



'Raisin' The Roof

Walter, played by Arbyr Felder, comforts Ruth, played by Sylvia Neely, pictured above, and Minnie Mickle, pictured below, portrays the prototype matriarch "Mama Lena Younger" in the production of "A Raisin in the Sun" by First Baptist Church. The play was shown on Aug. 23 and Aug. 24 at the Kenneth R. Williams Auditorium (photos by James Parker).



Getting It On

Oliver Wheeler of Parkview Fire Station races into his turnout gear during the Winston-Salem Fire Department's district competition held last Saturday at the drill tower. The event was coordinated by Big Brothers/Big Sisters of Forsyth County (photos by James Parker).



Angelou speaks at Hunt rally

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diverse as the audience, moving from Hunt to South Africa to Nicaragua to women's rights to the injustices black men face in America's courts -- but always coming back to Hunt.

Poet, playwright and actress Maya Angelou, the rally's featured speaker, made that clear.

"I have no particularly new news about the Darryl Hunt case," said Angelou. "I read my *Chronicle* and I listen with respect in the beauty shops to the women in town."

Angelou said she came to praise the defense committee for banding together as a community to help one of its members in trouble. When one of us is in trouble, we all are, she said.

"Darryl Hunt exists in Minneapolis, San Francisco, Montreal, London and you know how many there are in South Africa," said Angelou. "As James Baldwin said concerning Angela Davis, if they come for Darryl Hunt, ... they can come for us in the morning Not one of us can say I am absolutely free and do not need a unified community."

Angelou challenged the defense committee to keep on keeping on.

"What they can't prohibit is the strong men and women coming on and getting stronger, getting together," she said.

This rally was organized solely by local women. In addition to Angelou, the speakers included Gail Burnett, mistress of ceremonies and a member of the defense committee; Lee Faye Mack, chairman of the defense committee's community mobilization committee; County Commissioner Mazie Woodruff; Dr. Elwanda Ingram, chairman of the Winston-Salem State University Faculty Senate; Virginia Marcum, president of the local chapter of the National Organization for Women; and Gail Korotkin, a attorney with the Greensboro Civil Rights Fund.

Korotkin, who gave the audience an update on Hunt's appeal, said she also had a second reason for attending the rally -- to speak as a white woman.

Fat causes heart disease

The main dietary factor linked with heart disease is a high saturated fat intake, says Dr. May Ann Spruill, extension nutrition specialist, North Carolina State University.

A diet high in saturated fat, like that eaten by many Americans, raises blood cholesterol levels. The higher the blood cholesterol level, the greater the risk of heart attack. Substituting polyunsaturated fat for saturated fat in the diet is likely to lower your blood cholesterol level. This reduces the risk of heart attack.

"The cholesterol you eat raises your blood cholesterol level -- but only slightly. It is saturated fat which raises blood cholesterol," the extension specialist says.

Saturated fat comes from animal sources. It is found in foods like cheese, milk, meat and eggs. Polyunsaturated fats come from plants. Examples are safflower oil and corn oil. Olive oil and coconut oil are the two exceptions. These vegetable fats are highly saturated.

To eat less saturated fat:

- avoid foods fried in animal fats or shortening.
- avoid commercially baked foods made with lard, coconut oil or shortening.

- read food labels to see what kind of fat they contain. If the words "hydrogenated, hardened, partially hydrogenated or hardened, stabilized or specially processed" are used, be aware that some of the unsaturated fat has been changed to saturated fat.
- avoid coconut and olive oils and foods processed with these oils.

Cut your total fat intake, particularly your saturated fats. This is more important than limiting foods high in cholesterol like eggs and liver.

FACTS OF LAW



By Gregory Davis

Filing a fraudulent will in order to collect money from the estate of an unrelated person may not only provide a criminal charge, but may put the violator in contempt of court as well.

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CONVERSION is an act which deprives an owner of his personal property without either his permission or just cause.

A person receiving support payments from a divorced spouse who resides in a different state can bring suit in his or her own state to recover sums owed.

Misrepresenting to a finance company or a bank the amount of income you earn can result in a criminal charge of false pretense.

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