

# Community Calendar

Feb. 12

### Winston Lake Family Y will hold annual meeting, awards banquet

The Winston Lake Family YMCA will hold its Annual Meeting and Awards Banquet on Feb. 12. The event will feature the unveiling of a Leo Rucker mural depicting the history of the "Y" dating back to the Patterson Avenue location; a special tribute and gymnasium naming ceremony for Moses "Mo" Lucas; the Name the Mural contest winner by the Youth Black Achievers; and guest appearances by persons depicted on the historic mural. The event will be held at the Winston Lake Family YMCA, 901 Waterworks Road, at 6 p.m. Call 724-9205 for more information.

### Racism healer to speak at workshop

Dr. Hoda Hosseini, co-founder of the Broward County Institute for the Healing of Racism in Florida, will take part in a conference on diversity issues titled "The Destiny of America: RACE-ing into the 21st Century" at 7 p.m. Feb. 12 at Wake Forest University in Carswell Hall's Annenberg Forum (Room 111). The program is free and open to the public.

### Salem College to offer adult ESL classes

Salem College will offer adult English as a Second Language (ESL) classes free of charge this spring semester. Registration for the class will be Feb. 12 at 6:30 p.m. in Room 322 of the Salem Fine Arts Center. This class is available to adults who want to learn English or improve their English skills. Classes will start Feb. 19 and meet from 6:30-8:20 p.m. They will be taught by graduate students in the Salem College TESOL (Teaching English to Speakers of Other Languages)

program.

### Chocolate Fest scheduled

Whole Foods Market invites you to the 2004 Chocolate Fest on Feb. 12 from 4:30 p.m. to 7:30 p.m. at its store at 41 Miller Street. Whole Foods Market will have a world of chocolate waiting for you to taste.

Feb. 12-15

### Education summit will feature Tony Brown, Ernest Green

Television commentator Tony Brown and civil rights activist Ernest G. Green Sr. will be keynote speakers at the Summit on Blacks in Higher Education III: Pipeline/Lifeline for African-Americans Feb. 12-15. The event is being sponsored by the American Association for Higher Education Black Caucus and co-sponsored by N.C. A&T State University and the American Council on Education, Office of Minorities in Higher Education.

Brown, commentator of the PBS series "Tony Brown's Journal," the longest running PBS series, will speak at the opening session of the summit Feb. 12 at 6 p.m. at the Sheraton Four Seasons, Green, one of the first black students to integrate Central High School in Little Rock, Ark., following the Supreme Court desegregation ruling in 1954, will speak at the summit at 8 p.m. Feb. 13.

Feb. 14, 21, 28

### Black history through song

The Carver School Road Branch Library will present local church groups at the library on Saturdays in February at 3 p.m. Here's the remaining schedule: Feb. 14 - Rising Ebenezer Baptist Church Youth Choir; Feb. 21 - United Metropolitan Missionary Baptist Church, "One Voice";

Feb. 28 - Union Chapel Baptist Church Inspirational Choir. All programs are free and open to the public. Light refreshments will be served.

Feb. 19 and 20

### Salem to host info session

The continuing studies program at Salem College will host information sessions Feb. 19 at 6 p.m. and Feb. 20 at 10 a.m. in the Green Room of the Main Hall Building. The continuing studies program provides male and female students aged 23 and older the opportunity to continue their education on a full-time or part-time basis. Salem offers bachelor's degrees in a variety of liberal arts majors and two graduate degrees in education. For more information, contact the continuing studies department at 721-2669 or at www.salem.edu.

Feb. 20

### Percy Sledge to perform

Feb. 20 at 8 p.m. well-known R&B recording artist Percy Sledge will perform at the High Point Theatre for one night.

Sledge is well-known for his signature record that went straight to the top of the charts, "When a Man Loves a Woman." He has accumulated five gold albums and two platinum albums during this career.

Feb. 29

### Patch Adams coming to Wake for fund-raiser

Noted doctor Patch Adams will come to Winston-Salem Feb. 29 to speak at Wake Forest University. He will speak at 7 p.m. in Wait Chapel. Adams is speaking in order to raise money for Mother Teresa's Sisters of Charity as well as his hospital, the Gesundheit Institute. One hundred percent of the proceeds from ticket sales will go to these charities.

Tickets will cost \$12 and will be sold through the Benson University Center Ticket Office on campus. They can be purchased by calling 1-336-758-4265. Parking will be free.

March

### Care-giver education class will be held in March

A free care-giver education class will be offered Thursdays, March 4, 11, 18, 25, from 12:30 to 2 p.m. at the Winston-Salem Urban League board room, 201 W. Fifth Street. Register by calling Carol McDowell at 725-5614. Enrollment is limited.

Participants will learn to enhance their care-giving skills to provide better care for seniors in their families, neighborhoods and their communities. Information on community resources for care-givers will be provided.

The Winston-Salem Urban League's Senior Center is a satellite senior center of the Shepherd's Center of Greater Winston-Salem.

March 2

### Casting call will be held

A casting call will be held March 2 at 7 p.m. at Kenneth R. Williams Auditorium. Prepare a one-minute presentation. Officials are looking for 12 people aged 10-60. Experience is helpful but not necessary. Bring a photo if possible.

Other

### Items needed for Community Baby Shower

Babies R Us is teaming with Baby Love to throw a Community Baby Shower for mothers in need. Judy Lupo, the maternal health supervisor for Baby Love, said: "We're not asking for real expensive things but just real practical things, things like soap, pacifiers, breast feeding pads, bottles... Things like car seats and cribs are the hardest to get sometimes but are really nice to have." Items for the Community Baby Shower can be dropped off at the Babies R Us on Hanes Mall Boulevard Feb. 9-14. For more information, call 727-3890, ext. 3641.

Tai chi

The Winston-Salem Urban League Senior Center, 201 W. Fifth Street, is continuing to offer tai chi on Mondays in February, from 10:30 to 11:30 a.m. Tai chi is a Chinese form of exercise and meditation. The class is free to Forsyth County residents aged 55 and over. Register by calling Carol McDowell at 725-5614.

## Sorority recognizes February as Heart Month

SPECIAL TO THE CHRONICLE

Chi Chi chapter of Chi Eta Phi Sorority Inc. recognizes February as Heart Month. Heart disease is the No. 1 killer of all U.S. groups. The good news is you can protect your heart and save lives - your own and others too!

Listed below are seven suggestions that can help you reduce your risk of heart attack:

- Keep check of your blood pressure. Normal is less than 120/80.
- No smoking.
- Recognize and treat diabetes.
- Don't drink too much alcohol.
- Be physically active. Try to get 30 minutes of moderate to vigorous activity at least three to four times a week.
- Enjoy foods that are low

in saturated fat, cholesterol and sodium, and include lots of fruit and vegetables in your diet.

• Have regular medical checkups.

Recognize a heart attack!

The symptoms of a heart attack vary, but the usual warning signs are:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- Pain spreading to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

If you notice one or more of these signs, don't wait. Get medical help fast! Call 911 or your local emergency medical system. Remember to stay heart healthy!

**You're Invited To-A Trunk Show**  
**WHERE A GUY OR HIS GAL ARE SURE TO FIND**  
 A FUR OR LEATHER GARMENT AT LESS THAN YOU CAN IMAGINE!  
 DIRECT... FROM THE FURRIER  
**Christa Furs & Leathers**  
 Come have fun trying on rooms full of furs & leathers outerwear, hats & scarves direct from  
 St. Louis, Dallas & Atlanta Show Rooms  
 Here...in Winston-Salem!  
**FRIDAY, FEBRUARY 13**  
 Noon to 8:00 PM  
**SATURDAY, FEBRUARY 14**  
 10:00 AM to 4:00 PM

**Mary the retiring Raggpicker**  
 Will be serving refreshments.  
 Even if you don't need a fur or leather garment, stop by so that we can thank you for allowing the Raggpicker to be part of your life and our community since 1974.  
 Come have fun.

Present this card and save up to 50% & More on Raggpicker fashions  
 And save up to 50% off Factory Direct Furs & Leathers

We need to clear the racks for the new owners come spring.



3443 Robin Hood Road, Winston-Salem, NC Phone 336-768-3372



 <p>Value Pack <b>Boneless Sirloin Steak</b> <b>2.99</b> Lb. Regular \$5.79</p>	 <p>New Crop Chilean <b>Seedless Red Grapes</b> <b>99c</b> Lb. Without MVP Card \$1.99</p>	
 <p>Family Pack <b>Boneless Chicken Breast</b> <b>\$1.99</b> Lb. Regular \$4.49</p>	 <p><b>Hormel Cooked Ham</b> (Available in The Deli) <b>Buy One Lb., Get One Lb. FREE</b> Without MVP Card \$3.99 Lb.</p>	 <p>32-40 Ounce Select Varieties <b>Stouffer's Family Style Recipes</b> <b>\$3.99</b> Without MVP Card \$4.99 - \$5.99</p>
 <p>15 Ounce Select Varieties <b>Chef Boyardee Canned Pasta</b> <b>89c</b> Without MVP Card 99c</p>	 <p>8 Ounce <b>Borden Shredded Cheese</b> Limit 2 Free <b>Buy One, Get One FREE</b> Without MVP Card \$2.25 Each</p>	 <p>8 Rolls <b>Bounty Paper Towels</b> <b>\$4.99</b> Without MVP Card \$7.69</p>
 <p>24 Single or 12 Double Rolls <b>Angel Soft Bath Tissue</b> <b>\$3.99</b> Without MVP Card \$6.99</p>	 <p><b>Valentine's Day Favorite!</b> 1 Dozen <b>Long Stem Roses</b> <b>\$19.99</b> WHILE SUPPLIES LAST</p>	 <p>Select Varieties <b>Valentine Candy Gift Boxes</b> <b>\$2.00 OFF</b> Regular Retail Without MVP Card</p>

**Saving you time & money is our business. What you do with the savings is yours.**



Extra Low Prices