

**Impervious To Separation**

**Lois Meadows And Gaynelle Tutt Form A Special Relationship**

By Loretta Manago  
Post Staff Writer

Watching Louise Meadows and Gaynelle Tutt together, automatically you sense that theirs is a special relationship, filled with private secrets and precious moments that only they know about.

Although they have only known each other about four months, they have developed a bond so strong, it is impervious to separation.

Mrs. Meadows and Miss Tutt met through the Big Brothers-Big Sisters program. Mrs. Meadows' former little sister had just turned 16 and thereby was ineligible to remain in the program and Miss Tutt's former big sister left town to accept another job offer.

Because of their common interests, it was thought that a match between Mrs. Meadows and Miss Tutt would work. And it has. During the four months that this big sister-little sister team has been together, they have busily explored and shared all the things that they like to do.

"We work in the yard, but I do all the work," jokingly inserted Mrs. Meadows.

At this remark Miss Tutt smiled. Continuing, Mrs. Meadows said, "We go to church, visit friends, go shopping, go out to eat or sometimes fix dinner."

One thing that both Mrs. Meadows and Miss Tutt agree on and that is that some of their best times are spent when they just talk. "Gaynelle tells me a lot of things that she doesn't feel comfortable talking with other adults about," responded Mrs. Meadows. "I always want her to know I have a listening ear."

Sharing similar interests is one reason why Miss Tutt and Mrs. Meadows' relationship works, but what they give to one another also plays a part in cementing their relationship.

"Gaynelle is like a second child to me. She has given me a chance to do with her some of the things I didn't get to do with my daughter," reflected Mrs. Meadows.

"It's also kind of fun to see how children have changed over the years and how perceptible they are. There are a lot of things that Gay-



Lois Meadows and Gaynelle Tutt  
.....A very special pair

nelle knows now that I wasn't aware of until I was a teenager," she continued.

For Miss Tutt, Lois has exposed her to new experiences. Before Miss Tutt met Lois she didn't know how to sew. Now, sewing is not only Mrs. Meadows' favorite hobby, it is Miss Tutt's as well.

Certainly all the moments that Miss Tutt and Mrs. Meadows share are important, but occasionally some times outweigh others.

The day Miss Tutt got her jellies

and the night she spent over Mrs. Meadows' take priority over others for her.

"When I spent the night over to Lois' we made pillows, ate and sang lots of songs," recalled Miss Tutt.

Mrs. Meadows can recall other times that stood out from the rest. Her two most memorable ones were the day Gaynelle found out that she wasn't going to leave her like her last big sister and the recent Big Brother-Big Sister Awards Night.

At the end of that evening Miss

Tutt and Mrs. Meadows were announced "Big Sister and Little Sister of the Year." The contents of a letter that Miss Tutt wrote was the deciding factor in the reason why Miss Tutt and Mrs. Meadows achieved that honor.

Miss Tutt explained, "In my letter I said that Lois was not just a big sister to me, but she is a big sister to my mother, sister and brother. I said that I love and care for her and I also talked about some of the things we do together."

A four year veteran of Big Brothers-Big Sisters, Mrs. Meadows urges anyone with an interest in children to seriously consider becoming a part of a young person's life. "A lot of girls need someone to help bridge the communication gap between youth and adults. It's a real good feeling knowing that you've helped a child and that you may serve as an inspiration to someone who needs a positive role model in their life."

Mrs. Meadows is a member of First Mt. Zion Baptist Church. She is active in the Gospel chorus, the Missionary, the Usher Board, the Sunday School and the Young Adult Choir.

Employed with Harris-Teeter Supermarkets, Mrs. Meadows is also a

part time seamstress. She and her husband, Terry, are the parents of one daughter, Regina, and a grandson, Tony.

Miss Tutt is a third grader at Eastover Elementary School. She is the daughter of Geneva Tutt and she has one brother, Mark, and one sister, Florence.

If you are interested in becoming a part of Big Brothers-Big Sisters, call 377-3963.

In the last Big Brother-Big Sister article (June 21 issue) entitled "Numerous Black Children Are Growing Up Without Any Positive Male Figures," the cutline mentioned Corey Williams as a little brother. His name is Corey Burch.

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**Free Check For Diabetes Will Be Held July 10**

A free check for diabetes is being sponsored by Tri-County nurses. The program will take place Tuesday, July 10 at The Medicine Shoppe, 2919 Central Avenue. Hours are 10 a.m. to 5 p.m., with no appointment necessary.

Symptoms of insulin-dependent diabetics include frequent urination, abnormal thirst, unusual hunger, rapid weight loss, irritability, weakness and fatigue, or nausea. Non-insulin dependent diabetics may also show the same signs, as well as blurred vision, excessive weight, numbness in the extremities or slow healing cuts and scratches on the feet.

There are currently four million undetected diabetics in this country. Many prospective diabetics may never have to endure the regimen of daily insulin injections if their condition is diagnosed in its early stages. Oral medication may be the only treatment if the proper diet is observed.

"We have found these screenings to be helpful in alerting persons to the need for a check by a qualified physician," says pharmacist Beth Quedenfeld.

The test is simple and takes only a few minutes. People planning to be tested should eat a balanced meal without a lot of sugar content, yet high in carbohydrates, approximately two hours before testing.

Due to possible complications, known diabetics will not be screened.

**New Life Revival**

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After hearing the tape Martin requested Jenkins' presence at a church revival. "He was very willing and responsive," Martin assured.

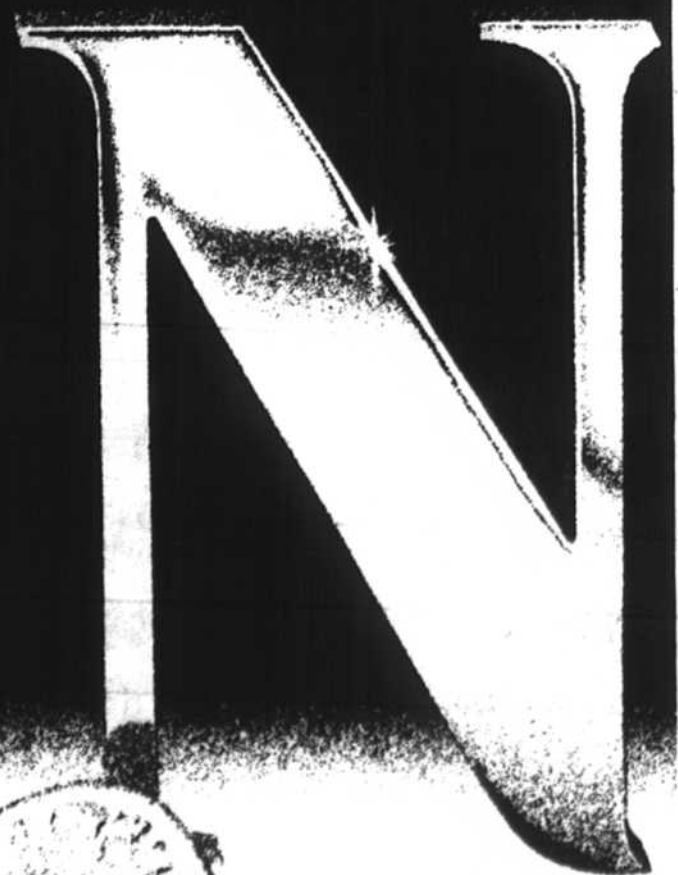
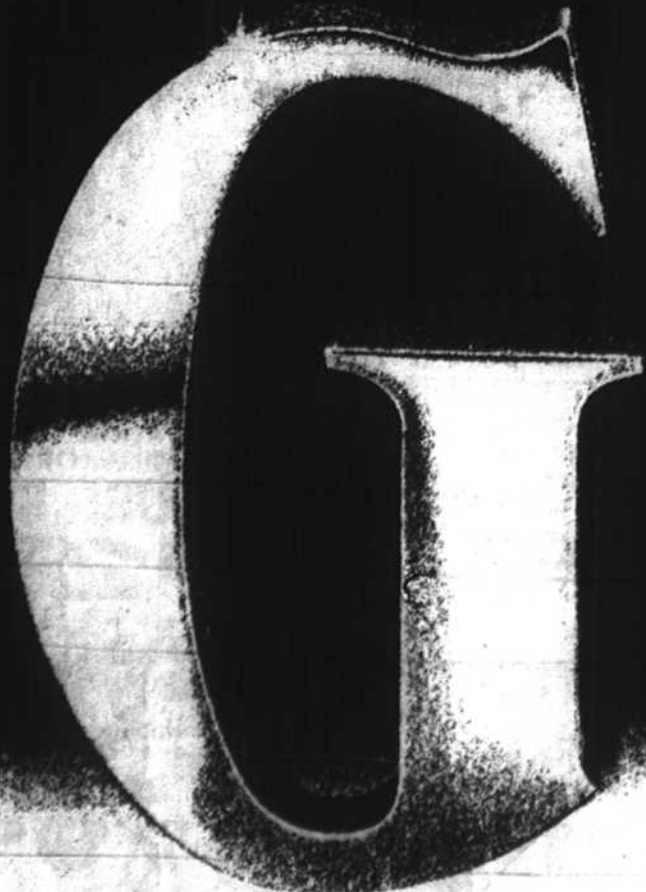
Other homecoming guests for the revival opening include Rev. A. B. Sutton and his congregation from Ebenezer Baptist Church. Sutton will preach at 2:30 p.m., Sunday. Jenkins will conduct the 11 a.m. service and the 7:30 p.m. service Sunday.

Some choirs which will be featured during the revival include the Charlotte Interdenominational Choir, J.A. Gospel Choir, Combination Choir of Charlotte, and other hymn choirs and groups. New Life Baptist Church is located at 208 Bruns Ave.

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