

Community Briefs

Tenille Richardson-Quamina receives doctoral degree

Winston-Salem native Tenille Richardson-Quamina has been awarded her Doctorate of Philosophy in Marriage and Family Therapy, with highest honors, from Virginia Polytechnic and State University, in Blacksburg, Virginia.

Her doctoral thesis researched the problems and occurrences revolving around online activity and infidelity. She resides in Miami, Fla., with her husband, Ian Quamina, and their 19-month old daughter Rebel Rose.

She is the daughter of Larnettra Banner-Richardson of Winston-Salem, Toby A. Richardson of Kernersville, and the granddaughter of Ida H. Michael, also of Winston-Salem.

In Miami, she is program director of Intensive Family Preservation Services for Gulf Coast Jewish Family and Community Services. As agency director for GCJFCS since last August, she has been responsible for garnering over \$250,000 in in-kind donations.

Richardson-Quamina graduated from East Forsyth High School and gained a degree in psychology from Howard University in Washington, D.C. She received her master's degree in social work from the University of Maryland Baltimore.

Richardson-Quamina

Triad McDonald's to expand all day breakfast menu

Triad McDonald's restaurants are answering on-going requests from customers to have even more breakfast options during non-traditional hours. Participating locally owned and operated Triad McDonald's restaurant locations are now serving both McMuffins and McGriddles all day, in addition to the scratch-made biscuits and other menu items that have been on the All Day Breakfast menu since October.

Department of Defense funds \$1.6 million study at Wake Forest University

As military women prepare to head into combat posts, the Department of Defense is strengthening its efforts to level the battlefield, regardless of gender. A new clinical trial at Wake Forest University will study the effects of strength training to prevent overuse injuries in female runners which will ultimately help the U.S. Armed Forces retain female recruits and assist with military integration efforts.

The \$1.6 million study is funded by the Department of Defense to gain insight in to how more female recruits can successfully complete basic training and avoid leg and foot injuries. Professor of health and exercise science Steve Messier is the lead investigator for the STARS (Strength Training And Running Study) trial and will begin actively recruiting 150 women runners, ages 18 to 60, in March to participate in the study. The study is particularly timely as approximately 225,000 previously male-only military jobs will be open to female troops beginning April 1.

Forsyth Tech's Automotive Program named a technician training site

American automobile manufacturer Fiat Chrysler Automobile (FCA US) in partnership with the National Coalition of Certification Centers (NC3) has designated Forsyth Tech as one of the first 20 colleges in the U.S. to offer a program designed to train the next generation of Chrysler dealership service technicians. The program, known as Mopar CAP (Career Automotive Program) LOCAL, is being rolled out across the country on a selective basis to colleges with highly qualified automotive programs. Forsyth Tech's program is the first in North Carolina to receive this designation. Mopar CAP LOCAL prepares students to work as Level 1 Technicians upon graduation from certified programs.

HES moves into new space with room to flex

The Health and Exercise Science (HES) Department at Wake Forest University has more room to stretch and grow, thanks to a new addition to the Worrell Professional Center.

The 29,000-square-foot addition, which opened this semester, houses state-of-the-art research space, classrooms, and academic and administrative offices. The facility includes a two-story entry into the HES suite at the ground floor alongside Carroll Weathers Drive, making it easily accessible for students, faculty, staff and visitors.

The functional aspects include four dedicated classrooms and modern lab spaces for the 150 HES majors and 18 graduate students. Students also now have a lounge and comfortable living room-style spaces perfect for studying or socializing. The faculty who lead research teams - many of which are nationally renowned - also have dedicated lab space whereas before labs were shared between teaching and scholarship. Though the flow of the building is separate from the law school, the HES wing is connected to the existing Worrell building through an interior hallway.

Credit union recognized as American Heart Association 'Fit-Friendly Worksite'

Allegacy Federal Credit Union, one of the largest credit unions in North Carolina, has been recognized as a platinum-level 'Fit-Friendly Worksite' by the American Heart Association for helping employees eat better and move more. Allegacy's AllHealth Wellness program began in 2009 and has since garnered great success internally and externally with numerous awards and accolades including participation in a national study on wellness, and recently being highlighted in a worldwide initiative to encourage companies to release their health metrics in annual reports. Allegacy leads the way as the first company in the United States to do just that. Allegacy's wellness success includes a 94 percent voluntary participation rate, a 50 percent reduction in risk factors since 2010, increased employee engagement level of 166 percent and trust level of 225 percent since 2006.

Community Calendar

Today (March 10) & March 11 - Celebrating International Women's Day

The Women's Fund of Winston-Salem will celebrate International Women's Day by lighting up the Nissen Building, 751 West Fourth Street Building and The Milton Rhodes Center in purple lights in their weeklong celebration of the Fund's collective impact and its commitment to power, passion, and purpose in enriching the lives of women. From "Painting the Town Purple" to wearing purple clothing all week, and volunteering at partner agencies, they will be honoring International Women's Day. They encourage women and men to wear purple during the week of March 7-11. Visit the Women's Fund website at www.womensfundws.org to learn how you can become a member, or participate in and contribute to this year's celebration.

Today (March 10) - Piedmont Grown Conference

Piedmont Grown, a certification program that identifies and promotes farm products grown, raised, and made in North Carolina's Piedmont region, is holding its fifth annual conference today, Thursday, March 10 from 8 a.m. to 5 p.m. at the Hunt Library on NC State's Centennial Campus, Raleigh. Join farmers, buyers, researchers, and eaters to celebrate local food and support farmers in their goal to grow the Piedmont Grown brand, increase efficiency, and expand sales. The conference will feature nine breakout sessions with a dynamic group of speakers including buyers, crop insurance specialists, marketing professionals, and farmers. Conference tickets are on sale now and can be purchased online at <http://bit.ly/PiedmontGrown2016Conf>.

Today (March 10) - Sierra Club Meeting

The Sierra Club will meet on Thursday, March 10 at 7 p.m. at Single Brothers Workshop, 10 Academy St. in Old Salem. Please join us for an insider's perspective of Hanging Rock State Park. The discussion will be led by park ranger Jason Anthony. The meeting is free and open to all. For more information, contact Dave Fairall at dafair@aol.com.

March 11 - 'Ansel Adams: Eloquent Light' Exhibit Opens

Reynolda House Museum of American Art, 2250 Reynolda Rd., has reopened after being closed for maintenance projects. The exhibit, "Ansel Adams: Eloquent Light," opens on March 11.

The museum will host a monthly object talk on the first Wednesday of every month at 1 p.m. These talks are free with museum admission.

March 11 - 'Forks on Friday' Spring lecture series

Forsyth County Extension Office, 1450 Fairchild Road, will present a program on steps to reduce the maintenance in your home landscape on Friday, March 11 from noon to 1 p.m. Wendi Hartrup, Extension agent, will present the program and look at various low maintenance plants and tips for reducing the time you need to spend on maintaining your landscape. Bring your lunch; beverages will be provided. The workshop is free, but registration is required. To register, email coop-ext-registration@forsyth.cc or call 336-703-2850.

March 11 - Spring Arts Extravaganza

Winston-Salem/Forsyth County Schools will present its "Spring Arts Extravaganza" at an opening reception on Friday, March 11 from 5 to 7 p.m. at Milton Rhodes Center for the Arts, 251 Spruce St. The public is invited to view the artwork from elementary, middle and high school students. Modern Automotive "Artists of the Future" contest winners and certificate recipients will be announced at the opening reception. Opening night will have a special activity for kids sponsored by Modern and led by the Sawtooth School.

Through April 30 - "2016 Invitational" art exhibit

"On the Wall," Delta Fine Arts Inc., exhibit and sale of the "2016 Invitational" works of students, professional and emerging artists across the region. On display: Pamela Cola, Owens Daniels, Darlene Glenn-McClinton, Jerilyn Harney-Baker, Cornell Jones, Joseph King, Bobby Roebuck, Donald Sawyer, David Wilson and 13 additional African-American artists. The public can vote for their favorite artist in the People's Choice Award. For more information, call 336-722-2625 or visit www.deltartaartscenter.org.

Now through March 25 -

Applications accepted for Citizens' Police Academy

The Police Department is accepting applications for the next Citizens' Police Academy, which will start April 14. The Citizens' Police Academy is a 13-week program that meets once a week to better acquaint citizens with the law enforcement profession and the role of the Police Department within the community. The Academy curriculum is similar to training for new police officers, with a mix of classroom and scenario/hands-on training. Participants will have an opportunity to ride with a patrol officer. Classes will be held from 6:30 to 9:30 p.m. Thursday evenings at the Public Safety Center or the Alexander R. Beaty Public Safety Training and Support Center. Enrollment is open to any citizen 18 years of age or older who resides, works or attends school in Winston-Salem. Anyone interested in attending the Citizens' Police Academy may call the Winston-Salem Police Department for an application at (336) 408-8126, or complete an application online at www.WSPD.org. The class is limited to 30 students. Applications must be submitted by March 25.

March 12 - Atkins High School Class of 1971 meeting

The Atkins High School Class of 1971 monthly meeting will be held on Saturday, March 12 at 10 a.m. at the North Point Grill, 7843 North Point Blvd. Breakfast is Dutch treat. Plans are being made for the upcoming 45-year reunion, which will be held September 2-4, 2016. For more information, call Annette Wilson at 336-473-5830.

March 12 - Writer's Workshop

Winston-Salem Writers will host a workshop, "The Real Difference Between Showing and Telling and How to Make it Work in your Writing," on Saturday, March 12, from 1 - 3 p.m. at the Milton Rhodes Arts Center. The workshop will be presented by Chris Roerden, author, editor and educator. The workshop is free. To register, go to www.wswriters.org and click on Programs.

March 12 - Teen Maker Workshop

The Forsyth County Public Library and the Center for Design Innovation will offer a Teen Maker Workshop for high school students. The high school Teen Maker Workshop will be held on Saturday, March 12, 10 a.m. to 4 p.m. at the Center for Design Innovation. The Library, in collaboration with the Center for Design Innovation, will offer a one-day Teen Maker Workshop blending the use of 3D printing technology and the art of storytelling. Students will create objects made with a 3D printer to a pre-made mask reflecting their personal interpretation of the poem "We Wear the Mask" by Paul Lawrence Dunbar. For instructions on how to become a participant, go to www.forsythlibrary.org and click on the Teen Maker Workshop article. Call 336 703-2913 for more information. Space is limited. Participants will be randomly selected.

March 12 - Tre' Town performance

Tre' Town will perform 8 p.m. Saturday, March 12, at Legends at the Quality Inn, 2008 S. Hawthorne Road. The group is composed of local musicians who play Motown tunes. Admission is \$5, \$8 a couple. For more information, call (336) 655-8688 or email fastfame@bellsouth.net.

March 12 Omega Mardi Gras Ball

Join the brothers of Eta Beta Beta Chapter of Omega Psi Phi Fraternity Inc. for the Omega Mardi Gras Ball on Saturday, March 12, at 8 p.m. at the RCR Event Banquet Hall, 425 Industrial Drive. Welcome. The Omega Mardi Gras is truly a party with a purpose and proceeds will be used to benefit the Scholarship Fund, Talent Hunt and Boys Camp. For ticket information or to make a donation, please call Charlie Bethea at 336-414-0032 or any member of Eta Beta Beta Chapter of Omega Psi Phi Fraternity, Inc.

March 12 & 13 - Dance interpretation of 'The Wiz'

The Pointe! Studio of Dance, in association with Elise Jonell Performance Ensemble, will present a dance interpretation of the 1978 movie production of "Wiz," a re-imagining of the classic tale "The Wonderful Wizard of Oz" by L. Frank Baum, on Saturday, March 12, at 2 p.m. and 7 p.m. and March 13 at 3 p.m. at the Harrison Auditorium, NC A&T State University, 1601 E. Market St., Greensboro. It features musical dance numbers that express the story line and artistry of dance and acting through ballet, tap, Jazz,

contemporary and Hip Hop. Tickets are \$15 in advance and \$20 at the door. To purchase tickets, visit <http://fantasyandadventureofoz.eventbrite.com/>. For more information, contact Lashelle Stanley at 336-493-6929 or email at <mailto:elise-jonell@gmail.com>.

March 13 - 'Smiles of a Summer Night' film at Aperture

Join Piedmont Opera to view the Ingmar Bergman film that inspired its spring production, "Little Night Music," the Tony Award-winning musical with music and lyrics by Stephen Sondheim and book by Hugh Wheeler. "Smiles of a Summer Night" will be shown at Aperture Cinema, 311 W. Fourth St. on Sunday, March 13 at 3 p.m. It is set in 1955 Sweden and was the first of Bergman's films to bring the director international success, due to its exposure at the 1956 Cannes Film Festival. In 2005, TIME magazine ranked it one of the 100 greatest films since 1923. Tickets are \$12.50 and are available at <http://www.aperturecinema.com>.

March 14 - Social Security discussion

A discussion about Social Security and its benefits hosted by Blanche Cheeley, financial adviser, will be held on Monday, March 14 from 5:30 to 7 p.m. at the International Civil Rights Museum, 135 S. Elm St., Greensboro. For information, call 336-541-7133.

March 14 & 15 - Open auditions for actors

The Meroney Theatre, 213 S. Main St., Salisbury, will hold open auditions for actors, male and female, ages 20s to 60s, for a variety of roles for the upcoming "A Time to Kill," based on a book by John Grisham, on Monday, March 14, and Tuesday, March 15, at 7 p.m. The dates of the show are May 5-14. For more information, call 704-633-5471 or email md@piedmontplayers.com.

March 15 deadline to register - Industries for the Blind Singing Competition

Winston-Salem Industries for the Blind (IFB) is looking for this country's best singers who also happen to be legally blind to participate in the second annual A Brighter Path "Blind Idol" singing competition. Interested singers can visit www.blindidol.com for competition details, and the deadline for submissions is March 15, 2016. The competition is open to any legally blind adult who is 18 years or older and a resident of the United States. Entrants are required to provide proof of legal blindness as defined by the Social Security Administration. The Blind Idol winner will receive a Grand Prize package of \$1,000 cash, eight hours of recording time at a recording facility in Winston-Salem, and a professional headshot. The total prize package is valued at \$3,000. To enter, contestants must submit a video or mp3 audio file of an individual singing performance no longer than two minutes in length either online or by mail no later than March 15. There will be 20 semi-finalists selected to perform in a live audition on May 14. Five finalists will move on to the live finale competition on Aug. 6 at the Southeastern Center for Contemporary Art.

March 15 - Leadership Winston-Salem Community Conversation

Leadership Winston-Salem will present a Community Conversation luncheon on the theme of better engaging Millennials in community issues on Tuesday, March 15, at 11:30 a.m. The event will take place at the Benson Center at Wake Forest University. Dr. Rogan Kersh, provost of Wake Forest University, will lead an interactive discussion on "Attracting, Retaining and Engaging the Next Generation in Our Community." The cost is \$25 a person and includes a box lunch. Registration is required by March 8 at www.leadershipws.org, by calling 723-1002, extension 200, or e-mailing admin@leadershipws.org.

March 17 - Lunch & Learn for Caregivers

A free Lunch & Learn for Caregivers is scheduled for Thursday, March 17, 11 a.m. to 1 p.m., at Senior Services, 2895 Shorefair Drive. Kristen Perry, director of Community Engagement at Senior Services, will speak on "Aging Matters: A New and Innovative Approach to Caregiving." Eric Marks will lead in an "Intro to Tai Chi: Exercise for Mind, Body, and Spirit." Lunch is provided by Right at Home In Home Care & Assistance. Registration is required. Call 721-6918. Call early to assure a space. Sponsored by Senior Services.

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