

An Ounce of Prevention

Submitted Photo

American Legion Post 128 member Melvin Hairston receives a flu shot from VA nurse Wanda Morrow on Monday, Oct. 22. The Post hosted a free flu shot clinic for vets. The event was sponsored by the W.G. Hefner VA Medical Center in Salisbury. Herman Fisher was also on hand to register veterans for VA benefits and answer questions.



Elisabeth Motsinger believes...

- ★ in access to quality health care for all our children
- ★ in protecting Medicare and Social Security for all our senior citizens
- ★ in protecting federal money for public education, and
- ★ in protecting the provider-patient relationship from government intrusion.

1411 West First Street
Winston-Salem, NC 27101
336-293-8100 connect@nc5th.us
@nc5th www.nc5th.us
ElisabethMotsingerForCongress

Paid for by Elisabeth Motsinger for Congress

Soldiers

from page A4

control for combat service and combat service support units.

Their missions ranged throughout Southwest Asia, the Persian Gulf,

the Indian Ocean and Red Sea supervising the transport of billions of dollars of equipment over thousands of miles and supporting combat operations in Afghanistan. They managed the deployment of thousands of military personnel

daily across the war zone. The soldiers earned 224 Army Commendation Medals, 76 Army Achievement Medals, 76 Meritorious Service Medals, 10 Bronze Star Medals and one Legion of Merit Medal.

WSSU

from page A4

gies at GSU.

In addition to Boer's presentation, other programs, projects and activities scheduled for International Education Week include a lecture

and demonstration on "The Roots of Brazilian Samba" on Monday, Nov. 5 at 3:30 p.m. in the Main Dining Room in the Anderson Conference Center on the WSSU campus.

Percussionist Oseiku DañEl Díaz and dancer

Iara Calheira Kendrick, an educator and native of Brazil, will provide an overview of Brazilian history as well as various forms of music and dance. Díaz is a member artist of the Hispanic Arts Initiative and World Artists Mosaic.

NC Mutual

from page A4

Central University and Duke University. The collection of materials highlights the historic role the company has played locally and nationally in African-American commerce. The documents are available for research and review in Duke's Library Service Center, an off-site location that serves both institutions.

"This is an exciting

time for North Carolina Mutual," said James H. Speed Jr., president and CEO. "North Carolina Mutual was born in 1898 out of a heartfelt desire and determination to serve the underserved. We are celebrating our rich history and the contributions we have made to building wealth in the African American community. At the same time, we continue to grow and build on the strong foundation of our legacy."



James Speed



**Vote Early - October 18 - November 3
Election Day - November 6
Earline Parmon**

Parmon
U.S. SENATE District 32
CLEAR VISION and EXPERIENCE THAT COUNTS

- **JOBS** with living wages
- **EDUCATION**
- **HEALTH CARE** that is accessible and affordable
- **WOMEN'S RIGHTS**
- **Protecting Your VOTE (Voter ID)**

Campaign Office: 500 West 4th Street, Suite 101-B
Winston-Salem, North Carolina 27101
(336)529-6402

www.parmon4cscaste.com parmon4cscaste@yahoo.com

Right choice, right price.

\$0 per month premium!

Medicare Advantage plan with prescription drug coverage from Blue Cross and Blue Shield of North Carolina

Get trusted coverage at the right price from BCBSNC.

- 2013 BCBSNC HMO Standard plan rated overall? ★★★★★☆
- Quality health care coverage for more than 79 years.
- SilverSneakers®, a fitness membership at no additional cost.³
- Strong network of contracted doctors and hospitals. Including Forsyth Medical Center, Lexington Medical Center, High Point Regional Health System, Wake Forest Baptist Health. Other providers are also available in our network.

Annual Election Period ends December 7, 2012.

Wed., Nov. 7
10:00 a.m. and 2:00 p.m.
Hampton Inn - Hanes Mall
1990 Hampton Inn Ct.
Winston-Salem

Wed., Nov. 7 and 14
10:00 a.m.
Kernersville YMCA
1113 W. Mountain St.
Kernersville

Thurs., Nov. 8
10:00 a.m. and 2:00 p.m.
Village Inn & Golf Center
6205 Ramada Dr.
Clemmons

Attend a meeting to learn more about our Medicare Advantage Plans. Prospective new enrollees will receive a \$10 gas card gift certificate as a thank you - and there's no obligation to enroll in a plan!

Cannot be redeemed for cash.



Smart choices for Medicare

Visit us at bcbsnc.com/medicare

RSVP today to guarantee your seat.* Call toll-free: 1-866-476-1263

For the hearing and speech impaired (TTY/TDD): Call 1-800-922-3140

Monday - Sunday, 8 a.m. - 8 p.m.

For meeting accommodations for persons with special needs: 1-888-370-2350

Other products offered for Medicare beneficiaries include Blue Medicare SupplementSM and Blue Medicare RxSM (PDP)⁵



*Awarded to BCBSNC by the Ethisphere Institute. In 2012, over 5000 companies were reviewed and out of those, 145 companies were designated as World's Most Ethical. BCBSNC is a Medicare Advantage organization with a Medicare contract. Benefits, formulary, pharmacy network, premium and / or copayment / coinsurance may change on January 1, 2014. The benefits information provided is a brief summary, but not complete description of available benefits. Additional information about benefits is available to assist you in making a decision about your coverage. This is an advertisement; for more information contact the plan. 1 You must continue to pay your Part B premium. Rate is for Blue Medicare HMO Standard Plan, 2013. 2 Plan performance summary star ratings are assessed each year and may change from one year to the next, <http://www.medicare.gov>. 3 The SilverSneakers program is provided by Healthways, Inc., a third-party vendor independent of BCBSNC. 4 An authorized sales representative will be present with information and applications. There is no obligation to enroll. 5 BCBSNC is a Medicare-approved Part D sponsor. Prescription drug coverage is not sold as a benefit of any Medicare supplement plan. ®Mark of the Blue Cross and Blue Shield Association. ®1Mark of Healthways, Inc. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association. U7671, 8/12