

**Food Banks**

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panies that typically give to their local food bank have had to cut back as well," Cooper said. "I hope these grants can aid struggling families and spur others in the community to continue to give what they can to help those in need."

Funding for the grants comes from North Carolina's share of a national settlement Cooper and 22 other attorneys general reached with major vitamin manufacturers in late 2009. The attorneys general alleged that certain vitamin manufacturers got together and fixed prices of vitamin ingredients that they sold to food processors and drug manufacturers.

Second Harvest Executive Director Clyde Fitzgerald expressed his gratitude for this timely grant.

"These funds will assist us to continue meeting the greatly increased need for food assistance," said Fitzgerald, who also expressed his appreciation for the continued support of the community.

"We have wonderful supporters who have continued to donate to us as they can. Because many of these folks are also experi-

encing difficult economic situations, their donations may not be as large as in the past, but they continue to remember us with donations of money and food," he said. "We are grateful for the continued support to help us narrow the gap between the need for food assistance and our collective ability to provide it."

The Second Harvest Food Bank of Northwest North Carolina will split the \$741,220 with the Second Harvest Food Bank of Metrolina (Charlotte), the Second Harvest Food Bank of Southeast North Carolina (Fayetteville), The Food Bank of Central & Eastern North Carolina (Raleigh), the Inter-Faith Food Shuttle (Raleigh), MANNA Food Bank (Asheville) and the Food Bank of the Albemarle (Elizabeth City).

About one in seven North Carolinians seek help each year from a food bank, according to the NC Association of Feeding America Food Banks. The state's food banks partner with more than 2,700 agencies such as food pantries, soup kitchens, food delivery programs, Meals-On-Wheels, and feeding programs for seniors, children and families to help those in need.

**NCSU**

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Expanded Food and Nutrition Education Program, to work with community leaders and organizations to develop community-driven, culturally appropriate environmental and policy changes that increase access to healthy foods and safe

places for physical activity within communities.

Improving child nutrition is the legislative centerpiece of the Healthy, Hunger-Free Kids Act that passed Congress and was signed by President Obama on Dec. 13, 2010. This legislation authorizes USDA's child nutrition programs, including the National School Lunch Program, to

make real reforms to the school lunch and breakfast programs by improving the critical nutrition and hunger safety net for millions of children. This Obama administration priority is fundamentally changing the conversation about how we eat and stay active, helping to ensure future generations are ready to win the future.

**Grief**

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each stage can be extremely helpful," said Fain. She recommends seeking counseling, having religious faith and maintaining supportive friends as well as emotionally preparing for anniversaries and other triggers to these memories.

Grief may be defined as an emotional and physical reaction when something or someone people love or value is taken away. It can range from changes in financial lifestyle or divorce, to loss of health or physical capacity, any of which may lead to the loss of the ability to obtain a dream. The most severe cases of grief usually include the loss of a spouse, child or other close relative.

Layoffs, however, have become a top cause of severe grief in recent years. The U.S. Department of Labor's Bureau of Labor Statistics reported 1,283 mass layoffs (of at least 50 people) involving 137,992 workers

seasonally adjusted in December 2010. For 2010, nearly 2 million people were laid off, which was down from 2009 totals. In addition to the initial shock, these events threaten financial stability, possibly causing temporary changes in current lifestyle, retirement and the ability to obtain a dream in a financial way, just as in cases of the death of a spouse or close relative, Fain said. Other top causes of grief include loss of a pet, loss of a sense of safety after a trauma such as 9-11, or the loss of the perceived ability to obtain a long-time dream. Currently, Egyptian-American families of those living and demonstrating in Egypt may be experiencing wide-spread grief due to the unrest in that country.

There is no quick relief to grief. The process can take up to two years or more, says Fain, who herself suffered the loss of two children. However without help, the process can last longer, she noted.



Fain

**Springs**

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can't keep up the pace of this job," she explained. "I think I was trying to squeeze cancer into my daily routine and I thought I was doing a good job of it, but maybe not so much."

Though Springs is not accustomed to having so much free time on her hands, she says she is learning. She has been knitting and writes often on her blog at Caringbridge.org. Having more time to spend with her husband, Kenny, a truck driver for the City of Winston-Salem; and her daughter Moriah, a sophomore at George Mason University in Fairfax, Va., has been one of the perks of her new routine, Springs said.

"I'm enjoying this new life," she commented. "It's just different not working full time."

Springs, a Howard University alumna, first came to Winston-Salem in 1987 to work as a reporter for the Winston-Salem Journal. After three years on the job, she decided to try her hand at public relations.

"I thought it would be exciting. I'd worked on the news side and I thought it would be a challenge to work on the other side of the desk and be able to tell stories about an industry like health care from the inside," said Springs, who was hired as a PR manager at FMC in 1990. "There were stories that I got to tell here that were fascinating, whether it was the largest twins born or a new procedure. It was really fun."

Springs left the hospital in 1995 to work for a private firm, and spent some time being self employed before the hospital wooed her back in 1999. She's been a fixture there ever since.

"I have looked forward to coming to work every day, just to be with Freda," said Cynthia Charles, director of Marketing and PR and Springs' supervisor. "Every



Freda Springs with colleagues Kati Everette (left) and Cynthia Charles.



Springs shares a laugh with longtime friends Michelle and Bill Cook.

day has been filled with laughter, reaffirming and fun debates."

Springs is known around the office for her commitment to excellence, her extraordinary writing skills and for always rising to the occasion with a smile on her face, Charles said.

"Freda is all about sharing our stories with accuracy and transparency. She has held us to the highest standards and we're going to continue that," Charles stated. "She leaves big shoes to fill."

Even as she battles her disease, Springs has been the subject of admiration amongst her peers.

"She's just the best, absolutely the best," declared Mike Horn, who has worked with Springs on and off since her days as a reporter. "Her courage, it is an inspiration to all of us."

Springs has been deliberate in spreading her message of hope. She is currently co-facilitating a weekly discussion of the Christian-focused book, "In a Pit with a Lion on

a Snowy Day: How to Survive and Thrive When Opportunity Roars," at Winston-Salem First, where she has been a member for 16 years. The book, which was recommended to her by a fellow church member, has helped her cope with her current situation, Springs said. She has given away dozens of copies to people she thought would benefit from reading it.

Having to live with stage four breast cancer is devastating for Springs and for those that love her, but she says her abiding faith gives her the will to press on.

"It's not the journey I expected. It's the one that I have," she declared. "Every time I think I have the journey figured out, you get another twist, but God is always there; He's shown me that He's there, and that is what sustains me."

Well wishers may visit Springs at [www.caringbridge.org/visit/fredasprings](http://www.caringbridge.org/visit/fredasprings).

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