

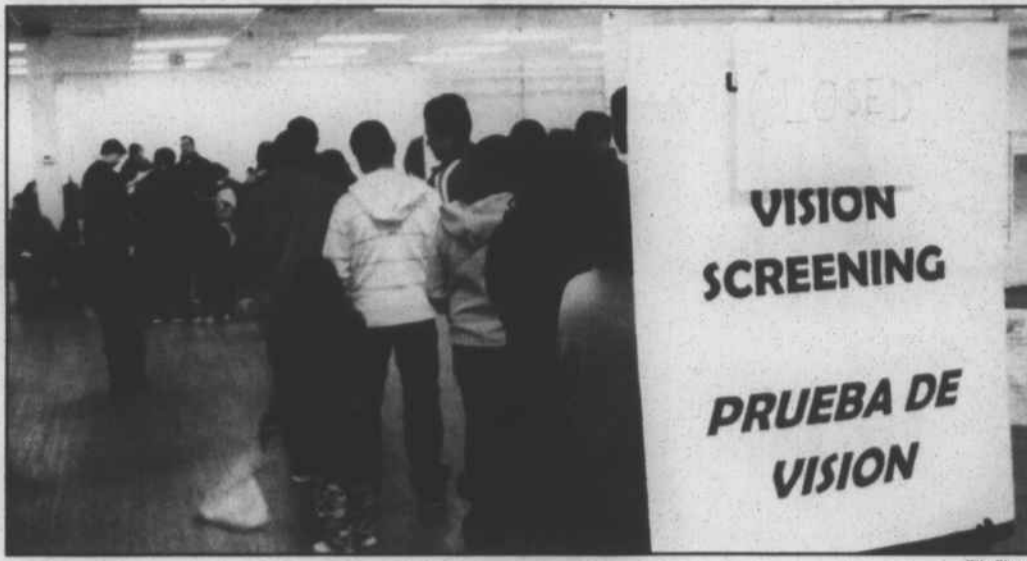
# Wake Medical offering free health fair and CPR demos

CHRONICLE STAFF REPORT

Two programs this month from Wake Forest University Baptist Medical Center are designed to save lives.

Saturday, Jan. 15, from 10 a.m. to 4 p.m. at Marketplace Mall, Wake Forest University School of Medicine students, in partnership with Northwest Area Health Education Center (AHEC), will hold the 12th annual "Share the Health" fair. The event will offer attendees many free health screenings, including hearing tests, vision tests, lung function tests, dermatology screenings, body mass index measurement, bone density tests, sickle cell screenings, glaucoma screenings, cholesterol screenings, diabetes testing and syphilis and HIV testing. There will be games for children, prizes and plenty of health information to share.

In addition, health care professionals — including physicians, residents, physician assistants and nurses — will offer free health information on such topics as heart disease, diabetes, exercise



Attendees line-up to receive free screenings at last year's Share the Health fair.

and nutrition and childhood obesity, among many others.

The health fair is designed to encourage community members, especially those who are medically underserved, to become active participants in their own health care. In 2010, more than 200 student volunteers participated, including medical students, students from the Department of Physician

Assistant Studies and Wake Forest University (WFU) undergraduates, serving more than 650 community members.

Later this month, on Jan. 29, the Medical Center will hold a free CPR Community Day in Belk Court at Hanes Mall.

As a kick off to American Heart Month (February), participants can stop by Belk

Court to see demonstrations of infant, child and adult CPR performed by American Heart Association instructors and join in hands-on practice. The hands-on practice cannot be taken for professional certification.

The event is sponsored by the Heart Center of Wake Forest Baptist and is open to all ages. Registration is not required.

## Boot Camp

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often than we do."

Many parents are unwittingly teaching their children that finding a mate is not an important goal, Muhammad told those present at the workshop.

"You have to be an independent woman. You have to be a strong, black woman. That's how our girls are reared," she declared. "It flies in the face of wanting to connect and mate with men."

Many young girls are taught to strive for a good education and a good career, but the importance of finding a good husband is downplayed, Muhammad believes.

"We are rearing our young girls not to be somebody's wife or mother. We are rearing them for work," she said. "...We have to begin to raise the value of marriage at least to the value of a college education."

Marriage affords many benefits to the couples who enter into the commitment together and their children, Muhammad says. For example, according to Muhammad, African American men who are married are more likely to make more money than their single counterparts because they are seen as being more responsible. She added that their wives and children have the economic benefit of two extended families who can lend a hand in times of hardship. In addition to having both parents present in the home to nurture their growth, children of married parents learn about conflict resolution by watching their parents, says Muhammad, who is slated to tie the knot herself in February.

The BIRTH Interfaith Relationships Boot Camp was presented by Green Xscapes, a nonprofit organization founded in 2008 to, according to its Web site, "promote sustainable food systems, encourage educational experiences and provide economic opportunities while applying ecological principles." Other Boot Camp speakers included Dr. Marvin Hall, a N.C. A&T State University professor and founder of MCH Consultants, and Nuri Muhammad, the current Indianapolis representative of Nation of Islam Leader Louis Farrakhan.

Green Xscapes founders Shaneka X Shipman and Abdullateef Uqdah say they started out wanting to attend a retreat to enhance their respective marriages, but the two quickly decided that the whole community could benefit from such an event.

"We definitely understand that healthy marriages



Shaneka X Shipman with husband Eric X.



Abdullateef Aqdah and his wife, Ruth.



Boot camp attendees listen to Muhammad's remarks.



"General" Hafeezah

and strong marriages build strong communities and essentially build strong nations," said Shipman, a Winston-Salem native who has been married since 2009.

Both Shipman, 29, and Uqdah are of the Muslim faith, but they say they felt it was important to make the Boot Camp, which featured both Muslim and Christian speakers, inclusive of all religions.

"All Scriptures that were handed down to man have been all inclusive, so our efforts at diversity have been with respect to what Almighty God has put before us," said Uqdah, who has been married for three years. "We see a greater need to serve our total community than to serve our specific (Muslim) community."

Although the Interfaith Boot Camp was a bit of a deviation from the projects the organization has led in the past, its purpose is well aligned with that of Green Xscapes, said Uqdah, 57.

"When you talk about feeding a family physically, then you cannot escape feeding a family mentally and spiritually," he noted. "A mind must be fed with knowledge, with understanding and with truth."

Motivational speaker and life coach "General" Hafeezah traveled from her native Atlanta, to lead the workshop "Before You Say I Do" and promote her two-book set of the same name. The set, which sells for \$50, is based on the things Hafeezah, who does not use a last name, has learned over the course of her four marriages. Her books are designed to be completed by both parties in the relationship. The couple should then trade books to discuss and delve into the issues that concern them. Hafeezah, who says her last nuptials were annulled after eight months after she discovered her then-husband was a homosexual, says it's important to ask the right questions before making a permanent commitment.

Programs that promote marriage and healthy relationships — like the Relationship Boot Camp are essential, she believes.

"The whole universe is based on relationships," Hafeezah said. "Anything you can do to improve relationships improves life."

For more information about Green Xscapes, visit [www.greenxscapes.org](http://www.greenxscapes.org) or call 336-837-9242.

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Notice of PRE-HEARING OPEN HOUSE and TRANSPORTATION CORRIDOR PUBLIC HEARINGS for THE NC 109 Transportation Improvements

TIP Project No. R-2568C Davidson and Forsyth Counties

The North Carolina Department of Transportation (NCDOT) will hold two (2) Corridor Public Hearings for the proposed improvements to NC 109 from Old Greensboro Road (State Road 1798) to I-40/US 311 as follows:

- ◆ For Davidson County Residents — Thursday, January 27, 2011, Ledford Middle School, located at 3954 N. NC Highway 109, Thomasville, NC 27360.
  - Pre-Hearing Open House — 4:30 — 6:30 pm (cafeteria)
  - Formal presentation / corridor public hearing — 7:00 pm (auditorium)
- ◆ For Forsyth County Residents — Monday, January 31, 2011, St. Peter's Church & World Outreach Center (Family Life Center & auditorium), 3683 Old Lexington Road, Winston-Salem, NC 27107.
  - Pre-Hearing Open House — 4:30 - 6:30 pm (Oak and Lake Rooms)
  - Formal presentation / corridor public hearing — 7:00 pm (Banquet and Triple Crown Rooms)

NCDOT representatives will be available at each Pre-Hearing Open House to answer questions and receive comments relative to the proposed project. The opportunity to submit written comments or questions will be provided at both pre-hearing open houses. Interested citizens may drop-in anytime at the pre-hearing open houses, between 4:30 pm and 6:30 pm.

The formal presentations / corridor public hearings will consist of an explanation of the proposed project corridor locations. The hearings will be open to those present for statements, questions and/or comments. The presentations and public comments will be recorded and a written transcript will be prepared. Anyone wishing to speak at the formal hearings may register to do so at the pre-hearing workshops, immediately prior to the formal hearings or by calling Ms. Eileen Fuchs at (919) 431-2000. Speakers will be called in the order they signed up. A five-minute time limit will be imposed for those speaking in order to allow a fair opportunity for all those wishing to do so. Additional spoken comments will be received after those who registered have finished their comments.

Five alternatives are under consideration for the project. Improvements will include a combination of widening existing roads and constructing some new routes. Following the public meetings, we will use your comments to help select the best route, or "Preferred Alternative" for the project. NCDOT proposes the construction of a road with two lanes in each direction separated by a median with parts of this proposed road built on new location and along existing sections of NC 109.

The purpose of this project is to improve traffic flow and levels of service on NC 109 within the project study area.

Maps displaying the location of the NC 109 proposed routes are available at:

[http://www.ncdot.org/doh/preconstruct/highway/roadway/hearingmaps\\_by\\_county/](http://www.ncdot.org/doh/preconstruct/highway/roadway/hearingmaps_by_county/)

and are on public display at the following locations:

- 1) Wallburg Fire Department  
121 Georgetown Road  
Winston - Salem, NC 27107
- 2) NCDOT Division Engineer's Office  
Highway Division 9  
375 Silas Creek Parkway  
Winston - Salem, NC 27127

Anyone desiring additional information may contact Ms. Eileen Fuchs, Human Environment Unit, at 1598 Mail Service Center, Raleigh, NC 27699-1598, phone (919) 431-2000, or email [efuchs@ncdot.gov](mailto:efuchs@ncdot.gov). Additional written comments may be submitted to Ms. Fuchs until March 4th 2010.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this hearing. Anyone requiring special services should contact Ms. Fuchs as early as possible so that arrangements can be made.

The Chronicle January 13, 20, and 27, 2011