotted a few familiar faces.

Bill Jews of Liberty Medical Center came, as did Diane Gordy, Kenneth and Mary Louise Montague. He recently was elected to the House of Delegates from the 44th Legislative District.

Other delegates on hand were Pete Rawlings, Larry Young, Tony Fulton, Nathaniel Oaks, Sandy Rosenberg and Hattie Harrison. Anthony Ambridge, Joe DiBlasi, Nathaniel McFadden, Frank Gallagher, Iris Reeves represented the city council.

Police Commissioner Bishop Robinson and City Solicitor Ben Brown were in attendance. Spotted also were Hilda Ford, Marie Henderson, Harry McGuirk, Larry Smith, Lafayette Armstrong, Irvin Conway, and Sheriff Shelton Stewart, who received several condolences for his mother's recent death.

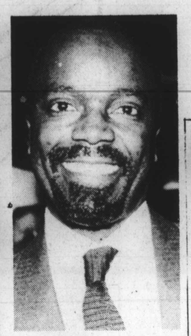
Sen. Paul Sarbanes, Gov.-elect William Schaefer, Congresswoman Helen D. Bentley, City Comptroller Hyman Pressman, State Sen. Jack Lapides, Leslie McMillan and Louis Goldstein made their rounds. — Roz Hamlett and P. A. Tatum

LAUGHING IT UP are West Baltimore Delegates Larry Young and Tony Fulton

HAVING A GOOD TIME were left to right, Ms. Katrina Stanfield, Council President and Mayor designate Clarence Du Burns and Ms. Maguarita Hammond.

AFRO photos by P. A. Tatum

2nd District Councilwoman Jacqueline McLean



DELEGATE Nathaniel Oaks takes a moment out to smile for the AFRO's camera.

Food For Thought

LIBBY CLARK
Syndicated Columnist
Amalgamated Publishers, Inc.

PRE-CHRISTMAS ENTERTAINING

If it befalls your lot to have to entertain just prior to the Christmas holiday, or sometimes before New Years, be prepared. The colorful decorations are already in place and they certainly will enhance any event, plain or fancy, large or small; so just before or right after Christmas is an ideal time to entertain, whether your guests are immediate family members, other visiting relatives, close friends or neighbors. Here's your menu.

California Brew
Champagne Sophisticate
Beef Tenderloin
With Wine Butter
Party Salmon Spread
Fruit Cheese Log
Crab Ball
Blue Cheese Dip With
Fresh Vegetables
Pears With Ginger Sauce
Fruit Cake

CALIFORNIA BREW

6 3-inch long cinnamon sticks each broken in half
5 whole cloves
½ tsp whole allspice
2 32-oz. bottles white grape juice
1 32 oz. bottle apple juice
4 or 5 small McIntosh apples
3 tea bags

DIRECTIONS: Wrap spices in piece of double - thickness cheese cloth to make spice bad; tie with string. In a 5-quart sauce pan, over high heat, heat tea bags, spice bag, white grape juice and 2 cups of water to boiling. Reduce heat to low; cover and simmer for 20 minutes. Discard tea bags and spice bag. Place apples in a 4-quart heat-safe punch bowl. Pour hot mixture ever apples. Makes 16 cups.

CHAMPAGNE SOPHISTICATE

1 can unsweetened Del Monte Pineapple juice, chilled
1 can (6 oz.) (frozen lemonade concentrate ice
2 4/5 qts.) extra dry champagne, chilled

DIRECTIONS: Combine pineapple juice and lemonade concentrate. Pour over ice in punch bowl. Add champagne. Serve immediately. Garnish as desired. Makes 22 servings

BEEF TENDERLOIN WITH WINE BUTTER

¼ cup minced parsley
3 tbsp Dijon mustard with seeds
½ tsp. basil
½-lb. beef tenderloin roast
Wine butter (see recipe)
Thinly sliced white bread
Thinly sliced pumpernickel bread
Thinly sliced rye bread

DIRECTIONS: Preheat broiler. In cup mix parsley, mustard and basil; set aside. Place beef tenderloin on rack in broiling pan; broil 15 minutes. Turn tenderloin; broil 10 minutes longer. Remove from oven. Spread parsley mixture over tenderloin; broil 5 minutes longer for rare or until desired doneness.

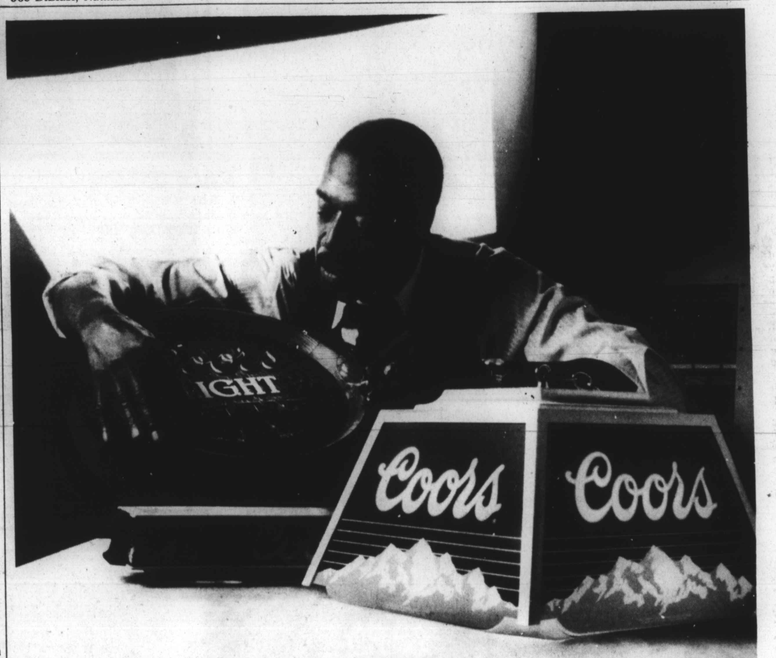
To serve warm, let stand 10 minutes, remove to cutting board and thinly slice. If desired trim crusts from bread and toast lightly.

WINE BUTTER. In a 1-quart saucepan over low heat, heat 4 tbsp. butter or margarine and 2 tbsp. cooking or dry red wine until butter melts. Add ¼ cup minced green onions; cook until tender. Remove sauce pan from heat, cool mixture slightly. In small bowl, stir ¾ cup butter or margarine (1½ sticks), softened, with wine mixture.

PARTY SALMON SPREAD

2 pkgs. unflavored gelatin
½ cup water
1 can (15-½ oz.) salmon
1 cup onion, coarsley chopped
½ cup mayonnaise
½ cup sour cream
2 tbsp. lemon juice
½ tsp. garlic salt
¼ tsp. dill weed
¼ tsp. pepper
4 springs parsley

DIRECTIONS: Sprinkle gelatin over cold water in saucepan to soften. Stir constantly over low heat until gelatin dissolves. Place salmon, onion and mayonnaise, sour cream, lemon juice, garlic salt, dill weed, pepper and parsley in blender. Blend on low until mixture is smooth. Mix in gelatin. Pour into 5-cup mold. Chill until firm. Turn out on serving dish, garnish and serve with assorted crackers.



A SIGN OF OUR COMMITMENT

Today, we at the Adolph Coors Company are more committed than ever to sharing our resources with the communities in which we do business.

That's why we got together with Catharo Brown's SIA Plastics Company.

The Black-owned plastic molding company is under contract with Coors to produce the signs, plaques, menu boards, and counter caddies that are usually displayed in taverns and stores where Coors is sold.

This is just one example of how we've expanded our commitment to the Black community through programs that include additional community assistance, increased hiring and promotion of Black employees, and expanded business associations with Black vendors and financial institutions.

All of which goes to show that we at Coors really are trying to help people help themselves. Because that's what corporate citizenship is all about.

Coors

Outstanding talent must be free to stand out.

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