PEOPLE

Gregory M. Scott has been named assistant vice president for assessment at Towson State University.

A graduate of Delaware State College, Scott taught sociology and urban affairs and coordinated the college's internship program for more than 10 years.

Before accepting the position at Towson State, Scott

Gregory M. Scott

was academic planning and evaluation specialist for the Maryland State Colleges and Universities.

As assistant vice president for assessment at Towson State, he will direct the assessment of the university's academic and extracurricular programs, focusing on the entire educational experience provided students.

Dr. Carolyn Brooks, Assistant Professor in the Department of Agriculture at the UMES in Princess Anne, has been awarded the First Annual White House Initiative Faculty Award for Excellence in Science and Technology.

She was chosen as one of 34 science, engineering, and mathematics professors considered to be the most outstanding among their colleagues at historically black colleges and universities (HBCU).

The awards have been established by the U.S. Department of Education to recognize "faculty members who have been truly exemplary in their efforts to assist black students in mastering demanding disciplines."

Dr. Brooks is a microbiologist who has been working at UMES since 1981 on a variety of research and teaching projects, including the propagation of root and tuber crops through tissue culture.

Dr. Carolyn Brooks

Dr. Brooks received the award, which included cash prize of $500, at the 1988 Science and Technology Symposium in Washington, D.C.

The University of Baltimore's 21st Annual Alumnus of the Year Awards Luncheon will be held on Wednesday, October 26 from 11:30 a.m. to 1:30 p.m. at the Omni International Hotel.

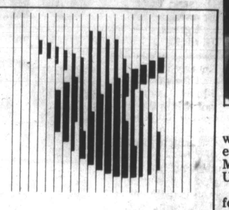
This year's honorees are the Hon. Robert F. Sweeney, chief judge of the District Court of Maryland; Larry S. Kamanitz, president of Kamanitz, Uhlfelder and Permison and Edward J. Tilghman, police commissioner of the Baltimore Police Department.

The University of Baltimore Alumni Association is honoring these individuals for their many achievements in the community and their respective careers and for their interest in and support of the University of Baltimore.

Comm. Edward J. Tilghman

During his 31-year tenure with the Baltimore Police Department, Comm. Tilghman has served as district commander of the Western District, chief of the community services division, and deputy commissioner of the Administrative Bureau.

Test your HEALTHY HEART I.Q.



Prepared by the National Heart, Lung, and Blood Institute

The following "true-or-false" questions test your knowledge of heart disease and how to reduce the risk of developing it.

For answers to these questions, tune in **WNUV-TV** in Baltimore on Sunday, Oct. 16 at 9 p.m. for a special edition of "Baltimore Showcase."

	TRUE	FALSE
1. The three most important heart disease risk factors that you can do something about are: high blood pressure, smoking, and elevated blood cholesterol.		
2. A heart attack or stroke is often the first symptom of high blood pressure and/or elevated blood cholesterol.		
3. People with high blood pressure are generally nervous and tense people.		
4. A blood pressure of 140/90 or more is generally considered to be high.		
5. High blood pressure is even more of a problem among blacks than it is among whites.		
6. It is only a scientific theory that elevated blood cholesterol is related to heart disease.		
7. Dietary cholesterol is found only in animal foods.		
8. The most effective dietary way to lower the level of your blood cholesterol is by eating less cholesterol.		
9. A food product in your grocery store that is labeled "no cholesterol" is a safe choice for people with elevated cholesterol levels.		
10. Cigarette smoking by itself will increase your risk of heart attack.		
11. In addition to the large number of cancer and heart disease deaths that result from smoking, more than 90 percent of all emphysema deaths are due to smoking.		
12. People who quit smoking reduce their chances of developing heart disease.		
13. Heart disease is the #2 killer of women in the United States.		
14. Physical inactivity is related to heart disease.		

Admissions Testing for Financial Aid

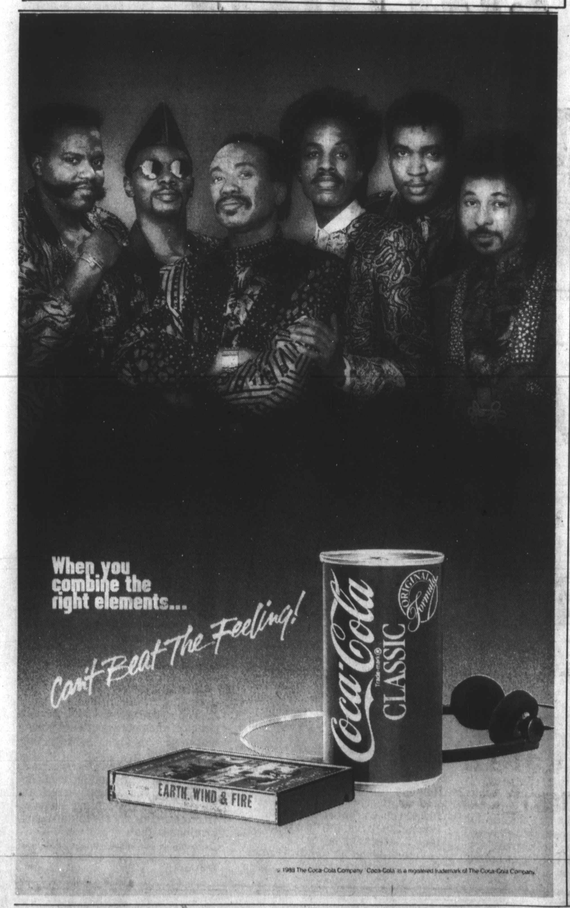
(Based on Need and Merit) for girls entering grades 3–12

Test Date: Saturday, December 3, 1988, 8:45 a.m. to Noon

Call 323-8800, ext. 232 for further details

Registration deadline: December 1

The Bryn Mawr School



GET ON THE TRACK TO "GOOD HEALTH"

DESTINATION: FOOT TOWN (PODIATRY) — Liberty Medical Center 2600 Liberty Heights Ave — CALL 225-9696 — Tuesday, Wednesday and Thursday 9:00am - 3:00pm, West Building, Entrance Towanda Ave.

DESTINATION: SIGHTSVILLE (VISION) — Liberty Medical Center 2600 Liberty Heights Ave — CALL 225-9696 — Tuesday, Wednesday and Thursday 9:00am - 3:00pm, West Building, Entrance Towanda Ave.

DESTINATION: RED PUMP FALLS (BLOOD PRESSURE) — Liberty Medical Center 2600 Liberty Heights Ave — CALL 225-9696 — Tuesday, Wednesday and Thursday 9:00am - 3:00pm, West Building, Entrance Towanda Ave.

DESTINATION: SUGAR HILL (DIABETES) — Liberty Medical Center 2600 Liberty Heights Ave — CALL 225-9696 — Tuesday, Wednesday and Thursday 9:00am - 3:00pm, West Building, Entrance Towanda Ave.

At Liberty Medical Center we want to help you get on the right track to good health. We are offering free health screenings for vision, blood pressure, diabetes, and podiatry.

You are probably asking yourself why a 282-bed hospital would give away personalized health information. There is a very simple explanation. We want you to get to know us, our services, and state-of-the-art equipment: CT scanner, mammography unit, echocardiography unit. Our medical team of doctors, nurses and technicians are really worth knowing. More than that, we want to be your "hospital of choice" should you need medical attention or supervision.

"Make tracks" to Liberty Medical Center's West Building (entrance on Towanda Avenue) at the 2600 block of Liberty Heights Avenue.

All health screenings will be performed any Tuesday, Wednesday or Thursday between 9:00 a.m. and 3:00 p.m. in Park Circle Medical Associates, our new Health Center that is located in our West Building. If you need more information call 225-9696. Decide today to get on the track to good health by following the signs to *"Sightsville"* (vision), *"Foot Town"* (podiatry), *"Sugar Hill"* (diabetes), and *"Red Pump Falls"* (blood pressure) for screenings.

Screenings are confidential and free to anyone over 21 years of age until November 30. Remember the importance of good health, take care of yourself. Get your ticket punched today at Liberty Medical Center.

LMC Liberty Medical Center Inc. We Do Care

IF YOU ASK ME

By Bettye Moss

Smile orchids

Smile-of-the-week-orchids to the recently wed **Mr. and Mrs. Bedford T. Bentley, Sr.** They make a handsome couple and attract admiring glances wherever they go. They caught our eye at a recent church bull roast where we snapped the accompanying photo.

Mrs. Bentley, a widow, is the former **Barbara Dungee.** She retired last week as assistant director, division of management, Baltimore Housing Authority.

Mr. Bentley, a widower, is a retired Army major who works as an Army analyst at Aberdeen Proving Ground.

The couple wed Sept. 3, at St. Phillips Episcopal Church in Annapolis. A number of Baltimore friends travelled to the event by special trolley car. A reception followed at the Baltimore home of friend, **Edith H. Henry.**

Bedford T. Bentley, Jr., the retired Air Force officer, was best man for his dad. Her niece, **Julia Williams** of Wilmington, Del., attended the bride, whose other good wishers were, **Shirley Taylor** and **Alice D. Smith.**

Newlyweds plan a honeymoon trip to the Virgin Islands, will be at home in Ashburton and Arundel-on-the-Bay.

More smiles

Plenty of sunshine in the voice of **Miss India Artis.** She's the young and attractive ad manager for the Small Business Journal, headquartered on E. 25th St.

Orchids to Benjamin Gordon, Jr., he's the talented young businessman and chef whose eatery at 2110 N. Charles St. is tops — appointments, food and service are first class. In the crowd when we dined there last Tuesday — the **James Norrises (Hilda)** and **Dr. and Mrs. William Ray, (Carrie).**

More smile orchids to **Ms. Zerita Skates.** She's the dedicated literacy program director who is pleased with the progress being made by pupils — ages 17-80 — enrolled in the Learning Bank she operates at 1223 W. Baltimore St.

Smile orchids to **Dr. Theodore Patterson.** He's the affable Dundalk medic and community leader. He is president-elect of the University of Maryland Medical Alumni Association. He finished the med school in 1962.

• • •

Mailbag: Mrs. Helen Williams of Whittier Ave. writes: "I have been meaning to write and say how much I enjoy smiles. Please keep them up."

J. R. Logan, Sr., writes: "I live in Howard County, but I grew up in Baltimore and sold the AFRO when I lived on Dolphin Street. I still get my AFRO every week. I want you to know I take great pleasure in the salutes you give to people who smile and are kind and pleasant to others. Please keep them up. by the way, include **Mr. Jerry Lymans** in your smile salute this week. He is my neighbor and church member who is very thoughtful and kind to everybody . . ."

Editor's note: Did someone's smile make your day? Tell If You Ask Me about it. Write, care of this column, Smiles, Baltimore, AFRO-AMERICAN, 628 N. Eutaw St., Baltimore, Md., 21201, and smile, please.

90 years old

A most gentle and gracious lady marked her 90th birthday a week ago, (Sept. 13). **Mrs. Mabel Weaver Holsey,** mother of seven living daughters, "grandma" to a host of "grands" and "Great grands" and a staunch and active member of Grace Presbyterian Church.

We're indebted to Dr. G. James Fleming for sharing with us the details of the birthday party honoring Mrs. Holsey. It was attended by 40 kin and was at the Pikesville home of granddaughter, **Betty (Kenny) Brown.**

Under a room-wide banner designed by grandson, **Peter Mickle**, a commercial artist, and which proclaimed the honoree as "best," Mrs. Holsey heard toast after toast, which summoned all the adjectives that said she was "the best," "the greatest," "the most loving," "the most understanding" mother, mother-in-law and grandmother in the whole wide world.

Widowed, after happy marriages, first to **Sherman U. Weaver**, in 1936, the one-time nurse raised her brood of seven and did not think of anything else until they were all grown.

Widowed a second time by **Augustus J. Holsey**, in 1979, she has occupied her time since mostly with attention to her grandchildren, her great-grands and her church.

A reunion

The birthday party was really a family reunion, with flowers, gifts and eatables all from and by the family. There was only one outsider, Mrs. Holsey's pastor, the Rev. Arthur St. A. Reynolds. It was a day full of warmth and fellowship — and of tears — tears of happiness.

The grandchildren are **Tamara Johnson; Tomasina** and **Peter Mickle; Hayward** and **Ricky Farrar; Warren, Michael** and **Judy Finch; Lynn Webster; Betty Brown; Charles** and **Kent Dorsey** and **David Fitts.**

Much into the activities were the great grandchildren: **Lynn, Mark Ricardo** and **Kent Johnson; Ashley Kirkland; Ricky** and **Tracy Farrar; Tiffany** and **Monique Finch; Charles Joyce, Kimberly, Mark** and **Mika Dorsey; Tina** and **Jeannette Dorsey; Tiffany** and **Krystall Brown.**

A great, great-grandchild is **Danielle Johnson.** A great, great, great-grandchild is **Danny Byrd.**

All examples of a strong, black family, especially notable in these times when so much is said and written of the weakness of the black family.

Photo by Bettye Moss

NEWLYWEDS — Mr. and Mrs. Bedford T. Bentley, Sr., whose attractive smiles attract well wishers.

About people

Historic event on tap: — Woman Power, Inc. holds its 30th annual conference and luncheon on Sunday, Oct. 23, at the Forum. Event will mark three decades of leadership, focusing on political action, community involvement and educational commitment.

Keynoter will be **Ms. Althea Simmons**, chief lobbyist and executive director of the NAACP's Washington Bureau.

Tickets are $20 per person. You can reserve tickets by calling 566-3991, 747-0756 or 367-4520.

Cuff note: **Mrs. Victorine Q. Adams** and **Mrs. Ethel P. Rich** are co-founders of Woman Power organized in October, 1958 to mobilize black women — with the theme, "Each one reach one, each one teach one."

• • •

Reader **Fannie Poulson** calls to say she had a reunion with longtime Baltimore friend, **Mrs. Maude Wilson Bostic**, now of Queens, N.Y. Their paths crossed in a N.Y. hotel where Mrs. Poulson was attending a conference of Top Ladies of Distinction.

Mrs. Bostic is the daughter of the late and famed Baltimore high school music teacher — **W. Llewellyn Wilson.** She sends hellos to relatives and friends here.

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Sick list: — On the mend at Harbor Medical Center — **Roscoe Herring**, the aide in Gov. Schaefer's Baltimore office.

Out of Liberty Medical Center and resting at home is **Mrs. Valerie Reynolds.** She's wife of **Rev. Arthur St. A. Reynolds**, pastor of Grace Presbyterian Church.

Cheer to Bon Secours Hospital for **Theodore Hythe**, the N. Carey Street good neighbor.

• • •

Dr. Melvin J. Humphrey, Sr., 67, was eulogized in John Wesley AME Zion Church in Washington on Sept., 19. burial was in Norfolk, Va.

Dr. Humphrey was the retired director of the Small Business Division of the U.S. Department of Transportation.

Baltimoreans will remember him as a former professor of economics and business at Morgan State College (now University).

Survivors: Wife, **Betty Holton Humphrey**; daughter, **Janice Walton**, Kansas City; and son, **Melvin Humphrey, Jr.**, Baltimore. Also, sister, **Mrs. Marie Watson**, St. Louis; and 3 grandchildren; and 2 great-grands.

SEARS ONE DAY ONLY OCTOBER 15

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7 PM-9 PM SPECIALS

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