

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. Her stepfather is James Blakely. Her grandfather 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 Bailey, Shonn Speas, Sharabi Faaruwq, Vettie Walker, Shundra Plater, Shawanna Lyons, and Afria Lyons. The Best Man was Steven Dunlap. The Groomsmen were Kenard Shelf, Wayne Montgomery, James Jones, Sherman Oliver, Dwane Johnson, Hason Wright, Shawn Penn, and Marcus Sleigh.

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 Weatherpoon 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 reception 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.



KaTina DiEtte Covington and Jason Denard Yountz

Grant

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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

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

of North Carolina; the North Carolina Association, Long Term Care Facilities; the 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 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.

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

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

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 competition.

The action will be taking place directly behind the stage of the regular Cingular Wireless 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

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 amateurs, category 4 and 5. (Riders are 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 talent.

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

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 be the professional race starting 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.

Gatorade

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up in front of the TV and computer and away from the playground and ball fields," Carmona said. "Childhood 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 public-private 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

different available programs to identify those with the greatest opportunity of increasing activity levels.

On the education front, the partnership will create opportunities to better educate doctors, community leaders and families on the most up-to-date approaches for increasing children's activity and healthy eating. 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.

Parents can assess their child's risk for becoming over-

weight using a UNC-developed tool at 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 soccer 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 childhood obesity.



Carmona

Dr. William Warren

We are pleased to announce
to our practice the addition of
DR. ERIC SADLER



- 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)

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Junk food

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What's on the kitchen shelf is what your kids are going to eat. "You need to set the standard 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 themselves," 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 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.

What is a parent to do?

1. Reward good behavior with trips to the park rather than snacks.

2. Engage your entire family 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 time on the Internet.

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

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