

Since 1955, "The Milkman" Has Been Making Area House Calls

By DAVID L. DILLARD
Chronicle Staff Writer

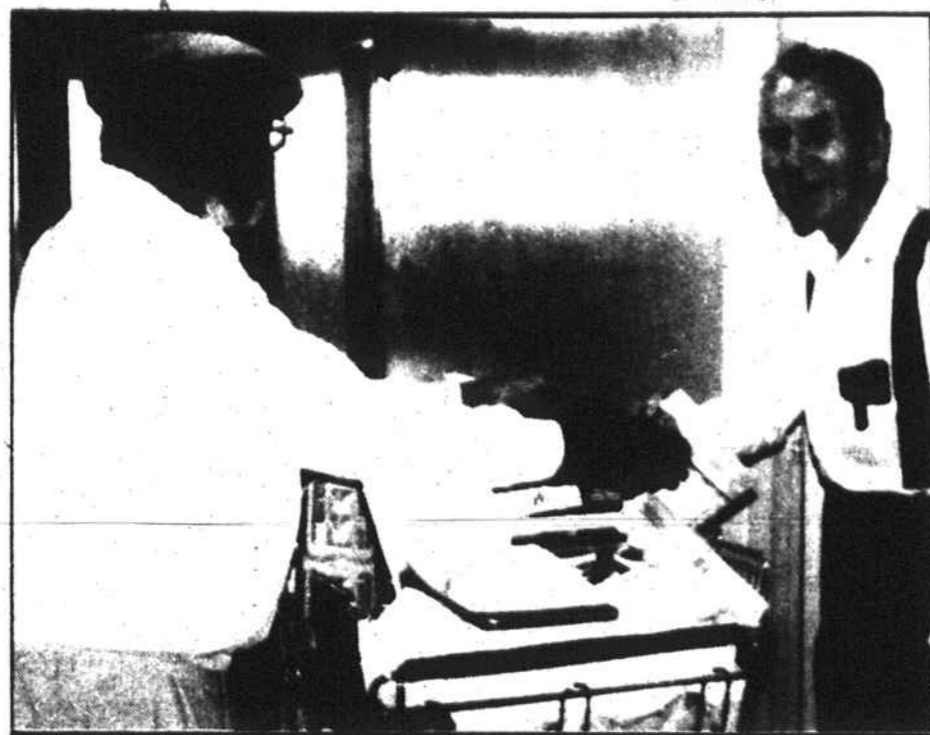
For many of the elderly and disabled who are confined to their homes, getting food and other necessities is no simple task. Ford Distribution Co., however, a small black-owned distributor of dairy products, makes things easier by delivering milk to their doorstep.

James Ford, who still identifies himself to residents as "The Milkman", started door-to-door delivery service in 1955 after being a salesman. But some things have changed over the years. Since people don't get up as early, they very seldom make the early morning deliveries and to meet new demands, they now offer breakfast and other dairy products.

Ford runs the business with his wife, Pat, and although they have two workers, the Fords still go out on routes several times a week themselves.

It may seem like a mom and pop business — and they have managed to keep a low profile — but Ford said it has the potential to make millions.

"I found out a long time ago that you don't have to be big to make money," he said. "Throughout the years there have been both high and low peaks, but I feel good about



James "The Milkman" Ford makes a delivery.

what I'm doing."

Pat Ford said family loyalty in East Winston has kept the business going and quality service has allowed them to expand into the Buena Vista area and places in King, Mocksville and Kernersville.

"Over the years, our primary customers have been black, but business has expanded," she said. "We serve most of the stores in the black community and some downtown cafes and restaurants."

She said the people who benefit

the most from their service are those who are poor and have food stamps. Unlike in grocery stores, the poor are served each week and are allowed to pay with cash or food stamps each month.

"What I enjoy most about this job is meeting the people," she said. "There are a lot of poor people and usually they just want someone to talk to and listen to what's on their minds."

Neighborhood Leaders School In Session

The Neighborhood Leader School held its first session this week at Skyland Headstart Center. The Neighborhood Leaders School, a five-session course sponsored by Neighbors for Better Neighborhoods, is open to neighborhood-based leaders who are interested in improving their leadership and community-building skills. The sessions will continue on five Wednesday through Dec. 8.

The curriculum for the Neigh-

borhood Leaders School includes knowing My Neighborhood for Action, Getting the Most Out of My Neighborhood Organization, and Neighborhood Networking. There will be a graduation celebration at the conclusion of the course.

Neighborhood for Better Neighborhood supports established or emerging neighborhood associations in selected neighborhoods. The Winston-Salem Foundation and the East Winston Community

Development Corporation administer Neighborhood for Better Neighborhoods.

Neighborhood residents interested in enrolling in the Neighborhood Leader School should call the East Winston Community Development Corporation at 721-1783 or 723-6990. There is no charge to participate and transportation is available. Enrollment is limited to 25 participants.

Learning Center Sponsors Pageant

Michael D. Davis and Mariell Conner were crowned Little Mr. and Miss Ram on Thursday, Oct. 7 in the WSSU Student Union Ballroom. This event was a part of the 101st celebration of the WSSU Homecoming celebration and is an annual fundraiser for the Learning Center P.T.A.

Michael is the son of Ms. Chrystoancia Gordon, and Mariell is the daughter of Mr. William Conner and Mrs. Sheilah Conner.

The first runners-up for the pageant were Ashley Hardesty, daughter of Mr. Charlie Hardesty and Mrs. Virginia Hardesty; and Girard Miller, son of Mr. Charles Miller and Mrs. Linda Miller.

The second runners-up for the pageant were Reynita McMillan, daughter of Mr. Reynard McMillan and Ms. Felecia McMillan; and Jarren Hilton, son of Mr. Jeffrey Hilton and Mrs. Alesia Hilton.

The third runner-up for the pageant were Starsha Cook, daughter of Mr. Douglass Cook and Mrs. Teresa Cook; Kevin Dunbar, son of Mr. Henry Cole and Mrs. Nadia Cole who tied with Michael Asbury, son of Mr. Michael Asbury and Mrs. Kim Asbury.

The children at the Learning center participated in the campus mini-parade on Friday Oct 8 and

also road on a float in the Homecoming Parade on Saturday Oct 9. The float featured automated Ninja Turtles.

The president of the P.T.A is Mrs. Alesia Hilton, and the vice-president is Mr. John Gooden. The director of the center is Mrs. Jer-man-Garrison.

Poetry of Local Woman Cited

Gertrude Jackson-Carter, of 5204 Oak Ridge Court, has just had original poetry published in "A Break in the Clouds", a treasury of poetry compiled by The National Library of Poetry. The poem is *A Tribute To Mother*, and the subject is a mother's love.

The National Library of Poetry seeks to discover and encourage poets by sponsoring contests that are open to the public and by publishing poems in widely distributed hardback volumes.

Carter has been writing for 16 years and her favorite subject and ideas are life, family and spiritual experiences.

Poets interested in publication may send one original poem, 20 lines or less, to: The National Library of Poetry, 11419 Cronridge Drive #10, P.O. box 704NR, Owings Mills, Md. 21117 include your name and address with your poem.



OPEN HOUSE

Thursday, November 4
9:00am-2:00pm

Join the campus and observe classroom activities, including art, music, science, and physical education. Forryth Country Day School is an independent college preparatory school serving children in grades Pre-Kindergarten through Twelve.

For further information, call
Sharyn Turner, Director of Admissions
(919) 945-3151
5501 Shallowford Rd.
Lewisville, N.C.



Forryth Country Day School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs. Accommodations may be made for disabled applicants. **Financial Aid Available**



Budweiser

PROUD TO BE YOUR BUD.

R. H. BARRINGER DISTRIBUTING CO., INC.

GREENSBORO

WINSTON-SALEM

BURLINGTON

VERY POSSIBLY THE BEST CARD IN THE WORLD.



VERY DEFINITELY THE EASIEST TO APPLY FOR.

800-577-1680

At only 8.50% APR, the CCB Visa card has the lowest interest rate in North Carolina. And one of the lowest in the entire country. While most banks demand high annual fees on their credit cards, CCB charges no annual fee for the first year. And the CCB Visa also comes with free checks to help you pay off old debts or consolidate your existing credit card payments. All

under one extremely low interest rate. What's more, there is absolutely no easier card to apply for. All you need to do is call the 800 number above. Our operators will take your application right over the phone. Once you qualify, we'll quickly send you your new CCB Visa—to help you open up a world of possibilities. And that's what helping you find a way is all about.

8.5%

ANNUAL PERCENTAGE RATE

WITH A LOW 8.50% APR, NO ANNUAL FEE FOR THE FIRST YEAR, AND FREE VISA CHECKS, CCB VISA IS WORLD CLASS.

Central Carolina Bank
We'll help you find a way.

The Annual Percentage Rate (APR) is 8.50% for the first year. The rate will be 2.5% plus CCB's Prime as set on the last banking day of each month. Minimum APR is 8.50%. Rate effective October 1st, 1993. Annual fee after the first year is \$29. Subject to credit approval.