

## Community adopts ESR families for Christmas

SPECIAL TO THE CHRONICLE

Experiment in Self-Reliance (ESR) hosted a Day of Caring in celebration of Christmas on Dec. 14. In partnership with St. Leo's Catholic Church and Robert Alphin, more than 20 families in the Winston-Salem/Forsyth County area were adopted for Christmas, and were provided with toys, necessities, and a Christmas meal.

St. Leo's and Mr. Alphin contacted ESR, wanting to give families in need the opportunity to enjoy Christmas. ESR case managers then contacted the families and arranged for pickup. Gifts ranged from bikes to clothes to turkeys.

Angell, a client of ESR who is working her way through school, said she was grateful for the help. "Everybody needs help. It is just a blessing to help one another and to be able to reach out to someone in need of help. At the end of the day, I am just grateful and thankful for the ones that were able to reach out and assist me in everything that they could help me with, as well as helping myself to go out and better myself in every situation I find myself in."

ESR would like to give a special thanks to St. Leo's Catholic Church and Mr. Alphin for their generous donation and for providing hope to families this holiday season.

For information on ESR's services, visit their website at [www.eisr.org](http://www.eisr.org) or call 336-722-9400.



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Submitted photo



Alonzo Windfield shares statistics with guests.

Submitted photos



Brother Cedric Russell and Brother Galvin Crisp, of the Psi Phi Chapter of Omega Psi Phi Fraternity Inc., share the importance of fathers being active in the lives of their children at a Fathers' and Sons' Holiday Social.



Linda Transou, left, is a teacher's assistant and Karen Crim, right, is a guidance counselor at North Hills Elementary. Both helped organize the Fathers' and Sons' Holiday Social.

## North Hills school and fraternity host father and son social

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North Hills Elementary School and the Psi Phi Chapter of Omega Psi Phi Fraternity Inc. recently hosted a Fathers' and Sons' Holiday Social. The event was organized by Alonzo Windfield, North Hills' Family Engagement Coordinator. The purpose of the event was to highlight the importance of fathers being active in their sons' lives.

Male students were encouraged to bring their fathers, grandfathers, uncles, coaches, ministers, or any other important man in their lives. Windfield shared statistics concerning increased school and life success of boys when they have a father, or other male figures involved in their lives in a positive manner.

Windfield and the men of Omega Psi Phi Fraternity lead small group games to highlight ways fathers can stay involved in their sons' lives. The evening was concluded with snacks and an informal discussion with participants, who shared the hopes they have for their sons.

The message the male participants received: "You don't have to be perfect, you just have to be present in the lives of your sons."

Windfield is planning another father and son social in the spring 2016.

## State parks launch 100th anniversary with New Year's hikes

RALEIGH, N.C. (AP) North Carolina's state parks system launches its centennial year with 46 guided hikes on New Year's Day. State parks Director Mike Murphy says the hikes will usher in a year of anniversary events planned throughout the state.

The state Division of Parks and Recreation says the offered hikes range from short leg-stretchers to six-mile treks. The varied events include a photography hike, the unveiling of an art trail, scavenger hunts, and a "polar plunge."

North Carolina's "first day hikes" began at Eno River State Park in Durham and Orange counties more than 40 years ago. Last Jan. 1, nearly 3,000 visitors collectively walked more than 7,000 miles on state park trails.

A complete list of hikes is available at [www.ncparks.gov/first-day-hikes](http://www.ncparks.gov/first-day-hikes).



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