



Will Bowen presents Dr. Maya Angelou with the six-millionth Complaint Free Bracelet.

Angelou's words spark worldwide movement

Minister started A Complaint Free World after reading some of the poet's work

CHRONICLE STAFF REPORT

Dr. Maya Angelou received the six-millionth Complaint Free Bracelet on Sept. 10 in Kansas City, Mo. Will Bowen, the founder of the A Complaint Free World movement, presented a framed honor to Angelou, a longtime resident of Winston-Salem and Wake Forest University professor, that included one of the elastic bracelets.

Bowen, lead minister at One Community Spiritual Center in Kansas City, began the A Complaint Free World campaign in July 2006, when he gave 250 purple bracelets to church members, who were instructed to switch the bracelet from one wrist to the other every time they complained.

Many scientists believe that it takes 21 days to form a new habit, and so bracelet-holders are encouraged to switch their bracelet with each complaint until, ultimately, they go 21 days without switching their bracelets, essentially becoming "Complaint Free." The concept has spread around the world to more than 106 countries. The movement's ultimate goal is to inspire 60 million people (or one percent of the world's population) to give up habitual complaining.

"Since our endeavor to positively transform the world's attitude began three years ago, a quotation by Dr. Angelou has been our motto: 'If you don't like something, change it; if you can't change it, change your atti-



tude — don't complain." Bowen said during the ceremony honoring Angelou. "The six millionth Complaint Free bracelet is a huge benchmark for us, and we felt it only proper to present it to her."

Angelou said she has made it a habit not to complain.

"I live by this," she said. "You'd have to get up pretty early in the morning or stay up pretty late at night to hear me complain. Complaining is dangerous for your prosperity and it's dangerous to your posterity."

On the topic of complaining, she quoted from another one of her writings, stating, "Don't whine, first it does nothing to the reason for your complaint. And, more importantly, it lets a brute know a victim is in the neighborhood."

To view a video of Dr. Angelou being presented the 6 Millionth Complaint Free Bracelet, go to www.AComplaintFreeWorld.org.

Runoff

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"...But I'm still in the race, and I'm ready to get a win, not only for myself, but for my community."

Terry said she expected the race to go down to the wire. The low turnout was disappointing, but expected, she said, since there was no contest for mayor.

"When the top of the ticket doesn't have a contest, people are not very concerned and aware, and they have to have an awareness (of the races) in order to be able to vote," she commented.

It is already certain that City Council will change when members take the oath in December. Longtime Council Member Nelson Malloy didn't run for reelection; D.D. Adams won the Democratic primary in Malloy's North Ward and will face Republican John Hopkins in the November General Election. And Incumbent Joycelyn Johnson lost the Democratic Primary to 21-year-old Derwin Montgomery, a Winston-Salem State University student who relied heavily on the votes of his fellow students.



Johnson

Terry said she was surprised and saddened by Johnson's defeat.

"It's just stunning," Terry commented. "Joycelyn Johnson has done a stellar job during her tenure on that board, as far as my judgment goes."

Like Johnson, Terry faces a young and eager challenger as well. But she doesn't believe that she will face the same fate in her race against 28-year-old Taylor.

"Effective public service is irreplaceable — irrespective of who's providing it," Terry related. "...I feel extremely confident."

Taylor believes the Montgomery victory is indicative of the public's desire for change.

"I think the people spoke," he remarked. "...the public wants new, fresh ideas, and that's what I'll bring to the Council."

Residents of the Southeast Ward can vote early at the Forsyth County Board of Elections, which is in the Government Center at 201 North Chestnut St., starting on Monday. Early voting ends on Saturday, Oct. 3 (the BOE will be open from 10 a.m. — 1 p.m. that day).

News Clips

Big Sweep volunteers needed

Keep Winston-Salem Beautiful is looking for volunteers to clean local waterways during this year's annual Big Sweep, scheduled for Saturday, Oct. 3, from 9 a.m. to 12:30 p.m.

Last year, more than 3,500 volunteers signed up to help clean local lakes and streams during Big Sweep in Forsyth County. It was the largest volunteer turnout of any county in the state.

Keep Winston-Salem Beautiful plans to target more than 30 sites this year, including Peters Creek, Silas Creek, Salem Creek, Monarcas Creek, Mill Creek, Tanner's Run, Salem Lake and the Yadkin River.

For more information or to volunteer, call City Link at 336-727-8000 or e-mail georges@cityofws.org. All supplies and lunch are provided.

Senate recognizes High Point Furniture Market

The United States Senate last week unanimously passed a bill by U.S. Senator Kay R. Hagan (D-NC) and Senator Richard Burr (R-NC) recognizing the 100th anniversary of the High Point Furniture Market.

"The High Point Furniture Market has gained a worldwide reputation as the premier place to experience the

newest ideas in home furnishings," the resolution reads.

"North Carolina has a great history in home furnishings, and the centennial anniversary of the High Point Furniture Market demonstrates North Carolina's great success story in the industry," Hagan said. "In its 100 years, the Market has become a 12 million-square-foot international attraction that welcomes more than 160,000 people from 110 countries."

A 2007 High Point University study estimated the economic impact of the furniture industry in North Carolina is \$8.25 billion annually, of which the Market contributes \$1.2 billion each year and employs 13,516 people. In April, Hagan spoke at the 100th anniversary opening ceremony.

Timberlake finishes Air Force basic training

Air Force Airman Sarah L. Timberlake graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

She is the daughter of Isaiah and Melissa

Timberlake of Kernersville and a 2007 graduate of East Forsyth High School.

DeVore interim president at Greensboro College

Greensboro College's Board of Trustees has named C. Brent DeVore, President Emeritus of Otterbein College in Westerville, Ohio, as its interim president. DeVore succeeds Craven E. Williams, who retired in July.

DeVore assumed the presidency last Friday and will lead the college until trustees choose a permanent successor to Williams. The college hopes to have a new president in place by July 1, 2010.

DeVore said that although his tenure will be temporary, he'll be giving the job everything he's got.

"When I retired all of two months and two weeks ago, I said that whatever I do next, I want to get into it with both my head and my heart," he said. "Visiting the campus on two occasions, I found it to be a school of substance, a community with a mission, and I felt it would be an opportunity to set the stage for helping build the future of the institution and preparing for the next president."

Habitat to Hold Annual Golf Tournament Oct. 2

Habitat for Humanity of Forsyth County will hold its second annual "Drive One for Habitat" charity golf tournament on Friday, Oct. 2 at the Reynolds Park Golf Course.

A shotgun start is 1:30 p.m. The day closes with a dinner and presentation of prizes. The \$75 registration fee includes golfing as well as these activities.

To register or for more information, call 336-765-8854, ext. 116.



Timberlake



MY HIP PAIN IS FINALLY GONE

THANKS TO WAKE FOREST BAPTIST

SUE MILLER WAS TRAVELING IN SCOTLAND when she broke her leg bone and a biopsy found possible cancer. Months later after her leg was healed and her bone cells were declared normal, Sue developed a new problem — pain in her hip. Unfortunately, anti-inflammatory medications and months of physical therapy could not control the pain.

By the time she saw Dr. Allston Stubbs, an orthopaedic surgeon at Wake Forest Baptist, the pain was excruciating. Using a method of minimally invasive surgery, he repaired torn tissue and removed bone fragments in her hip.

"It was such an easy surgery and quick rehab," said Sue. "I finally feel good. In fact, the other day I was on my feet for three hours and I had no pain!"

Whether simple or complex, our orthopaedic staff and physical therapists will work with you to diagnose, treat and rehabilitate your condition.

Plus, as an academic medical center, we care for your injuries and are on the forefront of research and training that leads to your better care.

For more information, visit wfubmc.edu/ortho. To make an appointment, call 336-716-8200. In most cases, no physician referral is necessary. And whatever your insurance, chances are we take it.

KNOWLEDGE MAKES ALL THE DIFFERENCE.



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Since 1993, Wake Forest University Baptist Medical Center has been consistently ranked as one of America's best hospitals by U.S. News & World Report.