



Photos by Timothy Ramsey
Some of the volunteers from Wake Forest Baptist Medical Center are shown.

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The participants of the walk begin their journey around downtown Winston-Salem.

Heart and Stroke walk raises funds for research

BY TIMOTHY RAMSEY
THE CHRONICLE

Stroke and heart disease are the two leading causes of death in Forsyth County. The American Heart Association (AHA) is devoted to saving people from these terrible diseases. The team with millions of volunteers to fund research, provide life saving tools and information to prevent and treat these diseases.

On Saturday, Oct. 29, the AHA held its annual Winston-Salem Heart & Stroke walk at Bailey Park. At the time of the walk, the organization had raised over \$625,000 from the event to go toward research. Over 7,500 people were expected to show for the walk. This is the 24th year of the walk and the first time it was at Bailey Park. It was previously held at Tanglewood Park. The funds from the event go to research and community education about the diseases.

Prior to the walk they held the "Red & White Cap Ceremony" that honored local heart disease and stroke survivors. The event also included a Kids Zone with carnival games, jump ropes, hula hoops, corn hole and face painting. The participants in the walk were encouraged to bring their dogs for the "Pooches on Parade."

Wake Forest Baptist Medical Center, Gentiva

Home Health and MedCost sponsored the walk. Hanesbrands Inc. was the presenting sponsor for the walk.

Co-chairwoman for the walk, Dr. Allison Brashear, professor and chair of neurology at Wake Forest Baptist Medical Center, said they want to change the picture of stroke and heart disease here in Forsyth county. She said Wake Forest Baptist is committed to changing and improving the health of the people in Forsyth County.

Sarah Fedele of AHA said that one in three people affected with heart disease and stroke passes away. She said the good thing about it is that both are 80 percent preventable if individuals monitor their diets and maintain a healthy lifestyle.

There were many individuals in attendance who have survived either heart disease or stroke. Many were willing to share their stories when asked.

Michael White of Burlington was suffering from congestive heart failure and less than a year later received a heart transplant. He said people need to make sure they receive regular check ups to make sure their health is up to par.

"I went a month or so without going to the doctor because I was afraid of what he would say," said White. "But after going through what I went

through, by not going I went through a lot worse. Events like this lets people know they are not by themselves. I was ready to give up, but with people like this, it's like a big family.

Wayne Turner of Statesville also received a heart transplant. He said it was a rough journey but he has come a long way.

Turner added, "This is an amazing event and all the support from the doctors, nurses, community, family and friends is a wonderful experience."

Denise Johnson, an employee at Wake Forest Baptist, said she comes from a family of heart disease. She said she had a heart block and received a pace maker in 2011. She said heart disease can happen in the best and healthiest of families and you never know the person your sitting next to may have it. She said she is glad these diseases are being brought to the forefront.

The participants in the walk had the choice of a one, two or four mile journey. Following the walk there was an after party sponsored by Whiting-Turner. There was live music by the Jill Goodson Band and a heart-healthy food truck competition.

Basketball fundraiser scheduled for Peace Toys Program

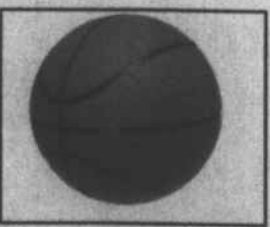
SPECIAL TO THE CHRONICLE

The basketball teams for the Winston-Salem Police Department and Winston-Salem Fire Department will play a charity basketball game at 5:30 p.m. Wednesday, Nov. 9, to support the annual Peace Toys for War Toys Exchange.

The game will be played at the Carl Russell Sr. Recreation Center, 3521 Carver School Road. Admission is free with the donation of a new toy.

The donated toys will be used in the 24th annual Peace Toys for War Toys Exchange, an annual event where city youths can exchange toys and video games

that promote violence and aggression, such as toy guns and knives, for basketballs,



footballs, puzzles, board games and non-violent computer games.

This year's Peace Toys for War Toys Exchange will be held Saturday, Dec. 17, from 1 to 4 p.m. at the Winston-Salem Fairgrounds Education Building.

For more information call CityLink 311.

NCDOT TO HOLD A PUBLIC MEETING REGARDING THE PROPOSED WIDENING OF N.C. 66 (OLD HOLLOW RD.) FROM HARLEY DR. TO REIDSVILLE RD. (U.S. 158) IN WALKERTOWN, FORSYTH COUNTY

TIP Project No. U-5824

The N.C. Department of Transportation will hold a public meeting regarding the proposed widening of N.C. 66 (Old Hollow Rd.) from Harley Dr. to Reidsville Rd. (U.S. 158) to multi-lanes in Walkertown, Forsyth County. The purpose of the project is to improve traffic flow and safety along the project corridor.

The meeting will take place on Monday, November 14, 2016 at Morris Chapel Church, 2715 Darrow Rd., Walkertown from 5 to 7 p.m.

Interested citizens may attend at any time during the above hours. Maps will be available to review and NCDOT representatives will be present to answer questions and receive comments regarding the project. There will not be a formal presentation. Written comments can be submitted either at the meeting or later by November 30, 2016.

Project information can be found at <http://www.ncdot.gov/projects/publicmeetings>

For additional information, contact Brett Abernathy, NCDOT Division 9 Project Manager, 375 Silas Creek Parkway, Winston-Salem, NC 27127 by email at jbabernathy@ncdot.gov, by phone at (336) 747-7800, or by fax at (336) 703-6693.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this meeting. Anyone requiring special services should contact Anamika Laad at (919) 707-6072 as early as possible so that arrangements can be made.

Persons who speak Spanish and do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

Aquellas personas que hablan español y no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494

The Chronicle November 3, 2016

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