



THE HARAMBEE SINGERS
....Dynamic black women's trio

Here Friday Night

Harambee Singers To Present Concert

The 1985 International Women's Day celebration will open Friday, March 8, with a special concert dedicated to the women of South Africa.

The Harambee Singers, a dynamic black women's trio from Atlanta, will perform at 8 p.m. at Little Rock AME Zion Church, 401 N. McDowell Street. The concert will benefit a day care center for South African children, sponsored by the African National Congress.

Formed in the mid 1960's out of the Southern Freedom Movement, the Harambee Singers combine their many talents as singers, songwriters and collectors of oral tradition to present a dynamic musical statement about the black experience.

Their music includes songs from South Africa's gold mines, field cries of kidnapped slaves, Gospel and Spirituals, children's plan songs and women's work songs. Through their music, The Harambee Singers reveal the wholeness of women who are committed to family, to community, and to peace and freedom in the world.

Concert tickets are \$6 or \$3 for students, senior citizens and disabled, and are available at the Undercover Book Source, 115 East Boulevard, or from International Women's Day, P.O. Box 31021, Charlotte, N.C. 28231.

"Southern Sisters: Heroines Making History" is the theme of the three-day Charlotte celebration to commemorate the contributions of working women on three continents.

On Saturday, March 9, an afternoon conference will highlight several Southern "heroines" -- women who provided outstanding leadership in the struggles for freedom, equality and world peace. Among those honored will be Sojourner Truth, textile worker Ella May Wiggins, and union leader Moranda Smith, a black woman who led the fight to organize food and tobacco workers in the 1940's.

The Harambee Singers will conduct a workshop on Music for Cultural Survival, tracing the origins of black music across several centuries.

Other workshops will include Organizing for Survival, Legislative Issues for Workers, and women in South Africa and Latin America. Tandi Geabashe, a South African now working with the American Friends Service Committee in Atlanta, will speak.

Other speakers will include

"Body Recall"

The Charlotte-Mecklenburg Senior Center will be holding two free "Body Recall" demonstrations this month. "Body Recall" is a program of physical fitness for older adults who want to improve their physical and mental well-being. The first demonstration will take place on March 14 from 3:15 to 3:45; the second, on March 20, 10:15 to 10:45. Body Recall classes will be taught at the Center beginning April 1 from 10:30 to 11:30 every Monday, Wednesday, and Friday.

Dr. Curtis Reeves, local ophthalmologist, will discuss diseases of the eye and how to care for your eyes as you get older at the Center's health lecture on Wednesday, March 20.

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Using somebody else's makeup can transmit acne, rashes cold sores and eye infections among other troubles. Even the habit of constantly touching your face unconsciously, thereby exposing your skin to the dirt and oil your hands have picked up, is a bad one and should be broken.

A Manhattan skin-care expert advises avoiding other tactile contamination too, by cleaning your office phone regularly, pulling your hair away from your face, and cleaning your eyeglass frames whenever you clean the lenses.

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