

## AKAs prepare for national meeting!



Executive committee members of Phi Omega chapter are busy making preparations and planning for the Alpha Kappa Alpha's biennial national meeting to be held July 18-25 in New Orleans, La. Pictured, seated (l-r) are Diane Butler, parliamentarian; Maurice Jackson, financial secretary; Olivia Morgan, basileus; Karen Bryant, epistolaus; Barbara Puryear, hodegas. Standing (l-r) are Wilhelmina Lash, anti-basileus; Dr. Constance Johnson, WSSU graduate advisor; Claryce Rhodes, tamiouchoe; Velma Friende, reporter. Approximately 25 AKAs from Winston-Salem will be among the 10,000 sorors attending the convention.

## Junior auxiliary election held

The Ralph R. Morgan Jr. Auxiliary #220 and senior members recently attended their 12th annual state-wide convention that was held at Camp Oak Hill on May 15-17. Junior members from age 4-15 attended workshops on the American Legion Auxiliary programs, and participated in swimming and other activities. Elections for department officers were also held.

Members from Unit #220 were elected to perform duties to assist department junior president Amanda Davis.

Antoinette Michelle Mayes and Twakenna Chantal Spann are the first black students to be elected as officers in the state-wide junior auxiliary.

Michelle Mayes was elected as junior secretary-treasurer. She is the daughter of Mrs. Beverly Mayes and the granddaughter of Mrs. Helen Conner. Mayes, a 9th grade student attends Glenn High. She regularly attends all activities and has become eligible as an officer through the service of her deceased grandfather, Mr. John Conner.

Twakenna Chantal Spann was elected as junior sergeant-at-arms. She is the

daughter of Ms. Jennifer Spann and the granddaughter of Mr. and Mrs. James Howard Lone. Spann, an 8th grade student attends Paisley Jr. High School. She is the president of her unit and regularly attends all activities. She has become eligible as an officer through the service of her grandfather, a member of American Legion Post #220.

All junior members attended leadership workshops under the guidance of leadership chairman, Naomia S. Lone. Mrs. Addie Jenkins, vice-president/program chairman and Lucy Boykin, president, have been actively involved in auxiliary functions.

Senior members who attended the camp included Lucky Boykin, president, Addie Jenkins and Naomia Lone. Junior members were Twakenna Spann, Michelle Mayes, D'eundra Spann, Sheena McLendon, Jurel Hawkins, Orlanda Hawkins, LaShanda Tomlin, LaToya Tomlin, Karmyn Glenn, Lisa Moore, Shekanah Ziglar, Keturah Ziglar, Joanne Speaks, Maya Lane and LaTasha Gillis. Also attending was Mascot-American Legion SAL member, Jeremy Boykin. Approximately 100 junior and senior American Legion Auxiliary members attended the conference.



Antoinette Michelle Mayes



Twakenna Chantal Spann

## Good care creates happy feet

Sandals and strappy high heels put women's feet on summer display. Men's year-round, work-day shoes keep their feet enclosed even

exposes toes to shoe pressure and increases the possibility of ingrown toenails. Nails allowed to grow too long may bend under or cause

Select the proper size in socks, stockings and pantyhose. Hosiery that is too short constricts the foot and when too long, causes burning and creates pressure points. Hosiery should be laundered after each wearing.

Poorly-fitted shoes are a major cause of corns, callouses and bunions. Predictably, women are more affected than men due to the whims of fashion which include pointed-toed, spike-heeled, sling-back, flat and platformed footwear. Problems can be minimized by regular foot care, exercise and wearing well-fitted comfortable shoes in a variety of styles. Women are advised to alternate heel heights. Select shoes one-half inch longer than the foot and wide enough so that toes can move freely. Instep and heel should be snug.

Children's shoes are generally styled for comfort. However, as with other articles of clothing, children tend to outgrow their shoes. Help prevent future problems by checking shoe size frequently and avoiding hand-me-down shoes. Darkness and perspiration dampness encourage fungus growth.

For everyone, the airing of shoes is important. Try not to wear the same pair two days in a row. Be sure to keep shoes in good repair. Runtown heels and deteriorating insoles are hard on feet.

To recap, the Rx for happier feet includes, keeping feet as clean and dry as possible, alternating footwear, keeping shoes in good repair, wearing clean, fresh hosiery daily and performing foot exercises.

## HOME ECONOMICS

By JoANNE J. FALLS  
Home Economic Extension Agent



in warm weather. For both, this is a good time to check foot grooming habits.

Proper care is essential for comfortable healthy feet, and also makes feet more attractive. Careful washing, exercise and well-fitted shoes help prevent problems notes the Soap and Detergent Association.

Wash feet daily in warm soapy water — more than once a day if feet perspire heavily. When showering, be sure to work lather around feet and between toes. Dry thoroughly with a clean towel. To help keep feet dry, use a foot powder or spray and sprinkle powder in shoes. It may be worthwhile to treat feet to a weekly soaking in warm soapy water. Use a pumice stone to gently smooth callouses and remove dried skin.

Give feet a pedicure regularly. If nails are tough and thick, soak feet before cutting nails. Otherwise, soak after clipping and smoothing nails. Clip nails straight across with nail clippers or scissors. Curving the sides encourages ingrown toenails. Nails should be slightly longer than toe tips. Cutting nails too short

causes painful damage to the nail bed if the toe is stubbed. File nail edges with an emery board brushing in one direction only. Apply conditioner or oil to soften cuticles. Women may want to apply nail polish. Finish by gently massaging feet with cream or lotion.

Exercise is very much in vogue. However, feet are often the victim of sports, running and jogging. Feet bear the weight of the entire body. The comfort and well-being of the feet — or lack of — can affect the entire person. There are 26 bones in each foot, all jointed for flexibility. Abused feet can cause leg and back problems, fatigue and irritability. Warm sudsy footbaths relax the feet. Simple exercises stretch and strengthen foot parts. They can be done almost anywhere, anytime. Try these four:

- Sit down, raise feet off the floor and rotate in circles.
- Walk on the outside edge of the feet briefly.
- Pick up marbles or a stick with the toes.
- Walk on tiptoes in barefeet, stretching the body upward.

# Davis

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Date	Place
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June 24-25	TBA, Asheville
July 15-16	Cumberland Educ. Resource Ctr., Fayetteville
July 20-21	Martin Community College, Williamston
July 21-22	Winston-Salem, WS/Forsyth Schools Admin. Ctr.
July 28-29	Hardin Park Elementary, Boone
July 28-29	Broadcreek Middle School, Morehead City
July 28-29	Halifax Community College, Roanoke Rapids
August 3-4	Greensboro, Western Guilford High School

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