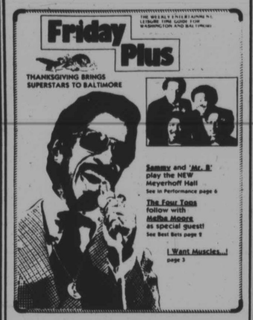

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J. H. Murphy III, Chairman; J.J. Oliver Jr. Vice Chairman
John J. Oliver Sr., President; Kenneth D. Wilson, Vice President
Advertising; Ralph Matthews, Managing Editor.

Advertisers! Find out how **Friday Plus** can help your impact on two great markets with cost-effectiveness. For the complete marketing picture, contact:

Ms. Bonnie Butler, Advertising Manager
The Baltimore AFRO-AMERICAN
628 N. Eutaw St., Baltimore, MD 21201
(728-8200)

Ms. Janice Stewart, Advertising Manager
The Washington AFRO-AMERICAN
2002 11th St. NW, Washington, D.C. 20001
(202)332-0080

Friday Plus news calendaring features
Baltimore: Cheryl Goodman
(301)728-8200 ext. 271

Washington: Art Carter,
Editor, Publisher
(202)332-0080

Best Bets

DICK GREGORY

Comedian, author, actor, human rights activitist, social satirist, critic, philosopher, political analyst, recording artist, **DICK GREGORY** will speak at **Catonsville Community College**, 800 South Rolling Road, on Friday, November 19 at 8:30 pm. Tickets for community members are $1.

Participating in every major and minor demonstration for human rights in America during the Civil rights movement of the 1960's, Dick Gregory has devoted this time and talents to giving benefits for peace groups, civil rights groups and other clusters of people devoted to human liberation.

And although, the many doors he has opened in the entertainment industry over the years have begun to slam in his face, he has not compromised his ideals or his visions of a liberated humanity living together in peace.

Combining humor and a frightening perspective of life in America today, Dick Gregory gives some of the most powerful, yet entertaining performances on the lecture circuit today.

His views on the Martin Luther King Jr., and Kennedy assassinations, as well as his opinions on black male/female relationships are well worth hearing.

THE O'JAYS

The O'Jays will be bringing their own brand of excitment to the Washington, D.C. area, Wednesday, Nov. 24 for two shows, 8 and 11 pm. at **Constitution Hall.**

Combining powerful vocals with hard hitting melodies and lyrics, The O'Jays create one of the most dynamic singing groups on the scene today.

With hits like, "The Backstabbers," "For The Love of Money", "Love Train" and "Stairway To Heaven", the group has proven time and time again that their talent and consistency are well worth the popularity they have received over the past few years.

For a pre-Thanksgiving Day treat, check out The O'Jays at Constitution Hall. Tickets are $14 and $12.

Melba Moore

THE FOUR TOPS

This year, bend tradition just a little. Spend Thanksgiving, not only with your family, but with a musical tradition as well.

THE FOUR TOPS will be in performance at the **Joseph Meyerhoff Symphony Hall**, Thursday, Nov. 25 at 7:30 pm. The second half of a star-studded week in Baltimore, **THE FOUR TOPS** will follow the Sammy Davis, Jr./Billy Eckstine show at the Meyerhoff the previous day.

One of Motown's original great units, this four-man group has enjoyed one of the longest careers in contemporary music. Among their hits: "Bernadette," "Sugarpie, Honeybunch", "Seven Rooms of Gloom," "It's The Same Old Song," and "Still Waters Run Deep."

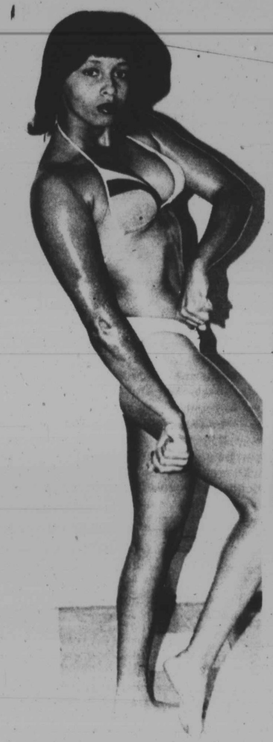
THE FOUR TOPS have combined rich vocals and swinging melodies and produced consistently quality music. Don't miss this opportunity to see the masters at their best.

Appearing with the **FOUR TOPS** will be singer/actress **MELBA MOORE.** Currently on the charts with the single, "Love Coming At Ya," **MS. MOORE's** career has taken numerous avenues as her unique talents expand.

This Thanksgiving Day show is certain to add the icing on the cake for your holiday.

I Want Muscles...!

by Janice Simmons & Valerie Smith-Madden



Tannya Hall, a 23-year old body building enthusiast, shows her physique.

"In this sport, I get to show other women that you don't have to look like a man after lifting weights," says Tannya Hall.

Photos by Valerie Smith-Madden.

Baltimore Women body builders say the rewards outweigh misconceptions

In her current chart hit, singer Diana Ross celebrates the physical:

"I don't care if he's young or old,
Just make him beautiful,
I just want someone I can hold on to,
I want MUSCLES.....All over his body."

Twelve years ago, the only body builders in the limelight were those muscle clad men flexing and competing for titles on such TV shows as "The Wide World of Sports."

Body builders in the 80's differ in their motivation and participation than in past. The average body builder is not interested in professional competition and there are growing numbers of women involved in the sport. The presence of women, however, is not well received.

But women persevere.

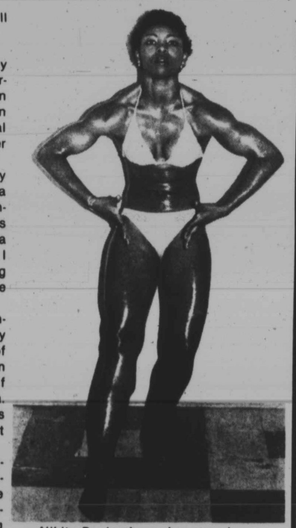
Tannya Hall, a 23 year old body builder, who works out at the Urban Services Health and Exercise Palace on North Avenur and Harford Road in Baltimore, says that women in physical fitness are not taken seriously by either sex.

"A lot of women don't like it. They think it disfigures your body", Tannya says. She adds that many men are uncomfortable with a woman who looks physically stronger than a man. "I had a friend who couldn't deal with me when I told him what I did. He said I was playing a macho role. he didn't want anyone he said could beat him to death."

Nikita Davis, a body builder for 8 months thinks that women not in body building hamper a positive image of female body builders. "A lot of women ask if you meet a lot of men and ask if you work out with them," says Nikita. They say they want to meet the guys with the muscles. Most of them just want to talk to the guys."

Bodybuilding is based on the principal that lifting weights firms and/or increases muscle mass. Experts in the field, such as former Mr. Olympia, Franco Columbu, advocate bodybuilding with a common sense approach, i.e. training with reasonable amounts of weight, expecially for people interested simply in getting in shape.

Nautilus fitness instructor, Mark Johnson, suggests that beginners seek proper instruction first, start training slowly and combine bodybuilding with some cardiovascular exercise like running or walking.



Nikita Davis shows her muscles

Ability in bodybuilding depends on age and physical condition. If over 35, a person should see a doctor before beginning training, check blood pressure and possible hypertension.

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