

After-School Tips for "Latch-key" Children

It's unfortunate that often children of working parents have to stay at home alone after school.

"Latch-key children" have become a way of life for many limited-income parents who do not have the resources or time to get them involved in after-school programs or provide babysitters.

Some of the latch-key children are younger than 12 years old.

Parents and other adult family members should train or plan activities so that the children will be safer, involved and more secure.

Children need consistent direc-

tion and support from parents and other adults.

Children need to know boundaries and limits to help protect themselves. Rules help give order and provide children with safety needs.

These are some things youngsters need to be reminded about on a daily basis.

You may want to make a list and tape it on the child's door to the bedroom. They should be reminded to call Mom or Dad as soon as they get home. Put on their play clothes, eat a snack, clean up, do homework at 4:30 p.m. Watch TV or play only

after homework is finished.

The parent should discuss what to do in case of the following situations:

- The number to call or procedure in case of fire or smoke.

- Procedure for burglary.
- What to do if the lights go out.

Children often experience loneliness and boredom when home alone. In case of loneliness, encourage your child to do these things: Write letters or cards to relatives



HOME ECONOMICS

By JoAnne J. Falls

- How to handle cuts, scratches, bruises and burns;
- What to do in case of storms; and friends, learn a new dance or exercise; work a jigsaw puzzle; do extra skills, drills or reading.

Pageant Deadline Extended

The deadline for entry into the 1994 Miss North Carolina USA and the 1994 Miss North Carolina Teen USA pageants has been extended until midnight, Oct. 1. Both pageants will run concurrently Nov. 19-20 in Charlotte.

Ages for Miss USA delegates are at least 18 and under 27 as of Feb. 1, 1994.

Ages for Miss Teen USA delegates are at least 15 and under 19 as of July 1, 1994.

Delegates must be U.S. citizens, six-month residents of North Carolina (dorm students are welcome to apply), single, never married or had a child.

Competition will be in evening gown, swimsuit and interview. Judging will be based on poise, personality and appearance. There is no performing talent required.

Winners will receive a five-day trip to New York, a two-week, expense-paid trip to compete for their respective national titles, a fur coat, wardrobe, evening gown, cash and many other prizes. Each winner also will have the chance to win \$225,000 in cash and prizes at the Miss USA Pageant and a chance to win \$150,000 in cash and prizes at the Miss Teen USA

Interested ladies should write Miss North Carolina USA Pageants, 541 Holley Lake Road, Drawer NP, Aiken, S.C. 29803 or call 803-648-6220. Include name, address, telephone number and birthday, along with a brief biography and snapshot.

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Agency Accepting Nominations

The Winston-Salem/Forsyth County Coalition on Alcohol and Drug Problems is accepting nominations for its Community Service Awards. The awards will go to individuals and groups who have taken the lead in preventing alcohol and other drug abuse in Forsyth County within the past year.

The awards will be presented at the third annual Community Service Awards Banquet in October.

Nomination forms may be obtained from the coalition office at 301-C South Liberty St. or by calling 723-3784. The deadline for submitting nominations is Oct. 1.

Ceremony to be Held

The Winston-Salem and Forsyth County Community Appearance Commission 1993 Awards Program is Oct. 6 at the Arts Council Theater, 610 Coliseum Drive. The reception begins at 6:30 p.m. and the awards ceremony at 7:30 p.m.

To attend the reception, there is a \$12 charge. Contact the City/County Planning Board at 727-2087 if you plan to attend. The awards ceremony is open to the public, fee of charge and without reservations.



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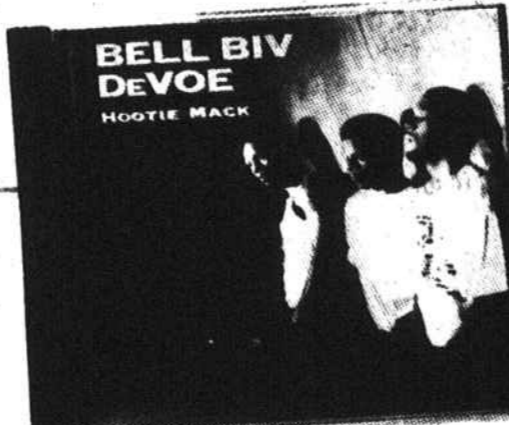


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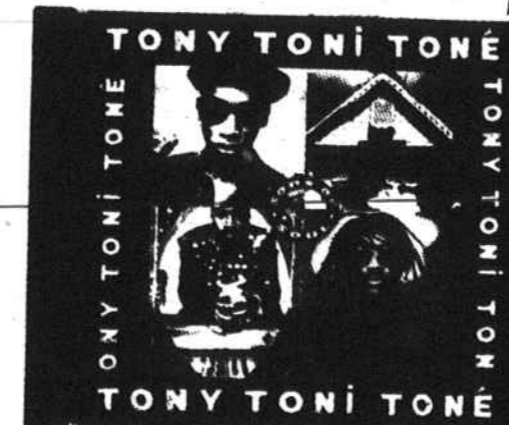
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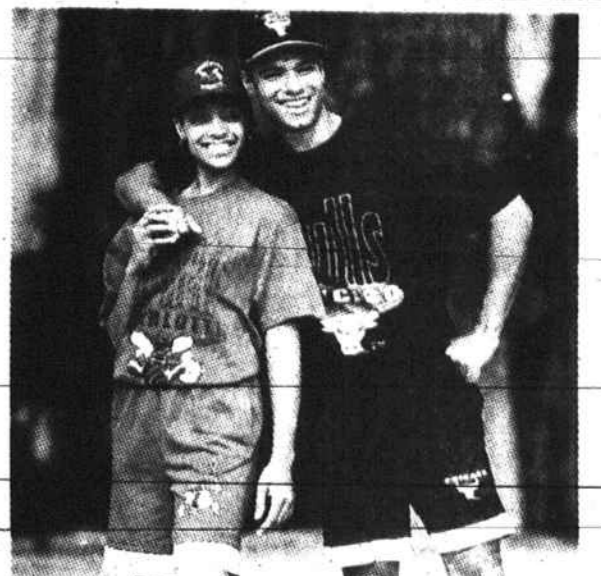
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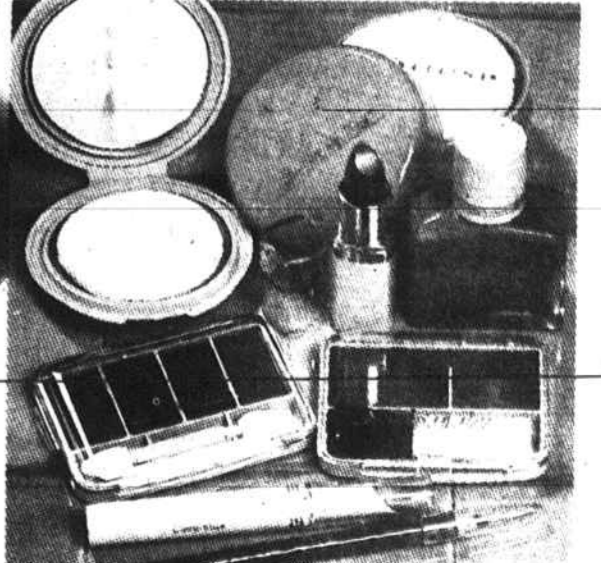
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