Smile Orchids

Smile orchids to **Leslie Davis**. He's the affable banquet manager at Sheraton's Conference Hotel in Towson. He was among participants in the Sunday evening Food For All benefit for the hungry held at Stouffer Harborplace.

The Hotel and Motel Association event featured a variety of foods and prizes with proceeds going to the Maryland Food Bank and the Maryland Food Committee.

Smiling guests in the crowd: **Miss Jean Harris**, the health care program analyst, and **Miss Patsy Jones**, White Marsh office machine employee.

Plenty of sunshine in the voice of comely **Kimberly Houston**, the 22 - year - old legal secretary, whom we observed on her extra job as check-out clerk at the Stouffer parking lot on Sunday evening.

* * *

Unusually friendly youngster met this week: 9 - year - old **Courtney Boozer**, a fifth grader at Capitol Heights Middle School, where she is in the gifted and talented program. Smile orchids to her and to her mom, **Mrs. Peggy Boozer**, the Baltimore County teacher; and to **James Crockett**, the realtor. We spied them dining at a Security Boulevard eatery on Tuesday.

IF YOU ASK ME
By Bettye Moss

More Smiles

Another family group dining there—with plenty of smiles on their faces—**Mr. and Mrs. Arthur Lambert (Electra)**, and daughters. He's the insurance firm president, she's director of nurse services and health education at the South Baltimore Family Health Center in Cherry Hill.

Their attractive daughters are, **Renee**, account exec at dad's firm; and **Kearney Rebecca**, who was home from Hampton Institute, where she is a junior, was among the 25 outstanding young women honored by Alpha Kappa Alpha Sorority here in Baltimore last week.

Cuff note: Lambert son, **Craig**, Catonsville Community College, an his wife, **Linda**, expect their first in March.

* * *

More smile orchids to **Mrs. Ruth Braxton**, secretary in the E. Fayette St. office of Baltimore city's housing commissioner, **Dr. Robert Hearn**, who also has a very pleasing manner. Same is true of his special assistant, **John R. Burleigh, II.**

* * *

Mailbag: **Rev. Jerusem R. Evans** write:—"I like the way **Dr. Norma Gluckstern** talks about the programs at Patuxent Institute, particularly her discussion last week on television about the controversial prisoner release program, and I like the way she kept her good temper even when discussion got hot." Thanks to reader, Evans. We agree.

* * *

Did someone's smile/or attitude make your day? Tell us about it. Please write Smiles, If You Ask Me, Baltimore AFRO—AMERICAN, 628 N. Eutaw St., Baltimore, Md., 21201, and let us send them smile orchids, and smile, please.

Very posh

It was truly posh—elegant - fashionable — the 40th anniversary celebration of Baltimore chapter of Links, Inc. Some 250 members and guests gathered at the Lord Baltimore Hotel a Saturday ago, (Nov. 19), to mark the occasion.

The beauty of the ladies, in pretty party frocks, was matched by the well-appointed Calvert Ballroom, where the **Bill Cummings** Orchestra held forth all evening.

The evening began with cocktails and chatter at 6, then dinner, (petite filet mignon with lobster tails), followed by a program saluting founders and charter members.

Wilhelma (Billy) Garner was co-chair of the celebration with **Jimmy Laforest**. Both set the tone for glamour.

Billy was a picture in red satin with large collar and black accessories, (she's admissions exec at the U. of Md. School of Dentistry, was escorted by **Leonard Robinson, Jr.**, the African Development Foundation exec from D.C.—you probably saw him last week on the nationwide salute to the Peace Corps).

Jimmy was attractive in off-white silk organza, with seed pearls on the shoulder, was accompanied by **Dr. Herbert Olivera**, former Morgan U dean, now his new post as professor of accounting at Towson State University.

Gorgeous was the group's president, **Barbara Owings** in a Rachel Bananamore designer ankle length white silk chiffon. She presided at the brief program which included champagne toast led by her husband, Connecting link, **Dr. Samuel R. Owings.**

More beauty

Among beautiful guests there; — Mayor Schmoke's executive assistant, **Clarence Bishop**, and his Link wife, **Deidre**, snazzy in green metallic (she's fund-raiser for UNICEF); and the lovely realtor, **Carolyn Syphax-Young**, and hubby, **Harold**, the HUD exec.;

More faces in the crowd: **Richard Hackney, Jr.**, the Alex Brown partner and his fiancee, **Gwen Carter** of N.Y., and **Sylvia Law**, the Mental Hygiene fiscal affairs director, squired by **Reginald Thomas**, the U. of Baltimore admissions official.

Former city school super, **Alice Pinderhughes** was there—attractive in black, dotted with sequins, was escorted by **Judge David T. Mason.**

Looking good on the dance floor - **Congressman Kweisi Mfume** and **Sheila Davenport**, the nursing director, just lovely in black and white; and **Coppin State prexy, Dr. Calvin Burnett**, and his wife, **Greta**; and the city new school superintendent, **Dr. Richard Hunter** and his wife, **Margo.**

About People

Happy birthday hellos to **Mrs. Edna Glover** of Arunah Ave. She was all smiles when kin gathered on Nov. 25 to mark her 99th birthday. And, they were proud and she was, too, that she keeps a positive attitude despite illness which has limited her activities.

She told the gathering, "I have seen spectacular changes in my nearly 100 years. Life has been exciting and God has truly blessed me." **Mrs. Glover** is a longtime member of Union Memorial Methodist Church. Her daughters are **Edna Ruff** and **Martha Bradford** of Baltimore. Son is **William Glover** of Forest Hills. She has 8 grandchildren and 6 great grands.

* * *

Senior citizens looking good: Those who were there are still raving about the lively beauty of **Rebecca Young**. She is the Chicago widow who flew in for the Peepers and Pipers party on Sunday at the Regency Terrace. Her gallant escort-also in his mid-eighties—Frank Gray, the Chicago widower. They were guests of her brother, Jim Murphy, who helped arrange reunion with hometown friends.

Cuff note: Peepers and Pipers is a 40-year-old couples' club. Other members:—**Gert and Bernard Cooper, Maude and Ted Brown, Etta and Ted Phifer, Bea and Hiram Butler, Margaret Ewing, Catherine Stanford Agnes and Elmer Patterson, Lorraine** and **Milton Dugger.**

Remember

Thinking-of-you cards to the family of **John W. Widgeon, Jr.** who died Nov. 13, a week before his 80th birthday. For many years, Mr. Widgeon, known to many as "Uncle Johnny", owned and operated a west Baltimore nitery called Riggs Lounge.

He was the son of **Rev. John Widgeon, Sr.**, and **Mrs. Widgeon (Lucy)**. His father was founder of the First Baptist Church in Fairfield. Mr. Widgeon was a longtime member of Sharon Baptist Church. the Pastor, **Rev. Alfred C. D. Vaughn**, officiated.

Mr. Widgeon was remembered as a person who gave generously of his time, talent and money to community causes and who volunteered with the Meals on Wheels and his neighborhood association.

Mr. Widgeon operated the lounge at Riggs and Appleton Sts., from the early sixties until 1979, shortly after the death of his wife, the former **Mamie Campbell.** Survivors, a niece, **Mrs. Naomi Gross of Cherry Hill, a nephew, Leo thomas, Laurel Ave.,** and several grand nieces and nephews.

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THE WORKING WOMAN'S STRESS TIPS

Working hard, no vacation or just plain beat and tired?

Well, I have been there too many times, you just name it. So, since time has passed for me and, I am sure for you, let's get right down to the point and drop all and get ourselves together.

There is so much to life than work, paying bills and wondering if we have been accepted in the so-called steps to wonderland.

I have had my ups and downs and wondering if I did this or that or did I not mean to hurt someone in my tempered manner.

Finding oneself and being careful on the job and really earning your pay or salary is quite a test. Ask yourself these three questions:

1. Can I turn off work when I leave the office?
2. Am I able to handle pressure, meet deadlines, and cope with difficult people?
3. Do I have high energy throughout my day — evening?

See—seek room for yourself and improvement in your life and your lifestyle. Set a pace and get some congratulations for yourself for home, work and play.

We do not, you do not, have to let stress rob you of your energy and enthusiasm. Now — there's relief in the form of a brand "new you."

As a professional, you take pride in working at full throttle. Come on we can do our work and still please whomever we are to please, etc.

Don't — don't push too hard. Be the top dog in your world, your life. Let's leave the pressure for someone else.

You can cry and thrive on your pure energy. Learn how to stop "spinning your sheels" and perform at your peak, hour by hour.

We have to learn the old saying—Pressure. Stop being over - committed and stretched to your limit everyday. Great changes are in store for you. How about counting on great changes in your life.

Being a working woman, hard and dedicated as we both are, we have to stop in our very own dedicated paths and look ahead, not back, not over our shoulders, but especially move forward to betterment for ourselves.

There is always going to be new energy and new purpose and new excitement of being more in control of your work—and your life.

We have got to have more control of our work and that means being in control of you — yourself.

Lord, let me tell you in a long hard way and a hard way believe me. I had to take my lifestyle and duties performed in firm attention.

Guess what? I did and now, I am in control of me and can say no — and not being mad or angry.

It was hard, but now it is so easy. I know what I can do and cannot do, no one but me.

I am in complete control of yours truly. All working women are not all professionals. But, we do have specific ways we can benefit from doing and taking extra care of ourselves. We can achieve more in less time with less effort.

Today, most of us (working women) burn out and suffer from the anxiety, fatigue and burn out from overstress.

Don't be — learn now.. Again, gain the results, attend workshops, seminars and gain better self-awareness.

You know a good pal of mine told me just recently, of all I talk about, write about, I should use some of my tips on me, that I write about.

Do I, just one day in my path of working days or playdays, turn the deaf ear? It took me a good while to get what she meant and now I know.

If anytime you get what she meant and now I know.

If anytime you get to a point and don't feel like talking or explaining, etc., just do it — turn on to the deaf ear. It's simple — free.

Let's gain a comfortable sense of balance between work and self-enjoyment.

You know with your self-seeking, self-researching you can be sure you will come out on top with a good chance of sound energy, confidence, and enthusiasm and a good plus in new high personal productivity.

On the other hand, let's try to shout for better health, improve your health and maintain it!

Talking about nine lives, the old saying a cat has nine lives. Yours truly had it and is holding on to it, too.

I have so much to be thankful for. I do count my blessings each day. Take charge of your stress. You will enjoy your career and personal life **now**! So my AFRO Readers, relieve yourselves by new insights into diet, exercise, relaxation, see how you can cope when people come around.

Let's start and head towards better environment and better outwardness. Learn how to put fun back into your **"Life."** Let's overcome any desire to be "Superwoman"—okay, good.

FOR YOUR TOMORROWS
Learn how to develop a "vacation strategy and make it work for you.

LOVE YA! ! !

TWILAH SAYS...
By Twilah Scarborough

Conference On "Child In Man-Made Baltimore"

CCB's Harbor Campus will be the site of a symposium that will help Baltimore prepare for the last decade of the 20th Century.

"The Child in the Man-made Baltimore Environment" will address the social, educational, community and health issues that affect Baltimore's children, and consequently Baltimore's future. Mayor Kurt Schmoke will introduce the keynote session of the conference beginning at 7:15 on December 7.

Presented by CCB's Human Services Institute, the three-day conference will examine new approaches to determine normative development in children. Says Dr. Durham, President of the Community College of Baltimore, "We have to divert our energies away from the pathological and into the normative."

Among the keynote speakers will be Dr. Duane Alexander, Director of the National institute of Child Health and Human Development of the National Institutes of Health, and Dr. Richard Hunter, Superintendent of the Baltimore City Public Schools.

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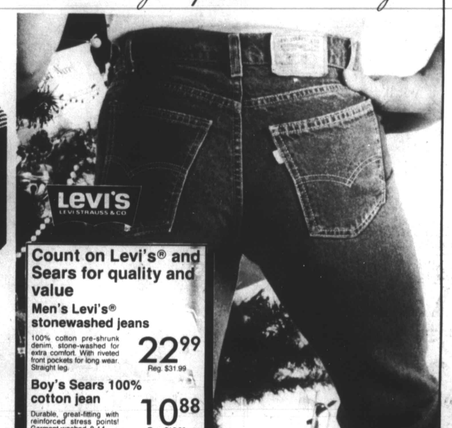

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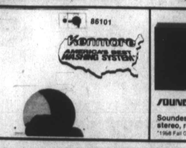

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