

Around Charlotte

• Winners on Wheels, a national non-profit organization for disabled children, will sponsor activities Saturday.

WOW will hold its inaugural Charlotte activities at 10 a.m. at Greenville Neighborhood Center. The organization was established as an academic and social program for youth who use wheelchairs. If you know a child, or are interested in volunteering or being a sponsor, call Eunice Jones at 568-3042 or Blance Penn at 596-5041.

• The Charlotte-Mecklenburg Community Relations Committee has planned several events for the Martin Luther King Jr. holiday Monday. They include:

8-9:15 a.m. - Prayer breakfast at First Union Atrium, 301 S. Tryon St. Cost is \$15.

9 a.m.-noon - Job fair at new Charlotte Convention Center, 501 S. College St.

10 a.m.-noon - Parade, starting at corner of Beatties Ford Road and LaSalle Street and proceeding toward new Convention Center.

11:30 a.m.-noon - Memorial service at the King statue in Marshall Park, corner of McDowell and Third streets.

12:15 p.m.-2 p.m. - Program at new Convention Center.

For more information, call 336-2426.

• Museum of York County will present "Follow The Drinking Gourd" in February.

Two hundred years ago, black children and their parents who lived in the southern U.S. were slaves who used the Big Dipper, which looks like a

drinking gourd, to guide them to freedom to the north. Slaves in Alabama and Mississippi taught their children a special song about the Big Dipper; the words provided a "secret code" to find the way north.

The program will be shown at 11 a.m. on Saturdays and 3 p.m. on Saturdays and Sundays in the Settlemire Planetarium. The 30-minute program is suitable for children and parents.

For more information, call (803) 329-2121.

• Some of America's best scholastic chess players will be in Charlotte next week.

The Charlotte-Mecklenburg Scholastic Chess Association will host the third annual National U.S. Chess Congress South chess tournament at the Radisson Plaza Hotel downtown.

The seven-round tournament starts Saturday and ends Monday with the first round starting at 1 p.m. Players from the southeast and Ohio ranging in age from 9 to 18 are registered to play.

For more information, call Jill Ann Bambara at 332-8181 or Richard Klein at 553-7708.

• The League of Women Voters of Charlotte-Mecklenburg will sponsor a discussion on "How Are Children Doing in Charlotte-Mecklenburg Schools?" Jan. 18 at Time Warner Cable, 316 Morehead St.

William Rikard, past chairman of Charlotte-Mecklenburg Schools, will share his assessment at the meeting, with a question-and-answer session to follow. The meeting is free and open to the public.

• The Mecklenburg

County Cooperative Extension Service will offer two NoonLiting I weight control series. One series will meet from noon to 1 p.m. every Monday Jan. 22-April 15 at the Hal Marshall Building, 700 N. Tryon St. The second series will meet 10-11 a.m. every Friday Feb. 16-May 10 at the Marion Diehl Center, 2219 Tyvola Road. Each 12-week series costs \$15. Space is limited. To register, call 336-2692.



• **The Mecklenburg County Women's Commission** is seeking four to 10 students who want to learn how to express their feelings about witnessing domestic violence in a constructive manner. The group will meet once a week for seven weeks from 6-7 p.m. Jan. 11-Feb. 22. The purpose of the group is to understand their feelings and gain support from others.

A group for mothers of participating children will meet at the same time.

For more information, contact Ellen O'Toole at 336-3790.

• The Beta Nu Lambda of Alpha Phi Alpha Fraternity Inc. meets 7 p.m. every second Monday of the month at Weeping Willow AME Zion Church, 2200 Milton Road. For more information, contact Darryl Louder at 568-5644.

• The Uptown Shelter, 1210 N. Tryon St., will have orientation for volunteers Jan 9 and Jan. 25. The shelter

• Discovery Place will pre-

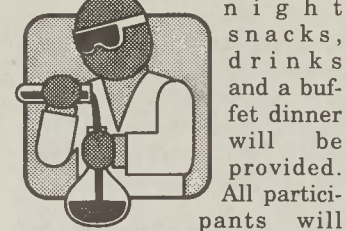
sent Teacher Camp-In '96 Jan. 12-13. The all night event will be filled with hands-on science classroom activities, entertainment and food. Participants can pick up registration materials 3:30-5 p.m. Jan. 12 at the Sixth Street entrance to Discovery Place.

The cost is \$75 per person. Late night snacks, drinks and a buffet dinner will be provided. All participants will receive a 10 percent discount in the gift shop.

For more information, call 372-6261.

needs donations of towels, deodorant, socks, underwear, T-shirts and toothbrushes. For more information, call Jennifer Woodford at 334-1337.

All announcements for "Around Charlotte" must be postmarked, faxed or hand delivered to The Charlotte Post no later than 5 p.m. each Monday.



• **WomanReach Inc.** is offering a variety of support groups and workshops. The job hunters support group welcomes any woman who is exploring the job market. The group meets 5 p.m. every Wednesday. The mid-life exploration group addresses health issues of older women, primarily menopause, at 7 p.m. the first Monday of the month at the Jewish Center, on Providence Road. A self-esteem support group meets 6:30 p.m. every Thursday to identify and validate individual needs, thoughts and personal strengths.

For more information, call 372-6261.

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Atlantic City GETAWAY

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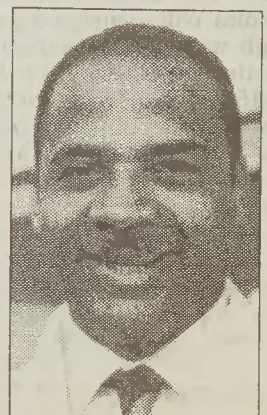
\$50.00 Deposit due by January 25, 1996

For Further Information Please Call: 379-0235

All monies raised are used to support communities and youth activities.
HIDDEN VALLEY OPTIMIST CLUB IS A NONPROFIT SERVICE ORGANIZATION

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Morning meal important

Continued from page 8A

with fat - the kind that is eaten and the kind that hangs around waist, buttocks and thighs.

Middle age is no excuse for gaining fat pounds, even if you stay within the ideal range for your height. The wiggle room is for bone and muscle.

"These guidelines erase the myth that expanding waistlines are an inevitable function of growing older," Shalala said.

Parents should begin lowering the fat in their children's diet when the children are 2 years old. By age 5, the limit should be the same as an adults - no more than 30 percent of daily calories on aver-

age, with no more than 10 percent from saturated fat.

At least one-third of all adults and one-fourth of all children are overweight, Shalala said. Poor diet and too much sitting around contribute to the deaths of some 300,000 Americans, she said.

Although they stressed that the guidelines reflect scientific work, Shalala and Agriculture Secretary Dan Glickman treated them carefully.

"This is not an effort by the federal government to tell people what to eat or to be the national nanny," said Glickman.

Despite the acceptance of a vegetarian diet, that guidelines point out that people who forgo meat and other animal products have to be care-

ful to find other sources of iron, zinc, B vitamins, vitamin D and calcium. The meat industry was happy with that affirmation of meat's nutritional value.

The guidelines, in bulletin form, are available to the public. To order a single copy, send your name, address and 50 cents to Consumer Information Center, Department 378-C, Pueblo, Colo., 81009.

The guidelines also are available from the home page of the USDA Center for Nutrition Policy and Promotion at <http://www.usda.gov/fcs/cnpp> or HHS Home Page at <http://www.os.dhhs.gov>.

Also available by modem from the Food and Consumer

Service electronic bulletin board FedWorld by calling 1-703-321-3339.

State lets children work overtime in fields

THE ASSOCIATED PRESS

LANSING, Mich. - The legislature and governor have approved a new law that lets 16- and 17-year-olds work up to 62 hours a week at food processing plants and farms.

Gov. John Engler signed the law on Christmas.

"Basically, this is what farm kids have been doing for hundreds of years anyway and this gives them a great opportunity," said Engler spokesman John Truscott.

The law amends the Youth Employment Standards Act of 1978 to allow minors 16 and older to work 11 hours a day and until 2:30 a.m. A parent would have to approve.

Under the old law, minors could only work eight hours a day and until 11 p.m. for 48 hours a week during the summer.

"We want to stress that this is all voluntary," said Jim Jensen, executive director of the Michigan Food Processors

Association.

But opponents said the law will harm minors and take jobs away from adults.

"This bill allows minors to work too many hours and this is potentially harmful for minors," said Sen. Jim Berryman, D-Adrian.

Seventy-nine of the 1,056 serious agriculture accidents reported that required employees to leave work in 1993 involved people ages 16-19, according to state safety records.

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\$13.50 Seniors (65 & over) Children (12 & under) • \$16.50 Adults

Tickets can be purchased at The Charlotte Post 1531 Camden Road • 704 376-0496

Tours (Weekends) Saturday: 9:30am • 2:30pm • Sundays: 2:00pm • (Boarding: McDonald's Park Hotel)

For additional information on expanded and group tours call 704 566-0104



The Charlotte Post