

Abdul-Jami completes nursing program

Tarsha E. Abdul-Jami of Winston-Salem completed the 1992 Triangle Area High School Residential Nursing Program at the University of North Carolina at Chapel Hill School of Nursing.

Abdul-Jami is among 36 rising sophomores, juniors, and seniors from 27 counties who participated in the three-year-old program.

Students spent July 12-17 living in UNC-CH residence halls and explored the diversity of the nursing profession. At UNC Hospitals in Chapel Hill, they teamed up with nurses from the operating room, the burn center, the newborn nursery, the emergency department, and the psychiatry department.

Students also practiced basic assessment skills and learned how it feels to be old by participating in an

aging simulation at the Veterans Administration Hospital in Durham. Other activities included visiting nursing facilities at Duke University and N.C. Central University in Durham and Rex Hospital and Rex Home Care in Raleigh.

"Nursing schools can't afford to just sit back and wait for the best students anymore," said Peggy Campbell, program director.

"We have to compete with a lot of other professions and actively recruit. We want intelligence and diversity, and we're willing to go after it. That's what this program allows us to do."

The summer program is funded through contributions from public and private sources including Glaxo Inc., Rex Hospital Corp., UNC-CH, and N.C. Central University.



Tarsah Abdul-Jami (far left) listening to UNC Hospitals nurse Joanne Slegfried (far right) explain how equipment in the post-anesthesia care unit works.

Photo by Will Owens

If you're feeling the money crunch . . .

Do you find it hard to meet all of those financial obligations and needs? Many people are feeling the money crunch. Most persons are saying, I have cut spending as much as possible. Perhaps you have, but sometimes there is always another option of cutting that you had not thought about. Then there are other things you refuse to give up. It's sometimes hard to alter values. It is actually heartbreaking. However, it's necessary to alter values and determine one more cost cutting technique or ways to curtail spending. Think about ways to bring more money into the household. The following are things you've heard over and over again. The more you hear things, the more they will become a part of you. These things may be worth noting.

- Cut your recreation costs way down with activities and games at home. Your family will grow closer.
- Enjoy human and natural environments rather than depending upon purchased pleasures. Instead of buying expensive tickets to

something, take a drive or tour an area that you have not previously visited.

- Start slips from some of your

ments from garden flowers, wild flowers, and decorative weeds.

- Trade home or personal skills, typing, sewing, baking, or babysit-

open windows in temperate weather.

- Keep your car in good running condition. It's safer and cheaper.

- Have an expert check the insulation in your house to make sure it is adequate. If not, insulate where needed. You can do open areas, such as the attic, yourself. It will save heating and cooling costs.

- Don't water the lawn so often. That'll save water and mowing.

- Take care of home repairs as soon as the need arises. Delay can make matters worse.

- Learn how to do some of your own car maintenance chores. Change oil, air filters, and oil filters.

- Form a car pool to go to work, professional meeting, and even shopping trips.

- Ask yourself, "Is this trip really necessary?"

- Make lists of "things to do" and "things to buy." Forgetting is costly.

- Consider installation of attic or roof fans.

HOME ECONOMICS

By JOANNE J. FALLS
Home Economic Extension Agent



plants; pot them for gifts.

- Use some of your homemade jams and jellies for gifts, too.

- Plan carefully and thoroughly as the first step in economical decorating.

- Buy furniture at an auction, garage sale, or second-hand shop.

- Learn how to refinish furniture.

- Learn to make draperies, curtains, spreads, slipcovers, and table covers.

- Learn to clean, repair, and restore household items yourself.

- Make dry flower arrange-

ting with a friend or neighbor.

- Take advantage of learning opportunities, free trips, and community services — schools, workshops, fairs, libraries, concerts, hikes, public tennis courts, home shows, Extension clubs, other adult-education courses, etc.

- Strive for a simpler life style. This means owning fewer possessions and having less to maintain, clean, etc.

- Choose equipment with a higher energy efficiency ratio. Check the label for EER.

- Turn off air-conditioning and

EVENTS CALENDAR

Continued from page B4

ONGOING PROGRAMS

- Classic Cadillac/GMC Truck are sponsoring a photography contest for the Winston-Salem Urban League's 13th Annual Equal Opportunity Day Dinner. The first place winner receives a \$100 cash prize and special recognition at the dinner. All photos submitted will receive special display at the dinner. Submit a 5"x7" or larger previously unpublished photo to the Urban League by July 31. Include your name, address and telephone number on the back of the photo. For more information, call 725-5614.

- The YMCA of Greater WS will begin registration for Before and After-School ChildCare Programs on Aug. 1. Call the: Central YMCA at 721-2100, the Northwest Family YMCA at 983-0660, or the Winston Lake Family YMCA at 724-9205 for more information.

- The Central YMCA of WS will offer pre-school gym for youngsters ages 2-5 years, and Gym/Swim for pre-schools beginning Sept. 8. Call 721-2100 for more information. The Central YMCA will also offer the following activities beginning in Aug. and Sept.: Youth Indoor Soccer - Aug. 1; Judo - Sept. 7; Karate - Sept. 21; and Youth Basketball Skills Clinic - Sept. 21. Call the number listed above for registration information.

REUNIONS

- Members of Atkins High School class of 1962 are asked to contact Pauline Ferguson at 724-2702 for information needed for the upcoming reunion.

- Members of Carver High School Alumni Association Class Reunion will begin celebrating 56 years of their reunion. Yellow Jackets who graduated from the Class of 1936 through the Class of 1992 are invited to join in the celebration, Sept. 1-6. Contact John Rice at 661-1468.

JULY 25 — West Forsyth Class of '82 will hold a reunion from 7 p.m. to 1 a.m. at the Holiday Inn North. The cost is \$14 per person in advance and \$20 at the door. Admission includes light hors d'oeuvres and a DJ. The 1981 and 1983 West Forsyth classes are also welcome. For more information, call Brad Barrow at 945-3475 or John Riggins at 759-0544. Make checks payable to: Class of 1982 Reunion, 404 Burkewood Dr., Winston-Salem, N.C. 27104.

— The Carver High School 1963 State Football Championship Team members will have a Special Day planning meeting at 10 a.m. at the East Winston Library. For more information, contact Isaac Howard at 767-8564 after 5 p.m.

AUG. 15 — The East Forsyth Senior High School Class of 1972 will have its 20-year reunion. For more information, call 884-4016 or 800-768-7619; or write to Class of 1972, P.O. Box 7487, High Point, N.C. 27264.

AUG. 22 — The East Forsyth Senior High Class of 1982 will have its 10th year reunion. Anyone who has not contacted or been contacted by the Reunion Committee, should call Fran at 996-6657, Belinda at 993-4420, Jeff at 750-0815, or mail your name, address and phone number to East Forsyth Senior High—Class of 1982 10th Year Reunion; P.O. Box 1481, Kernersville, N.C. 27285-1481.

SEPT 25 — A reunion for shipmates that served on the USS Alderamin AK116 during 1943-46 will be held through Sept. 27 at Nashville, Tenn. For more information, contact Merian O'Bryan at P.O. Box 2665, Wise, Va., 24293. Tel: 703-328-9465.

OCT 6 — The former crewmembers of the USS Everett F. (Larson DD-830) will hold their fourth reunion in Huntsville, Ala., through Oct. 12. Contact Peter W. Kope (45-46), 5637 Circle Drive W., Cicero, N.Y., 13039. Tel: 315-458-3134.

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Ethel W. Harper

Ethel Harper is 92 years old. Ms. Harper was married for 40 years to Early Murray Harper. She attended a small in-house school taught by Maria King. She was employed by R.J.R. #8 for 50 years. She is a very active member in New Bethel Baptist Church. She loves flowers and is very devoted to her family. They had no children.

AZALEA GARDEN BOARD AND CARE

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