



Submitted Photo  
From left: Salemtowne's Jay Matthews with Shepherd's Center Executive Director Sam Matthews, Salemtowne President/CEO Joe Lydon and Salemtowne Board Member Anne Geis.

## Bridge tournament benefits Shepherd's Center

SPECIAL TO THE CHRONICLE

For nine years, Salemtowne Retirement Community has held a Bridge Tournament to benefit local nonprofits that serve older adults. In those years, the event has raised more than \$24,000. The Shepherd's Center was the beneficiary of the event for 2012 and received a record-setting contribution of \$4,330 on Oct. 31.

An enthusiastic crowd of more than 100 avid bridge players participated in this year's tournament. Salemtowne provided a wonderful meal for the par-

ticipants, which allowed all of the donations to benefit the mission of the Shepherd's Center.

During his remarks, Shepherd's Center Executive Director Sam Matthews indicated that this generous gift would be used immediately to assist with supportive transportation and minor home repairs for older adults served by the agency.

Salemtowne, a nonprofit, is an ecumenical community that reflects the Moravian values of individual respect, hospitality, life-long learning, and love of the arts.



The Gibson Elementary School team.

## Fun fitness program challenges local boys

CHRONICLE STAFF REPORT

On Nov. 10, five Winston-Salem/Forsyth County elementary schools participated in The Big Event, the culmination of Xcel 2 Fitness, a six-week after-school fitness program for boys in grades three through five.

Student teams from Old Town, Piney Grove, Cash, Gibson and North Hills, the host school, took part in challenges that included running in a zigzag pattern between orange cones, slipping under – or climbing over – ropes strung to form a three-dimensional grid, stepping smartly through a series of plastic rings placed on the ground and crawling under netting staked close to the ground.

The Big Event had a festive atmosphere with lots of parents, siblings and other family members around to support the athletes and a performance by the Panther P.E.A.R.L.S. (Peers Establishing Attitudes Reflecting Lifelong Success), a pep squad made up of North Hills fourth- and fifth-grade girls.

Parent Janard Jackson videotaped much of the action, while encouraging his son, an Old Town student.

"I think this is great for the kids – a good way to build camaraderie,"

Jackson said about the program, which was established by Stephen Vaughn, an elementary-school physical-education teacher in Union County.

One of the program's goals is to provide an outlet for boys who might not participate in organized sports.

"I signed up for it to keep in shape while I'm not playing baseball or basketball," said Dylan Modahl, a fifth-grader at Gibson.

McCray McGee, a fourth-grader at Piney Grove, had similar goals.

"To help my speed and agility for baseball and football," he replied when asked why he signed on.

There is a similar program for girls called "Girls on the Run," said Nancy Sutton, the school system's program manager for physical education and health.

About 20 boys participated at each school. At North Hills, the school's business partners TW Garner Food Co. and I L Long Construction Co. and individual donors picked up the costs of the program. Business partners and individuals helped out at the other schools as well.

For more information about the program, go to [www.xcel2fitness.com](http://www.xcel2fitness.com).



The Old Town team gets pumped-up for the event.

## Calendar

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Nov. 20-22 will be moved back one day with garbage being collected Monday-Wednesday, Nov. 19-21. Garbage collection regularly scheduled for Friday, Nov. 23 will be moved up to Monday, Nov. 26. Blue week recycling collections scheduled for Thursday-Friday, Nov. 22-23 will be moved up one day. Monday and Tuesday yard-waste collections were to be on Monday, Nov. 19. Wednesday collections were on Tuesday, Nov. 20. Thursday collections were slated for Wednesday, Nov. 21. Call CityLink 311 for more information.

Nov. 23

### Potentate's Ball

The Shriners of Sethos Temple AEAON-MS will have its Potentate's Ball on Friday, Nov. 23 from 7 p.m.-12 a.m. at the Hawthorne Inn. Call 336-661-0788 or 336-671-6006 for more information.

Nov. 24

### Rolling Hills Children's Talent/Fashion Show

A talent and fashion showcase featuring Rolling Hills Community Children will be held at West Salem Square, 1001 S. Marshall St. (formerly the Hewitt Business Center), on Saturday, Nov. 24 starting at 7 p.m. Call Weomie Beale at 336-995-3144 or Beverly Tate at 336-997-7164 for more information.

Beginning Nov. 24

### Free Showings of "It's a Wonderful Life"

Piedmont Federal Savings Bank is sponsoring four free showings of the classic holiday movie, "It's a Wonderful Life," at a/perture cinema, 311 West Fourth St. Movie showings will be Saturday, Nov. 24 at 12 noon; Sunday, Nov. 25 at 7:30 p.m.; Saturday, Dec. 1 at 2:30 p.m. (followed by the Downtown Christmas Parade and Tree Lighting) and Sunday, Dec. 2 at 7:30 p.m. Although admission is free, a donation of personal care or non-perishable food items is requested to benefit the Senior Services Stockings Drive. Visit [www.piedmontfederal.com](http://www.piedmontfederal.com) for more information and to see the list of requested donation items for the Senior Services Stocking Drive.

Beginning Nov. 27

### WSFD Citizens' Fire Academy

The Winston-Salem Fire Department is currently accepting applications for its third annual Citizens' Fire Academy beginning Nov. 27-Dec. 18. The academy will be held four consecutive Tuesday evenings from 5-7 p.m. and will cover such subjects as the organization of the Fire Department, firefighting vehicles and equipment, emergency medical response, technical rescue operations and fire investigations. The Academy is free and open to all. Applicants under 18 must have parental consent. The class is limited to 15 people. Applications must be received by Nov. 23. For more information or to apply, call 336-773-7900 or send an email to [christopherl@cityofws-fire.org](mailto:christopherl@cityofws-fire.org)

Nov. 29

### W-S Chamber New Member Orientation

The Winston-Salem Chamber of Commerce, 601 West Fourth St., will host a New Member Connection and Orientation on Thursday, Nov. 29 from 4-5 p.m. in the Winston-Salem Chamber Boardroom. Learn to market you business to make the most of your membership. Learn how to take advantage of the Chamber and its resources to help your business grow. Display information about your company to other members. Visit [www.winston-salem.com](http://www.winston-salem.com) for more information.

### Trichotillomania Presentation at Green Street

An educational meeting focusing on Trichotillomania will be presented at Green Street United Methodist Church, 639 S. Green St., on Thursday, Nov. 29 from 7-9 p.m.

Trichotillomania is an impulse control disorder where people recurrently pull out their hair to the point of noticeable hair loss. The presenters will be Elise O'Neil, a Junior History Major at Salem College and Dr. Elin Call, a licensed clinical psychologist.

### "Rethinking Dyslexia" at Summit School

A free screening of "The Big Picture: Rethinking Dyslexia" will be shown on Thursday, Nov. 29 at 11:30 a.m. at Triad Academy at Summit School, 2100 Reynolda Rd., in the Loma Hopkins Theatre. For more information visit [www.summitschool.com](http://www.summitschool.com).

Dec. 1

### Fröhliche Weihnachten

Historic Bethabara Park, 2147 Bethabara Rd., will present the German holiday festival Fröhliche Weihnachten on Saturday, Dec. 1 from 1:30-4:30 p.m. Admission is free. For more information, call 336-924-8191 or visit [www.bethabarpark.org](http://www.bethabarpark.org) or inquire at [info@bethabarpark.org](mailto:info@bethabarpark.org).

Dec. 6

### Holiday Performance at Enrichment Center

The educators, artists and staff of the Enrichment Center, 1006 S. Marshall St., will present a free collaborative performance for the holiday season, "The 2012 Collection of Art in Motion," on Thursday, Dec. 6 from 7-9 p.m. in the Gateway Gallery of the Enrichment Center. Non-perishable and canned food items are welcome to support Sunnyside Ministry. Call 336-777-0076 ext. 1001 or 1011 for more information.

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**BLACK FRIDAY DEALS**  
**WAKE FOREST VS. VANDERBILT**  
3:30PM, NOVEMBER 24TH AT BB&J FIELD  
BLACK FRIDAY TICKET DEALS AVAILABLE IN FRONT OF THE DEACON SHOP AT HANES MALL ON FRIDAY, NOVEMBER 23RD. TICKET DEALS IS ALSO OPEN FROM 3PM - 7PM NOVEMBER 24TH.  
**DEACON DOLLAR DEAL**  
• \$1 Vanderbilt (Football) tickets  
• \$1 William and Mary (Basketball) tickets  
(ONLY AVAILABLE FROM 8AM - 7AM)  
**BLACK FRIDAY TICKET DEAL**  
• \$10 Vanderbilt (Football) tickets  
• \$10 William and Mary (Basketball) tickets  
(ONLY AVAILABLE FROM 7AM - 12PM)