

BROOKWOOD

an assisted living facility of The Charlotte-Mecklenburg Hospital Authority
12600 Old Statesville Road
Huntersville, N.C. 28078

Brookwood offers assisted living for senior adults in a beautiful, rural setting. Come tour our new cottages, see the campus and consider the options available. Located across the street from Huntersville Oaks Nursing Home.

In celebration of the opening of our newest and largest cottage at Brookwood, we invite you to attend a

Family Health Fair

on
Sunday, May 19
2:00 p.m.—5:00 p.m.

These free tests and activities will be available for you and your family compliments of Brookwood:

- Cholesterol, Blood Pressure, Glucose and Glaucoma Screenings
 - Personal Exercise Consultation
 - MedCenter Air Helicopter and the new Mobile Intensive Care Unit from Carolinas Medical Center
 - Mecklenburg County Emergency Medical Services Paramedic Unit
- Refreshments will be served and Entertainment will include:
- Cloggers and Live Country Music
 - CPCC N. Mecklenburg Community Chorus

MOORESVILLE SCHOOL MENUS

These meals are planned at Moore'sville schools during the week beginning May 20. Salad bars are available in all schools, and milk is served with all meals. For each meal, one of the other baked goods are offered for sale each day to all students.

Junior, Senior High
Monday — breakfast — choice of cereal, choice of juices, school baked egg biscuit; lunch — sausage pizza, oven baked pork chop, w/school baked roll, ham & cheese sandwich, french fries, french apples.

Tuesday — breakfast — choice of cereal, choice of juices, grilled bologna, school baked cinnamon rolls; lunch — pepperoni pizza, four long hot dog weihli, ham & cheese sandwich, french fries, french coleslaw, green beans, sliced peaches.

Wednesday — breakfast — choice of cereal, choice of juices, sausage patty, school baked blueberry muffin; lunch — sausage pizza, baked ham w/school baked roll, homemade vegetable beef soup with toasted

open face cheese sandwich, french fries, sweet potatoes, sliced pears.
Thursday — breakfast — choice of cereal, choice of juices, school baked sausage biscuit; lunch — french bread pizza, ham-burgers, oven crisp chicken w/school baked roll, lettuce leaves & sliced tomatoes, french fries, french gelatin salad, baby lima beans.

Friday — breakfast — choice of cereal, choice of juices, grilled ham slice, school baked apple cinnamon muffin; lunch — pepperoni pizza, spaghetti w/school baked roll, tuna salad sandwich, french fries, tossed salad, fresh orange wedges.

Woods, Park View and South
Monday — breakfast — choice of cereal, choice of juices, school baked egg biscuit; lunch — hot dogs weihli, spaghetti w/school baked roll, french coleslaw, green beans, sliced peaches.

Tuesday — breakfast — choice of cereal, choice of juices, grilled bologna, school baked cinnamon rolls; lunch — sausage pizza, sloppy joe sandwich, french fries, green beans, fruit cocktail.

Wednesday — breakfast — choice of cereal, choice of juices, sausage patty, school baked blueberry muffin; lunch — oven crisp chicken w/school baked roll, ham & cheese sandwich, lettuce leaves & sliced tomatoes, baked yams, french orange slices.

Thursday — breakfast — choice of cereal, choice of juice, school baked sausage biscuit; lunch — hamburger, roast turkey w/school baked roll, whipped potatoes, green beans, pear halves.

Friday — breakfast — choice of cereal, choice of juices, grilled ham slice, school baked apple cinnamon muffin; lunch — BRQ sandwich, corn dogs, baked yams, whole kernel corn, chilled pineapple tidbits.

Duclimer Playing Workshop Planned

The 14th annual Appalachian Duclimer Playing Workshop is to be held June 24-28 at Appalachian State University in Boone.

The curriculum will consist of skill level courses and specialized classes. College credit of one semester hour is available.

For more information contact the local Cooperative Extension Service at 201 East Water Street, Statesville or call 873-0507 or 663-1616. Anyone wanting to learn more about playing the dulcimer is encouraged to participate in this workshop.

Salisbury Symphony 1991-92 Season Set

The Salisbury Symphony Orchestra announces its 25th Anniversary Season of exciting performances and distinguished soloists.

The 1991-92 season will include five performances — four by the Salisbury Symphony Orchestra with David Hagy conductor, and one by The North Carolina Symphony with Gerhardt Zimmermann, conductor.

Dr. Legare McIntosh will be the featured soloist in a performance of Mozart's "Piano Concerto No. 23" on Tuesday, May 23. The concert will also include a Rossini overture and Tchaikovsky's "Symphony No. 5."

David Ott, a nationally known composer who previously taught at Catawba and Phellifer Colleges, will be present for a performance of one of his works, "Music of the Canvas," on April 4, 1992. This concert will also include Beethoven's "Symphony No. 9," the great "Choral" symphony, with guest soloists and The Concert Choir of Salisbury, the Catawba College Chamber and Mixed Chorus, the Livingstone College Concert Choir, and the Hickory Choral Society.

Improving NC Conditions For Bicycles A May Goal

Gov. James G. Martin had declared May as Bicycle Month in North Carolina.

The N.C. Department of Transportation's Bicycle Program began in 1974 to work with communities across the state to improve bicycling conditions. The program is used to coordinate bicycle events and to educate the public on bicycle use and safety.

For the past several years, the special month has been designed to raise awareness of the popularity and importance of bicycling as a form of recreation and transportation. Many communities have planned family bicycle rides, races and rodeos in conjunction with the yearly declaration.

Information is available for communities, organizations or individuals who are interested in promoting or sponsoring bicycle events or activities. The "Bicycle Events Guide" provides information and suggestions on how to organize and conduct bike repair clinics, festivals, tours, races and helmet campaigns.

Recently the program has been using community involvement in bicycle helmet campaigns that promote and encourage helmet use among cyclists.

"While helmet use among

North Carolina children is increasing, it is still less than 4 percent," said Curtis Yates, director of the N.C. Bicycle Program. "With community involvement, we're hoping to increase that number."

According to a 1989 New England Journal of Medicine study, helmets have been shown to reduce the likelihood of head injury by 85 percent and the likelihood of brain injury by 88 percent.

"This is the time of year when interest in cycling increases. We encourage communities to play an active role in cycling by promoting bicycle safety and events," Yates said.

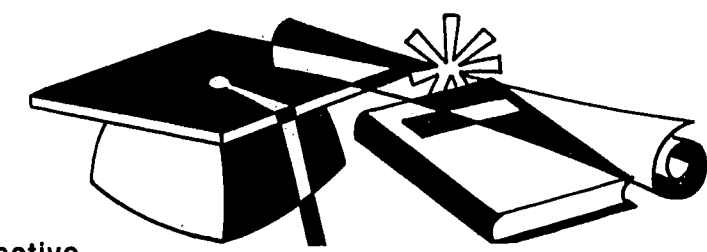
Information is available to help those cyclists who may be planning a trip. A cross state system of bicycling highways has been developed to guide bicycle tourists along lightly traveled country roads across the state. Maps are available that show the designed routes, including information on services, points of interest and terrain.

For information on bicycling in North Carolina, contact the Bicycle Program, NCDOT, Post Office Box 25201, Raleigh, North Carolina 27611 or call (919) 733-2804.

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California Broccoli **68¢** Bunch

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California Carrots **28¢** 1-lb. pkg

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Cashion's has Party Trays for any Occasion!

Tidbits on Food

Wedding Cakes
Cakes are for special occasions. And, anything can warrant a special occasion, however, ask most recently married couples which cake they revered most and they will respond with "THEIR WEDDING CAKE."

Like most foods, the wedding cake first originated in ancient Rome. A wheat cake was broken during the wedding ceremony and then eaten by the bride and groom. About the time of the Civil War the traditional white wedding cake, or "bride's cake," became popular in the United States. Earlier, the American wedding cake was a dark and spicy fruitcake. Later, the fruitcake became known as the "groom's cake."

The introduction of finely ground flour ... baking powder and baking soda in the mid-1800s led to the creation of the white wedding cake.

Today, the bride and groom's preference as to the flavor and shape determines the kind of wedding cake they will serve. It could well be chocolate, white, orange, coconut or even strawberry. And, generally baked flat, square, round or tiered.

Cakes are comforting. A slice of cake with creamy icing and a glass of milk after school or before bed is a memory from childhood for most people. Also, remember, we have the cake for you. Fresh-baked, frozen, cake mixes. You name it, we have it. When shopping at Cashion's, you might say it's a "piece of cake." Come see!

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