

Teens become senior citizens in minutes

BY TODD LUCK
THE CHRONICLE

Young students tried their best to look old by donning makeup for their theater class at East Forsyth High School.

Students in Tiffany Burgess's honors level theater arts class spent last week learning time honored techniques that stage actors use to make themselves look older for a role. They used makeup to create shadows and highlights and give the illusion of wrinkles and sagging when viewed from afar. It's just one of many makeup techniques the students are learning. Fantasy makeup techniques were scheduled for this week, followed by how to create blood and gore.

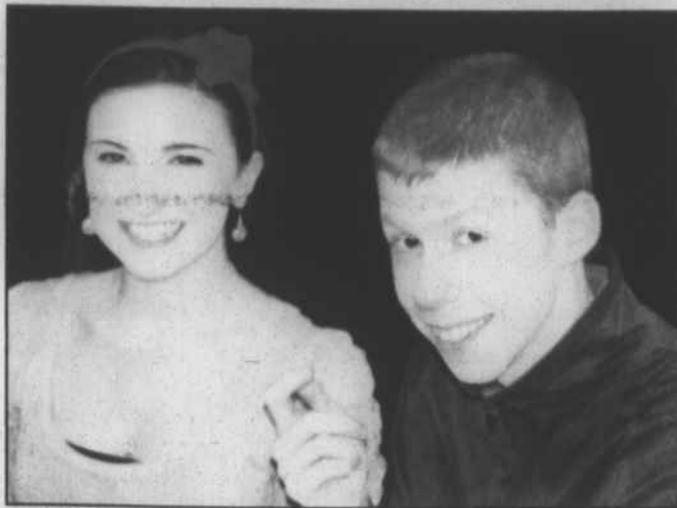
Burgess, who holds a BFA in Theater Education from East Carolina University, has done performance, stage management and costuming in theater and now passes that wisdom on to her students.

"It's important as actors that they know how to do it, because unless you're a major star you don't get your own makeup person," she said.

Aside from makeup, the honors class has focused on developing acting techniques and performing Shakespearean works this semester. Theater students regularly produce plays with all the acting, sets, costumes, lighting and sound done by students, and Burgess said using makeup to create old age is one of the techniques used in several of the productions.

Burgess says some of her students go on to study theater in college, but even those who don't get valuable experience in public speaking and learn other valuable lessons like the importance of being on time, she said.

Hayley Wells, a junior, was one of many students who were applying makeup



Hayley Wells and Julian Morgan before makeup.



Wells and Morgan afterward.



Tiffany Burgess

last Friday, trying to look decades older in hopes of getting a good grade. She said she's always wanted to be an actress but was afraid to speak in front of people. Her mom convinced her to take theater in hopes it would improve her self confidence. The class did the trick; Wells said she's over

her stage fright now. "I love theater; it gives you a chance to be someone else, which is always fun," she said.

Wells also had a fear of singing in public, which she has conquered through the class. Next month, she'll play Annie Oakley, the title character in the school's upcoming production of the musical "Annie Get Your Gun." Wells said she hopes to be a musical theater performer someday.

Junior Julian Morgan said he was the teacher's "practice dummy" earlier in the week. Burgess aged half his face with makeup to show the students how it was done. Morgan, who wants to be a filmmaker, had fun applying his makeup last Friday, but said using makeup in the class took some getting used to.

"It was, at first, a little



Takeyah Vereen before and after her makeup.

embarrassing for me—being a guy—it's hard to go up to my girlfriend and say "Hey, I'll be putting on makeup soon," said Morgan. "But, after I learned how to apply the makeup, it became really enjoyable and fun."

Takeyah Vereen, who is also a junior, said it's fun discovering the secrets actors use to age themselves. She said she was surprised at how much she enjoyed using stage makeup.

"I actually find it ironic because I don't wear makeup on a daily basis so then I come in here and put on makeup everyday and I do it really well," said Vereen, who plans to major in nursing and minor in dancing and theater in college.

"Annie Get Your Gun" will be presented from April 28-30 at 7 p.m. nightly at East Forsyth High School's auditorium. Admission is \$8 for adults, \$5 for East Forsyth students and County employees get in free.

Pregnant

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to overall health. Make sure you are up to date with all your immunizations; be screened for any sexually transmitted infections (STIs); plan for treating preexisting medical conditions (diabetes, high blood pressure, etc.); and review your personal and family medical history. If you use birth control, discuss stopping it with your doctor, as some birth control methods may cause birth defects if pregnancy occurs while the medication is still in your body.

Dad's health – It is important for your partner to take care of himself as well. Exercising, eating right, stopping smoking and drinking, eliminating exposure to hazardous substances, and having a physical exam that includes testing for STDs are some of the health-related issues he should consider.

Getting Pregnant

Knowing when you are ovulating (when the ovary releases an egg to be fertilized) is key to getting pregnant. According to the American Pregnancy Association, most women who have regular menstrual cycles (28-32 days; Day 1 is when you start your menstrual period) are fertile for about 3 days between days 11 and 21 of their cycle. This is usually around Day 14. There are ways of knowing when you are most fertile by using a basal body thermometer or looking at your cervical mucus. Your basal body temperature will go up when you ovulate, so if you track your temperature each day during your cycle, this can help you know when you ovulate. When you ovulate, your cervical mucus will become abundant, slippery, clear, and very stretchy, like egg whites. Track your cervical mucus each day, by gathering some with your finger, and this can help you know when you are ovulating. Most women have about a 25% chance of getting pregnant each month. The American Society of Reproductive Medicine recommends women consult their health care provider if she is: 1) under 35 years old and has been trying to

conceive for more than 12 months, or 2) over 35 years old and has been trying to conceive for over 6 months.

Signs of Pregnancy

The most common sign of pregnancy is missing one or more consecutive periods; missed periods can also be caused by other health issues, however, so it is important to see your health care provider to diagnose the cause. Others signs and symptoms of pregnancy may include: nausea or vomiting (morning sickness), sore breasts or nipples, fatigue, headaches, dizziness, food cravings or aversions, mood swings and frequent urination.

As soon as you think you are pregnant you should see your health care provider to begin prenatal care, to give you and your baby the best chance for a healthy pregnancy.

First Trimester?

According to the National Institute of Child Health and Human Development, during the first month of pregnancy, your baby's brain, spinal cord, heart, digestive system, and other organs begin to form and by week five, baby's heart will begin to beat. As the trimester moves forward, baby's umbilical cord will form, as well as fingers, toes, nails, and nerves. Towards the end of the first trimester, the gender of the baby will become apparent.

For the mother, you may continue to notice many of the symptoms listed above, though it is important to remember that every woman experiences pregnancy differently. You may have many of the symptoms or none at all. It is also important to remember with regard to nausea and vomiting, if you are unable to eat or drink for 24 hours, you should call your health care provider.

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 website: <http://www.wfubmc.edu/MACHE>

Stamps

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before moving to New York City, where she gained instant celebrity in theater, film, and radio. The "Brazilian Bombshell" appeared in 14 Hollywood musicals and recorded more than 300 songs.

A dazzling performer of many genres of Afro-Caribbean music, Cruz (1925-2003) had a powerful

contralto voice and a joyful, charismatic personality that endeared her to fans from different nationalities and across generations. Settling in the United States following the Cuban revolution, the "Queen of Salsa" performed for more than five decades and recorded more than 50 albums.

Texas-born Selena Quintanilla-Perez (1971-1995) - known to fans simply as Selena - helped trans-

form and popularize Tejano music by integrating techno-hip-hop beats and disco-influenced dance movements with a captivating stage presence. A Grammy recipient, the "Queen of Tejano" broke gender barriers with record sales and awards.

The other artists on this stamp sheet are musician Tito Puente and singer-dancer Carlos Gardel.



Rev. Seth Lartey presents a check to W-S Foundation President Scott Wierman.

Will Power

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mission is growing in the local community, he added.

"The word is getting out," Anderson commented. "People are beginning to take us more seriously."

Lartey told those present at the presentation that he wanted to grow the fund to a \$200,000 endowment by the summer. In today's uncertain economy, being able to generate its own source of income puts OWP in a unique position to assist the community, Lartey believes.

"Don't go around begging when you can actually do something for yourself," he stated. "...That's what we're trying to encourage."

The water was dubbed "I'm Free" to denote the various social ills, including violence, drugs and criminal activity that the company hopes to keep youth "free" of. The company also took time out during its celebration to honor Winston-Salem Police Chief Scott Cunningham for his efforts in keeping the local commu-




Dr. Lartey presents a plaque to Police Chief Scott Cunningham.

nity safe. Cunningham pledged the PD's continued support for the program. "It is a pleasure to join with Goler to try and make our community better every day," he said.

Rev. Beverly McMillian, pastor of Bethlehem AME Zion Church in Pfafftown, also plans to support the program. McMillian, a former Goler member, said she thinks the OWP model is one other organizations should consider following.

"I think it's a really excellent project. I think it's something that we should have done a long time ago," she remarked. "Until we learn to invest in ourselves, we're not going to reap the benefits."

To purchase or sell I'm Free water or for more information, contact Anderson at (336) 577-7050, jpaine@triad.rr.com or visit www.operationwillpower.com.






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