



Mrs. Lula Lyles describes the Afro-American tradition of quilting at a folklore program held recently at Ardmore Elementary School. The process begins with cotton, she points out (photo by James Parker).

Scam artists wait for your dollars

Warm weather brings out flies, mosquitoes and another sort of pest -- fly-by-night scam artists just waiting to take your hard-earned dollars for bogus home repairs.

"Be suspicious of the traveling handyman who just happens to be in your neighborhood and offers to give you a free estimate. Your greatest protection is to deal with a reputable company," says Dr. Thelma Hinson, extension family resource management specialist, North Carolina State University.

The men who come to the door with "just enough material left over from another job to resurface the driveway" should also be suspect. Even if the price is a bargain, the work or materials may be slipshod or ineffective.

Be suspicious of anyone who stops at the home and offers an inspection or points out problems needing repairs. If you do need repairs, contact and established local person who can do the job well and who will still be around if any problems arise, says the extension specialist.

PROTEIN NEEDED

Older North Carolinians often find themselves worrying about their weight. The obvious solution is to cut back on calories, but nutritionists warn that this be done with care.

"While you need fewer calories, your need for protein is the same as a 21-year-old, about the amount of protein you get in 4 to 6 ounces of meat or meat alternatives. Since you need fewer calories, concentrate on protein foods low in fat like lean meat, chicken, fish, dried beans and peas," says Dr. Mary Ann Spruill, extension nutrition specialist North Carolina State University.

Plant protein are best eaten with milk, small amounts of meat or in a mixture of plant proteins. A glass of skim milk at or between meals is good.

SEWING TIP

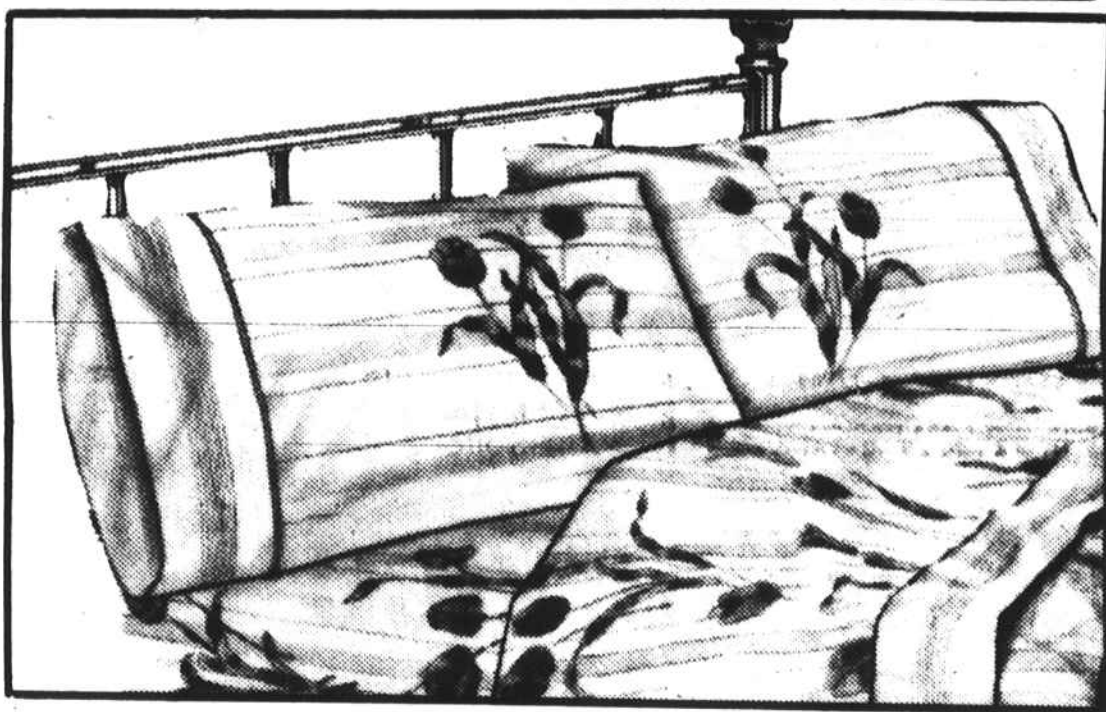
Shoulder pads are making it big on the fashion scene this season. How does one place them in a hand-sewn garment?

Shoulder pads should be placed after the sleeves are sewn into the garment, says Dr. Harriet Tutterow Jennings, clothing specialist, North Carolina State University.

Match the center of the pad (the widest point) to the shoulder line of the garment and extend it 3/8-inch to 5/8-inch beyond the armhole seam into the sleeve. Pin the pad in place from the right

side of the garment. Loosely hand-stitch the shoulder seam and armhole seam allowance. If removable pads are desired, sew snaps along the shoulder seam end and at the corners.

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PEPSI PREP ATHLETE OF THE WEEK



The Pepsi Cola Bottling Company of Winston-Salem salutes golfer Tim Beach of Parkland Senior High School...He's The Pepsi Prep Athlete of the Week. Beach is the number one player on the Mustangs golf team. He is also among the top young players in North Carolina.

IN honor of Parkland golfer Tim Beach, The Pepsi Cola Bottling Company of Winston-Salem will make a cash contribution to the overall athletic program at Parkland Senior High. Congratulations to Tim Beach of the Mustangs, He's The Pepsi Prep Athlete of the Week.

Listen each Wednesday at 8 p.m. on WSJS for Gene Overby TALKS SPORTS where he highlights Pepsi's Prep Athlete of the Week.

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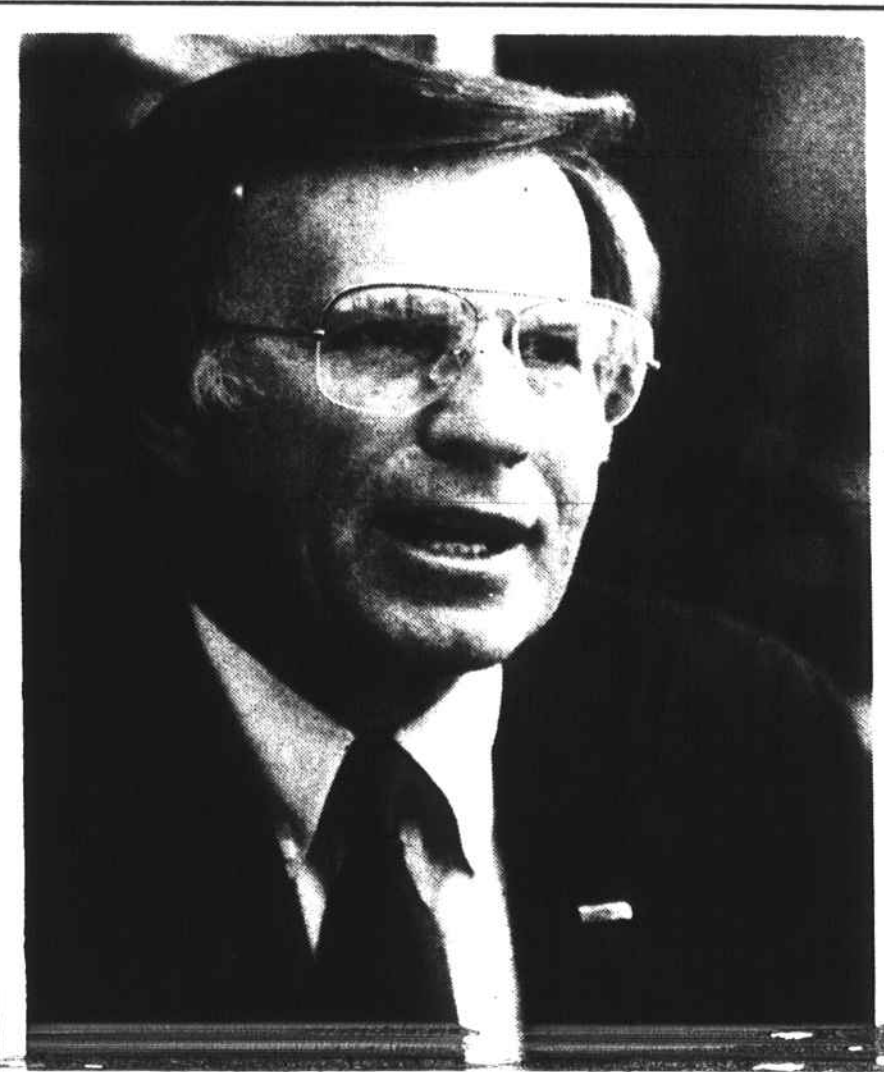
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