

# Black College Day to be Held in Raleigh

The North Carolina Black Student Governments Association (NCBSGA) will sponsor Black College Day '93 tomorrow at the state capitol grounds in Raleigh at 11 a.m.

The theme is "Historically Black Colleges and Universities: Onward! Upward! Forward!

Together!"

The annual event is held to dramatize the need and emphasize the importance of Historically Black Colleges and Universities (HBCUs).

A march to the state capital grounds will culminate in a rally

consisting of motivational student and community speakers and inspirational music provided by college and university choirs.

Speakers will include: SCA presidents; Congressman Mel Watt; John Raye of Dudley Products Inc.; Alvin Cates, president of NCB-SGA; House Speaker Dan Blue;

and the Rev. John Mendez. The North Carolina Black Student Governments Association (NCBSGA) is a non-profit, non-partisan organization comprised of North Carolina's 11 Historically Black Colleges and Universities.

# Black Conductor to Debut

Michael Morgan, music director of the Oakland East Bay Symphony, will make his debut with the Winston-Salem Symphony Orchestra on Oct. 10 at 3 p.m. and Oct. 12 at 8 p.m.

Both concerts will be performed at the Stevens Center, located at Fourth and Cherry streets.

Subscription tickets or single tickets may be purchased. Prices range from \$11 to \$18. For information call 725-1035.



Michael Morgan

# Winston-Salem to Host Breast Cancer Summit

Winston-Salem will be the site next spring of a North Carolina summit of business, civic and health-care leaders on ways of reducing deaths from breast cancer.

The National Cancer Institute and Susan G. Komen Breast Cancer Foundation announced recently that the Bowman Gray School of Medicine, in conjunction with the state's other cancer centers, will host one of 26 national summits on the disease.

The Comprehensive Cancer Center of Wake Forest University

will host the meeting, called the "North Carolina Leadership Mini-Summit: The Challenge of Breast Cancer — Reaching the One."

It will be held April 29, 1994 at the Hawthorne Inn and Conference Center.

All North Carolina cancer centers joined Bowman Gray in applying for the NCI/Komen Foundation grant to hold the summit: the Duke University Comprehensive Cancer Center; the UNC Lineberger Comprehensive Cancer Center; and the Leo Jenkins Cancer Center at East

Carolina University School of Medicine.

The summit will educate area business, civic and health-care leaders about breast cancer and the importance of early detection, so they can hold screening programs in their own communities.

More than 150 people are expected to attend. The program will include speakers, panel discussions, workshops and networking.

The North Carolina summit is also sponsored by the Spurr Society, a \$1,000 donor club for cancer-

related projects at the Bowman Gray/Baptist Hospital Medical Center.

Also taking part in the summit are: the Cancer Information Service of the Carolinas; the N.C. Division of the American Cancer Society; the National Black Leadership Initiative on Cancer; the N.C. Chapter of the American Association of Retired Persons; and the Division of Adult Health of the N.C. Department of Environment, Health and Natural Resources.

# ARA Names Employees of the Month

ARA Environmental Services recently announced its August 1993 Employees of the Month.

They include: Johnny Crosby, Marcus Carpenter, Leslie Smith, Preston Hoover, Patrick Payne and

Joann Washburn.

Each employee who received the recognition had his picture taken and posted in his work area and received a cash bonus.

# Mayor's Council to Hold Annual Awards Banquet

The Winston-Salem Mayor's Council for Persons with Disabilities (WSMCPD) will hold its annual awards banquet on Oct. 26 at 6 p.m. at the Hawthorne Inn and Conference Center.

Persons with disabilities and their advocates, civic, community and business leaders, elected officials, rehabilitation professionals and the general public are invited.

Recognition for outstanding contributions to and for persons with disabilities will be given to businesses and individuals. Award categories are: Employee of the Year, Employer of the Year, Helping Hand Individual, Helping Hand Organization, and Inspiration.

The guest speaker will be Helen Lindsey, who became a quadrilateral amputee at the age of 25. Lindsey lives in Winston-Salem and is a nursing consultant for

Aetna Insurance Co. in Greensboro. She attended nursing school at Winston-Salem State University on a ROTC scholarship and served in the Army as an officer and nurse. At the time of her illness in July 1990, Lindsey was a critical-care nurse at Henrico Doctors' Hospital in Richmond.

Dinner will be served at 6:30 p.m.

Tickets are \$8 and sponsorships are appreciated.

The Hawthorne Inn is providing free valet parking for disabled persons. Trans-AID will provide transportation for persons certified to use the service. For transportation call 727-2257.

For reservations or sponsorships call 765-9498 by Oct. 22.

For further information call 721-1094.

# Junior League Announces Upcoming Projects

The Junior League of Winston-Salem Inc. recently announced the community projects and agencies it will serve during 1993-94.

The following projects each will receive funding exceeding \$1,000 as well as volunteer support:

- Child Care Training Initiative (Work/Family Resource Center)
- Easton Visions Assistance Project (Winston-Salem/Forsyth County Schools)
- Career Exploration (Salvation Army Girls' Club)
- Cultural Connections (Winston-Salem/Forsyth County Schools, Historic Bethabara, Old Salem, SECCA, Diggs Gallery, and NC School of the Arts)

These four projects will receive a total of \$21,100 and more than 50 Junior League volunteers during

1993-94.

The members of the 1993-94 Junior League Executive Board are:

LuAnne Wood, president;

Becky Saunders, president-elect;

Amy Egleston, community vice president; Annette Lynch,

personnel vice president;

Carrie Malloy, recording secretary;

Debbie Clark, corresponding secretary;

Marie Arcuri, treasurer;

Susan Elster, assistant treasurer.

# Money-Saving Tips to Reduce Your Winter Utility Bill

Did your most recent utility bill give you a shock? Many customers are upset each fall when they receive bills that reflect the increased use of electricity for heating.

When they compare the bill in question to those received during the same month in previous years, they realize that it is not really out of line.

Have you taken your portable insulation out of mothballs? Portable insulation is one way of thinking about the sweaters, socks, jackets, blankets and lap robes that we use to help keep warm in cold weather.

Scientists have found that the temperature can be turned back 1.5 degrees if a woman wears slacks instead of a skirt. A heavy, long-

sleeved sweater on a man will allow you to turn the thermostat back another 3.7 degrees.

Layers of clothing have proved most effective at keeping people warm. Layers are especially important when you are less active.

For example, many North Carolinians keep lap robes handy so that the couch potatoes in the family can remain toasty warm when watching TV in the evening.

Another advantage of layering is that a layer can easily be removed if you get too warm.

So pile those layers on when you are inactive, and peel them off when you're working around the house. You'll feel comfortable, and you'll also be saving energy and reducing the United States' dependency on foreign oil.

In general, the following steps are recommended for a homeowner to reduce home energy consumption:

- Determine and record energy use
- Reduce air infiltration
- Insulate
- Reduce water heating cost
- Add storm windows
- Cool with whole-house ventilation
- Keep equipment in good working order
- Learn to manage the sun and wind
- Understand utility rates



## HOME ECONOMICS

By JOANNE J. FALLS

Appliances used for heating, such as your furnace, space heaters, hot water heater and hot water for large amounts of laundry, take the most electricity. The more such appliances are used, the higher your electric bill will be.

If your most recent bill really does appear to be wrong, go outside and read your meter.

Compare the kilowatt-hours number with the kilowatt-hours number on your bill. Was the meter read wrong? Call the utility company and tell them. Ask to have it read again.

If the numbers seem accurate but the usage is way out of line, ask the company to check the meter itself to be sure that it is working properly.

If the number of watts used seems to be accurate, but you feel that you were overcharged for those watts, call and ask for the necessary figures to calculate it yourself. If you come up with a different figure, point this out to the utility company.

If you have been reasonable and courteous and have not received answers to your problems with an electric bill, you may want to call the North Carolina Utilities Commission in Raleigh. They can offer advice or assistance.

Be sure you do all you can to conserve energy around the home.

**Working At McDonald's Can Seriously Affect Your Growth.**

Just ask Phil Hagans about the many career opportunities available at McDonald's. He was 19 when he first stepped behind the counter as a crew person. Just three years later, he was promoted to Store Manager. Today, Phil is a successful owner-operator who is deeply committed to helping others. And that's not surprising because McDonald's believes one way to give to the community is by giving talented people the chance to grow.

An Equal Opportunity Employer committed to a diverse workforce.