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Lamar-Hart Releases CD Benefiting the YWCA of Central Alabama

Birmingham, Ala. –The YWCA of Central Alabama and Maynard, Cooper & Gale, P.C. are pleased to announce the releasing of a cd, “Heart of a Woman” by Cynthia Lamar-Hart and the Remnants (featuring local artists Nancy Malone, Stuart Jackson and Keith Elder). The cd was a special project done to honor Suzanne Durham’s 25 years of outstanding service as CEO for the YWCA. The proceeds from the sales of the cd will benefit the YWCA’s daycare for homeless children.

Ms. Hart and the Remnants first began performing together for events that benefited Birmingham-Southern College service projects. Later, Cynthia Lamar-Hart, an attorney at Maynard, Cooper & Gale, P.C., was asked to become involved with the YWCA. Ms. Hart became passionate about the organization and thereby began to take on other roles such as serving as the Junior Board President and now serving on the Senior Board. As the opportunity arose to honor Ms. Durham and the YWCA, Ms. Hart called on her community-centered friends from the Remnants to help her record a cd. The music on the cd encompasses classic songs put to an acoustical flare. The cd costs \$15 each and can be purchased by contacting the YWCA at 322-9922.

Since 1903, the YWCA of Central Alabama has strived to create a more caring community. 100 years later the YWCA continues to plant the seeds of hope providing comfort where there is pain, love where there is loneliness and a light where there is darkness. The YWCA serves as a place of refuge, responding to the needs of women and their families providing hope and opportunities in a warm, family-like environment. The YW's programs and services focus on three major areas: childcare, domestic violence services and affordable housing. The YW also sponsors a Women's Resource Center and a Visual and Performing Arts Gallery in addition to programs and events that enhance the well being of women and children in Birmingham, Alabama.

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