



Daniel Foster (team captain), Bill Simmons, James Terry, Nathaniel Shanks and Jimmy Patterson made up the Magnificent 5 bowling team.

Magnificent 5 broke the color barrier in sport of bowling

SPECIAL TO THE CHRONICLE

The Magnificent 5 was made up of five men who broke up the segregation of the bowling alleys in the South: Daniel Foster (team captain), Bill Simmons, James Terry, Nathaniel Shanks and Jimmy Patterson. They had to drive all the way to Charlotte for 35 weeks to get ABC cards before they were allowed to bowl in the South. Major League Lanes (on Stratford Road at the time) finally let them join the progressive league and that opened up the door for colored people to bowl in the South.

for blacks on Church Street in Winston-Salem, and he used 'Big House Gaines' name on the building (Big House Lanes) to attract colored people's attention.

After 35 weeks of driving to Charlotte once a week, the team finally had a chance to bowl in all bowling alleys. The team entered tournaments all over the South, as far as Savannah, Ga.

People came to see the Magnificent 5 because it was uncommon to see amateur bowlers knock down 1,000 pens.

Lippards

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Forsyth Hospital for 10 weeks. Today the triplets are very healthy and love to spend time outdoors with their older twin brothers, Kirk and Keenan.

Anderson wants to be a hockey player when he grows up and Jacob aspires to be a soccer player, while Ross hopes to be a basketball player. They are in the second grade at Vienna Elementary School.

WalkAmerica is sponsored

locally by BB&T, Krispy Kreme, ALLTEL, Sara Lee Center for Women's Health, Pepsi, Domino's Pizza, 99.5 WMAG, WXII NewsChannel12.

March of Dimes WalkAmerica national sponsor partners are Canon, CIGNA HealthCare,

Kmart, and the National Peanut Board.

If you would like to participate in WalkAmerica or to learn more about the March of Dimes, call (336) 723-4386 or (800) 443-4093.

Colon

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same widespread prevention success with colon cancer if doctors openly discuss the subject with their patients and urge them to get the recommended test.

Preventing colon cancer altogether through testing is the ideal outcome, but early detection of the disease also yields important health benefits. People whose colon cancers are found at an early stage through testing have a five-year survival rate of 90 percent. However, only 37 percent of colon cancers are detected in the earliest stages. Of those whose cancers are found at late stage, the five-year survival rate is less than 10 percent.

This March, as the nation observes the third annual National Colorectal Cancer Awareness Month, the American Cancer Society is boosting efforts to increase colon cancer testing and to eliminate the taboo associated with talking about the disease — for the public and the medical community. Working with the Advertising Council, the society has rolled out an extensive public service advertising campaign featuring "Polyp Man™". Appearing in ads in a conspicuous red suit, Polyp Man™ is a nuisance until doctors catch and haul him away. Polyp Man™ grabs viewers' attention and cuts through barriers with the use of humor, while getting across the simple truth — Colon Cancer: Get the test. Get the polyp. Get the cure.

Print and television ads began running in January, with

Study

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involved mostly whites. Lifetime risks may be even higher for blacks, who are disproportionately affected by high blood pressure.

The findings are based on an analysis of 1,298 men and women taking part in the continuing Framingham Heart Study, which began in 1948 and has examined participants every two years.

The JAMA study involved participants who had not developed high blood pressure by 1975. The authors estimated the lifetime risk of developing high blood pressure among 55-year-olds and 65-year-olds over a follow-up period of 20 to 25 years.

Nearly 85 percent of the participants eventually developed at least mildly high blood pressure — readings of 140 over 90 or more. Thirty-five percent to 44 percent developed moderate or severe high blood pressure — 160 over 100 or higher.

After taking into account those patients taking medication that lowered their blood pressure, the researchers estimated the lifetime risk of developing high blood pressure at 90 percent.

Study co-author Dr. Ramachandran Vasan of Boston University noted that maintaining ideal body weight and getting adequate exercise and nutrition — including avoiding too much alcohol and salt — can help prevent high blood pressure.

peak visibility occurring this month.

Both men and women are at risk for colon cancer. Personal risk varies, so your doctor can help you make informed decisions about when to begin testing and the most appropriate testing method for you.

Factors associated with increased risk for colon cancer

include:

- Age: Most diagnosed are 50 or older.
- Race: African Americans are at greater risk.
- Personal or family history of colon cancer.
- Personal or family history of intestinal polyps.
- Personal history of inflammatory bowel disease

(ulcerative or Crohn's colitis).

- Certain genetic factors (familial adenomatous polyposis, Gardner's syndrome, hereditary nonpolyposis colorectal cancer, Ashkenazi Jewish descent).
- Smoking or use of other tobacco products.
- Physical inactivity.
- Diets high in red meat.

Are you a long-time smoker who:

- has trouble breathing or difficulty "catching your breath"?
- coughs often with mucus?
- has emphysema, chronic bronchitis, or chronic obstructive pulmonary disease (COPD)?
- uses supplemental oxygen?

You may qualify for the REACT research study if you answer "Yes" to any of these questions!

REACT is FREE and includes:

- Regular exercise sessions
- Education on managing lung problems
- Lung function tests
- Free parking and transportation

If you have trouble breathing when you do daily activities and you do not exercise at the present time, call the REACT study participant coordinator:

336-758-4958

WAKE FOREST
Health & Exercise Science



WFUBMC Study protocol BG01-526

Last weekend, I washed my car,
hung out with a few friends,
and helped murder a family in Colombia.

C'mon, it was a party.

Drug money helps support terror. Buy drugs and you could be supporting it too.
Get the facts at the anti drug.com. Get help at the National Treatment Hotline, 800 662 HELP.

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