

COMMUNITY

SECTION B

Also Sports, Religion, Obituaries and Classifieds

OCTOBER 22, 2009



Community Calendar

Big Four Dance tickets

The Big Four Dance will be Saturday, Oct. 24 at 9 p.m. at the Benton Convention Center. EnVision and Signature Soundz will provide entertainment. Manard "Busta" Brown will serve as emcee. Tickets are \$25 each or \$250 for a table. To obtain tickets, call Judy Brown at 336-767-1487 or Linda Davis at 336-767-2714.

Registration now open for CP3 Hoops

CP3 Hoops, a new youth basketball program for boys and girls, grades K-8, is now registering at the Gateway YWCA.

The program allows kids to learn to play the game of basketball under the same rules the NBA's Chris Paul learned to play under.

For more information, call the Gateway YWCA at 336-354-1590; ext. 302 or visit www.eteamz.com/cp3hoops/.

Free West End walking tours

The YWCA Glade Street, 1201 Glade St., is hosting free walking tours through the West End. The leisurely strolls are done every Monday and Wednesday beginning at noon. Walkers should meet walking leader Brandi at the front of the Glade Street YWCA. For more information, contact Sabrina Slade at 336-722-5138, ext. 225.

Blessings Foundation Fundraiser

The Fiddle & Bow Society will host a fundraiser for Blessings Project Foundation on Friday, Oct. 23 from 7-11 p.m. at 823 Reynolda/Blessings in Winston-Salem. The event will feature signature appetizers by local restaurants; music by Isla, Jeff Warner, Steve Gillette & Cindy Mangsen and the Not Brothers; and a silent auction of works by local artists and donations of goods and services by local businesses. Tickets are \$20 in advance and \$25 at the door and can be purchased on Blessings web site, www.blessingsproject.org or by calling 336-724-9393. All proceeds benefit Blessings Project Foundation in their mission to make our community, the nation and the world more equitable, healthy and humane.

WSPA yard sale

Winston-Salem Preparatory Academy will have a yard sale on Saturday, Oct. 24 from 8 a.m. - 12 noon on the WSPA Tennis Courts. Table rental is \$25 and \$50 for vendors. Renters and vendors keep all their proceeds. For more information, contact Lori Potat, PTSA President, at 336-407-5289 or 336-245-3379.

Bayou Classic bus trip

A bus trip to the Bayou Classic in New Orleans is planned from Nov. 25 - Nov. 29. For more information, contact Robbie Allen at 336-788-9649; Charlene Roseboro at 336-777-8150 or Cleve Roseboro at 336-671-1259.

HEALTHY START

Head Start treated to grand breakfast

BY T. KEVIN WALKER
THE CHRONICLE

Head Start students had a side dish of hoopla with their juice and oatmeal last Friday.

Kids and their parents were greeted with television cameras and smiles from a slew of special guests as they walked into the Family Services Head Start Sarah Y. Austin Center for breakfast. It was National Childhood Hunger Day, and Head Start - with its impressive reputation of helping three- and four-year-olds live up to their educational potential - was selected this year to highlight the ongoing fight against hunger and the importance of childhood nutrition.

Chef Don McMillan and other members of the American Culinary Federation (ACF) Triad Chapter drove home those themes as they served a special breakfast to more than 500 kids, their parents and Head Start employees. The chefs' golden breakfast frittata got especially high marks from the diners, but McMillan said it doesn't take a renowned chef

like himself to whip up something healthy, nutritious and pleasing to a child's palate.

"A nutritious breakfast is not hard to do," said McMillan, whose Stocked Pot Cooking School is legendary. "Oatmeal and fruit - how hard is that? It's much better than a Pop Tart."

Parents like Andrenny Jackson say it's an ongoing battle trying to get finicky kids to eat foods that are good for them. She has resorted to creative ways



Head Start students take in the action.

to get her son, Amareya, to eat vegetables.

"I just have to sneak them in there in a way that he doesn't know that they are there," she said.

Earnest Sides is a big believer in the importance of starting the day off with a full stomach. That's why a day rarely passes when he and his daughter, Shakayla, don't wake up and share a meal and a conversation.

"I fix her breakfast every morning," he said.

Depending on the length of a child's school day, Head Start provides two to three meals for students, and nutrition is always a consideration, even when it comes to serving snacks, says Carole Wilson, Head Start's health nutrition specialist.

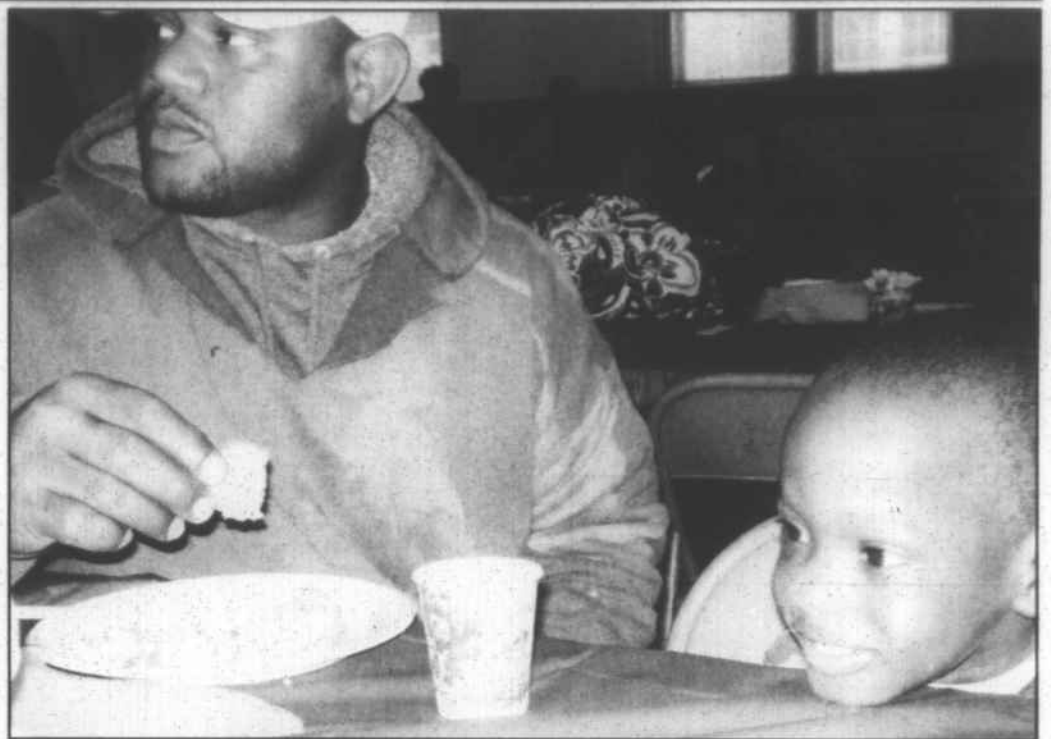
"Everything is low sodium, low fat ... we don't do things like cookies," said Wilson.

Head Start's mission has always been to educate not only children but their families as well. To that end, the agency partners with a wide-range of local organizations in order to offer Head Start families as much as possible. Students and faculty from Winston-Salem State University's Division of Nursing, for example, regularly stop by to conduct blood pressure screenings for parents, Wilson said.

WSSU students were also on hand for last week's breakfast. Student-athletes volunteered their time to help guide diners through the maze that was the Austin Center Gymnasium last Friday. Some WSSU students simply made their way from table-to-table to chat with the students and their families as they ate.

Joevanne Estrada, whose many hats at WSSU include that of director of Cheerleading Operations, said student-athletes were a perfect fit for last week's program since nutrition and fitness are essential for them. But regardless of the occasion, Estrada says the university wants the commu-

See Breakfast on B2



Teric Coleman eats breakfast with his son, Teric Jr.

Photos by Kevin Walker



WSSU runner Jessica Peaks chats with students.



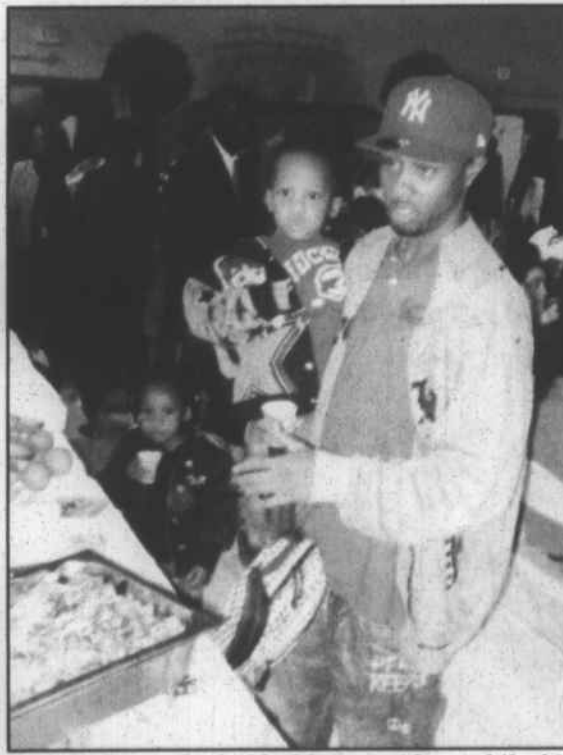
Above: Servers treat diners to a healthy breakfast.



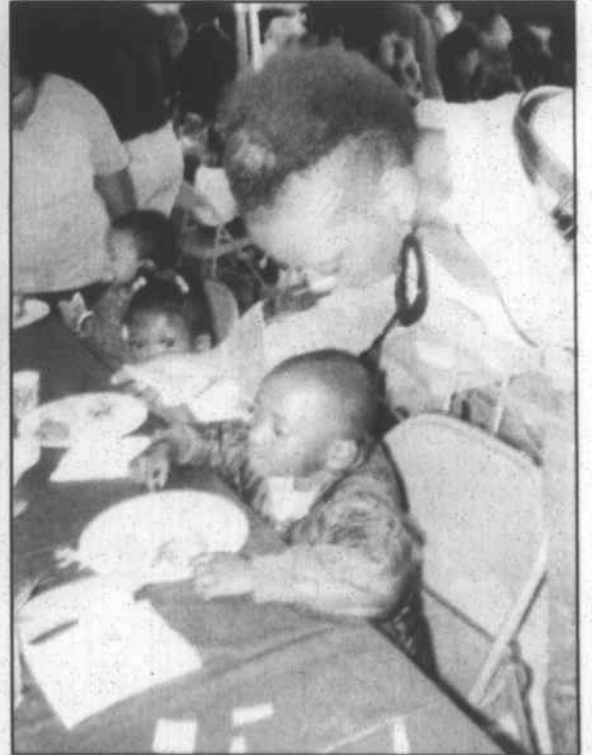
Left: Cidney Johnson with her daughter, Milah.



Chef Don McMillan with Superintendent Dr. Don Martin, left.



Angelo Terry Jr. holds his son, Alex, while his daughter, Alaina, stands nearby.



Andrenny Jackson and her son, Amareya.