COMMUNITY CALENDAR

Help provided for overweight

Howard County General Hospital can provide help for the seriously overweight individual in "The New You: A Total Weight Control Program." A free introductory session will be held on Wednesday, August 3 at 7 p.m. at the hospital's Health Education Center.

Under the medical direction of Barry K. Lance, M.D. and Lynn E. Gaynes, M.D., local endocrinologists who have extensive experience in weight loss programs, the classes include exercise therapy, nutritional counseling, psychological support and behavior modification techniques necessary to make long-term changes. Call 740-7600.

Maryland Historical Society needs volunteers

The Education Department of the Maryland Historical Society Museum and Library of Maryland History needs "a few good men and women" to add to its fine corps of volunteer school tour guides, week-end program aides and outreach specialists. A fall training session begins Wednesday, September 7.

If you enjoy children and Maryland history, and are able to donate a few hours of your precious time each week, call the Maryland Historical Society Education Department at 685-3750 x334 or x336 and request an application.

Separation and Divorce Mediation offered

The YWCA Woman's Center will offer "Separation and Divorce Mediation" Thursday, August 4, 7-9 p.m. A trained divorce mediator will explain what separation and divorce mediation is, how it works, who can use it, the advantages and disadvantages of mediation. The workshop will also include discussion of how to deal with children and how to cope with feelings and stress associated with separation and divorce.

Helpful resources will be identified. The program will be presented by Martin Kranitz, M.A. C.R.C., in the First Presbyterian Church, Duke of Gloucester and Conduit Streets (entrance on Conduit Street) upstairs, Room 302.

There is no fee, but pre-registration is required. To register, call 268-4393. The Woman's Center is located in downtown Annapolis at 167 Duke of Gloucester Street.

St. Paul's School seeks information

St. Paul's School for girls, a college preparatory school, was established in 1959 at its present location in Brooklandville. In recent months, the archives of this school have been organized. This research has led to questions about earlier institutions sponsored by the Benevolent Society of St. Paul's parish.

The archivist at St. Paul's School for Girls would be very happy to hear from any former students of either of these schools. Please write to St. Paul's School for Girls, Brooklandville, MD 21022 or call 823-6323 and leave a message for Mary Bready.

Registration held for Culinary Arts

The Maryland-Washington Restaurant & Culinary Apprenticeship Committee (MWRCAC) is currently accepting applications for the Assistant Manager (Restaurant) and Culinary Arts apprenticeship programs for the fall of 1988.

Students must be at least 17 years of age and be a high school graduate or have a GED. Registration will take place, August 3 at Howard Vocational-Technical Center in Ellicott City, MD. Call (301) 298-0011 or (800) 874-1313.

Free immunization clinics scheduled

Baltimore City Health Department is offering six, free immunization clinics during August for children four to 18 years of age.

Clinics will be held at Druid Health District, 1515 W. North Avenue, August 5, 12, 19 and 26 from 1 to 3 p.m.; Eastern Health District, 620 N. Caroline Street, August 9 from 1 to 3 p.m.; and Southern Health District, 1211 Wall Street, August 17 from 12 to 3 p.m. No appointments are necessary, but children under 18 must be accompanied by a parent or guardian.

State law requires that children receive immunizations to protect them from diphtheria, pertussis (whooping cough), tetanus, measles, polio and German measles. Children who do not have the required vaccinations will be excluded from school until they return with proof of immunization.

Call 396-4454.

Divorce and child support laws

Workshops on Maryland divorce and child support laws will be offered on Wednesdays, August 3 and 10, from 6 p.m. to 9 p.m., at Catonsville Community College, located at 800 South Rolling Road.

Local attorneys Timothy Welsh and Bernard Raum will discuss how to find a lawyer, women's legal rights, types of divorce, property, monetary laws, and child support.

The workshop is sponsored by Project Second Start, a federally funded program designed to address the needs of persons in transition. To register or for further information, please call 455-4318. Project Second Start clients may register by calling 455-4719.

Smoking cessation program available

A free introductory session of Howard County General Hospital's Quit for Life, a smoking cessation program, is being offered on Wednesday or Thursday, August 3 or 4 at 7:30 p.m. in the Health Education Center.

Attend this session to learn about program features including the necessary quitting tools, relaxation techniques to control stress and negative behavior, group support, tips to prevent weight gain and a one-year membership. Call 740-7600.

Transportation officials set to sail

The Conference of Minority Transportation Officials is sponsoring its 3rd annual Comto Cruise, aboard the Bay Lady, Friday, July 29, at 7 p.m. There will be a live band, dinner, dancing, cash bar and a 50/50 raffle drawing.

The three hour cruise will depart from the Baltimore Downtown Inner Harbor (Light Street Side). Contact Minnie I. Carter, 333-3304 or Charles Burley, 333-3323.

City Farms Supper planned

On Wednesday, August 10, the Department of Recreation and parks Baltimore City Farms Program will host the 2nd Annual City Farms Supper at the Virginia S. Baker-Patterson Park Recreation Center, located at 2601 East Baltimore Street. The outdoor event will be held from 6 to 8 p.m.

Over three hundred gardeners who are currently participating in the Baltimore City Farms Program will be invited to attend the event. Each gardener will be encouraged to bring a covered dish containing produce from their garden. The Baltimore City Farms Program will provide barbecue chicken, hot dogs, lemonade, and iced tea to accompany the garden produce. The Dixieland Diplomats will provide musical entertainment throughout the event.

The Baltimore City Farms Program has seven major gardens, each of which contains 60 to 100 garden plots. For additional information, please contact the Baltimore City Farms Program Coordinator, Steve McCullen at 396-0284.

Psychiatric support group forms

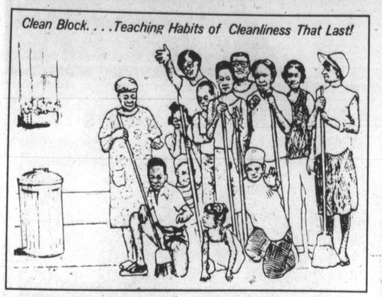
On Our Own of Southwest Baltimore is forming. Group meetings will be held each Wednesday and Friday evening, 5-10 p.m., at "Re-Visions, Inc.," (formerly St. Mark's School), located at 20 Winters Lane in Catonsville — accessible by Nos. 2, 23, and 77 buses.

Additional group meetings will be held at 5422 Belair Road in Baltimore, Tuesdays and Thursdays, 5-10 p.m., and Saturdays and Sundays, 2-10 p.m. Group meeting on Monday evening, 5:30-8:30 p.m., at St. Timothy's Evangelical Lutheran Church, located at intersection of Willow Spring Road and Dundalk Avenue, in Dundalk.

On Our Own is a mutual support and advocacy organizations of and by persons who have spent time in psychiatric facilities. We are affiliated with the National Mental Health Consumers' Association and the National Alliance of Mental Patients. On Our Own is also a member agency of the Maryland Coalition For Citizens With Long-Term Mental Illnesses.

Please call 747-4492.

★1988 CLEAN BLOCK CAMPAIGN★



Mid-Atlantic Coca-Cola sponsors sweepstakes

By Gloria Howe
AFRO Correspondent

How would you like to win a 1988 Jeep Wrangler, or an all expenses paid cruise to Alaska or a Walt Disney World Vacation or maybe even a five day, four night trip to San Diego, California? Well, San Huneyi of K & J Carry Out, Jong Kwon of J & K Food Market and Joseph Holder of I.L. Foco Pizza, were awarded these prizes when they participated in the Mid-Atlantic Coca-Cola Bottling Company's "Can't Wait for Summer" Sweepstakes drawing, which was held July 21 at the Belvedere Hotel.

"The sweepstakes was designed to create an incentive for the many Mom and Pop stores which carry our products, and to reward them for the hard work they have been doing," said David Orr, Business Development Manager for Coca-Cola.

Anxious contestants dressed in tee-shirts with their store logos imprinted on them, waited impatiently for their names to be announced. "Everyone is a winner," said Orr, referring to the fact that the 60 participating businesses were all assured a prize, as they had been selected from amongst the many Mom and Pop businesses in the area.

Store owners walked up to the drawing table when their names were called, and picked up prizes which ranged from trips to Atlantic City, cash prizes of $1,000, round trip tickets to anywhere in the continental U.S., to Sanyo AM/FM recorders, Sony Watchman Televisions, and get-a-way weekend packages at the Belvedere Hotel.

The sweepstakes banquet was creatively decorated with cases of Coca-Cola placed end to end to spell "Coca-Cola & You #1."

The gala occasion was catered with a delicious buffet dinner of shrimp, fruit, hot and cold hors d'oeuvres and an open bar.

Requirements for entering the sweekstakes were basic. Contestants were asked to complete their entry forms, turn them in to Coca-Cola and focus on increasing business for their store and sales for any Mid-Atlantic brand soft drinks.

"The Mid-Atlantic group believes in recognizing their distributors," said Orr. We have found that they are also very civic minded as well. They have been a supporter of the AFRO CLEAN BLOCK Campaigns and Mrs. Santa Campaigns for years. They are sponsoring the CLEAN BLOCK Flags this year for the campaign.

David Orr, representing Coca-Cola (right) presents a $1,000 check to one of the lucky recipients, a representative of R. & L. Confectionary, which is located at 1300 Luzerne Avenue.

Help your garden 'weather' the drought

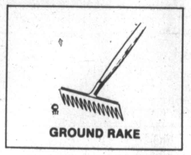
By Pamela B. King
Extensive Agent
Charles County

Plants can't live without water. And, just like other living things, they are almost completely made of water. The natural cooling system of plants, called transpiration, requires evaporation of water from the outer surfaces of plant parts. Nutrients from fertilizers in the soil must be carried into the plant in water solution. Without enough water, plants are stunted and weakened, and become more succeptible to attack from insects and disease.

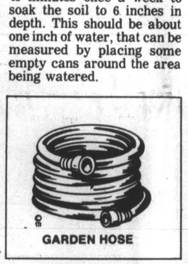
If your yard reminds you of the Sahara Desert, there are a few things you can do to help the garden while keeping the water bill under control.

— Water Properly

* Apply water in the morning. It is usually cooler, so evaporation will be slower. Evening watering may encourage disease in plants already stressed.



* Water an area for at least 45 minutes once a week to soak the soil to 6 inches in depth. This should be about one inch of water, that can be measured by placing some empty cans around the area being watered.



* Allow a hose to trickle, use a soaker hose or set the sprinkler as low as possible to minimize loss from evaporation.

* Apply water only as rapidly as the soil can absorb it — do not allow runoff.

— Mulch

* Cover exposed garden soil with newspaper, straw, compost or grass clippings to hold in moisture and prevent weeds.

— Add Organic Materials

* Be sure to add plenty of organic materials, like compost, past moss, manure and leaves whenever preparing the soil to improve its' water-holding capacity.

— Plant

* Plant fall crops in basins or furrows rather than on hills, as water gathers in low spots and they stay moist a little longer.

— Control Weeds

* Weeds steal moisture from garden plants. Control them by mulching, bans pulling, or scraping them off the soil surface with a hoe. Do not cultivate the soil as this speeds evaporation.

— Grow Drought Resistant Plants

* Some flowers like marigolds, sweet allysum, and portulaca and shrubs like barberry, acuba, cotoneaster and juniper will tolerate dry conditions better than other types. Vegetables, because they must be tender and succulent to be good to eat, are not drought resistant.

* If you have not been watering your lawn, don't start. The grass is dormant and will come back when the weather cools. If you have been watering you must continue or the grass will be damaged.

— Try Using Gray Water

* Carry bathwater in buckets to water trees and flowers. Take showers with the plug in the drain so that water can be reused. Be very cautious using any water which contains harsh detergents or bleaches.

Help your garden survive the drought, by using water sensibly — it's a valuable resource. If you need more information on gardening call your local University of Maryland Cooperative Extension Service office, whose programs are open to all citizens without regard to race, color, sex, handicap, religion, age, or national origin.

Contributions thus far. . .

Housing Authority of Baltimore City, NPA	$2,500.00
Senator and Mrs. Sarbanes	500.00
C & P Telephone	500.00
United Cable of Baltimore	350.00
Capitol Auto Insurance	250.00
Bon Secours Hospital	200.00
Continental Societies, Inc.	200.00
McCormick & Co., Inc.	150.00
Most Worshipful Prince Hall Grand Lodge, F & AM	150.00
In memory of Rev. & Mrs. N. B. Carrington and Mrs. Alice W. Meyers	150.00
In Memory of Rev. & Mrs. N. B. Carringon and Mrs. Alice W. Myers	150.00
Most worshipful Hiram Grand Lodge	150.00
Morton and Sophia Macht Foundation, Inc.	125.00
Fullwood Foods, Inc. (KFC)	125.00
Judge and Mrs. Solomon Baylor	100.00
Mr. Thomas H. Broadus, Jr.	100.00
Baltimore Uniform Rental, Inc.	100.00
Mr. & Mrs. James W. Rouse	100.00
The Time Group	100.00
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Whiteford, Taylor & Preston	100.00
The Winner Distributing Company	100.00
Maryland State Union Auto Workers	100.00
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Maryland Public Employees Council No. 67 AFSCME, AFL-CIO	100.00
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Baltimore City Branch, NAACP	100.00
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Martin's, Inc.	100.00
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D. Blackwell	1972
Lutheran Church of the Holy Comforter	15.00
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Ms. Kathryn T. Watchman	10.00
Ms. Beautine DeCosta	10.00
Mr. and Mrs. Leroy Hayden	10.00
Mr. James Payne	5.00
Miss Thelma F. Johnson	5.00
Ms. Caroline Watchman	5.00
Mae Wright Peck-Williams	5.00
TOTAL TO DATE:	**$11,319.89**

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Workers: Joseph, Sheana, Mary, Fe Fe.

1500 Block Barclay Street: Captain, Mara Sims; Co-Captain, Shirley Knox; Advisor, Terence Sims.

Workers: Sonny Greenhill, Sandra, Nina Owens, Shanell Owens, Margaret Prillman, Mary Ricks, Rhonda Chew, Jay, Mildred Holmes.

800 Block Saratoga Street: Captain, Lorraine Ledbetter; Co-Captain, Corrine Clunkley; Advisor, Lorraine Ledbetter.

Workers: Nicole Ledbetter, Teffany Ledbetter, William Clunkley, Corrine Clunkley, Rosevelt Carter, Elaine Morrow, Noza Thomas, Eddie Bryant, Arrel Jones, Myrtle Howards, Connie Mae Multry, Pleasont Evans, Lucy Harris, Jackie Smith, Larry Smith, John Charles, Lorraine Ledbetter, Beatrice Stockette, David, Jacqeline Smith, Michael White, Oliver Jones.

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