

Lowes Foods offers 'Carolina Crate' program featuring fresh local produce

SPECIAL TO THE CHRONICLE

Fresh corn. Vine-ripened tomatoes. Sumptuous squash. Name a locally grown vegetable, and it might be included in the next Carolina Crate from Lowes Foods. While supplies last, shoppers are able to pick up a crate packed with locally grown produce at select Lowes Foods beginning at 9 a.m. each Saturday. More than 200 local farmers are participating in Lowes Foods Carolina Crate program.

The Carolina Crate program kicked off June 13 and will continue until Aug. 27. Each Carolina Crate contains six to eight varieties of produce, which have been selected based on what is at its peak, and weighs 10 to 12 pounds. The cost for a Carolina Crate filled with goodness is \$20. If a guest pre-orders through Lowes Foods-to-Go, the shopping fee is waived.

The farm crate movement began several years ago in the Northeast and has since spread to other parts of the country,

Heather George, senior vice president of brand strategy for Lowes Foods, said. Many people know them as CSA or community-supported agriculture boxes. Lowes Foods has committed to buying farmer's produce in advance of harvest. Unlike many other similar CSA programs, Lowes Foods does not require a subscription or advance payment from shoppers.

Our Carolina Crate program is the perfect way for families to enjoy produce at its peak and at the same time, support local small farmers right here in the Carolinas. You can't request what you receive in a Carolina Crate, George said. The surprise of discovering what has been harvested for the box each week is part of the fun. We even include recipes so that shoppers can go home and start enjoying their fresh produce.

Carolina Crates are available only in select Lowes Foods stores. Go to LowesFoods.com for a list of participating stores.



(336)

Mo Lucas looks at the crowd in 2015 during the Father's Day parade in his honor.

Mo Lucas

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informed the public of Lucas' untimely death via Facebook just after 10 p.m. Tuesday. The post reads: "It really saddens me to have to post this however, Mr. Mo Lucas has passed and I want to thank every last one of you for giving him victory before he passed on."

After retiring from the U.S. Army, Lucas joined the Patterson Avenue YMCA as a volunteer in 1954. While attending Winston-Salem State University (WSSU), where he is credited with chartering the first chapter of

Kappa Alpha Psi Fraternity Inc., Lucas first made a name for himself among youth in the area by deejaying weekly dances at the Patterson Avenue and Winston Lake Y branches.

After graduating from WSSU in 1960, Lucas joined the Y staff as a full-time employee, where he continued to inspire children in the community for more than 60 years.

Even after retiring at the age of 66, Lucas continued to spend his free time volunteering well into his 80s. Over the course of his tenure at the Patterson Avenue and Winston Lake branches, Lucas mentored hundreds of young men

through his step team that was known for sporting the finest suits, as they strutted their stuff in area parades and other community events.

According to Terry, just minutes before he passed, Lucas was talking about how good it felt to see everyone at the parade held downtown on Sunday, June 19. Terry, who joined Lucas' step team at age 14, said he was confused by the unexpected passing of the man he considers his role model.

"Right now, I'm super confused," he said. "For the first time in my life, I can say I don't know what to do."



(Above) The Rev. Alvin Carlisle, third vice-president of the Ministers' Conference of Winston-Salem and Vicinity, speaks during a press conference held at Emmanuel Baptist Church on Tuesday, June 21.



Assistant Chief Katrina Thompson calls for the end of the "no snitching" policy during a press conference held by the Ministers' Conference of Winston-Salem and Vicinity on Tuesday, June 21.



Photos by Terin Stinson

Members of the Mo Lucas Foundation Yette Dancers make their way down Trade Street during the Mo Lucas Father's Day Parade on Sunday, June 19.

Parade

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parades across the state and country, and various other programs at YMCA branches on Trade Street and at Winston Lake.

As he rode through the streets, shouts of "Thanks, Mo" could be heard from blocks away. A number of residents who attended the parade mentioned Lucas was like a father. Josh Thompson said that even to this day, he looks at Lucas as one of his role models.

"Growing up, Mo was the person that everybody looked up to and went to for advice," said Thompson as he stood on the corner enjoying the parade, held on Sunday, June 19.

"He is a legend in this city, and to see him honored like this means a lot to me, and I know he appreciates everyone coming out to show support and give thanks."

Monte Odom, who joined the step team when he was 8 years old, said he never would have made it if it wasn't for the guidance he received from Lucas at the Y.

"For many of us in the community, Mo is the only father we've ever known," Odom said.

Following the parade, supporters of the event gathered at the Winston Square Amphitheater, where they were treated to free food and entertainment. The gathering also gave residents an opportunity to personally thank Lucas for his hard work and dedication in improving the lives of children in

the community.

Between performances, Lucas himself took to the stage to thank everyone for coming out. As he was escorted to the stage, Lucas received a standing ovation from the throngs in attendance. He said seeing the children perform and march through the streets brought back a lot of memories.

"I am very proud to be here today," he said. "It brings a tear to my eye because I have seen so many children grow up and go on to accomplish amazing things."

"Today is a very special day for me. I thank you all for being here."

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Code

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and stand against those who shatter families with senseless violence," she said. "I can tell you with great certainty that the only way to combat this disturbing trend is community involvement."

As she stood behind a podium surrounded by clergy, fellow officers and other stakeholders in the community, Thompson said that in contrast to the storylines portrayed on popular crime television programs, the advancement in DNA testing and the most modern of forensic evidence gathering techniques rarely solve homicide investigations.

"I can tell you from experience, the majority of homicide cases are solved because eye witnesses came forward to

provide crucial information to the cases. The code of silence, or the 'no snitching' rule in our community serves only to empower those who commit these crimes," Thompson said.

Thompson urged anyone with information on any of the homicides to contact the WSPD or call the Crimestoppers hotline at 336-727-2800.

For those reluctant to talk with the police or call an anonymous number, the president of the ministers' conference, Bishop Todd Fulton, said, "Come to the ministers' conference. We will be your voice until you find your voice."

"We want to make Winston-Salem a safe place to live, a safe place to worship and a safe place to work," Fulton said. "We're standing her today to say we need your help."

Please join us to learn about the benefits of living at Emmanuel Baptist Senior Retirement Village!

Ujima CDC invites seniors (62+) who are retired, retiring, or ready to move or down size to attend an informational meeting on

MONDAY JUNE 27, 2016 or

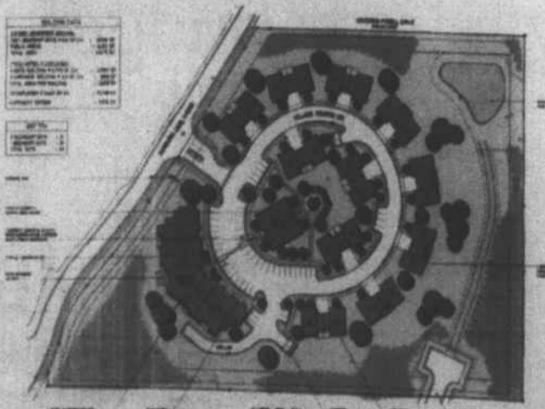
MONDAY JULY 11, 2016

6:00 PM - 8:30 PM

at THE ENTERPRISE CENTER

1922 Martin Luther King Jr. Drive

(Please use the Wilbur Street entrance and proceed to the Computer Lab)



RETIREMENT VILLAGE FOR UJIMA CDC WINSTON SALEM, NORTH CAROLINA

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