



The Feb. 7 breakfast drew a large crowd.

Novant/AHA Photos

# Dash, Deacons job fair

SPECIAL TO THE CHRONICLE

The Winston-Salem Dash and Rhino Sports & Entertainment Services will hold a job fair on Saturday, Feb. 22, inside the Womble Carlyle Club at BB&T Ballpark, 951 Ballpark Way, from 9 a.m. until 1 p.m.

Job seekers will have an opportunity to apply and interview for a variety of positions with the Dash, Wake Forest University football and Wake Forest University basketball. Available part-time positions include bat boys, cleaning crew, club level attendants, concessions, entertainment staff, grounds crew, guest relations attendants, Kids' Zone attendants, maintenance staff, parking lot attendants, PlayBall! attendants, security, ticket takers and ushers.

All potential employees must be at least 16 years old and be able to provide working papers. Compensation varies based on each position. Applicants should arrive early and dress in a professional manner.

Job seekers should be friendly, energetic and outgoing, and all must be available to work evenings and weekends during the Dash and the Demon Deacons' seasons.

Attendees are advised to park in the lot near the entrance to the Womble Carlyle Club and enter the ballpark through the nearby lobby.

Learn more by calling 336-714-2287 or visiting [www.wsdash.com](http://www.wsdash.com).



# Go Red heroines saluted at breakfast

SPECIAL TO THE CHRONICLE

Nearly 110 Winston-Salem and Forsyth County community and business leaders attended the 6th Annual Winston-Salem Goes Red Breakfast on National Wear Red Day, Friday, Feb. 7.

The American Heart Association's Go Red For Women movement partnered with local Go Red For Women sponsor Novant Health Forsyth Medical Center and the Office of Mayor Allen Jones to bring the community together to spotlight women's heart health. Heart disease is the top killer of women in the U.S., taking one in every three women, approximately one woman every minute.

The program also focused on the power of prevention, pushing the fact that 80 percent of heart disease is preventable by monitoring one's numbers and making heart-healthy lifestyle changes. Attendees also learned how to save a life through "Hands-Only" CPR.



(From left) Karen Stoltz, Melanie East, Casandra Quarrells, Jessie Mabe and Donna Cannon.

Six local women received 2014 Forsyth County Go Red Women awards and prizes. They will represent Go Red For Women in Forsyth County throughout the year by sharing their efforts to prevent and

fight heart disease.

The following women were picked:

- Karen Stoltz, who, after losing her mother to heart disease, lost 70 pounds and made many other lifestyle changes;

- Melanie East, who, even with four young children, proves that one can make heart healthy changes;

- Casandra Quarrells, who changed her life and health outcome by losing

more than 70 pounds;

- Jessie Mabe, who – though living with congenital heart disease and having had heart surgery at 21 – just ran her first 5k; and

- Donna Cannon, a congenital heart disease survivor who serves as principal at Diggs-Latham Elementary.

# Conference to bring together chefs, farmers

SPECIAL TO THE CHRONICLE

The 3rd Annual Piedmont Grown Conference – "Growing your Farm/ Food Business: The Power of Branding" – will offer local farmers and chefs an opportunity to have an intimate discussion on how to develop relationships, in order to expand the capacity for local foods in Forsyth and Stokes counties. Chefs will discuss what types of foods they are looking for, typical ordering and payment procedures, delivery requirements and timing, and packaging and quality control needs.



The farmer panel will discuss issues related to seasonal production and availability of product, weather challenges, harvest schedules and other production issues related to selling to restaurants.

The Chef and Farmer Summit will be an optional addition provided by NC Cooperative Extension to the Piedmont Grown Conference. The conference also provides opportunities to learn about how to create a personal brand,

increasing sales at farmer's markets, updates and information on Food Modernization Safety Act and Good Agriculture certification, how to sell to local retailers and commercial accounts, and navigating the changing technological landscape.

Piedmont Grown members encapsulate the full farm to fork spectrum. Members include farmers, farmers' markets, restaurants, local producers, and local agriculture agencies. The conference is an excellent opportunity to connect and network with peers and accomplished professionals from throughout the Piedmont Region.

The conference is on Monday, Feb. 24 from 8:30 a.m. – 2 p.m. at the Forsyth County Agriculture Building, 1450 Fairchild Rd.

For full conference information and registration details please visit: <http://2014pgconference.eventbrite.com>. To register for the Chef and Farmers Summit, RSVP to Kitrinka Gordon at 336-703-2863 or [gordonkl@forsyth.cc](mailto:gordonkl@forsyth.cc) no later than Feb. 21.

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