

## TRAFFIC OFFENSE

Photo by Todd Luck

Creative pranksters unleashed their deviancy on this electronic pedestrian crossing sign downtown. When lit, the sign should show an image of a hand, which signals do not cross. But someone covered nearly all the fingers of the hand — except the middle one — with some sort of marker, so now when the sign illuminates ... well, you get it.



## Swim

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University and Barber Scotia College.

The Winston Lake Y reminds all swimmers to follow these guidelines:

- Only swim where there is a lifeguard on duty.
- Never swim alone.
- Read and follow all rules and signs.

## Pregnancy

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leaking amniotic fluid, it will be an odorless fluid, which can occur with a sudden gush or a constant trickle. If the fluid is green or foul-smelling you should contact your health care provider because this could be a sign of infection.

**Nesting:** (burst of energy) For the last nine months, you have probably been fighting the urge to take a nap, but one day you will wake up feeling full of energy! You may start making a long to-do list, including: things to clean and/or buy, and everything you've put-off becomes a high priority.

**Effacement:** (thinning of the cervix) In the last month the cervix begins to stretch and thin to prepare for delivery.

**Dilation:** (opening of the cervix) Dilation is the process of the cervix opening in preparation for childbirth.

**Contractions:** When you begin to experience regular contractions you should record the exact time each one begins and how long they last. Contractions may feel like menstrual cramps or a lower backache and may begin as far apart as 20 to 30 minutes. Over a few hours, the time between your contractions should shorten. When your contractions are consistently five minutes apart, it is time to call your health care provider.

## Giving Birth

Congratulations! It's time to bring your baby into the world! As with labor, each woman's birth experience will be different. For women planning a vaginal (natural) deliv-

• Constantly watch children in and near the water. If multiple adults are in the vicinity, designate a "water watcher" so everyone knows who is "on duty."

• Keep children who cannot swim within arm's reach of an adult in the water.

• Children and inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device

(PFD) when around the water.  
• Stop swimming at the first indication of bad weather.  
• Enter water feet first unless in a designated diving area.

To learn more about the swim instruction programs at the Winston Lake Y, 901 Waterworks Road, call 336-724-9205 or visit <http://winstonlake.ymcanwnc.org> for more information.

ery, there are many pain-relieving medications that can be used, although some women choose not to use any medications. Remember: everything about your birth experience is your choice, so it is essential to educate yourself and talk to your health care provider about all your options. For women having a Cesarean section (C-section), a spinal anesthetic is used so mom can be awake for the delivery of the baby. Recovery time from a C-section is usually longer than with vaginal delivery because time is needed for the surgical site to heal.

## Post Partum

For many new parents the days following the birth of your baby are very hectic and exciting at the same time. Most parents are ecstatic to bring their baby home and begin their new life together. For some parents though, postpartum depression can occur; the most common symptoms are crying for no reason, impatience, irritability, and anxiety. For most new parents, these symptoms resolve as quickly as they appeared. However, according to the National Institute on Mental Health, an average of 10 percent of new

mothers will suffer from more severe depression that also includes fatigue, feelings of sadness, trouble sleeping and eating, and feelings of guilt. There is recent evidence that new fathers can also suffer from postpartum depression, but the extent to which this happens is not yet known. You should talk to your health care provider if you think you are suffering with postpartum depression.

Remember: This three week series of articles is a brief overview of the pregnancy process. If you are planning a pregnancy, it is essential to discuss all the elements of your care that are unique to you to ensure you have the best chance of having a healthy pregnancy and baby.

— Contribution By: Maya Angelou Center for Health Equity

Do you need further information or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Center for Health Equity, please visit our Web site: <http://www.wfubmc.edu/minori/tyhealth>.



James Taylor with nephew, Lamonte Rucker, left, daughter Jada, and sons, James III and Jacob.

## Juneteenth

from page A1

ed the event for the first time. The three 16-year-olds make up half of the six-member gospel group, LIFE, which was among the acts that performed at the festival.

"I really do think it's something good ... to recognize the abolition of slavery," Baugh said, "... because we would not be here if it wasn't for that day."

Malone was impressed with the diversity of the crowd that Juneteenth drew.

"It's about slavery, but we have so many different people here to celebrate the cause," he commented. "That's what really caught my eye."

History buff Effley Howell Sr., of the Kernersville-based Thankful Heritage Museum, said Juneteenth has special significance in Forsyth County.

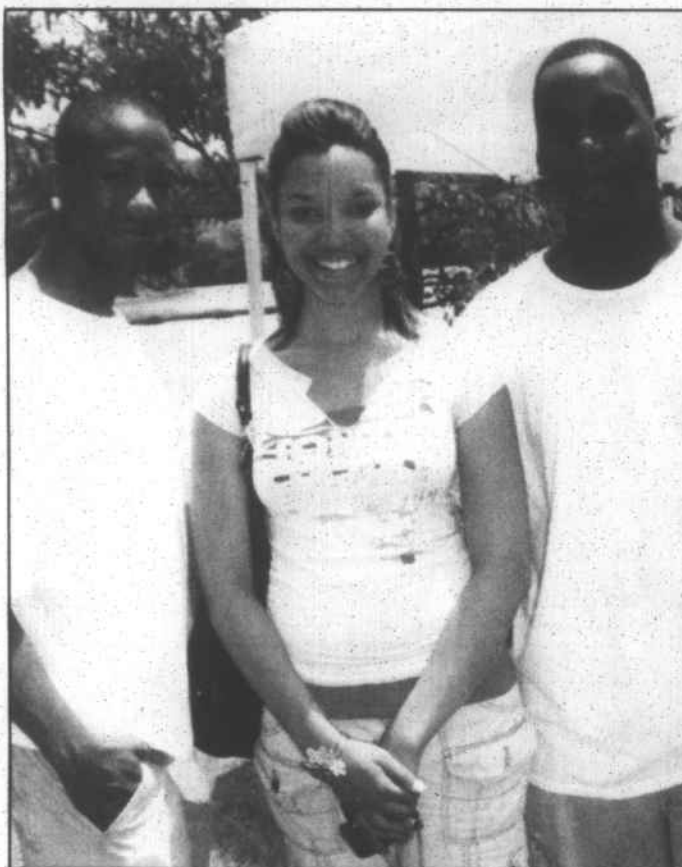
Slaves in Forsyth County heard about their freedom not that long before the Galveston slaves did, he said. As part of this year's Juneteenth events, a reenactment of that event was staged at Philips Moravian Church in Old Salem.

City Council hopeful James Taylor, 28, was among the throngs that attended the Winston-Salem observance. Taylor, a Democrat running for the Southeast Ward seat, brought his three children, James III, 5, Jacob, 4, and Jada, 1; and his nephew, 12 year-old Lamonte Rucker, out to take part in the event. The children were enjoying themselves, he said, and had already begun "petitioning" him for ice cream.

"It's something I didn't get a chance to experience (growing up)," said Taylor. "I wanted to make sure they had a chance to experience it."

Triad Cultural Arts formed a collaboration with the Carl Chavis YMCA in High Point and the Ujamaa Merchants United Inc. in Greensboro last year to create a streamlined, three-day Triad Juneteenth extravaganza. The High Point and Greensboro observances were held on Friday, June 19, and Sunday, June 21, respectively.

Sponsorship for the event was down this year because



Members of the group, LIFE.



Cheryl Harry (back, second from left) with members of the event's Steering Committee.



Effley Howell Sr.

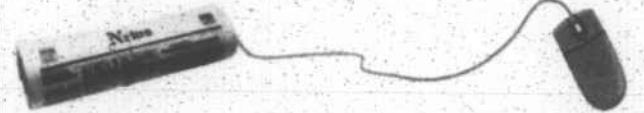
of the recession, Harry said, but awareness about the event continues to grow. Attendance at the Winston-Salem Festival reached between 3,000 and 5,000

last year, and by midday Saturday, Harry was confident this year's numbers would surpass those of the previous festival.

A strong proponent of African-American history, Harry said she was glad to see so many people embracing the festival and its historical context.

"It's about the history to me. It's about African Americans knowing and appreciating and valuing their history and the people that died so that we could be here today," she said. "That's why it's so important to me."

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