

Community Briefs

New NAACP official named

Daniel Piggott has been named third vice president of the Winston-Salem Branch of the NAACP. Piggott was voted into office by the executive committee on Feb. 4 after Harry James Jr. resigned the position.

The Shepherd's Center elects board and officers for 2016

The Shepherd's Center of Greater Winston-Salem announced the election of new officers and board members for 2016. Judith Bailey, Ed.D., was re-elected as president of the board of directors. Other officers elected were Fred Johnson, vice president; Lindley Curtis, secretary; Gordon Slade, treasurer and Bob Pursley, assistant treasurer. New members elected to the board are Dr. Burton V. Reifler, Mary Jo Brewer and Margaret Wood. In addition to the newly elected officers and directors, the continuing members of the board are Dr. Betty Alexander, Greg Brewer, Florence Corpening, Dorothy Henley, Fred Jordan, James T. Matthews II, Rev. Mike Simpson, Brent Stephens, Rev. Frank Thomas, Ibrahim Thompson, and Rev. Beth Woodard.

Scholarships available for adults & high school seniors

The Center for Smart Financial Choices (CFSFC), through the Mary Carol Sapp & Johnston Financial Education Scholarship Program, announces \$8,000 in scholarships for high school seniors and adult college students for the 2016 - 2017 school year.

This is the third year CFSFC has offered monetary assistance to its members and the opportunity to "cultivate financial competencies that will stick with each applicant long after they graduate from college," says Leslie Moser, Youth Program Educator for the Center.

Applicants will be evaluated by the Center's selection committee based on demonstrated academic ability (minimum unweighted GPA of 3.0), personal achievements, community involvement, and demonstrated writing ability in a 500-word essay written in response to the required financial education classes. The deadline for application submissions is Feb. 25, 2016.

For more information about the scholarship opportunity and to download the initial application form, visit the Center's website at www.cfsfc.org.

Food Lion provides fresh donations to Second Harvest

Carrots, onions and celery are just a few of the things your diet needs to make your heart healthy and ward off potential heart disease and high blood pressure. That's why Food Lion is donating fresh produce and other hearty meals to four of our local food banks in Winston-Salem, Norfolk and Salem, Va. and Columbia, S.C.

Beginning this week, Food Lion will make donations to four of its partner food banks, including Second Harvest Food Bank of Northwest NC, to provide fresh produce with heart health benefits like vitamin A, vitamin K and other super foods to distribute in communities in need.

"As part of our focus to increase fresh donations to food banks, we wanted to focus on fresh-only donations in February as part of heart-healthy month," said Christy Phillips-Brown, Food Lion's Director of External Communications and Community Relations.

Through Food Lion Feeds, the company has committed to provide 500 million meals to individuals and families in need by the end of 2020. Since the launch of Food Lion Feeds in 2014, the grocer has already helped provide approximately 143 million meals through in-store campaigns, such as "Holidays Without Hunger," in-store food donation programs and associate volunteerism.

ESR Launches Food Drive

Experiment in Self-Reliance is accepting donations for their food pantry. Donations may be in the form of toiletries or non-perishable food items. All donations will support clients of ESR. Donations can be brought to ESR at 3480 Dominion Street in Winston-Salem.

Reynolda House names new director

Reynolda House Museum of American Art has named Phil Archer the Betsy Main Babcock Director of Program and Interpretation. Archer, who was director of public programs at the museum since 2002, brings nearly 20 years of experience to the position. He began the new role Feb. 1. Archer joined Reynolda House in 1997 and has immersed himself in all aspects of the museum. He has held positions in managing special projects and public programs, and served as the museum's representative to oversee the design and construction of the Mary and Charlie Babcock Wing from 2002-2005. In August 2015, he was named the interim director of the curatorial and education division, following the departure of Elizabeth Chew. In his new role as director of program and interpretation, Archer will oversee museum exhibitions, archives, programs, educational outreach, and the volunteer program. As Reynolda House prepares for its centennial year in 2017, Archer will co-lead the museum's enhanced interpretation project, which will unveil new ways to tour Reynolda House and the estate. It will be Archer's second interpretation project at Reynolda House; in 2005, he co-directed an interpretation initiative that resulted in the museum's orientation gallery, new signs throughout the historic house and audio tours.

Novant Health pediatrician to be recognized for leadership and teaching

KERNERSVILLE - Dr. Kirk Walker of Novant Health Forsyth Pediatrics in Kernersville will be inducted as an honorary member of Pi Alpha Honor Society on Sunday, March 6, at Elon University for his contributions as an educator of physician assistant (PA) students. Pi Alpha Honor Society is a national honor society for the physician assistant profession.

"Dr. Walker has been a supporter of our program since its inception," said Dr. Diane Duffy, director of clinical education at Elon University. "From the very beginning, he signed up to teach students in his busy pediatric practice. Students who have rotated with Dr. Walker have consistently given feedback regarding his excellent teaching and rapport with his patients."

Dr. Walker also teaches nursing students and other medical learners, allowing students to better understand the roles of other medical providers in the total care of patients.



Zumba heart health fair participants work out on Friday, Feb. 5.

Health fair promotes healthy heart

SPECIAL TO THE CHRONICLE

Red H.E.A.R.R.T. hosted its 6th annual community evening event, Zumba Heart Health Fair, on February 5 from 5:30 p.m. until 7 p.m. at the YWCA at 1300 South Main Street. The purpose of the event was to help women, men & children to focus on their health and give them the tools to help both themselves and their loved ones. The event included heart health assessments completed by the WSSU Nursing Program, Zumba sessions, and health stations that included information about the

importance of fresh food, as well as opportunities to meet with nutritionists & dietitians.

Peggy Reingold is the honorary chairperson and has chaired this event for the last four years.

Red H.E.A.R.R.T.'s Initiative started in 2010 with a small Heart Health Fair and has since expanded to include all ages and incorporate the Winston-Salem/Forsyth County school system partnership with Mayor Allen Joines, the City of Winston-Salem, Novant and others. In 2013, as part of the campaign, more than 1,000 students and Mayor Allen Joines broke the Guinness

World Record for having the most students doing Zumbatomic at one time. Last year, we expanded our reach to the overall community and colleges by asking all to join us for a Guinness world record attempt to do sit-ups for one minute at the Gateway YWCA - and they did just that. Over 414 people within our community and Mayor Allen Joines broke the Guinness World Record for having the most people doing sit-ups at one time for one minute.

For more information, contact Cheryl Lindsay at 336-655-5101 or lindsay_cheryl@bellsouth.net

Community Calendar

Feb. 11 - 2015 Board of Equalization and Review Meeting

The 2015 Board of Equalization and Review will have its final meeting at 3 p.m., today, Thursday, Feb. 11 in the Board of Equalization and Review room on the first floor of the Forsyth County Government Center at 201 North Chestnut St.

Feb. 11 - A celebration of a life well lived

After a very full life packed with service, world travel and volunteerism, Bonnie Poindexter, former Executive of Piedmont Opera, passed away after a brief illness. She was a huge force at Piedmont Opera and will be greatly missed. A Celebration of the Life of Bonnie Poindexter will be held on Thursday, Feb. 11 at 11 a.m. at St. Anne's Episcopal Church, 2690 Fairlawn Drive. Piedmont Opera invites the public to attend to honor this great woman.

Feb. 11 - Shepherd's Center Social Security Seminar

The Shepherd's Center of Greater Winston-Salem will present a Social Security Seminar from 7-8:30 p.m., today, Thursday, Feb. 11 at 1700 Ebert St. The seminar will explore the latest changes to Social Security, different strategies and election options when planning for Social Security benefits, "File and Suspend," Spousal Benefits, benefit taxation, and other important options. The recently passed federal budget has had a considerable impact on available strategies. For those 62 and over, learning how these might affect you is important. The session is free, but because space is limited, reservations are required. For more information or to make reservations, contact the Shepherd's Center at 336-748-0217 or info@Shepherdscenter.org.

Feb. 12 - Best-Selling Authors To Visit Library

Lutishia Lovely aka Zuri Day, and Renee Flagler, aka Nicki Day, best-selling authors, will appear at the Carver School Road Branch Library on Feb. 12 as part of their "Night and Day Tour" at 6:30 p.m. The library is at 4915 Lansing Drive. Lutishia Lovely, author of "The Hallelujah" and "The Business" series also writes the Zuri Day romance novels. She resides in southern California. Renee Flagler, author of "Society Wives," "Raging Blue," and "Still Raging" also writes romance under the pseudonym 'Nicki Night.' She currently resides in New York. Call 336-703-2910 for more information.

Feb. 12 - Night to Shine Prom

Night to Shine Prom, sponsored by the Tim Tebow Foundation, will take place on Feb. 12, 2016, at First Christian Church Ministries, 1130 N. Main St., Kernersville, from 6 to 9 p.m. for students with special needs. The prom will include a red carpet entrance. The honored guests receive either a crown or a tiara to serve as a reminder that they are all kings and queens.

If you know of someone with special needs who would like to participate, please register at <http://www.fccministries.com/#/night-to-shine-prom/register-to-attend>.

Feb. 12 - Sawtooth's "Fill Your Heart with Art" Valentine's weekend

Sawtooth School for Visual Art will kick off Valentine's weekend on Friday, Feb. 12 with a selection of single evening Taste of Art classes for

couples called "Fill Your Heart with Art." All the classes begin at 6 p.m. and last two to two-and-a-half hours. Participants are invited to bring a bottle of wine or anything else they'd like to eat or drink as they enjoy these fun, laid-back sessions, specifically designed for beginners. Instructors lead students through each step of the creative process, so no experience is required. One of the featured instructors that evening will be popular local artist Leo Rucker who is returning to Sawtooth to teach acrylic landscape painting. Couples also can make beautiful art together in other forms of art. Participants are also invited to a drop-in reception with complimentary wine and small bites from 5 to 6 p.m. to view the show "Partnered" in Sawtooth's Davis Gallery. For more information and to register on-line, visit www.sawtooth.org/classes, or register by phone at 336.723.7395, ext. 201.

Feb. 13 - Diabetes Awareness Workout-a-thon

I Am 2 Sweet 4 Diabetes is hosting an exercise fundraising event from 4:30-7:30 p.m., Saturday, Feb. 13 at 4399 Carver School Road. Registration is required and must be completed by Feb. 5. Registration includes a \$20 registration fee for participants and a \$10 registration fee for vendor tables. For more information, contact Annette Nichols at 336-986-9606 or nichols_annette@yahoo.com.

Feb. 13 - Strange Bedfellows: The Romance of Winston and Salem

From the founding of Winston in 1849 until the eventual merger with Salem in 1913, the two towns were engaged in a tumultuous relationship. In time for your Valentine's Day plans, New Winston Museum's Curator of Education, Chris Jordan, will present a lighthearted look at the love-hate relationship that created Winston-Salem on Feb. 13 at 2 p.m. at the James A. Gray, Jr. Auditorium, 900 Old Salem Road. This program is in partnership with Old Salem Museums and Gardens' 250th Anniversary Celebration. This event is free and no reservations are required.

Now through Feb. 15 - 4-H plant sale

Forsyth County 4-H is accepting orders for their annual spring plant sale now through February 15. Orders may be picked up March 10 or 11 from 8:30 a.m. - 6 p.m. at the Forsyth County Cooperative Extension Center at 1450 Fairchild Road. Offerings include blueberries, blackberries, raspberries, grapes, rhubarb, figs, and herbs. Varieties offered are suited for our climate zone and soil. Visit <http://forsyth.cc/CES/> and click on the 4-H Plant Sale link. You can also call the extension center at 336-703-2850 to have a form mailed to you.

Feb. 15 registration deadline - Magnificent Seniors Social Club's Sweetheart Ball

The Magnificent Senior's Social Club will host its annual Sweetheart Ball, featuring a dinner and dance, from 7 p.m. to 12 a.m., Saturday, March 12 at the Hawthorne Inn, 420 High St. Attendees should wear semi-formal attire. The event will benefit Hospice Palliative Care & The WSSU RAMS Health Clinic on Wheels. Tickets are \$40. Interested

individuals must RSVP by Feb. 15. For more information, contact Dee Shannon at 336-650-1731 or Leo Adams at 336-986-0364.

Feb. 15 ticket deadline - Red H.E.A.R.R.T. Women's Red Bottom Shoes Garden Luncheon & Wellness Event

Red H.E.A.R.R.T. (Help Educate And Reduce Risk Today) Initiative is entering its sixth year, adding a Women's Red Bottom Shoes Garden Luncheon & Wellness Event, inclusive of all, but created with the goal of educating women of color about heart health issues, preventive solutions, dietary & physical exercise tips, and empowering encouragement. The wellness & luncheon program will be held on Saturday, Feb. 20. Tickets can be purchased at Dewey's Thruway Shopping Center and on-line at www.redheart.com through Monday, Feb. 15. Doors will open at 10:15 a.m. for the wellness event; the luncheon begins at 11:30 a.m. at the M.C. Benton Convention Center. The wellness event will continue after the luncheon and will conclude at 2 pm. The wellness event will feature pampering booths (i.e. neck and shoulder massages, hand massages, Belk's Make-Over), health assessment booths (i.e. Body Mass Index, Blood Pressure and Sugar Glucose check), weight management booths (i.e. YWCA, New Balance), health education booths (Career Center Young Chefs, Healthy Alternatives), Vendors- and more.

Feb. 16 - WFU panel: Truth, lies and politics

Moderated by Melissa Harris-Perry, presidential endowed professor in politics and international affairs, a panel discussion on important topics including the impact of media in our democracy and citizens' obligations to be informed about issues such as the human impact on climate change or the causes of economic inequality will be held on Tuesday, Feb. 16, 7 p.m. in Wait Chapel. Panelists are: Naomi Oreskes, professor of the history of science and affiliated professor of earth and planetary sciences at Harvard University; Anthony Appiah, professor of Philosophy and Law at New York University; Dan Kahan, professor of law and psychology at Yale Law School. This event is free and open to the public.

Feb. 17 - Democratic Women's panel on presidential candidates

The Forsyth County Democratic Women will hold a panel discussion on the Democratic presidential candidates at the monthly meeting on Wednesday, February 17, 12:30 p.m., at the Democratic Headquarters, 1128 Burke Street. The panel will be moderated by Audrey Fannin, former news director and All Things Considered host at WFDD. Panel members will discuss their impressions of the strength and weaknesses of the Democratic presidential candidates. Panel members are: Fleming El-Amin, member of the Forsyth County Board of Elections; The Honorable Evelyn Terry, Representative, North Carolina House of Representatives; Elisabeth Motingier, member of the Winston-Salem/Forsyth County Board of Education; Anne Coltrane, retired singer and choral director; and Mary Jamis, communications professional, founding member of The Women's Fund of Winston-Salem, and adjunct professor at Wake Forest University.

Have a Story Idea?

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