

MILITARY NOTES

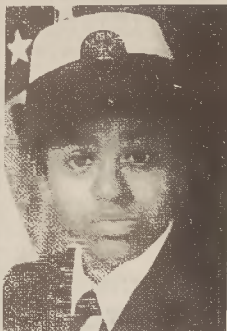
Lowery completes Navy recruit training

Navy Seaman Recruit Michelle D. Lowery, daughter of Humphrey L. and Katharine S. Parks of Winston-Salem, has completed recruit training at Recruit Training Command, Orlando, Fla.

During Lowery's eight-week training cycle, she studied general military subjects designed to prepare her for further academic and on-the-job training.

Lowery's studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

She is a 1986 graduate of Robert B. Glenn High School.



Michelle Lowery

Orlando Fla.

Navy Seaman Recruit Jeangella D. Little, daughter of John Little , has completed recruit training at Recruit Training Center,



Jeangella Little

on-the-job training.

During Little's eight-week training cycle, she studied general military subjects designed to prepare her for further academic and

on-the-job training. Little's studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of

instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1986 graduate of Parkland High School, she joined the Navy in December 1987.

Navy Petty Officer 3rd Class Reginald L. Noble, son of Doris N. Crosby recently departed for a six month deployment to the Mediterranean Sea aboard the aircraft carrier USS Dwight D. Eisenhower, homeported in Norfolk, Va.

The ship is relieving the USS Coral Sea. This cruise is the first major deployment for the USS Eisenhower since returning to the Atlantic Fleet following an 18-month overhaul.

A 1979 graduate of North Forsyth Senior High School, he joined the Navy in December 1983.

Regional Morehouse College alumni schedule conference

The Morehouse College Alumni Association's first annual Region III Conference will be held April 15 to 16 at the Marriott City Center in Charlotte.

Alumni, their spouses, friends and prospective students from

North Carolina, South Carolina and other states within the region are expected to attend the event.

Maceo K. Sloan, president of North Carolina Mutual Capital Management Corp., will speak at a Saturday noon luncheon which is

open to the public.

Conference participants will include Dr. Leroy Keith Jr., recently inaugurated president of Morehouse College; Charlie J. Moreland, national alumni president; Hardy Franklin, alumni affairs

director; Sam Young Jr., region III vice president; and chapter presidents throughout the region.

Registration inquiries may be directed to Sam Young Jr., P.O. Box 35505, Charlotte 28235, (704) 537-7316 or 537-6096.

Blacks urged to join in Minority Cancer Awareness Week

The National Cancer Institute encourages everyone to celebrate "Minority Cancer Awareness Week," April 17-23.

This is an especially good time to promote cancer prevention in the Afro-American community, because Afro-Americans get cancer and die from it more often than other groups in this country.

Many Afro-Americans think there is nothing that can be done to prevent cancer.

But the truth is, cancer may be the most preventable of all chronic diseases. Most cancers can be cured if found early and treated right away. That is the rea-

son the National Cancer Institute wants everyone to learn the warning signs of cancer and to see a doctor regularly. A doctor can find early signs of cancer before the patient notices them.

It is estimated that 80 percent of all cancers can be prevented if people make certain changes in the way they live. One of the most important ways to prevent cancer is to quit smoking.

Smoking has been linked to cancers of the lung, larynx, throat, bladder, kidney, and pancreas. Chewing tobacco and using snuff also can lead to some types of cancers.

The risks of cancer are even

greater if a person smokes and drinks alcohol, or works with dangerous materials. In addition, pregnant women who smoke have a greater chance of losing their babies or delivering unhealthy babies.

Eating healthy can also help prevent cancer. Fatty foods such as cold cuts, salt pork, and sausage may add to the risk of cancers of the colon, breast, prostate, and uterus.

Eat more foods low in fat such as lean meats, fish, poultry (without the skin), rice, spaghetti, skim milk, and fruits and vegetables. Broil or bake fish and poultry.

Try steaming vegetables rather than frying. Eating more whole grain breads and cereals, peas, beans, and lots of fruits and vegetables also may reduce the risk of cancer.

During Minority Cancer Awareness Week, communities across the country are sponsoring health fairs, educational activities, and cancer screenings for Afro-Americans.

For more information and free booklets on cancer prevention and early detection, call the Cancer Information Service, toll free, at 1-800-4-CANCER (1-800-422-6237).

AREA WEDDINGS

Smith-Burton

Patricia Powell Smith and Pierre Montgomery Burton were married Saturday, April 9, in a 4 p.m. ceremony at Grace Presbyterian Church.

The Rev. L.V. Lassiter officiated.

The bride is the daughter of Mr. and Mrs. William E. Shouse of Winston-Salem.

The groom is the son of Jessie Mae Burton and the grandson of Christine "Mama Chris" Burton.

The bride was given in marriage by her father.

Serving as maid of honor was Keia S. Smith of Winston-Salem.

Bridesmaids were Constance L. Powell, LaTonya Powell, both of Greensboro, April D. Robinson of Mount Airy and Inisar Bilal of Barnegat, N.J.

Best man was Preston Burton of Winston-Salem.

Ushers were Thomas Burton, Kenneth Burton, Kelvin Burton, Reginald Burton, Robert Hardin and Paul Sheff, all of Winston-Salem.

The bride is a graduate of

Mayfest culinary contest seeks entries

For the sixth consecutive year, Sigoh's Brewery and Urban Arts of the Arts Council will sponsor a culinary competition as part of their annual Mayfest International Festival.

Mayfest will take place on Saturday and Sunday May 21 and 22 in the streets of downtown Winston-Salem and is a celebration of the cultural diversity of Forsyth County. It will feature food, entertainment and exhibits from many parts of the world.

The International Culinary Competition will take place on Saturday morning, May 21 at 11:30 in the atrium of Mercantile Plaza, 411 W. Fourth St., and is open to anyone who is not a professional cook. One or more entries may be submitted by the same person and can be an



Patricia S. Burton

Atkins High School. She attended Rutledge College and Forsyth Technical College. She is employed by R.J. Reynolds Tobacco International.

The groom is a graduate of West Forsyth High School. He attended Forsyth Technical Institute and is employed by R.J. Reynolds Tobacco.

The couple will live in Winston-Salem.

LITTLE PEOPLE • BIG DREAMS

Help support the Preschool Child Care Center build their outdoor play area



TAMARA GRISARD
Sheila & Bert Grisard



MEGAN HUNT
Michele Hunt & Leroy Jones



GEORGE BROWN
Nathella Juliette Brown
Melvyn Harris Brown, Jr.



SAMUEL WILLIAMS
Alice & Jason Williams



ERICKA BROWN
Anethanette & George Brown

Meet the Winston Lake Family YMCA
**LITTLE MISS,
LITTLE MISTER
CONTESTANTS**



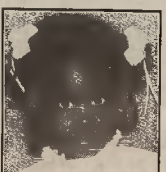
LAURI JOHNSON
Daughter of Ada S. Johnson



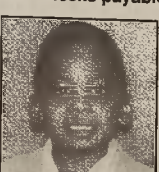
RAVEN BROOKS
Remona & Ritchie Brooks



KINEKA CRUMB
Barbara & Kenneth Crumb



MAYA PARKER
Daughter of Barbara Parker



ROBERT "BJ" WOODRUFF
Cordelia & Robert Woodruff



TAVIA GILMORE
Daughter of Priscilla Thompson



MATTHEW EL-AMIN
Mr. & Mrs. Fleming El-Amin

PAGEANT DATE:

Sunday May 15, 4:00 pm

PAGEANT LOCATION:

Winston Lake Family YMCA

201 Waterworks Rd.

724-9205

YOUR DONATION WILL HELP BUILD THE MUCH-NEEDED PLAYGROUND FOR THE PRESCHOOL CHILD CARE

Give donation to the Little Miss/Little Mister of your choice. Make all checks payable to Winston Lake Family YMCA.

FOR MORE INFORMATION CALL MRS. ALLEN OR MRS. HARRIETT AT 724-9205

SLIGHTLY IMPERFECT, CLIP, SEW, CUTS, AND WEAVE STICKS!

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SLIGHTLY IMPERFECT PICK A PACK 3.99 6 PR. PACK BRAND NAME PANTYHOSE SUGG. RETAIL \$8.64. SAVE 54%! ONLY 67¢ PR. PAIR!

STRATFORD RD. THE MARKETPLACE
OPEN MON-FRI 9-9 PETERS CREEK PARKWAY
SAT 9-6 SUN 1-6 MON-THURS 10-3
FRI-SAT 10-9 30 SUN 1-6