

Keeping Your House Tidy Today Saves Cleaning Time Tomorrow

The phone rings. Some friends happen to be in the neighborhood and want to stop by. They are coming; now panic sets in. You transfer everything spread out in the floor to the closet and shut the door quickly before everything falls out. You know the feeling; your home looks like a tornado hit it.

There's never enough time in a day, especially for cleaning.

The key to housecleaning is an ounce of prevention. In the kitchen use aluminum foil in the oven if its a regular oven and permissible in the owner's manual.

Another and better method is to clean up spills immediately after they occur, and you will not get a build-up. Line drawers and cabinets with washable shelf paper for easier cleaning.

Have coasters easily accessible on coffee or end tables in the living room and den to prevent water

marks from beverage glasses. You can dust curtains and furniture with the brush on your vacuum sweeper. To dust coffee tables and end tables, position a stocking over the suction area and stabilize it with a rubber band.

and bathroom vanity after use. Pull the shower curtain closed to let the water run off after each use. This will help prevent mildew. Wipe up moisture on chrome and around the sink area. This helps to keep everything shining bright. Hang towels,



HOME ECONOMICS

By JOANN J FALLS

Change filters on the furnace units regularly to cut down on dust. Use throw rugs or utility mats in heavy traffic areas and entrances to catch dirt and dust before it spreads. Put wastebaskets with disposable liners in every room to eliminate the build-up of unnecessary trash.

Clean the bathtubs, shower stall

washcloths and robe before you leave the bathroom. Everything will be tidy for your next use.

Make life easy for yourself. Wash your bath mat and shower curtain on the gentle cycle in the washing machine. They will come out clean and smelling fresh, says Johnson and Sons Inc.

Portable Breath Analyzers Given to Police to Help Catch Drunk Drivers

The Winston-Salem Police Department has a new computerized, portable breath analyzer to help get drunk drivers off the roads.

The analyzer is a gift from William Nixon, local agent with Nationwide Insurance, and is one of some 1,000 units that Nationwide has given to police in 22 states.

It gives a police officer a way to detect alcohol based on a computer reading.

It lets the officer screen a driver he suspects of drinking to determine if other roadside sobriety tests should be given.

Because the breath analyzer is sensitive to other alcohols, those in hair spray and perfume, for

instance, its results are not admissible in court.

The analyzer is about the size of a cellular telephone.

It is equipped with a micro-chip computer that displays a read-

ing of the alcohol level of the driver's breath.

In less than 30 seconds, it provides a law enforcement officer with a pass, warn or fail reading of breath alcohol.

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Reebok honors the memory of Martin L. King Jr.

When the history books are written in future generations, the historians will have to pause and say: "There lived a great people — a black people — who injected new meaning and dignity into the veins of civilization."

Dr. Martin Luther King Jr.



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CHRONICLE AWARD NOMINEES

It's that time again! The time when the *Chronicle* invites you to help in the selection of this year's recipients for the "Man and Woman of the Year" and the "Community Service Award." Also this year, the *Chronicle* has added another award—"Life Achievement Award." The recipient of this award will be a longtime stalwart in the African-American community. It will be someone who has, over the years, epitomized what role model means. Recipients will be chosen by the *Chronicle* staff and advisory team. Judging will be based as follows: "Man and Woman of the Year" will be persons who have demonstrated outstanding character and could serve as a model for others. This could be someone who has triumphed over a personal tragedy or someone who has helped an individual to overcome an obstacle in order to obtain a better standard of living. The occurrences should have taken place during the past year. The recipients of the "Community Service Award" will be judged based on contributions to the African-American community. The individual must have demonstrated a commitment to service in the African-American community through affiliation with community-service agencies, community-oriented projects or community institutions, i.e., schools, churches, etc. Your nominees should be Winston-Salem residents. The winners will be recognized in the Jan. 27 special edition of the *Chronicle* and will receive commemorative plaques.

Please print legibly and be as specific as possible in describing your nominees' accomplishments. Nominations must be received by the *Chronicle* no later than 5:30 p.m. on Jan. 17.

WOMAN OF THE YEAR

Nominee's Name _____
 Nominee's Address _____
 Occupation _____
 Activities, memberships, affiliations _____
 Please explain briefly why you think this person deserves to be "Woman of the Year":

 Your Name _____
 Your Address _____
 Your Phone Home _____ Work _____
 Your Signature _____



Maya Angelou
'92 Woman of the Year



Ben Piggott
'92 Man of the Year



Citizens United for Justice
'92 Justice Award



Yvonne Booker
'92 Community Service Award

MAN OF THE YEAR

Nominee's Name _____
 Nominee's Address _____
 Occupation _____
 Activities, memberships, affiliations _____
 Please explain briefly why you think this person deserves to be "Man of the Year":

 Your Name _____
 Your Address _____
 Your Phone Home _____ Work _____
 Your Signature _____

COMMUNITY SERVICE AWARD

Nominee's Name _____
 Nominee's Address _____
 Occupation _____
 Activities, memberships, affiliations _____
 Please explain briefly why you think this person deserves to receive the "Community Service Award":

 Your Name _____
 Your Address _____
 Your Phone Home _____ Work _____
 Your Signature _____

LIFE ACHIEVEMENT AWARD

Nominee's Name _____
 Nominee's Address _____
 Occupation _____
 Activities, memberships, affiliations _____
 Please explain briefly why you think this person deserves to receive the "Life Achievement Award":

 Your Name _____
 Your Address _____
 Your Phone Home _____ Work _____
 Your Signature _____

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