

# COMMUNITY

SECTION B

Also Sports, Religion and Classifieds

APRIL 22, 2010



## Community Calendar

### Rummage sale

The Junior League of Winston-Salem is set to kick off its 56th annual Rummage Sale at the Lawrence Joel Coliseum Annex and Education Building on Friday, April 23 from 5:30 - 9:30 p.m. It will continue on Saturday, April 24 from 9:30 a.m. to 12:30 p.m. for the half price sale, and then from 1 - 2:30 p.m. for the famous "big bag sale." Admission is \$5 for adults on Friday; \$3 for the Half-price sale; and \$1 for the bag sale.

### Male Day event

Local men are being asked to take part in Dad/Father/Male Day on Friday, April 23 by volunteering at the school of their child or loved-one or taking their child/relative/loved-one to school. As part of the day, an information session and discussion will be held from 10 a.m. - 12 p.m. at the Sarah Y. Austin Center, 2050 Big House Gaines Blvd. (formerly East End Blvd). There will be door prizes and lunch will be served at noon. Men who wish to attend the free event are asked to RSVP by calling 336-727-061.

### Food drive

Sigma Gamma Rho Sorority is partnering with Second Harvest Food Bank and 97.1 QMG for a non-perishable food drive at the Benton Convention Center on Friday, April 23 from 11 a.m. - 1 p.m. Barrels to place donated items in will be set up at the Convention Center.

### Flat Rock Middle Consignment Sale

Flat Rock Middle School, 4648 Ebert Road, will host a clothing consignment sale to raise much-needed funds for the school on Saturday, April 24 from 10 a.m. - 5 p.m. Items for sale will include gently used clothing, sports and recreational equipment, seasonal items and food and drinks. Cash, Master Card, Visa and debit cards will be accepted.

### Meet the Candidates Breakfast

BPAL (The Black Political Awareness League) and the Carver High School Alumni Association will host the "Meet the Candidates Breakfast" on Saturday, May 1 from 9 a.m. to noon at First Baptist Church, 700 Highland Ave. Tickets are \$5 and are available from any BPAL or Carver Alumni Association member. For more information or tickets, call Ike Howard at 336-416-3854.

### Used bike collection program

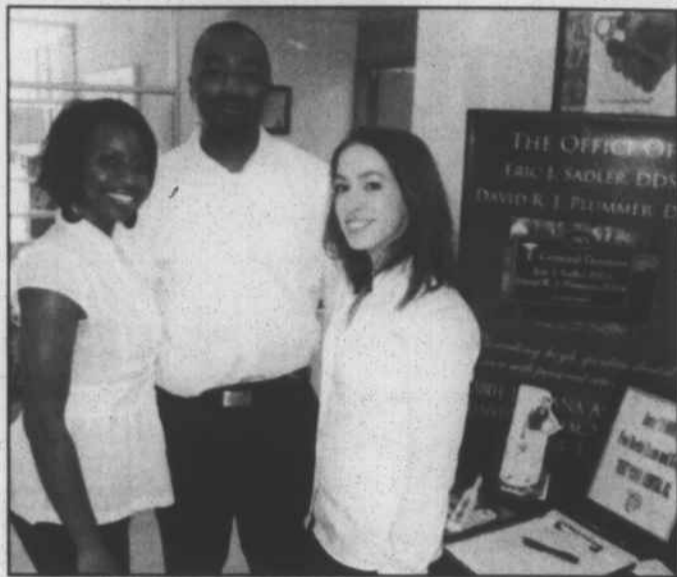
PAVE ReCycles, a bicycle collection program benefiting Bikes for the World, will host a bike drive on Saturday, April 24 from 9 a.m. to 1 p.m. at Maple Springs United Methodist Church, 2569 Reynolda Road. The bicycle collection is being held in conjunction with the church's Family Bike and Fitness Expo, which is free and open to the community. Bicycles in good condition will be accepted. In addition, participants are asked to donate a minimum of \$10 to help defer the costs of shipping the bicycles overseas. The entire donation is tax deductible. For more information call Kristin Eckart at 336-721-1021 or kristin@pave-ways.com.



Vanglee Jones Sr. and Tangel Paul receive health screenings on Saturday.



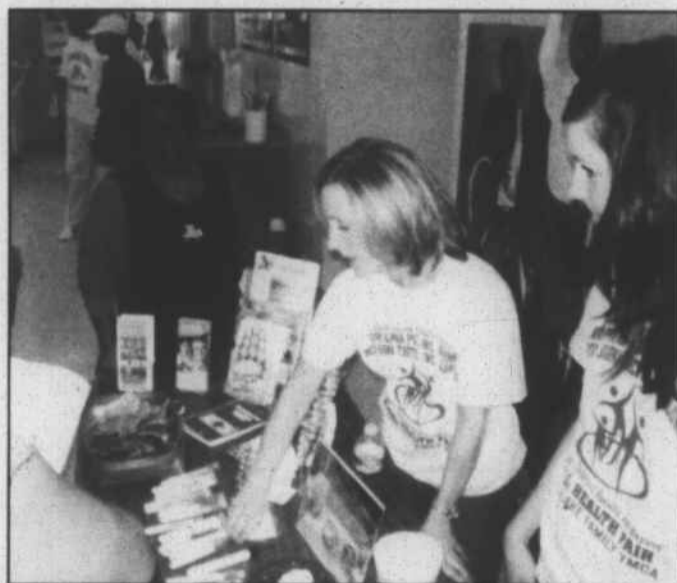
Photos by Kevin Walker



Dr. Eric Sadler, a local dentist, with staffers Joy Hall and Lisa Williams (right).



LaShun Huntley (of the Health Department's Fathers and Friends program) with his daughter, Raja.



Health Department Nutritionist Krista Kiger with Intern Becky Whilow (a UNCG student).



DSS employee Bridgette Lindsay talks with Amanda Dockery (right) about adoption services.



Community Senior Care Consultant Donna Robinson-Jackson presents a raffle prize to Iris Caldwell, right.

## The Pursuit of Health

Fair attendees get keys to wellness

BY T. KEVIN WALKER  
THE CHRONICLE

Local fast food joints may be ringing up fewer value meals and soft drinks this week.

Droves of folks swore off burgers, fries and the like on Saturday after coming face-to-face with what lurks inside of such American staples.

"This is what is in that," Forsyth County Department of Health Nutritionist Krista Kiger said as she hoisted up a test-tube clogged with more than 60 grams of fat while gesturing toward a photo of a Burger King sandwich.

Kiger had other test tubes as well - graphically demonstrating the fat grams in the menu favorites of a number of popular eateries. And if that was not enough to turn most people's stomachs, Kiger's Ziploc bag filled with sugar, which was used to show how much of the sweet stuff is in just one large fast food iced tea, did the trick.



See Health on B6

Desmon Wynter cooks as Joyce Adams stands nearby.



Sorority members Deborah Barr-Cloud, Geraldine Davis, Constance Carlton, Lisa Smith, Cynthia Jefferies, Sherita Johnson, Sherlane Hill, Olivia Swinton, Eleanor Bailey, Linda Dark, LaDonna Martin and Debra Norwood.



Fraternity members (from left) Derrick Boone, Fred Acree, Lacy DeBerry, Leonardo Horn, Clyde Reynolds and Macio Freeman (kneeling).