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CELEBRATING ONE QUARTER CENTURY — Seen during the commemoration of Harlem Park Middle School's 25th anniversary at a celebration held during American Education Week are (l to r): Charles F. Brown, the school's first principal; Stanley E. Holmes, current principal; Harold H. Seaborne, second principal; George Dozier, substitute teacher and community person; Marilyn Williams, D.E.C. teacher; Alma Rountree, Social Studies teacher; Ruth Diggs, Physical Education teacher and John Baker, Social Studies teacher.

—Partyline

(Continued from Page B3)

Cruise, Ella Hamilton, David Bonn, Diana Cisar, Scarlet Dawson, Raymond English, Janice Page, Priscilla Tilley, MacFarlane Dailey, Carla McCoy, Judith Minns, Jenifer Rucker, Mary Thorpe, Frances Williams, and many more.

WOODLAWN HIGHLIGHTS

By Marjorie Green

ENTERTAINMENT AT ITS BEST

"Citizens Celebrating Baltimore" under the direction of Hugh Carey recently wowed faithful followers with an energetic and entertaining performance in a show called "The Royal Years."

The group, which is now sponsored by the Department of Recreation, has recently moved its headquarters to the Northwestern High schools 1,000 seat auditorium where they performed to the tunes of the pit orchestra directed by oldtimer Tracy McCleary, who conducted the orchestra that played the famous old Royal Theatre on Pennsylvania Avenue many years ago.

Maria Broom and Ed Terry deserve credit for the fantastic choreography of the "Jewel Box Revue" and Tap Dance routines respectively. Maria is now teaching agriculture techniques in far off Africa.

• • •

CELEBRATION FOR GWEN CLARKE

The hour is rapidly approaching when friends and co-workers in the office of Chief Judge Sweeney, will help Gwen Clarke celebrate a long awaited retirement.

"A woman who is as much an institution as the court itself,' is the way the announcement reads. Guests are promised a lot of laughter and yes, a few tears, as they toast and roast the honoree at the Annapolis Ramada Inn on Sunday, December 11, from 5-9 p.m.

• • •

WINTER BUSINESS BREAKFAST

Early Thursday morning the twenty-first floor of the World Trade Center was the scene of the Second Annual Winter Business Breakfast co-sponsored by the Greater Baltimore Committee and the Mass Transit Administration.

Approximately 150 invited guests including representatives from local corporations and Federal agencies with large numbers of employees who ride the mass transit were present.

A detailed presentation by MTA General Manager Ron Hartman, assured listeners that in the coming winter months, MTA would not shut down completely in extreme weather conditions. He also promised that the MTA would be responsible for picking up any passengers they deliver to their workplace in case of heavy show. In addition, the companies will be kept informed of changes in bus routes and schedules during a snow emergency.

The MTA used the occasion to present a slide show on the operation of the light rail trolley car systems in several different cities across the country.

MONETARY AWARD RECEIVED

Congratulations to SSA's hardworking Exec, Herb Doggette. Another Award. This time it's a President's award in the form of $10,000. You can bet on a merry, merry, Christmas for the Doggette household.

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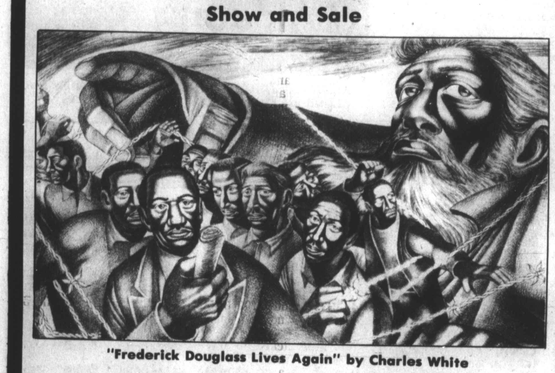

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Holiday SUPPLEMENT

The trendy side of Christmas

Americans have embarked on a nostalgia binge. The signs are everywhere. Miniskirts, psychedelic colors, movies, and commercials with '40s or '50s flavor, comfort us and recall a time we like to believe life was simpler and more carefree.

Actually, according to those who study our psyches, we aren't necessarily pining for the past. In fact, says Robert L. Cohen, vice president, Yankelovich Clancy Shulman, Newport Beach, CA, who monitors consumer trends, we are neotraditionalists coveting the basic values of the past and combining them with the best modern innovations of the present.

"Consumer decision-making this gift shopping season will be based in a new set of criteria emphasizing old-fashioned quality and contemporary convenience," says Cohen. "Familiarity, and reliability — plus value — added extras such as guarantees are at the top of the list, especially at Christmas."

Those who pay attention to what motivates people to buy, such as Cleveland, president of the Teleflora wire service, have incorporated these neotraditional qualities into their holiday gift offerings. The company has introduced four new keepsake bouquets — flowers in a trendy gift container — which, says Cleveland, shoppers can send by phone, guaranteed.

"The containers include a classic '50s Chevy look-alike, a '60s style Florentine silver basket or cut glass cake plate and a traditional silver candlestick, states Cleveland.

"Busy people seeking ways to 'to it all' and still have time to enjoy the holidays appreciate the convenience of ordering quality gifts by phone," Cleveland adds. "Keepsake bouquets can be wired anywhere in the U.S. from any local Teleflora subscriber florist, and each order is guaranteed to be delivered to the satisfaction of both the giver and the receiver."

To capture a small piece of the recent past, Cleveland says Teleflora has brought back the dream machines of the '50s. The "Christmas Coupe Bouquet" features a sporty fire-engine red miniature ceramic convertible filled with carnations, mums and Christmas holly.

"It's designed to charm children, teenagers, car enthusiasts, and even those special business clients who might prefer receiving something nonfattening and nonalcoholic," she adds.

According to Cleveland the fancy tableware of the '60s formerly only taken out for special occasion, is today being enjoyed regularly for its intrinsic beauty. No longer status symbols, the notes, these company's coming" items, such as an elegant Florentine basket used to cradle bread in a lacy napkin, or a delicately faceted cut glass cake plate with silver pedestal, inspired the creation of Teleflora' elegant Christmas Florentine Basket Bouquet and its Cake Plate Bouquet. "Both include fragrant flowers holly and pine and of course, candles, a holiday tradition," says Cleveland.

Also for the hardcore traditionalists, Teleflora designed the "Candlestick Bouquet." It features a slender and red taper emerging from a cluster of white chrysanthemums, sprigs of holly and berries and pine boughs and cones, all tied up with red velvet ribbons and set in a lovely silver-plated candle holder, which can be used later to hold large or small candles.

Take the pain out of shopping

What's more troubling to holiday bargain hunters than crowded stores or bad driving weather? Most weary shoppers would answer tired feet or aching backs, enough to give anyone a case of the "bah, humbugs."

Toting heavy bass, bulky parcels or a tired child can put an extra strain on the back, leading to sore muscles and lower back pain. Dr. Micheal Settecase, medical director of Chicago Osteopathic Medical Centers, says a few simple precautions can prevent strain.

"Walking is a good way to strengthen lower back muscles," said Settecase, who also is a member of Dr. Scholl's Foot Health Council. "Carrying heavy objects may cause you to bend forward slightly at the waist, increasing the strain on lower back muscles and putting extra pressure on your spine."

Settecase advised carrying packages in shopping bags. "Distribute the weight evenly between two bags, holding one in each hand," he said. "Leave heavy packages in your car, or put them in a store locker. when you walk, stand upright — try to keep your ears, shoulders and hips in a straight line.

Wearing comfortable, low-heeled shoes with good cushioning is another way to ease foot and back strain, he said. Studies show that foot shock — the impact of the heel striking the ground — can cause or aggravate lower back pain.

Most people walk several miles each day, taking 8,000 to 10,000 steps across hard surfaces. This continuous pounding of the heel bone sends foot shock waves up the legs to the lower back, aggravating tender back muscles.

To help avoid tired feet and an aching back, Settecase advised the following:

— Use a super-cushioning insole inside your shoes. For example, the "Back Guard" features a special inset at the heel to absorb foot shock waves at the point of impact, lessening the shock and helping to prevent lower back pain.

Don't lug around a heavy purse. Carry only your wallet and keys.

—Avoid stretching to reach items on high shelves. Ask for assistance.

Men: don't panic!

The holiday season is fast approaching and is bringing the inevitable anxiety for the man who wants to buy a special gift for the woman in his life.

To ease those fears this year, Forman's of Orchard Street in New York has the following suggestions:

— If you're shopping for an elderly woman, buy tops with buttons. It makes it easier than pulling something over her head.

— Pinstripes look great on petites.

—Minis are finis.

—Stripes and large prints are unflattering on a large-size woman.

— Fitted jackets in jewel-like colors — reds, greens and pinks — are a great investment and a good gift choice for nearly every woman.

— White drape-necked blouses can go from day to evening and are flattering on nearly every figure.

— Amethyst, ruby and hunter green are the big fashion colors. Most women would welcome an accessory — a new pair of gloves or a new belt in one of those shades.

— Jewelry is always a good choice. This year, think about a string of semi-precious stones — amethyst, topaz, garnet — worn with long gold chains. Another choice is oversize opera-length pearls mixed with crystal and gold.

— When buying clothing that has a pattern or is striped, make sure the patterns match at the seam line and the pockets.

— Always buy quality, not quantity.

— And remember, don't be insulted if she returns your gifts. In fact, go with her and help her pick out something she really likes. You'll get a better idea of her preferences for the next occasion.

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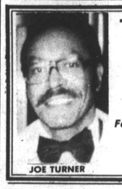

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