

Soul Food

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pan - not in the microwave" and reheated pizza.

"I don't cook it very often," she said of her special macaroni dish. "But I make it sometimes. It tastes good. But it takes a whole lot of work. And the oven is on 350

degrees so it gets really hot."

For Krista the highlight of cooking up a pan of macaroni and cheese is mixing the ingredients.

"You have to mix it up and stir it and stir and stir it," she said. "That's fun."

Krista's mom was as excited about the competition as her daughter.

"This is our first time in competition as you can see," Graves said. "I thought this would be educational and beneficial for Krista to take part in. It's a learning experience."

Krista's competition came in the form of another batch of macaroni and cheese cooked up by a very confident Cory Scales, 7.

"I made special macaroni and cheese," Corey said. "I used noodles. I'm the best cook in the world."

Cory's dad, Darrel Scales, said the recipe, spiked with paprika and garlic, was his son's creation.

"He made this up himself," Scales said with a chuckle. "He added the two different kinds of cheese and decided to call it Cory's Macaroni Casserole."

Cory's cousin, DeTaja Brannon, 9, cooked up a batch of fresh collard greens seasoned with ham. In addition to the two macaroni's, the panel of judges, who included ABC 45 news anchor Dia Davidson, sampled "special" brownies made by Megan Mills, 7, bread pudding whipped up by her brother Brandon, 11, and a batch of lace cookies.

Yolanda Bolden, head of



Many dishes were cooked up and brought to last Saturday's contest.

Photos by Jeri Young



Megan Mills is all smiles during the cook-off.

the Children's Outreach Department, who sponsored Saturday's competition, said the event was about more than just good eats. It was about teaching kids new skills. Each child had to decide what they wanted to cook, write down their recipe and talk about their dishes with the judges.

"We thought it would a good way to do something different," Bolden said. "We real-

ize kids are cooking all the time and their doing more cooking than we did when we were younger. So we wanted to see if they were willing to participate. They seemed to like it."

In the end, Krista did lose out to Cory's special macaroni and cheese. But she wasn't too depressed. She won "most cheesiest" and received a num-

ber of door prizes.

And the best part, she said, was that in this competition, to the victors - and the losers - went the spoils. Everyone got to sample all the dishes.

"Maybe next year, I make mine with noodles too," she said as she wiped the remains of one of Megan's chocolate brownies from her chin. "This was a fun game. It tastes good too."

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Wedding
Jones-Cash



Ridgely Nychelle Cash and Jeffrey Deon Jones both of Winston-Salem were married Feb. 14 at 2 p.m. at Pneuma Pentecostal Church of Deliverance in Thomasville.

Bishop Faye Duncan Thomas officiated.

The bride is the daughter of Ms. Gayle Rynes of Winston-Salem. She attended North Carolina Central University and is employed with Pepsi Cola Bottling Group.

The groom is the son of David and Vanessa Jones of Winston-Salem. He graduated

from Princeton High School and works for Independent Opportunities of North Carolina.

The bride was escorted by her brother Rashad Cash. The Maid of Honor was Krislin Wood.

The Best Man was John Choate. Master D'Vontae Jones, the groom's son, was the ring bearer.

The flower girl was the bride's daughter Miss Kyra Cash.

Following the ceremony, a reception was held at the church.

The couple will reside in Winston-Salem.

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