SINGLE PARENTING

WHO CAN HELP THE ABUSED SINGLE PARENT?

It really isn't necessary to remain in an abusive situation just because you either don't have an attorney or you don't know where to go for help. Help is as close as your telephone.

If you fall into the category of the low-income single parent and you have fallen into the vicious trap of a violent relationship with your mate, you can call the Legal Aid Bureau.

The Legal Aid Bureau will give legal assistance and will represent you if you should need legal guidance.

There is no charge for their legal services. However you must fall within their guidelines. This program is set up specifically for low-income families, and has a specific set of guidelines and categories with which to determine if you are eligible for their services.

It is important to call and make an appointment first. After you have made an appointment, it is a must that you arrive for your appointment on time.

On your first visit, you will see a Legal Assistant who will determine if you are eligible for legal assistance.

After that has been established, and you are able to receive their services, an attorney will be assigned to your case and will assist you throughout the entire process until his services are no longer needed.

Because of the large volume of women who fall victim to abusive spouses, and because the national statistics state that women suffer more than men from abuse, I contacted Attorney Raymond Tubman and inquired about the services of an attorney, what his or her role should be to his client and how a woman can protect herself legally. Attorney Tubman suggested:

Step 1. Go To District Court, Civil Division, and file the necessary papers for a Court Order. You do not need to have an attorney to do this. Fayette & Gay Streets.

Step 2. This court order will prohibit the abuser from abusing you further, and this court order means that you will be seen by the judge on the same day. This order will last for five days and can be extended for an extra 5 days.

Step 3. After you have obtained the above seek legal counseling, either through your own private attorney or Legal Aid.

Step 4. Make arrangements to protect yourself. Have a friend stay with you. Obtain some form of local protection like (Mace gun or Tear Gas Gun). Change your phone number if necessary. Change your everyday routine if possible. Change the locks on your door if this person has a key. If you can afford it get an alarm system.

Step 5. Let your family know what's going on and let them know of your whereabouts during this time.

Step 6. If the abusive person corners you, try and talk your way out of the situation. Do as much as you can to protect yourself, even if it means saying that you try to cooperate with them (even though you know you won't).

Each situation is different and it is up to you to try and resolve the situation the best way you can. Emotional feelings are strong and it is your life.

Atty. Tubman also stated that there are some attorneys who do not charge for an initial counselling session. He suggested that you check around and find the best lawyer for you who may be able to assist you on any basis.

If you should need additional legal information you may contact The Legal Aid Bureau.

The House of Ruth is another alternative. They have extensive outreach counselors and temporary living quarters for you and your children.

If you feel that you are an abused parent and you are looking for some guidance, give them a call

—Philomathians

(Continued from page 11

The Philomathians, had their inception in 1932, when they, interested in recognizing the accomplishments of women, invited 16 women to join a group. The idea was the brainchild of the late Mrs. Vivian Johnson Cook and the late Mrs. Vashti Turley Murphy.

Philomathians means "Lovers of Learning" and the group perpetuated this and other traditions in a monthly study program.

Their purpose are: to study modern trends; to honor women who have made significant contributions to humanity; to participate in the cultural and intellectual life of the community and to activate interest in problems, possibilities and challenges that face women.

Officers of 1985-1986 are Mrs. Mae Wright Peck, President; Mrs. Frances Murphy, Vice President; Mrs. Ellen D. Howard, Recording Secretary; Dr. Beryl Williams, Assistant Recording Secretary; Mrs. Helen C. Lee, Corresponding Secretary; Mrs. Myrtice Bennett, Treasurer; Mrs. Marie Fraser, Chaplain; Dr. E. Irene Diggs, Keeper of the Archives and Dr. Flossie Dedmond, Parliamentarian.

Other members are Dr. Thelma B. Bando, Mrs. Harriette Lee Bannister, Mrs. Amy Tate Billingsley, Dr. Gretta Burnett, Mrs. Carolyn Chissell, Mrs. Doris Cole, Mrs. Althea Cornish, Mrs. Jeanne P. Davis, Mrs. Sally Fletcher, Dr. Regina Goff Henry;

Also Mrs. Beautine DeCosta Lee, Rev. Vashti Murphy McKenzie, Mrs. Christine J. Moore, Mrs. Rosa Phillips Neal, Mrs. Marion L. Patterson, Mrs. Gloria Phillips, Mrs. Ida Murphy Peters, Dr. Ruth Brett Quarles, Mrs. Sheila Richardson and Mrs. Dorothy P. Smith.

On leave of absence is the Rev. Marie Phillips Braxton.

—More Partyline

(Continued from page 9)

Brown, members of Provident's staff, discussed "Families in the '80s."

Moderated by Geraldine Barbour, program chairperson, the distinguished panelists presented views on "Building Ethics," "Effective Discipline," "Teenage Problems" and "Health Problems of the Aging."

The summary statement presented by the moderator was a brief synopsis of the presentation:

"In building values we have to ask ourselves the following questions: What do I believe? Why do I have these beliefs? What values will I instill in my children that will help them to have self-discipline as teenagers? This self-control impacts upon the development of our personal plan of living, which includes lifelong habits in diet, regular exercise and the exclusion of smoking and consuming alcohol. This will prepare us for facing maturity as productive, useful senior citizens who will function at our optimal level."

Mrs. Doris M. Williams emcee, introduced the president of the auxiliary, Mrs. Georgeana Cobb, to the audience which was composed of auxilians and representatives from various community organizations.

SEARS

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Bench power tools require some assembly.

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Celebrating Our New Century

Philomathians host impressive 54th closing

By Pattie Hodges

With the theme 'Women of the World' the Philomathians hosted their 54th Closing Saturday, May 3 at Martin's West. Emcee and Chairperson for the occasion was Mrs. Doris Cole.

The program opened with the Black National Anthem, 'Lift Every Voice and Sing', followed by greetings from Mrs. Mae Wright Peck, Philomathian president, and introduction of the guest speaker by Mrs. Frances Murphy.

The address by guest speaker Ms. Jean Tucker Adams, Executive Assistant to the Governor of Maryland, lent itself to the theme. She spoke of women of the past and present who through their talent and contributions to mankind have made an impact on life, using courage, tenacity and a willingness to take risks. She also stated that they all knew how to "seize the moment," and meet life challenges.

Ms. Adams urged all women present to "seize the moment" it may be and in whatever role they may find themselves. She also reminded its assemblage, "The future does not just happen to us. It is caused by what we plan and do."

Following her highly inspirational remarks, Ms. Adams was presented a gift from the Philomathians by Mrs. Frances Murphy.

Mrs. Carolyn Chissell presented the honoree for this year-Ms. Harriette A. Cole, Home Editor, Essence Magazine, who is also the daughter of chairperson Mrs. Doris Cole.

Ms. Cole who, in addition to her position as an editor with Essence, is an accomplished and popular model, was very gracious in her remarks of thanks, and very informative in a modest way about her life's work so far.

Other highlights of the afternoon, which began with the cocktail hour at 11:30 a.m., were a scrumptuous sit-down dinner, replete with a mouth-watering dessert; two renditions from the bell-toned voice of Mrs. Almer Macer-"The Prayer of St. Francis' and 'I've Just Come From the Fountain' (accompanied by Ms. Janice Forest); incidental music by Lionel Jiggetts, and familiar songs done by the luncheon assemblage, directed by Mrs. Marie Fraser, accompanied by Henry Freeman. Mrs. Marie Fraser also said the grace for the luncheon.

Mrs. Rosa Phillips Neal did the introductions of out-of-town and special guests, and closing remarks by Mrs. Peck.

The atmosphere of the afternoon was pleasant, nicely paced and interesting.

My table mates included Henry Freeman, retired head of the Music Dept. at Coppin State College; Dr. Beryl Williams, Board of Directors member, Advance Federal Savings and Loan; Salima Siler-Marriott, chairperson, Department of Mental Health and Human Services, MSU; George N. Buntin Jr., Executive Secretary, Baltimore Branch, NAACP; Wilk S. Peters' Peters, retired professor from MSU; Geneva Peters, his wife, a retiree of the Baltimore City Public Schools; Percy Baker, retired from MSU and his wife Mary Baker; and Mrs. Enolia McMillan, local and national president of the NAACP.

Continued on page 10

PHILOMATHIAN PRESIDENT MAE WRIGHT PECK (R) compares notes with (from left): Gretta Burnett and Gloria Phillips.

COMMITTEE MEMBERS for the affair are (L to R): Mesdames Dorothy P. Smith, Doris Cole, chairperson; Jeanne Davis, Marie Fraser and Flossie Dedmond.

JEANNE ADAMS, of the Governor's Office, guest speaker for the Philomathians annual luncheon held last Saturday at Martin's West is seen with Harriette Cole, who was the Philomathians' honoree for this year's event.

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Downtown — 106 W. Lexington Mall
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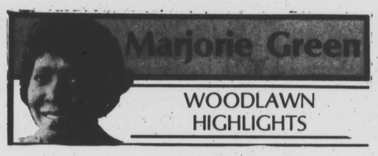


WOODLAWN HIGHLIGHTS

KATIE DAVENPORT IN CONCERT

Sunday, May 25 at 4 p.m., Sis. Katie Davenport will be presented in concert by the Gospel Chorus of the Concord Baptist Church. The concert will take place in the sanctuary of the church located at 5204 Liberty Heights Ave.

Sis. Davenport, who has worked as pianist for churches throughout the city, will have as her accompaniest, Moe Daniels, a world renowned pianist also known for his outstanding creative style as an orchestrator.

Ms. Davenport spent two years performing as a soloist and actress with the Ed Heath Showcase. In addition, she has performed as a soloist for the Maryland Food Bank.

A native Baltimorean, she is employed by the Westinghouse Defense and Electronics Division Computer Operations Area. Prior to her current employment, she worked as a Departmental secretary at the University of Maryland, Baltimore County.

Ms. Davenport is the daughter of the Rev. and Mrs. Lillian E. King, pastor of New Temple of God Baptist Church in Baltimore. Katie and her husband Andrew are the parents of two children; Marvine, age 16 and Andrew, Jr., age 14. The family resides in Howard County.

ASSOCIATE COMMISSIONER AWARDS PRESENTED

The Office of Disability Operations recently held an awards ceremony in the Woodlawn Dickinson Building cafeteria in recognition of employees who have demonstrated outstanding ability in performance of their work responsibilities.

Associate Commissioner Citations were presented to William Knutson, Rosalie Koester, Robert Lanasa, Marsha Love, Patrese McDermott, Joseph Muffolett, Richard O'Toole, Charlene Phillips, James Shriner, Carolyn Boyd, Rodney Tate, Geraldine Burns, Janet Butler, Denise Cox, John Dziwulski, Bernice Eatmon, Charles Forrest, Kevin Gibson, William Gilmore, Lorna Hainesworth and Regina Kain.

"All God's Children," the SSA Gospel singing group directed by David McCoy sang a moving arrangement of the "Battle Hymn of Republic" and "Reach Out And Touch Somebody's Hand."

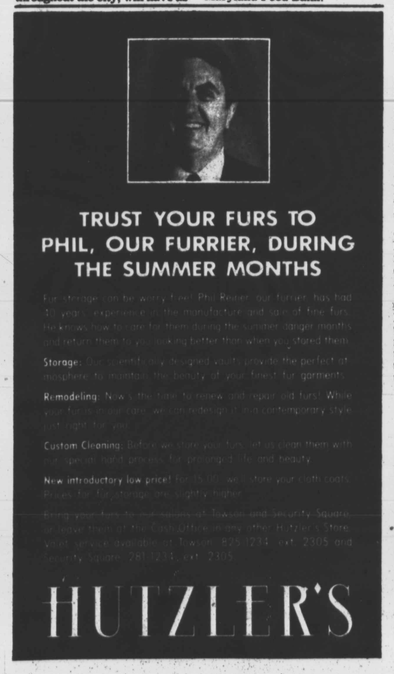
Ms. Ruth Pierce, Associate Commissioner and Ms. Huldah Lieberman, Director of Disability Operations, commended the recipients for their positive contributions towards maintaining the high level of service rendered to the public.

CONGRATS

The Rev. John Wright, president of the Howard County Branch of the NAACP, was recently honored at a banquet given by the Helen Christine Johnson Foundation. The honor was given in recognition of his work as a civil rights activist. Councilwoman Ruth Keeton was the keynote speaker for the event that took place early this month at the Kittamaquandi Room in the Rouse Building, Lakefront Columbia.

• • •

Remember, Freedom Is Not Free. Join the NAACP today. Don't forget the NAACP Baby contest on Saturday, June 21. For additional information call 366-3300.



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Hints For Homemakers/Inez Kaiser

Here's A Great-Tasting Spread That Has It All

DEAR INEZ: I just love the taste of butter on hot breads, but I know it contains too many calories and is high in cholesterol. I have to watch both my weight and my cholesterol. Can you recommend a spread with good taste that will still satisfy my weight and cholesterol limits?

—BUTTER-LOVING BERTHA

DEAR BUTTER-LOVING BERTHA: Consider your problem solved in just four words: SHEDD'S SPREAD COUNTRY CROCK. It's as easy as that.

SHEDD'S SPREAD will assure you of its great quality in just one good tasting. It has a rich buttery taste, fewer calories than regular margarine and it contains no cholesterol.

Just one taste of SHEDD'S SPREAD will make you melt like butter. In fact, this super spread makes everything taste great. You will love everything about it.

All in all, SHEDD'S SPREAD has been called mankind's greatest invention because of its many good-tasting selling points that appeal to such a wide range of consumers. No doubt about it, butter has finally met its match in SHEDD'S SPREAD.

But that's not all. This tasty spread costs much less than butter or margarine. It gives you more for your money and this year it's even better.

COUNTRY CROCK from SHEDD'S is available in convenient sizes from 1 lb. to 5 lbs. It also comes in quarter sticks. These sticks have the same buttery taste as the spread. The quarter sticks also have fewer calories than regular margarine and contain no cholesterol.

COUNTRY CROCK from SHEDD'S is certainly the taste to stick with. It's my guess that this spread will be around for a long time. Everything about it is just right.

My advice to you is to try COUNTRY CROCK from SHEDD'S—and then stick with it.

ELATION HELPS MEN ACT ON IMPULSE

LEVER BROTHERS HAS INTRODUCED a brand-new fragrance to its popular IMPULSE body spray collection. It's called ELATION, and it's an exciting new allover body spray that you really should try.

IMPULSE made a name for itself by becoming the first body spray in the United States and it has been No. 1 ever since. The product can be used on your arms, legs, back, stomach and under your arms. Its lovely fragrance lingers on your body and gives that feeling of tingling freshness and desirable femininity.

ELATION, the exciting new fragrance, should be especially popular with the 16-to-24 age bracket. ELATION is a light, adventurous blend of fresh floral ingredients. More immediately important, it is an elegant fragrance that is sure to catch the attention of the menfolk.

ELATION, like the other IMPULSE fragrances, is portable and positively spill-proof. It is easy to carry just about everywhere. You can tuck it in your purse, glove compartment, desk drawer, health club locker or tennis bag.

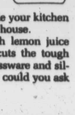
ELATION, with its eye-catching silver-and-red container, is bound to stir up a lot of attention. Why not put it to work for you?

CUTTING THE TOUGH STUFF LOOSE

I TALKED ABOUT eating good and then I talked about smelling good. Now I want to tell you how to keep your kitchen looking good. My favorite product to help you keep a clean, orderly kitchen is SUNLIGHT liquid dishwashing detergent with lemon juice.

This marvelous product can make all the difference in the world in taking care of dishes that are the toughest to clean. Let me explain.

SUNLIGHT with lemon juice provides the cleaning power that cuts through the toughest dishwashing jobs—like baked-on, caked-on, stuck-on dried food—and even grease.



Anyone who ever washed dishes by hand—men as well as women—knows that the toughest job in the sink is getting rid of those tough, baked-on stains. That's what SUNLIGHT does best.

With its clean, lemon fragrance, SUNLIGHT cuts through all the mess and removes those tough stains. It will help you make your kitchen the brightest, cleanest room in the house.

So remember, SUNLIGHT with lemon juice makes dishwashing easier and cuts the tough stuff loose. It also makes your glassware and silverware look brighter. What more could you ask of a dishwashing detergent?

MAY 1986