Kelly Hill

SINGLE PARENTING

HEALTH WATCH FOR TEENS

While everyone else may be getting ready for back to school, your child's health is very important. Because we set our priorities according to its urgency, we aren't too concerned about the bodies growth and how dependent teens need nutrition.

One of the most important minerals that their body needs is calcium. It plays an important part in the development of strong healthy bones. But a parent may have problems in getting his/her child to understand the importance of getting enough calcium.

The first step can be easily accomplished. Children interested in sports must understand that their calcium intake should be approximately 1200 milligrams a day. Explain that it does not mean that you can only get it by drinking milk. Other dairy products like cheese, buttermilk, or yogurt have the calcium minerals also.

About four to five servings per day from any dairy category is sufficient.

Let them know that without a proper diet, their bone density will be decreased thereby resulting in brittle bones, and easy bone fracture, just from every day stress.

Teenage boys usually get their recommended daily allowance. However, studies show that teenage girls consume far less than the RDA.

During the adolescent years, calcium consumption is important. During this period in an adolescent's life, bone development increases. About 45 percent of the bone mass is formed during this time, and about 15% of their adult height. Even though bone growth stops once adult height is reached, thickness and strength still continues.

Unsuspecting parents and teens may be puzzled later on in life if fractures occur easily. Decreased bone density due to lack of calcium intake can lead to a disease or condition known as osteoporosis. It affects about 20 million people in this country. It cannot be cured, but studies show that the risk can be lowered if calcium intake is increased.

Listed below, are some ways of making sure your teens get their recommended daily allowance of calcium intake. The chart below can be posted on your refrigerator for quick reading.

Even though the single parent may wear many hats, raising healthy children is important also . . . pay attention to your health!

On Thursday, September 11, Black Single Parents, Inc. will hold its Fall membership meeting at 11 E. Chase St., Suite 1-B from 6-8 p.m.

For more information call the B.S.P. hotline (301) 332-4122.

For Calcium

1 8-oz. glass 2% low-fat milk
1 8-oz. container fruit lowfat flavored yogurt
1 Toasted Swiss cheese sanwich (made with 2 slices white gread and 2 oz. Swiss cheese)
2 8-oz. glasses 2% lowfat milk
1 waffle, 7" in diameter (made with whole milk)
1 slice homemade cheese pizza
1 8-oz. serving cream of mushroom soup (made with whole milk)
1 cheeseburger (made with 3 oz. ground beef and ¼ oz. American cheese)
1 yogurt banana frappe (made with ½ cup plain lowfat yogurt, ½ cup plain lowfat yogurt, ½ cup whole milk, 1 banana and 1 tablespoon honey)

International Teen Pageant—An Extravaganza

By Pinnie L. Ross

Forty charming and beautifully talented young ladies, accompanied by their sponsors and chaperones flew into New York City recently to participate in the eight day 'Miss Talented Teen International' Pageant.

They were housed at the Sheraton City Squire Hotel on Broadway. The pageant was held at the world famous Apollo Theater in Harlem where the contestants competed for the Hal Jackson's Miss Talented Teen International title.

During the eight day stay in New York, the girls worked hard at brushing up on their individual talents and rehearsing for the Big Night. They were directed by the Talented Teen staff, talent coordinator Deborah Balling, production coordinator Frances Tinsley, production assistant Shelia Edwards and choreographers Charmaine Charles and Crystal Inge.

AN UNFORGETTABLE ITINERARY

Hal Jackson, founder of the Teen Pageant, Group Chairman of Inner City Broadcasting Corporation and nationally known radio personality who is known as the dean of Black Broadcasters, knows just how and what to select for contestants' and sponsors itinerary.

The welcoming dinner on Saturday was held on the spacious poolside patio at the hotel. What a Reunion!!!!!! Seeing all the pageant sponsors and welcoming the new sponsors to the family. We dined to music provided by WBLS-FM radio personalities who spun their music in person. During the dinner Jackson asked the contestants and their sponsors to introduce themselves.

We rose early on Sunday morning to prepare for a Circle Line Boat ride around the island of Manhattan, after which the contestants visited Jackson's Radio Station WBLS-FM, followed by their first rehearsal. The sponsors attended an informational meeting during which the activities of the week were reviewed.

On Monday, we visited the Gracie Mansion offices of New York Mayor Edward Koch where a proclaimation was presented to Jackson.

The Tuesday activities were highlighted by a pool-side luncheon and on Wednesday the contestants and sponsors were treated to a matinee performance of "A Chorus Line" by Jackson.

On Thursday there was another poolside luncheon. During all these activities the contestants were rehearsing twice a day.

On Friday the contestants boarded buses for the Apollo Theater rehearsals and lunch at Sylvia's Resturant in Harlem. Also on Friday, the sponsors and chaperones joined the contestants to view "Mamma, I Want to Sing" at a Broadway theater.

On Saturday morning bright and early it was time for our little ladies to board the bus for the last rehearsal at the Apollo and meet the judges at 5:30 p.m. At 7:30 p.m. it was Show Time, an extravaganza itself.

The Apollo Theater response to the 16th Annual Hal Jackson's Miss Talented Teen International Pageant was electrifying. The Apollo was packed to capacity and the Pageant was one of exciting beauty.

When the curtain opened, there was applause and screaming from the excited audience. The young ladies, 13 to 16 years of age, were standing before a glittering backdrop wearing beautiful and colorful pastel evening gowns in a variety of designs.

The contestants, electric with excitement (and nerves,) vied to the international title by participating in three segments of the pageant; appearance, 20 points; personality and achievement, 15 points, and talent, the heavy segment, 30 points.

THE HIGHLIGHT —THE WINNER

"And the Winner, Miss Talented Teen International" said Godfather Jackson, "Is Miss New York". She is Oween Davis, a 5-year old violinist sponsored by the Committee for Positive Youth chaperoned by Flora Haynes.

The First Runner-Up was Monica McSwain, a 14-year-old dancer from Nebraska State sponsor Patricia Polk; Jersey, a singer State sponsored Calandra Murray from New Jersey, a singer State sponsored Lillian Allen; the Third Runner-Up title was captured by 14-year-old Candice Williams from Maryland. She was sponsored by Pinnie's Charm Studio, State sponsor Pinnie L. Ross, and the Fourth Runner-up title went to Torina Carter of Washington, DC who was sponsored by Capitol Artists Productions, Jane Harley, State sponsor.

Gracefully relinquishing her crown was 16-year-old Tai Jimeniz, a ballet dancer from New York who shared the emcee functions with Hal Jackson.

THE 1986 DON CORNELIUS INTERNATIONAL AWARDS

The nationally known producer of "SOUL TRAIN", Don Cornelius, gives three international awards during the pageant each year. The awardees are selected by the International Pageant contestants.

This year the 'Miss Personality' Award was presented to 16-year-old Eva Marie Shivers of Phoenix, AZ. The 'Miss Creativity' Award went to 14-year-old Candice Williams from Upper Marlboro, MD, and the 'Miss Congenality' Award went to 14-year-old Regina Rivers of the U.S. Virgin Islands.

Other international awards were given to those state sponsors with ten or more years with the Pageant.

Each year, Hal Jackson and Mrs. Wilda LaBrie, who is the International Director for Contestant and Sponsor Relations, present these awards. This year's recipients were: International Coordinator Barbara De Baptiste, Connecticut Sponsor Clifford De Baptiste, Ohio Sponsor Tom Pillar and Maryland Sponsor Pinnie L. Ross, with five years as a local sponsor and eleven years as state sponsor.

Special guest artists were Bobby Brown formerly of The New Edition, Johnny Kemp and the Whitehead Brothers.

Judges selecting the five finalists were: Tracey Ross, Actress; Malcolm-Jamel Warner, Actor; Carl Payne, Actor; both from the Cosby Show; Michelle Thomas, 'Miss Talented Teen 1984'; Talmok, actor in the 'Last Dragon'; James Harding, Special Advisor to Mayor Koch; Yvonne Rose, Fashion Editor for Class Magazine and Cynthia Horner, Editor of Right On Magazine, who also received a Plaque for the long service rendered to the Pageant.

PRIZES

The winner, Miss Oween Davis won a cash self achievement award as did the First Runner-Up. These awards were presented by Fade So Gently Cosmetics.

The queen also received a diamond ring, a guest appearance on Soul Train, a fur jacket courtesy of Harry Kirshner, furrier of New York, a trip to Jamaica, Antiqua, St. Croix and Bermuda in the West Indies and an expense-paid trip to the 1987 International finals.

All contestants received many gifts including beauty products from Fade So Gently, records, carry on bags, large WBLS umbrellas, caps and trophies.

The choreography was superb,

Continued on page 19

Pinnie Ross

COLUMBIA CAPERS

CANDICE WILLIAMS PLACES 3RD IN MISS TALENTED TEEN INTERNATIONAL PAGEANT

Candice Williams, a fourteen year old dancer represented the State of Maryland and captured the hearts of the judges and the 39 contestants at the Hal Jackson 'Miss Talented Teen International' Pageant at the world famous Apollo Theater in New York recently. She is the daughter of Michelle Allen of Upper Marlboro, MD and Chapelle Williams of Atlanta, GA.

Cute Miss Williams won the Maryland Miss Talented Teen Pageant of June 1, at the Marriott Inner Harbor Hotel in Baltimore. She accompanied the Maryland State Sponsor, yours truly, to the International finals in New York. Her parents, grandparents and many family members were in attendance at the Finals.

Miss Williams, who is an honor student at the Duke Ellington High School of the Arts in Washington, DC placed third among the Talented Teens from across the country, the islands and Alaska. She was also unanimously chosen to receive the Don Cornelious 'Miss Creativity' Award by her fellow contestants.

Miss Williams received two large trophies, flowers, certificates, carry-all bags, a large WBLS umbrella, lots of records and beauty products from Fade So Gently Products, and lots of applause and good wishes.

Miss Williams danced to a tune called "Dream" by Irene Cara while dressed in a very sheer handkerchief design multi-skirt with aqua sequins and a sequined large bow on the side of her head. Very poised and graceful, she stepped onto the Apollo stage, posed, lifted her head and as she opened her hand, sprinkles of star glitter covered the stage. Candice was dreaming and reaching for the stars.

The International Third Runner-Up was privately coached in New York by Rae C. Ross with special emphasis on facial expression and movements. Miss Williams adds to the last of six young Marylanders who have traveled to compete in the Hal Jackson Miss Talented Teen International Pageants and to come home having placed high in the final selections. Maryland has produced two International Winners and six Runners-Up over the sixteen years of the Pageant.

In 1972, Edna Ruth Hill, from Columbia captured the international title. She recently received her Doctor of Medicine Degree from the Howard University School of Medicine and is completing her internship at Howard University Hospital.

Another winner was Kimberly Ann Brooks from Baltimore. She has done several educational commercials and is presently a student at Villa Julia College in Baltimore.

Among the Third Place Winners are Tracey Hamlin from Baltimore; Miss Talented Teen, MD 1982; and Miss Baltimore's Best 1984. Tracey has signed with Atlantic Records in New York which is now writing songs for her first album.

Our sincere thanks to the many people from the State of Maryland who have helped to encourage the many talented young ladies to participate in the Maryland Pageant.

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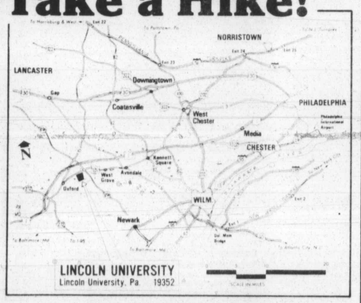
Your desire for a better world has led to a career in human services and now you'd like to further that pursuit with more training and a master's degree. Lincoln University can help you take the steps toward that goal. We're concerned and convenient. Our Master of Human Services Program is tailor made for your situation because it allows you to keep working while you earn your degree. You can attend Saturday classes and evening seminars and finish the program in two years. Contact us today and we'll tell you how a short drive to our beautiful campus can be a real bargain in furthering your career.

Take a Hike!



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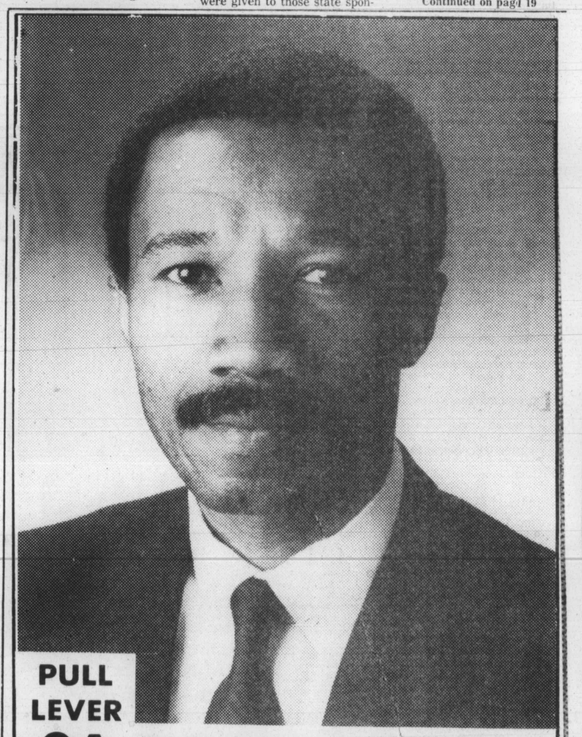


PULL LEVER 9A

MFUME

FOR CONGRESS

Auth. Joan Powell, Treas.

Gail Heckstall weds Peter Atwater

One of the loveliest weddings of the summer season was the one which united in matrimony Gail Sandra Heckstall, 6800 block Fox Meadow Rd., daughter of Mr. and Mrs. Scott Heckstall (Elaine) to Peter Jerome Atwater, Goldsboro, NC, son of Mr. and Mrs. Harold Atwater Sr., also of Goldsboro.

The double ring-ceremony, held at Providence Baptist Church, 1401 Pennsylvania Ave., Sunday, July 6 at 5 p.m. was officiated by the Rev. Marcus Wood.

Given in marriage by her father Scott Heckstall, Gail wore a long white organza gown, which boasted a low-cut scalloped neckline, a pearl and lace bodice with puffed sleeves and a billowing skirt. Her floral and pearl headdress ended in a fingertip veil in the front and a cathedral train in the back. She carried a nosegay bouquet.

Maid of Honor Shelley D. Northern (bride's cousin) of Baltimore, wore a lavender summer satin gown with off-the-shoulder ruffled sleeves, matching satin shoes and white gloves. She carried white and lavender flowers.

Bridesmaids Nedra East, Cheryl Gaines, Deborah Kinsey, Dionne Little, all of Baltimore, and Diane Pennick, Owings, MD wore lavender summer satin gowns with off-the-shoulder ruffled sleeves, matching satin shoes and white gloves. All carried white and lavender flowers.

Flower Girl Kristin Camille Heckstall, (bride's niece), Baltimore, wore white lace over lavender and carried a basket of assorted flowers.

The groom wore grey tails (Dynasty style) with a white shirt, a grey cummerbund, a lavender boutonniere and grey bow tie.

Photo by Paris Gray

NEWLYWEDS — Mr. and Mrs. Peter Jerome Atwater beam happily as they leave Providence Baptist Church following their recent wedding. The bride is the former Gail Sandra Heckstall.

Best Man Edward Swafford, (bride's cousin) New Orleans, LA, and Ushers John Crisp, Jr., Pikesville, MD, Brian D. Heckstall and Scott Jeffrey Heckstall (bride's brothers) both of Baltimore, Keith Pennick, Owings Mills, MD and Kevin Peters, Glen Burnie, MD, wore grey Dynasty tuxedos with white shirts, grey cummerbunds and lavender boutonnieres.

Ring Bearer Michael J. Brown, Baltimore, wore a two-pieced white suit and white shoes, and a lavender boutonniere.

Decorations at the church included baskets of white and lavender gladiola and carnations.

Musical Program Organist was John Miller. Soloist Mrs. Gwendolyn Daye sang "Ave Maria" and "The Lord's Prayer."

The Old Testament Reading, Genesis 2:21-24, the New Testament Reading, F. Corinthians, 13:4-8, the Sermonette and the Communion were done by Rev. Wood.

A reception, hosted for the couple at Martin's West, Dogwood Rd., carried out the lavender and white color scheme, and included a sit-down dinner, buffet and cocktails for 240 people, and music by the Dennis Fisher Band.

Hostesses were Normetha Forges, Rosabelle Hubbard, Gloria Jones, Mattie Knight and Rosalyn Stewart.

The bride is a graduate of Woodlawn Sr. High School and the University of Maryland, Baltimore, with a Master's Degree in Reading Education from Towson State University. She is an English teacher at Woodlawn Middle School.

The groom, a sargeant in the U.S. Army, stationed in the Engineering Unit at Fort Belvoir, VA, is a graduate of High School in Wayne County, NC, and is enrolled in college in Virginia.

The couple honeymooned in the Poconos. The new Mr. and Mrs. Atwater are at home in Baltimore County.

Ms. Elizabeth Craig was the coordinator for the wedding.

Out-of-town guests came from New Rochelle, the Bronx and White Plains, NY; St. Petersburg, FL; Durham and Goldsboro, NC; New Orleans, LA, Virginia Beach, VA and Denver, CO.

Teen Pageant

Continued on page 10)

expertly done by my little christian friend, Charmaine Charles, daughter of proud mother, Ollie Charles, California State Sponsor.

SPONSORS INFORMED

Sponsors just do not attend the International Pageant uninformed about the rules and regulations that are required by Jackson. Mrs. Wilda LaBrie makes sure that you are aware of those requirements before you arrive and they are reinforced in a series of workshops for sponsors. She prepares you for the workshops by sending out information packets with the hotel reservations and the do's and don'ts for the pageant.

This busy little lady handles all complaints if you have any, with the warmth, but firm "I am concerned about my sponsors" and she proves it time and again by seeing that we get the best along with Mr. Jackson.

It was a great pageant, as always, but this year was extra superb because it was held in the world renowned and famous Apollo Theater where so many Black greats in entertainment got their starts. Next year.....On To The Virgin Islands for Pageant 1987.

S·A·L·U·T·E TO SAFETY

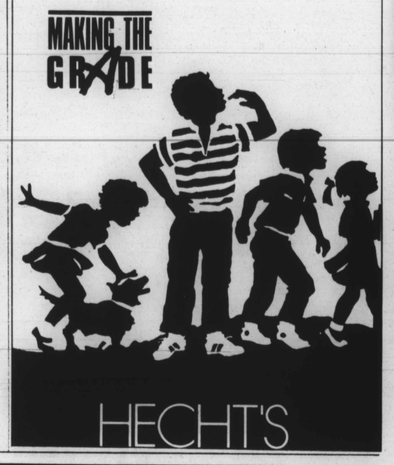
Hecht's is honoring the school crossing guards and safety patrol members in your neighborhood

We would like to extend special congratulations to those crossing guards and safety patrols who have MADE THE GRADE through their outstanding service to the community. Through September 27th, these dedicated, community-minded citizens will be honored in our stores on specially designed photo posters. Come in to our stores and join us in saluting these special people from the following communities.

ANNE ARUNDEL COUNTY
Annapolis

BALTIMORE CITY
Howard Street

BALTIMORE COUNTY
Golden Ring
Security Mall
Towson
Owings Mills



The 39th District At Work:

Pull Lever 13 C For Larry Young

Pull Lever 13 C For Larry Young

LARRY YOUNG
YOUR DELEGATE IN THE 39TH LEGISLATIVE DISTRICT

DEAR VOTER:

On Tuesday, September 9th you will have an opportunity to re-elect the Mitchell-Young Team to another quality four year term representing the 39th legislative district.

As chairman of the House Environmental Matters Committee, I have helped improve the quality of the air we breath, the water we drink, the food we eat and the health care we receive. I have also worked to bring the bacon home to the 39th legislative district, most critics agree that I have done just that.

So please vote for me on September 9th—my commitment only grows stronger.

Delegate Larry Young
39th Legislative District

"It is a pleasure to endorse Larry Young for re-election as a member of the House of Delegates. His deep and abiding interest in every section of our state is outstanding."
Louis L. Goldstein
State Comptroller

WHY WE ENDORSE LARRY YOUNG:

"I can always count on Larry for expert advice on health care issues. Working together we've been able to cut health costs in Maryland without cutting health care."
Barbara A. Mikulski
Member of Congress and
Candidate for U.S. Senate

"I believe the people of Maryland have been well served by Larry Young's leadership in the House of Delegates."
Benjamin L. Cardin,
Speaker of the House of Delegates
and Candidate for U.S. Congress

"Delegate Larry Young deserves the respect our community has given him. He works on a strategy of goals; timetables; and objectives . . . of course he has my unqualified support."
Parren J. Mithcell,
Member of Congress and
Candidate for Lt. Governor

"I am proud to support Larry Young."
Russell "Tim" Baker
Candidate for Attorney General

LARRY'S ACCOMPLISHMENTS:

- Is one of the most successful legislators in Annapolis. In 1986 alone, the Legislature passed 14 of his bills.
- brings the bacon home; he was key to obtaining state aid for the following facilities and programs:
  Caroll Manor ..... $1.5 million
  Bethel A.M.E. Church $180,000
  Church Hospital $200,000
  Provident Hospital ..... $2.5 million
  Constant Care Health System $500,000
  other capital projects total ..... $10 million
- is an effecitve advocate for health care issues.
- is a strong voice in Annapolis for senior citizens.
- is the Vice-President of the Maryland Legislative Black Caucus.
- urged the Governor to establish, and chairs, the Commission on Black and Minority Health.
- is the first black legislative chairman in the history of Maryland State Government.
- "is a Christian in the marketplace."
- is a full-time legislator.
- has received six "legislator of the year" awards for his distinguished record of public record.
- could not have achieved the above without your confidence and support for the past 12 years.

On Tuesday, September 9th PLEASE VOTE:

House of Delegates	**Lever**
Larry YOUNG	13C
for State Senate	
Michael B. MITCHELL	13B
for House of Delegates	
Elijah CUMMINGS	12A
Ruth KIRK	12D
Larry YOUNG	13C
for Congress 3rd District	
Benjamin L. CARDIN	8B
for Congress 7th District	
Clarence M. MITCHELL, III	9B
for Governor/Lt. Governor	
Stephen SACHS	
Parren J. MITCHELL	1C
for U.S. Senate	
Barbara MIKULSKI	5A
for Attorney General	
Russell "Tim" BAKER	3A
for State Comptroller	
Louis L. GOLDSTEIN	2A
for State Central Committee	
Daisy BRADFORD	29B
John JEFFERIES	32D
Clarence MITCHELL, IV	33B
Sterling PAIGE	33C
T. Michael SCALES	34C
for 8th District Circuit Court	
Hilary D. CAPLAN	16B
Kathleen O. FRIEDMAN	16C
Clifton GORDY	17A
Mabel H. HUBBARD	17B
David B. MITCHELL	17C
David ROSS	18B
Marvin B. STEINBERG	18C

VOTE for Larry & the entire MY Team • Dem. Primary - Tuesday, September 9, 1986

Authority: Harry Johnson, Treas.

SEP 1986