THE CHRONICLE

JULY 31, 2003

Covington weds Yountz

SPECIAL TO THE CHRONICLE

KaTina DiEtte Covington and Jason Denard Yountz were married July 5, at St. Andrews United Methodist Church by the Rev. Beverly Milligan, the brides sister.

KaTina is the daughter of Judy Covington and the late Robert Crump. Hep stepfather is James Blakely. Her grandfa-

ther is Mitchell Covington. Jason is the son of Larry and Cassandra Shelf. He is the grandson of Clara Yountz and the late Veroble Yountz Jr. who reared him.

He is employed. with the Winston-Salem Chronicle. The couple has five children, Jalisa, Jazlynn, Mitchell, Quiton, and Antonia.

Shantel Kimbrough and Angela Bullard were the Matrons of Honor. Jacqueline Johnson was the Maid of Honor. The bridesmaids were Tangela Carr, Tanisha Bai-ley, Shonn Speas, Sharabi Faaruwq, Walker, Vettie Shundra Plater, Shawanna Lyons, Afria Lyons, and The Best Man was Steven Dunlap. The Groomsmen were Kenard Shelf, Wayne Montgomery, Jones, Oliver, Dwane Johnson, Hason Wright, Shawn Penn, and Marcus Sleigh.

Grant from page C2

the key causes of turnover including: physically and emotionally demanding work; high injury rates: low wages and often few benefits; limited opportunity for career advancement: and insufficient input into care provided to

patients or clients The North Carolina Foundation for Advanced Health Programs, Inc. will oversee North Carolina's \$1.2 million, demonstration project. The project seeks to develop, pilot, and implement a uniform set of expectations and criteria for statewide use, on a voluntary basis, across home care, adult care homes and nursing

Junk foood from page C2

What's on the kitchen shelf is what your kids are going to eat. "You need to set the stan-dard of healthy eating at home," she said. "A great side effect is that you eat healthier too!'

2. Have fruits and vegetables cut and ready to eat. 'Children are not going to go to the effort of washing and cutting them up for them-selves," Vitolins said. "Take the extra time in the morning to prepare fresh fruits and vegetables for your children to snack on. Let your children know where they are in the refrigerator and see what happens. 3. Allow your child to select a new "healthy" food to try. "Many times children try. won't try healthy foods because they aren't part of the process of selecting them," she said. But kids are getting fatter even when eating only healthy foods, because they are not moving enough to burn the calories they consume. "Extra calories from any foods (healthy or unhealthy) mean extra pounds," Vitolins said.

Antonia Covington, Paris Asbury and Imani Faaruwq were the flower girls. Mitchell Covington was the ring bearer and Harold Blakely was the Bible carrier. Harold Weatherspoon was the Bell Ringer and Qushard Plater was the Baton Carrier.

Hostesses were Stephanie Plater, Loretta Adams, Aretta Smith and Ceteria Crawford. Ushers were Richard Good, Thomas Blakely, and Rashad Smith. Master of Ceremony was Rev. Harold Blakely.

After the wedding a recep-tion was held at the M. C. Benton Convention Center.

For their honeymoon, the couple will be traveling to Nassau, Casa De Campo, and St. Thomas, Virgin Islands.

Bicycle racing returns to downtown

SPECIAL TO THE CHRONICLE

Bicycle racing will return to Downtown Winston-Salem on Friday night, Sept. 5, with the second annual Fourth Street Celebration Criterium. World-class professionals will join with the best amateurs from throughout the South for a night of fast-paced competi-

tion. The action will be taking place directly behind the stage of the regular Cingular Wire-less Fourth Street Jazz and Blues Celebration. The All Stars will perform their jazz. funk fusion while the cyclists drive through the first turn.

Friday night's events will be four criterium-style races (multiple laps around a closed course), sanctioned by the U.S. Cycling Federation. The action will take place on a

Gatorade from page C2

up in front of the TV and computer and away from the play-ground and ball fields," Car-mona said. "Chilchood obesity has more than tripled over the past 40 years, and this epidemic will lead to an obese and therefore unhealthy adult population unless we do something now. Kids should get at least 60 minutes of physical activity a day, and I applaud innovative publicprivate partnerships like 'Get Kids in Action' that help us motivate kids towards that goal.

In October 2002, the U.S. Centers for Disease Control and Prevention issued results from a 1999-2000 survey. which showed that nationwide, more than 15 percent of children ages 6 to 19 - or nearly 9 million children - were overweight (BMI above 95th percentile). That's triple what the proportion was in 1980.

The partnership among UNC's School of Public Health and Department of Athletics, and Gatorade will take a community-based approach to creating tools and recommendations for increasing childhood activity and health eating. The goal, officials said, is to replicate those strategies in communities nationwide.

Researchers from UNC's School of Public Health will study four N.C. communities to better understand how doctors and community organizations can work together with families to increase activity levels among children. The research will test tools to help doctors identify children at risk for obesity, provide counseling to parents and children to prevent obesity, and offer doctors information on community-based activity programs to extend to parents The research also will help

community groups prioritize

challenging half-mile circuit starting in front of the Chamber of Commerce building on Fourth Street, going toward town before taking a right onto Poplar, another right onto Holly, down to Spring Street, and back up Fourth. The streets will be closed to traffic

Racing will get under way at 6:15 p.m. The first race will be a combined field of ama-teurs, category 4 and 5. (Rid-ers ate categorized from one to five based on skill levels. with category 1 riders being the best). The category 3 riders will compete at 6:50 in a race that will feature the region's up-and-coming tal-

ent. The third race will be for the masters, licensed riders 35 and over, at 7:45 p.m. Although the masters riders

different available programs to identify those with the greatest opportunity of

increasing activlevels. 0 n the education front, the partner ship will Carmono create opportu-

nities to better educate doctors, community leaders and families on the most up-to-date approaches for increasing children's activity and healthy eat-ing. Programs beginning next year in North Carolina include childhood activity conferences, community town hall meetings, CD-ROMs for medical residents and doctors, and community youth grants.

child's risk for becoming over-

are older, their races are often some of the fastest, with fields made up of former pros; past world, national and regional champions; and experienced cyclists who have been racing for more than 20 years. Friday's main event will

C 3

be the professional race start-ing at 8:30 p.m. The event will feature both pros and the highest caliber amateurs from around the country. The pros will compete for a \$2,000 prize list.

Carolina Masters Cycling Club, Vic Chisholm Racing Inc., Paceline Bicycles Racing Team and Downtown Winston-Salem Partnership are hosting the events.

Anyone wanting to get involved as either a co-sponsor or as a volunteer should contact race director Charlie Campbell at 922-6815.

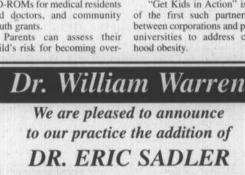
weight using a UNC-developed tool

www.getkidsinaction.com. The risk assessment is based upon scientific research and national guidelines

In the outreach component, UNC's student-athletes will meet with and mentor elementary and middle school children on increasing their activity levels.

"I am as passionate about encouraging kids to get active as I am about winning on the soc-cer field," said Hamm, who helped UNC win four women's soccer championships while at UNC. "There is no more important message that athletes can send to kids today than to get up, get active and have fun. Being active as a kid sets an important precedent for being an active and healthy adult."

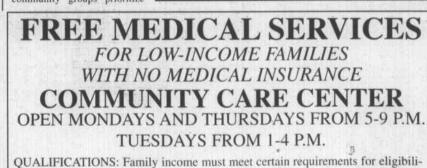
'Get Kids in Action" is one of the first such partnerships between corporations and public universities to address child-



Native of Winston-Salem

- · Graduate of Hampton University · Graduate of Howard University
- School of Dentistry
- Residencies
- (1) Bronx Lebanon Hospital
- (2) The Brooklyn Hospital Center (Restoring Dental Implants)

2602 New Walkertown Rd. Winston-Salem, NC 27101 (336) 724-5055





James Sherman

facilities. The guidelines will address issues such as: workplace culture; effective care teams; staff empowerment;

effective supervisory coach-ing; staff development and career ladder opportunities: and peer mentoring. Organizations meeting the criteria will receive a special licensure designation.

The statewide Partner Team for North Carolina's Better Jobs, Better Care project, in addition to the North Carolina Foundation for Advanced Health Programs, includes: the North Carolina Department of Health and Human Services; the UNC-Institute on Aging; the North Carolina Assisted Living Association: the Association for Home: and Hospice Care

said. "My ingenious father told us when we were older that he disconnected our TV

North Carolina Health Care Facilities Association; the North Carolina Association of Non-Profit Homes for the Aging; North Carolina Friends of Residents in Long Term Care, the Direct Care Workers Association of North Carolina: and Medical Review of North Carolina. Three additional direct care workers and three front-line supervisors will also serve on the Partner Team. The Better Jobs Care

of North Carolina; the North

Carolina Association, Long

Term Care Facilities: the

national program is managed by the Institute for the Future of Aging Services housed at the American Association of Homes and Services for the Aging

antenna to get us outside! My sisters and I have very fond memories of those summers!

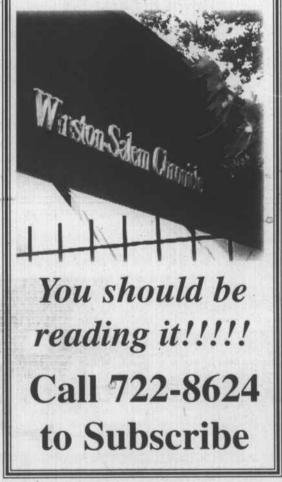
What is a parent to do? 1. Reward good behavior with trips to the park rather than snacks.

2. Engage your entire fam-ily in regular physical activity. Start by taking walks after dinner. 3. Set limits on the amount

of television your family watches. If you turn off the television, your children probably will go outside and play, 4. Limit computer games

and tine on the Internet.

"Every summer our television had 'reception problems' when I was young," Vitolins



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ty; you will be asked to show:

Proof of most recent family income, and proof of the amount paid in rent if any.

- · Proof of any income received in aid from outside sources.
- · Proof of the last wage earned, if currently unemployed.

Proof from a physician of any illness or disability that prohibits employment.

The Community Care Center is not an emergency clinic! You must make an appointment to be screened for eligibility. After you have been approved, you will be given an appointment with a physician.

2135 NEW WALKERTOWN ROAD WINSTON-SALEM, NC 27101 **TELEPHONE: 723-7904**



