



Photo by Paul Collins

Students sing "Kum Ba Yah," an African spiritual, in Jeanne Williams' choral music class.

Camp

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"What I like most is how ... teachers teach us... what to do when we grow up or they teach us what we're going to expect in our next grade....My most favorite (classes are) children's theater, vocal music and African drumming and dancing."

In Phyllistine Poole's creative writing class, students were completing a writing assignment about their Summer Arts Camp days. Poole said of the course: "I have given them writing assignments. The first was an autobiography in chapters. The reason I laughed is I because kids don't want to write in the summer. They don't want to write in the school year. They're very reluctant. Then I gave them some writing exercises on writing descriptions, including adjectives, verbs, action verbs; exercises on the main idea and developing paragraphs, using details; exercises on sequence of the story - the order, using words like 'first,' 'second,'

'next'....

"We meet in this class three days a week, one hour each day for this class. They write daily. It's a continuing thing. They have a list of topics when they come in here. I call on them after they've written for a while to read their papers, then we discuss their papers. The class and I make comments and ask questions, and they redo their papers....(Not) filling in enough details is one of the main problems....And they have (problem) coming up with topics on their own. Usually I give them topics...."

"That little boy Darron (Daniels) is really good. He really likes to write. He's written a lot. I don't assign homework, but he has taken his home and writes at home."

Darron, 9, said, "I've enjoyed how ... every day we come in here we write about different topics. My favorite topic was this one - my summer camp days."

Professional actress Kelli R. Brown taught children's theater at Summer Arts Camp. Last Thursday, the class was

rehearsing a brief skit that leads into a song the children wrote, combined with a step routine the children created.

In an interview, Brown said, "What I'm trying to do is reach the children kind of where they are....Most children, like adults, love music. A lot of them (admire) some of the younger rap entertainers that are out, so I want them to be able to know and believe in themselves that they can do their own rap....I figured it would be nice to let them create their own songs, which they have created with their own words...."

And it gives them an opportunity to perform, Brown said. "I feel that any type of performance involves acting; even if you're a lawyer or you're doing public speaking, you need to be able to present yourself and perform."

The talent showcase on July 13 included vocal music, instrumental music, theater and African drumming and dance. Members of the professional troupe The Healing Force taught the children African drumming and dance.

Winston-Salem Foundation plants a seed for Girl Scouts

SPECIAL TO THE CHRONICLE

"The Girl Scouts, Tarheel Triad Council Inc. has been awarded a grant of \$50,000 by The Winston-Salem Foundation," Marci L. Brown, executive director, said recently.

According to Brown, the grant will be used for the capital campaign to develop a new site for programs and an administrative center.

"Our organization's membership continues to diversify and increase throughout the 13 counties that we serve," Brown said. "The grant from The Winston-Salem Foundation will give us additional resources to provide traditional and new programs for girls and increased support to adult volunteers. The new site will enable girls to experience activities using practical applica-

tions of science and technology, gain knowledge about and an appreciation for the environment, and participate in leadership learning opportunities with girls from a wide diversity of racial, cultural, geographic, and economic backgrounds," Brown continued.

"We've placed special emphasis on serving girls in underprivileged neighborhoods - urban and rural - who would not otherwise have the opportunity to experience Girl Scouting. Our current location doesn't have the materials, equipment, space or transportation necessary to provide such a program experience. Receiving this grant is definitely something to cheer about," Brown said. The funds are made available from the Carl W. and Annie M. Harris Endowment.

The Girl Scouts, Tarheel

Triad Council, founded in 1968, serves more than 23,000 members in its 13-county jurisdiction. Those counties include Alamance, Alleghany, Caswell, Davidson, Davie, Forsyth, Guilford, Randolph, Rockingham, Stokes, Surry, Wilkes and Yadkin. Madeleine Dassow is the president of the board of directors. Girl Scouts, Tarheel Triad Council is a United Way agency.

The Winston-Salem Foundation is a community foundation that supports charitable programs in Greater Forsyth County. It was founded in 1919 by Colonel Francis Fries with a \$1,000 gift and now administers more than 850 funds with total custodial assets of more than \$210 million. In 2001, a total of \$18.2 million was awarded, including \$3.5 million of discretionary grants.

Little Miss Livingstone Pageant

SPECIAL TO THE CHRONICLE

The Winston-Salem Chapter of the Livingstone College National Alumni Association invites alumni, friends and the Winston-Salem community to attend the first Little Miss Livingstone Pageant July 28 at 3 p.m. at Goler Metropolitan AME Zion Church.

Designed with a dual purpose, the pageant will offer enrichment activities for the participants as well as savings bonds to the first-, second- and third-place winners and serve as a fund-raising project for the local chapter.

Money raised will underwrite local programming as well as annual contributions to Livingstone College, and to the National Alumni Association's annual fund-raising project for the college.

Livingstone College, located in Salisbury, is a historically black, private, coeducational liberal arts college supported by the African Methodist Episcopal Zion Church. Currently enrolling more than 850 undergraduates from 21 states and several foreign countries, Livingstone College confers undergraduate bachelor of arts, bachelor of science and bachelor of social work degrees.

In addition to their fund-raising projects, the contestants, 9 to 13 years old, were invited to participate in activities designed to help them grow socially. These activities included a beauty and skin care workshop presented by Anne Richardson, Fashion Fair Cosmetics, Belk Hanes Mall; an etiquette seminar conducted by Dr. Audrey Carter, instructor, Winston-Salem State University; and a fun project featuring instruction in scrapbook design and assembly.

Richardson instructed the girls in proper skin care, emphasizing the importance of establishing maintenance regimens at a young age that ensure minimal skin problems now and later. She reinforced that though physical beauty offers a degree of self-satisfaction, it's the inner beauty, and acceptance of ourselves as God's flawless creations, that offers lifelong self-satisfaction.

In the etiquette seminar, Carter addressed the art and practice of fine manners. Segments included improving self-image; respect for others; developing poise; developing charm; the correct things to do, say and wear; and the earmarks of a lady.

Carter and her associate, Dr. Adrienne Jones, stressed how

far good manners can take one in life and encouraged the girls to identify positive aspects of their personalities and work to enhance them.

The scrapbook project, designed to foster creativity and the appreciation of one's own life relationships, allowed the contestants to create layout pages to highlight favorite personal photos as well as photos of pageant activities.

Scrapbooks will be displayed the day of the pageant.

Little Miss Livingstone contestants are: Patrice Williams, daughter of Charles and Mertice Williams; Teara Neils, granddaughter of Tony and Eva Miller; Ebonie Walker, daughter of Valerie Simpson; Margo Moody, daughter of Florence Moody; La'Jacia Williamson, granddaughter of Gwen Williamson; and Kiara Hughes, daughter of Harvey and April Hughes.

The Winston-Salem Alumni Chapter is seeking financial support of the pageant from alumni, friends of the college and the Winston-Salem community in general. Contact finance committee co-chair Natalie France, 774-3806, or chapter president Peggy Moore, 761-0668, to be advised of contribution opportunities.

BestHealth
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1/THU - GRILLED SUMMER DINNER

6 p.m. Chef Garren Brannon prepares recipes from the American Heart Association cookbook. Sponsored by the WFUBMC Heart Center. ☎

5/MON - CPR CLASS

10 a.m. Learn CPR for adults, children and infants in this free, four-hour class taught by WFUBMC Life Support Education. Cannot be taken for professional certification. Sponsored by the WFUBMC Heart Center. ☎

5/MON - A WEEK OF MEALS

6 p.m. WFUBMC nutritionist Donna Ziobro and Chef Garren Brannon offer a week's worth of heart-healthy recipes. Sponsored by the WFUBMC Heart Center. ☎

6/TUE - FREE DENTAL SCREENING FOR KIDS

3 to 6 p.m. For children ages preschool to 5 years. Sponsored by the Forsyth County Dept. of Health. No appointment required.

7/WED - GROSS ANATOMY

4 p.m. BestHealth Kids members ages 8 to 12 can join WFUBMC pathologist's assistant Sarah Rose for a fun, interactive program on how different organs in the body function, and an opportunity to see real ones! ☎

8/THU - HIP REPLACEMENT

11 a.m. WFUBMC orthopaedic surgeon Dr. David Pollock discusses advances in hip replacement options. For BestHealth55 members. ☎

8/THU - SHOPPING WITH CHILDREN

6 p.m. Learn tips from a Parent Enrichment Specialist on making shopping with children fun, educational and less stressful. ☎

9/FRI - SKIN CANCER

11 a.m. Learn the facts about skin cancer from WFUBMC dermatologist Dr. Phillip Williford. For BestHealth55 members. ☎

12/MON - CHOLESTEROL SCREENING

10 a.m. to 2 p.m. Have your total cholesterol and HDL checked. \$12 per person. No appointment needed.

13/TUE - SMOKING CESSATION

1 p.m. Learn about smoking's impact on your body and tips on stopping from WFUBMC pulmonologist Dr. Christopher Tidwell. For BestHealth55 members. ☎

15/THU - MEMORY LOSS

11 a.m. WFUBMC geriatric psychiatrist Dr. Beverly Jones discusses the causes of memory loss, what is "normal" and when to seek treatment. For BestHealth55 members. ☎

19/MON - CAREGIVER SUPPORT GROUP

1 p.m. Cosponsored with the Hospice & Palliative Care Center. Meets monthly. ☎

19/MON - COPING WITH THE DEATH OF A SPOUSE

2:30 p.m. Monthly support group cosponsored with the Hospice & Palliative Care Center. ☎

21/WED - BREAKTHROUGHS IN CORONARY ARTERY DISEASE

11 a.m. WFUBMC cardiologist Dr. Michael Kutcher discusses drug-coated stents - the revolutionary new treatment for coronary artery disease that may eliminate the recurrence of a blockage. For BestHealth55 members. ☎

22/THU - ALLERGEN-FREE RECIPES

6 p.m. Chef Garren Brannon prepares dishes that are wheat-, gluten- and lactose-free. ☎

24/SAT - LASIK

10:30 a.m. Learn how LASIK can correct your nearsightedness, astigmatism and farsightedness with WFUBMC ophthalmologist Dr. Keith Walter. ☎

26/MON - LOOK GOOD, FEEL BETTER

10 a.m. A free program to help women undergoing cancer treatment learn ways to enhance their appearance, including skin care and makeup. Cosponsored with the American Cancer Society. ☎

26/MON - COUNTING YOUR CARBS

6 p.m. Nutritionist Lynn Campbell of the WFUBMC Diabetes Care Center offers tips on keeping track of your carbohydrate intake. ☎

27/TUE - ADVANCE DIRECTIVES

10 a.m. Learn from Jay Foster of WFUBMC Pastoral Care how advance directives, such as living wills, can ensure your wishes will be met. Participants can complete documents and have them notarized free of charge. ☎

27/TUE - THE GOOD & THE BAD OF CHOLESTEROL

5:30 p.m. to 7:30 p.m. Stephanie Starling-Edwards, RN, discusses what impacts cholesterol levels and how to control it. A free cholesterol screening will precede the seminar. Appointment required. Sponsored by the WFUBMC Heart Center. ☎

29/THU - BEAUTY THROUGH THE AGES

6 p.m. WFUBMC otolaryngologist Dr. Neal Goldman explores how sociopolitical events have impacted our concepts of beauty throughout history. ☎

30/FRI - FRENCH TWIST

2 p.m. Learn healthy ways to prepare recipes with a French twist from WFUBMC Executive Chef Chris Smith. ☎

AUGUST OTHER EVENTS

Note location of event.

BEGINS 2/FRI - SENIOR SPLASH

10 a.m. Promotes heart health without stressing your bones and joints. Led by qualified instructors. Meets Mon., Wed. and Fri. Cost: \$45 for month. Held in the WFUBMC Sticht Center pool. Call 713-8082 to register.

BEGINS 2/FRI - ARTHRITIS EXERCISE CLASS

1:15 p.m. May improve joint flexibility and reduce pain and stiffness. Led by certified arthritis instructors. Meets Mon., Wed. and Fri. Cost: \$45 for month. Held in the WFUBMC Sticht Center pool. Call 713-8082 to register.

BEGINS 2/FRI - FIBROMYALGIA EXERCISE CLASS

2 p.m. or 4 p.m. Low-intensity program to help decrease pain and increase fitness. Led by qualified instructors. Meets Mon., Wed. and Fri. Cost: \$45 for month. Held in the WFUBMC Sticht Center pool. Call 713-8082 to register.

BEGINS 2/FRI - WATER AEROBICS

3:15 p.m. Helps improve fitness and increase tone, flexibility and cardiovascular endurance. Meets Mon., Wed. and Fri. Cost: \$45 for month. Held in the WFUBMC Sticht Center pool. Call 713-8082 to register.

BEGINS 2/FRI - STRETCH & FLEX

5 p.m. Low-intensity program to increase tone and flexibility. Meets Mon., Wed. and Fri. Cost: \$45 for month. Held in the WFUBMC Sticht Center pool. Call 713-8082 to register.

BEGINS 7/WED - STRETCH & RESIST-A-BALL

9:15 a.m. Develop and strengthen your core muscles using a large ball. Participants must be able to get down to and rise from floor level. Cost: \$10 for 4 classes per month. Held in the NCBH Fitness Center, lower level of CompRehab Plaza on Miller St. Call 716-2255 to register. ☎



Wake Forest University Baptist MEDICAL CENTER

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Or register online at www.besthealth.com