

Church Inaugurates Music Institute

The Janie A. Speaks Music Institute was inaugurated on May 23 at Goler Memorial A.M.E. Zion Church, located at 630 Patterson Ave. The Rev. Seth O. Larley is pastor. Aaron Orr is minister of music.

Speaks, the Missionary supervisor of the First Episcopal District of the A.M.E. Zion Church, delivered the inaugural address. She was presented a plaque commemorating the occasion.

The purpose of the institute is to educate students in music. There will be three basic areas of music that the institute will approach: performance, history and theory. The student will be able to choose an instrument of his choice and be able to obtain a proficient level of performance through private instructions.

Through this institute, the church hopes to develop quality



(L. to r.) Rev. Seth O. Larley, Janie A. Speaks and Brother Aaron Orr.

musicians who will continue enhancing the rich tradition of music in the black church.

The Janie A. Speaks Music Institute plans to offer summer music camps and a full music curriculum that will be competitive with other music schools in the country.

For information call the church at 724-9411, Monday through Friday, 10 a.m. to 2 p.m.

Children's Agency Receives Grant

The Northwest Child Development Council Inc. has been awarded a \$50,000 grant by the R.J.R. Nabisco Foundation.

According to Nigel Alston, chairman of the Northwest Child Development Council's Board of Directors, the funds will be used to purchase additional equipment

for the council's learning centers and resources to meet curriculum goals. The council's executive director, Linda LaRue, said the child-centered program is based on the belief that children learn through play. Children participate in age-appropriate activities designed to promote early reading

readiness and problem-solving skills.

Founded in 1971, Northwest Child Development Council is a private non-profit organization with the capacity to serve 833 children.

The council's programs help provide preschool children with

UNC-G Hosts Research Program

Minority students from institutions such as Spelman College, Tufts University and the University of Michigan at Ann Arbor are attending the fifth Human Development Research Institute at the University of North Carolina at Greens-

boro. Eric D. Tate of Huntsville, Ala. of Morehouse College, and Tanya B. Evans of Peace Dale, R.I. of Boston University, with Dr. Barbara DeBaryshe, a UNC-G associate professor of human development and family studies. A total of

17 minority undergraduates are on campus through July 23. The program is designed to introduce minority students to graduate-level research. It is funded by a grant of \$90,000 from the U.S. Department of Education.

JV Coach Moves

The official said that the committee looked beyond the fact that Duckett's only head coaching experience was on the junior varsity level. The official noted that the basketball coach of the woman's program, who was recruited from a Fayetteville-area junior high school, had produced the first winning season the school has had in five years last year.

Before coming to Reynolds, where he is an English teacher, Duckett had 12 years of experience as an assistant basketball coach at six colleges in Division I basketball. He graduated in 1979 from the University of North Carolina at Chapel Hill, where he was a graduate assistant coach, and later coached the J.V. team.

Duckett spent six years as an assistant basketball coach at Wichita State University and has held assistant coaching positions at the University of South Carolina, the University of Central Florida, Jacksonville University and Harvard.

FSU, a Division II school in the CIAA conference, had its second consecutive 20-win season and qualified for the NCAA Division II

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playoffs. Duckett replaces Jeff Capel, who resigned last month to become head coach at N.C. A&T State University.

Proper Foot Care is a Must this Season

"Oh, my aching feet" is an expression often heard. Perhaps you may at one time have heard someone remark, "When your feet hurt, your hurt all over." Truer words were never spoken. Aching feet will impede progress, affect the way a person walks, will cause tension, and tension often shows in the face.

which thrives on dampness. For those persons who have the problem of excessively perspiring feet, mas-

riches above the head can stimulate the circulation.

An excellent exercise for the



HOME ECONOMICS

By JOANNE J. FALLS
Home Economics Extension Agent

According to Alice Bell, a harm consultant, many persons like foot care for granted. Proper foot care is essential to both beauty and health.

When your feet perspire, they retain the perspiration much more than any other part of the body; therefore, causing an unpleasant odor. To combat that condition, the feet should be washed often and dried thoroughly. This will not only improve the circulation but will help to prevent irritating athlete's foot,

saging the feet with rubbing alcohol and then using an antiseptic powder to dry the feet is helpful.

Washing the feet by alternating from hot and cold water with epsom salts, baking soda or Witch Hazel can be relaxing. If you stand or walk more than normal, it causes the blood to circulate downward. This causes the feet to swell. By lying down and elevating the feet 10 or 12

feet is to rise on the toes and slowly lower the heel. Do this about 20 times. Shift to both feet and repeat for foot cramps or poor circulation.

Shoes are important for the health of your feet. Shoes should be at least one-half inch longer than the foot. An arch support is good to have, so consider this feature in shoes. Properly fitting stockings or socks are important.



Community

EVENTS CALENDAR

July

How to Schedule Your Events: Send your information, concisely and neatly printed or typed, to the *Chronicle* Calendar, 617 N. Liberty St., Winston-Salem, N.C. 27102, before 5:00 p.m., the Monday preceding the week in which your event will occur. Our FAX number is (919) 723-9173.



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MONDAY, JULY 12

7:30 a.m. — The Special Populations & Programs Unit of the Winston-Salem Recreation & Parks Department will sponsor a summer day camp for children who are hearing impaired, ages 6-12, through July 16 from 7:30 a.m. until 5:30 p.m., at the Elms. The Elms is located at 452 N. Cherry St. The cost per child is \$25. Please call the Elms to register at 727-2505.

WEDNESDAY, JULY 14

7 p.m. — The Forsyth County Genealogical Society will meet in the auditorium of the Main Library, West Fifth Street. Frances Storey, Clerk of Superior Court, will discuss research in the Clerk's office. Visitors are welcome.

3 p.m. — The 1993 Board of Equalization and Review will meet in the Assessor's Office, Courthouse Square.

ONGOING

• The Triad Media Minority Supplier Development Council (TMSDC) meets at noon every second Wednesday at the Howard Johnson Plaza Hotel on Swing Road, I-40 and Guilford College exit. The TMSDC is geared to MBEs who seek expanded opportunities with corporations. All minority-owned businesses and corporations in the Triad area are encouraged to attend.

UPCOMING

• The Little Theatre of Winston-Salem will present the Rodgers and Hammerstein musical "Oklahoma!" beginning July 16 at 8 p.m. at the

Arts Council Theatre at 610 Coliseum Drive. Additional performances will be on July 17-18, 22-25, 29, and Aug. 1. Thursday, Friday and Saturday performances are at 8 p.m., and Sunday matinees are at 2 p.m. Tickets are \$14 for adults, \$12 for students/senior citizens and \$8 for children (12 and under). A special Sunday matinee discount is offered with \$2 off the price of each ticket. A half-price ticket to "Oklahoma!" may be obtained with the purchase of a 1993-94 season membership. The box office is open Tuesday through Saturday from 12 p.m. to 5:30 p.m. Call 725-4001 to reserve tickets.

• The YWCA is offering swimming lessons for all ages (6 months to 99+ years) for beginners to advanced levels. Classes begin July 13 and 24. Varied times are offered for each level. Sessions are Monday, Wednesday and Friday for three weeks, Tuesday and Thursday for four weeks, and Saturday for five weeks. Classes are held at the YWCA, located at 1201 Glade St. There is a fee. All teachers are water safety instructors certified by the American Red Cross. All classes include water safety information and skills. For more information call Jane Robinson at 722-5138.

• Actors and actresses are needed for the School of Filmmaking Summer Session at the North Carolina School of the Arts. Interested persons should be willing to make a two-day commitment for non-paying speaking roles in student productions to be filmed from July 11-20 on the school campus, located at 200 Woughtown St. To be considered in this casting call, please mail a photo, resume and a list of dates you will be available to: Casting, School

of Filmmaking, North Carolina School of the Arts, P.O. Box 12189, Winston-Salem, N.C. 27117-2189. Calls and drop-in visits are discouraged.

• Senior Financial Care, a United Way agency, would like to make July a great month for you by helping with budgeting, checkbook balancing, paying bills or filing health insurance claims. If you need assistance, please call 725-1972 for an appointment.

• The Kernersville Raiders football program will hold registration for the junior midget and junior bantam football teams on July 31 from 9 a.m. to 2 p.m. at the Kernersville Jr. High School football field, located on West Mountain St. (old Hwy. 421). Junior midget boys/girls ages 10-13 must weigh 100-125 pounds. Junior bantam boys/girls ages 12-15 must weigh 120-155 pounds. For information on the junior bantam team, call Ron Brown at 595-3672. For information on the junior midgets team, call Coach Jonne Hayes at 788-8953.

• "Spice Up Your Life" in an Old Salem workshop, in which participants learn the fascinating history of spices. This workshop will be held from 6-9 p.m., Aug. 19, in the Single Brothers Workshop. In addition to the history, this workshop will explore how and where spices grow as well as some of their uses. The fee is \$10. For more information about this or other Old Salem workshops or to preregister (required), please call 721-7300 or write: Old Salem Inc., Box F, Salem Station, Winston-Salem, N.C. 27108.

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