

lifestyle



(photos by James Parker)

The Beauty Of Kwanza

Left is Aqila Griggs giving her undivided attention to the African griot, portrayed by Joe Anderson, as he told the story of the origin of Kwanza. On the right is Clifton Graves who explained the significance of the seven

principles of the African holiday, and Anderson, Khalida Lovell and Gail Anderson as they sang during the festivities. It was all part of the annual Kwanza holiday celebration last week at the East Winston Library

New Techniques For A New Year

Many people begin the New Year by making decisions of resolutions, and most of these end up being broken. Resolutions should not be made hurriedly or without analysis and forethought.

It is sometimes better to use a new technique in making resolutions. Start by taking inventory of your

needs.

According to what many women say, one of the biggest problems facing homemakers is getting bogged down in house work. With a limited amount of time to spend with these tasks, it would be profitable to explore new techniques of mastering household chores.

recently told me that she had spent many useless hours trying to clean the inside of her porcelain-lined grill only to discover that a special household degreaser could be used to accomplish the same job in minutes.

Many housewives could save valuable time in laundering items such as nylon curtains if they would try different techniques.

For example, fold nylon curtains before putting them in the washer. Put the towels in the washer with the curtains and turn on the short cycle. As soon as the wash cycle is complete, remove the curtains from the washer and place them in the dryer. Turn off the dryer while curtains are still damp and hang them immediately to eliminate the need for ironing. If it is impossible for you to hang the curtains when they are taken from the dryer, lay

them straight across a line or on a flat surface to prevent wrinkles.

The New Year also calls for new techniques in general home management and money management.

Study new methods of saving time and money. Devise new techniques to suit your own needs. Write these down so you can get in the habit of practicing the new methods.

Study new techniques of saving physical energy. Just because you have routinely used a certain technique in performing a task does not necessarily mean that the old technique is the best method.

The New Year calls for exploring new opportunities to read and to learn. Take advantage of such opportunities, because a New Year calls for new techniques.

Better Living

By JoAnne Falls

present life. This can be accomplished by analyzing and studying your personal situation in the home, at work and in the community. You should then be in a better position to make resolutions based on your personal experiences and

The New Year calls for trying new techniques in housecleaning. Sometimes a new, very inexpensive product, or a product you already have on hand, can prove to be an extremely important time-saver in cleaning. A housewife

Health Watch

Vitamin, Mineral Supplements

Vitamin supplements and mineral supplements are very popular. All kinds of people are taking them. Some people are using supplements because they've heard extravagant claims about what vitamins can do for them.

Who really needs vitamin and mineral supplements? In general, supplements are useful when a person is unable or unwilling to eat a balanced diet. The North Carolina Medical Society says that, ideally, people

who are concerned about their nutrient intake should improve their diets and forget the pills.

But there are exceptions. Surveys indicate that some elderly people do not eat enough food to obtain the recommended amounts of vitamins and minerals. Alcoholics, habitual dieters and people with serious emotional problems may also have inadequate diets.

Women of child-bearing age may not get enough iron from the food they eat

to counteract the greater-than-average blood loss that occurs during menstruation.

Multi-vitamin and mineral supplements may be recommended as a short-term aid to vitamin defi-

ciency, but pills are not a good permanent solution.

If you're concerned about nutrition, strive for a balanced menu and see your doctor if you have questions.

BUILDING ON YOUR ROOTS

HAUSER

RENTS

PARTY SUPPLIES

- Chairs
- Tables(Banquet)
- Bridge Tables
- Platforms
- China
- Cups
- Saucers
- Dinner Plates
- Tike Torches
- Wedding Supplies
- Punch Plates
- Punch Bowls
- Punch Cups
- Old Fashioned Table Cloths
- Napkins
- Crystal & Cocktail Glasses
- Whiskey & Wine Glasses
- Chafing Dishes
- Serving Trays
- Bars
- Glass & Server
- Candleabra
- Charcoal Grills
- Coat Racks
- Coffee Makers
- Hurricane Lamps
- Stainless
- Flatware
- Silver
- Party Balls
- Champagne Fountain

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