

Local Girl Excels In NCSU Engineering

By Franklin L. Jeffries
 Excellence and involvement, are words one could use to describe Sharon Michelle Smalls, a junior mechanical engineering student at North Carolina State University.

In August, 1975, Sharon, a Winston-Salem native, entered NCSU and the School of Engineering which has approximately 4,000 students with nearly 800 females.

Since that time, Sharon's name has appeared on the Dean's List every semester, including an impressive record of 10 for three semesters running.

Since beginning school at the age of five because her mother Mary "thought she was advanced," Sharon has continued to strive for the best in herself with a sense of humility and

purpose.

In 12 years, Sharon attended six different elementary schools in North Carolina before graduating from R.J. Reynolds Senior High in Winston-Salem in 1975.

Sharon's father, William, is an employee of the R.J. Reynolds Tobacco Company. Her mother is a personnel officer at Winston-Salem State University.

"I really wanted to stay in North Carolina. I was ready to go to State," says the North Carolina Fellows Program participant. "That was the school for me." (The Fellows Program is a leadership development program at N.C. State.)

During her first semester, Sharon, who thought of majoring in psychiatry, recorded a 3.9 A "B" in physical education proved

to be disappointing for Sharon, a high-energy activist. "I'm not very athletically inclined," she says.

A 3.5, her worst grade, followed. That was the last straw. Sharon, who elected to study engineering because she desired a "challenge," buckled down for serious work.

If Sharon holds an office in an organization, it's generally that of treasurer. "Seem like I have an honest face," she says.

She is a member of Pi Tau Sigma, the National Honorary Mechanical Engineering Fraternity, Tau Beta Pi, the National Engineering Honor Society, and the American Society of Mechanical Engineers.

Recently engaged to Jimmy Exum, who holds a masters in civil engineering from NCSU, Sharon plans to marry shortly upon graduation in 1979.



Outstanding engineering student Sharon Smalls, is shown in a laboratory at North Carolina State University and is being assisted by Instructor George Batton. Miss Smalls is an honor student in engineering.



The graham cracker was named after the Reverend Sylvester W. Graham who in the 18th century recommended a diet of bread made from coarse flour eaten slightly stale.

Deadly 'Spring Fever': Salmonella Poisoning

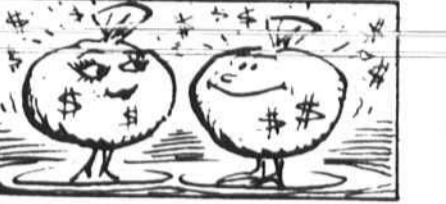
As the weather gets warmer and our activities turn to the outdoors, picnics and family cook-outs become a weekend way of life. Pleasant days, warm temperatures, and plenty of food -- the perfect breeding ground for salmonella.

Salmonella is one of the most common foodborne illnesses and it is estimated to affect more than one million persons each year. Symptoms of salmonella illness are diarrhea, stomach cramps, vomiting, and fever. This illness, often mistaken for 24 hour flu, is seldom fatal but may be serious for infants, the elderly, and chronically ill persons.

While refrigeration and freezing retard their growth and cooking destroys them, salmonella organisms multiply rapidly at temperatures between 45 and 114 degrees F.

Contaminated fresh meats do not usually contain salmonella at levels high enough to produce illness. However, they are frequently the vehicles that carry salmonella into the kitchen.

This cross contamination can occur when a knife or cutting board, used to cut raw meat or poultry, is not washed before coming in contact with another food. Once cross contamination has taken place, salmonella may multiply to hazardous levels if the food is held for several hours at room temperature or refrigerated. Salmonella grows that is cools very slowly.



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