

# Salvation Army Boys Club fosters Smart Moves at area middle schools

Children within the Winston-Salem/Forsyth County school system are learning to make "smart moves," with the help of a prevention program offered by the Salvation Army Boys' Club.

More than 90 young men who attend local middle schools participate in this joint effort of the Salvation Army Boys' Club and Winston-Salem/Forsyth County Middle Schools.

For more than a year, staff members from the Boys' Club have gone into local middle schools and addressed the concerns of young men, with the aid of a prevention program known as Smart Moves.

"Smart Moves is a unique prevention program that helps young people deal with threats to their well-being, such as gateway drugs, teen pregnancy and pressure from both peers and media advertising," said Maurice Crocker, outreach director for the Salvation Army Boys' Club.

According to Crocker, Smart Moves is a tested and proven program, endorsed by club members, parents and community volunteers.

"Smart Moves has been in operation at the Boys Club since the early 1990s, and has worked well," Crocker said. "But we want to reach those children who may not have transportation to get to the club, so instead of them coming to the program, we take the program to

them." Currently the program is being used in five middle schools: Wiley, Atkins, LEAP Academy, Paisley and Ashley.

"This program is so versatile that my goal is



to eventually have it implemented in all middle and high schools in the Winston-Salem/Forsyth school system," Crocker said.

The Smart Moves program is broken down into various components for different ages.

- Stay Smart is a social skills program for 13-15-year-olds.
- Keep Smart is a program for parents and other care givers.

"The program usually lasts 10 weeks," Crocker said. "We have a session once a week, each session lasts 50 minutes."

Sessions are comprised of 10 to 12 young men, which provides an environment in which students can receive individual attention.

Once students complete the course, they have a better understanding of drugs, premature sexual activity, peer pressure and assertiveness, Crocker said.

"It's no secret that the majority of the students I come in contact with are experimenting with drugs and sex," said Crocker. "It's not my job to stop them or try to make them stop; but it is my job to provide them with the facts about drugs and what they are doing to their bodies. Once they find out the facts, hopefully they will choose to stop."

For more information about this program or others provided by the Salvation Army Boys' Club, contact Maurice Crocker at 788-5761.

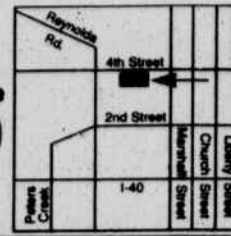
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## Prodigals Community participates in Holy Boldness Urban Convocation

WINSTON-SALEM — Sarah West and Jeff Watkins of Prodigals Community were panelists at the recent Holy Boldness Urban Convocation held in San Francisco Nov. 22-25, sponsored by the United Methodist Church Board of Global Ministries.

Holy Boldness is a new plan for urban ministry that promotes a bold vision and calls upon churches and mission institutions to carry out local urban evangelism, congregational development, eradication of racism and community development strategies.

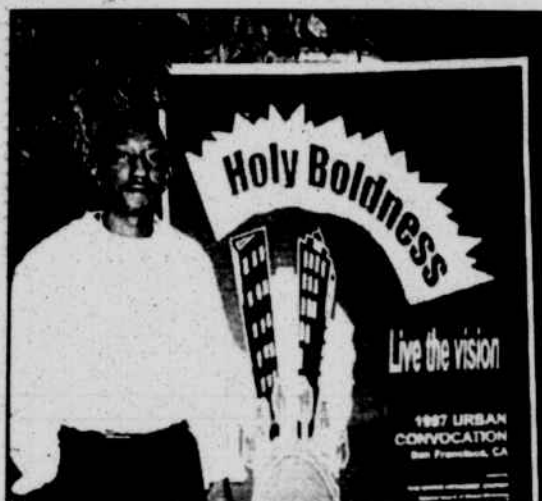
The idea behind Holy Boldness is, "Where there is a need, God gives us the boldness to go out and speak on behalf of the needy."

The conference was designed to present participants with fresh

ideas and workable strategies to carry out strong local urban ministry programs. Participants came from more than 15 countries to be challenged and inspired by new ideas to build more effective urban ministries. Prodigals Community offers the New Salem program, an intensive residential substance abuse recovery program for men and women modeled on the early Moravian settlement of Salem.

West, the incoming chairperson of the Prodigals Community board of directors, is a member of Centenary United Methodist Church. Watkins, a graduate of the New Salem program and a staff member, is active in the worship activities of Prodigals Community.

West called the conference was "one of the most inclusive ethnic experiences." She added that she was glad to be able to present a model of what a small church can do if "they have mission outreach in their hearts."



Above: Prodigals Community's Jeff Watkins

Left: Prodigals Community Jeff Watkins and Sarah West

## Sigmas, Zetas Stage Sleep-out on behalf of homeless people

On the campus of Winston-Salem State University, the Omega chapter of Zeta Phi Beta Sorority Inc., along with the Delta Alpha chapter of Phi Beta Sigma Fraternity Inc., participated in a homelessness awareness Campaign. They sponsored a sleep-out on behalf of the homeless. The objective of the event was to raise awareness about the homeless in the area. The organizations set up collection boxes for clothes and canned goods. They also accepted cash donations.

The Winston-Salem community and some Greensboro residents came out and made donations. A total of seven boxes and 11 bags of

clothes were collected, and about 120 items of canned goods were donated to Crisis Control Ministries and Samaritan Ministries. The chapters also received \$81.37 from the sleep-out, which was donated to Samaritan Ministries' Annual Penny Campaign.

Crisis Control Ministries is a volunteer organization that served 44,000 people last year with emergency assistance. They provided people with rent, food, clothing, medicine, and utilities such as heat, water and electricity. Crisis Control is open Monday through Friday.

The Samaritan Ministries is a volunteer organization that pro-

vides free meals and shelter to those in need. The Samaritan Soup Kitchen serves three meals each day and is open seven days a week, 365 days a year. There is also a Samaritan Shelter for those who do not have a place to sleep. The shelter has a capacity of 70. It is designed to hold up to 61 men and nine women or children. The shelter is currently operating at full capacity.

Members of Phi Beta Sigma Fraternity Inc. and Zeta Phi Beta Sorority, Inc. said they were especially grateful to the faculty and the students of Winston-Salem State University for their support of this event.

## Avoid Murphy's Law!

Ever hear "Time is of the essence"? This seemingly simple phrase can be a powerful element in a real estate contract. It can motivate buyers and sellers to meet all contractual deadlines ... or it can backfire, causing an otherwise sound agreement to become a default.

When "Time is of the essence" is added to a contract, all deadlines cited become critical. For example, the buyers, knowing they must report for a new job Oct. 1, may ask for a closing date of Sept. 30. To insure that the closing takes place as scheduled, they insert "Time is of the essence" into their offer.

At first glance, it would seem the buyers have acted wisely. If the sellers fail to close as scheduled, the buyers could declare them in default. Consider another scenario.

Because of the active summer home buying season, the mortgage lenders are snowed under with new

### Real Estate Facts

Gwen Hill, CRS, GRI



loan applications. The appraiser is two weeks late, and the closing attorney is unable to prepare the paperwork in time. In short, the closing can't take place until

Oct. 5. On Oct. 2 the sellers declare the buyers in default.

A successful, timely closing can depend on three factors: plenty of cooperation among buyers and sellers, open communication, and deadline flexibility. Without all three, Murphy's Law may intervene to spoil a perfectly good home purchase.

Understanding real estate dilemmas and their solutions is our business, and we'll happily share our knowledge with you. Why not give us a call at 774-1601, or drop by our office at 250 Executive Park Blvd., Suite 107 (Mayfield & Hill Properties Inc.).

Internal Medicine Associates

## Physician On Call

### The Winter Illnesses—Colds and Flu

Q: How do I protect myself and my children from catching a cold this winter?

A: Colds are caused by a virus that is spread from person to person by small water droplets. These can be spread by coughing, sneezing, touching, sharing food or drink, or shaking hands. The best way to control the spread of this virus is wash your hands frequently and avoid contact with sick people. In addition, adequate rest and nutrition may help keep the immune system working well to prevent disease.

Q: What is the difference between colds and the flu?

A: Both colds and the "flu" are caused by viruses. Most colds are caused by either rhinovirus or adenovirus which typically cause a low grade fever, sore throat, cough, and stuffy nose. Influenza is caused by the influenza virus which typically causes a higher fever and is associated with body aches and fatigue. A sore throat and cough are much worse when you have the flu, usually accompanied by nausea, vomiting and diarrhea.

Q: Does getting a flu shot really protect me from coming down with the flu?

A: This year's flu shot contains a portion of the virus responsible for the three most common strains of influenza. Ideally, an injection of this type leads to immunity from this illness. However, in case of infection, having been immunized may lead to a less severe illness.

Q: Is there such a thing as a "stomach flu"?

A: "Stomach flu" is a common name for gastroenteritis. Gastroenteritis may be caused by viruses such as rotavirus and by bacteria such as e-coli, salmonella and shigella. It is usually characterized by fever, chills, nausea, vomiting and diarrhea. Influenza may also cause these symptoms, but it is usually accompanied by respiratory symptoms as well.

Q: Do over-the-counter cold medications work, or are home remedies just as effective?

A: Most over the counter cold medications are low dosages of prescription medications. These are usually sufficient for treatment of minor cold symptoms. Common medicines include pseudoephedrine (active ingredient in sudafed and other decongestants); dextromethorphan (the DM in most cough suppressants); guaifenesin (the expectorant or "thinning agent" found in decongestants and cough syrups); and various antihistamines to decrease nasal and lung secretions. Most home remedies are harmless (such as chicken soup), but you should avoid any home remedy that normally you would not eat, drink, or apply to the skin.



John P. Card, MD

Dr. Card, an Internal Medicine Specialist at Internal Medicine Associates, is a graduate of Howard University in Washington, DC. He completed his residency at Loyola University Medical Center in Maywood, Illinois and is board certified in Internal Medicine.

Novant Health Triad Region facilities include Forsyth Memorial Hospital, Medical Park Hospital, Davie County Hospital and Community General Hospital of Thomasville.

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