

One Of Every 20 Americans Will Have Diabetes?

One out of every 20 Americans either have diabetes or will develop it. And you probably know someone who is a diabetic. If you would like to find out more about diabetes, the Diabetes Service, a division of Community Health Association will sponsor an informative session.

Mrs. Malinda Peoples, RN, Diabetes Teaching Nurse in Union County will conduct the session on diabetes Tuesday, June 10. From 10 to 12 at the H.E.L.P. Center in Matthews. Mrs. Peoples will give an overview of the causes, signs and symptoms, treatment and tips for daily living for diabetics.

Diabetics and their friends and family, as well as anyone interested, are invited. For more information contact Diabetes Services at 375-0172. This center provides information, emotional support, testing for diabetes, individual instruction, workshops, and special events for diabetics.

There is another service in Charlotte entitled Diabetes Association, American North Carolina Affiliate, Inc. This service provides education to people with diabetes and their families. Professional and public education, detection, community service and a two-week camp for children with diabetes are all parts of this service.

June is Black Music Month and the Black Music Month Committee's co-chairpeople are Billy Eckstine and Dionne Warwick. This special month will be an international commemoration of Black Music's history, artistry and many sounds.

Black Music Month was designed to increase the public's awareness and general observance of Black Music. It is sponsored by the Black Music Association which recently requested that the city of Philadelphia salute Aretha Franklin as the "Lady of Soul." The mayor of Philadelphia, William Green, vowed to "make Philadelphia the Black Music Capital of not only America, but the world."

The president and co-founder of the Black Music Association, Kenneth Gamble, cited Philadelphia as the birthplace and home of many great black music artists. Ms. Franklin was not able to accept her citation as "Lady of Soul" because of her father's illness. Patti LaBelle accepted it saying, "I am pleased to accept this award for Aretha Franklin. I admire and respect Aretha; and I do think that she is the 'Queen of Rhythm and Blues,' as well as the queen

With Teresa Burns

Bits & Pieces



Teresa

of everything she does.

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Words for thought:

Everything becomes a little different as soon as it is spoken out loud.

Hermann Hesse

Sometimes the best way to convince someone he is wrong is to let him have his way.

-Red O'Donnell

What's done to children, they will do to society.

-Dr. Karl Menninger

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Wishes for speedy recoveries to Ricky Holland and Kenny Adams. Those leg injuries will heal before you know it. Soon you'll be back on your own two feet.

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If an attorney spends \$1 on advertising, in return he will receive about \$7.93 worth of business. At least this is the conclusion of a survey completed by the National Resource Center for Consumers of Legal Services in Washington, D.C.

Law firms (217) using advertising in 47 cities in 24 different states were surveyed. First-time clients, according to the survey, came to the lawyers by advertising 45 percent; word of mouth 38 percent; other lawyer's 7 percent; press coverage, court appointments and other 6 percent; and bar referral services 4 percent.

The survey revealed that the average revenue per case was \$215.

Participants used newspapers, yellow pages, magazines and directories. Only two firms used radio or television.

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Researching one's genealogy is the third most popular national hobby. A workshop concerning how to do this will be held Tuesday, June 3 from 2-3:30 p.m. in the Charlotte and Mecklenburg County Public Library. The cost is \$2.50 for Y-members and \$4 for non-members. For more information call 525-5770 or 333-7553.

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The Garinger Players of Garinger High School are proud to present "Stop The World...I Want To Get Off." Performances are May 14, 16 and 17 at 8 p.m. in the Garinger Auditorium, 1100 Eastway Dr.

The production is a Broadway musical, written by Anthony Newley and Leslie Bricusse. Look forward to recognizable songs such as "What Kind of Fool Am I?" "Once In a Lifetime," and "Gonna Build a Mountain."

Tickets are \$3.50 for adults and \$1.50 for students.

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West Charlotte's PTSA will hold its spring meeting 3 p.m. Sunday, May 18, in the auditorium of West Charlotte. Rising 10th graders and their parents

from Cochrane, Alexander Graham, Northwest, Randolph, Ranson, J.T. Williams, Wilson, and Piedmont junior high schools are the special guests. Students and parents will have an opportunity to meet teachers and familiarize themselves with the campus. A slide presentation of West Charlotte will be made and a short musical program by the West Charlotte Music Department will be presented.

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"Clio Was A Woman: Studies In the History Of American Women" is an astounding new publication focusing on the problems, sources, and methods in the new and growing field of women's history. Contributions include Anne Firor Scott, author of "The Southern Lady" and other significant works; William H. Chafe, whose book, "The American Woman" is considered to be a classic; and Pulitzer Prize winner Joseph P. Lash.

Women in the Revolutionary War, during the Depression; black women; first ladies and more are depicted in the volume. There is also a photo essay of 44 historical photographs including 23 black and white halftones illustrating the woman's impact on history by Nancy Malan.

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- 2 lbs. ground beef
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- 2 cups fresh bread crumbs
- 1 cup KRAFT Barbecue Sauce
- 2 tablespoons chopped onion
- 1 1/2 teaspoon salt
- Dash of pepper

Combine all ingredients except 1/2 cup barbecue sauce; mix lightly. Shape into loaf in an 11 1/2 x 7 1/2-inch baking dish. Bake at 350° 1 hour. Spread with remaining sauce; continue baking for 15 minutes. 6 to 8 servings.

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