

Dunbar exhibit, performance celebrate black history



Mitch Capel as Paul Laurence Dunbar.

SPECIAL TO THE CHRONICLE

Greensboro book collector Richard Levy has loaned his Paul Laurence Dunbar collection to The University of North Carolina at Greensboro for an exhibit in Jackson Library during Black History Month. Dunbar (1872-1906) was one of the first African-American poets to garner national critical acclaim. The exhibit - "'Sunshine and Shadow: Poems and Fiction of Paul Laurence Dunbar from the Collection of Richard Levy' - will be on display Feb. 1-March 7 in the Hodges Reading Room.

The exhibit will include many first editions of Dunbar's poetry and is part of "A Celebration of Diversity in the Arts," an initiative of the Johnetta B. Cole Global Diversity and Inclusion Institute at Bennett College.

In a related event, Dunbar interpreter Mitch Capel will perform at 4 p.m. Wednesday, Feb. 7, in Cone Ballroom, Elliott University Center. The free performance is sponsored by University Libraries, the Center for Creative Writing in the Arts, and the African American Studies Program. For more information about Capel, visit his web site, www.gjbug.com.

Ministries

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morning, were joined by seven women who treated those staying at Samaritan to a breakfast that was donated by the church.

Aside from serving food, the men also engaged in fellowship with the sheltered men. Washington said they played chess, talked about the Bible and discussed life in general. He said he preached a brief sermon on the Biblical story of the good Samaritan. After that, Samaritan's guests went to sleep and the volunteers continued to work, taking shifts watching security monitors and answering phones. They even made sure some of the guests woke up in time to take their medication or go to their jobs.

Bibles and suits were also given out to those at the shelter. Washington said the suits, which were donated to the church, brought out big smiles in the Samaritan's guests. He said wearing a suit can help its wearer gain dignity and a better frame of mind. The suits can help them garner more acceptance, he said, as they re-enter society by going to job interviews or attending church.

"Society sees a person who's homeless as faceless almost - (with) no feelings, maybe ignorant or whatever. But, different things cause a person to be in that situation. (For) some people it's self-inflicted, (for) others it's because of the circumstances of the moment. What we saw is that they're human, just



Some of the church's volunteers.

like us," said Washington.

Washington said that he hopes his church's outreach will act as an inspiration to others.

"We're trying to encourage other ministries to reach out and have compassion for those that are homeless," said Washington.

One of the guests who was served at the shelter was Joe Kelley. He says he is a Hurricane Katrina victim who ended up in Winston-Salem and has been in the shelter for over a month. Kelley was thankful for the suit and felt that many in the shelter were touched spiritually by the church's message.

"Whole Man Ministries is one of the best services of religious people we've had to come through our area, down

through the Samaritan, where they greatly really served us a lot of food and gave us a spiritual message," said Kelley.

As Whole Man's minister of outreach, Sims can relate to many of those the church helped at Samaritan. Sims said he's been homeless before and stayed in a rescue shelter for alcoholism many years ago. The situation may have seemed bad but turned out to be positive for him. With no responsibilities or bills, he was able to focus on himself and making himself better. When he got out, he had a passion to help others. Sims wanted to let those at the shelter know that better times are ahead for them.

"That's what we want to do - to put positive thinking in their heads. Sometimes

you can be in a bad situation but you can get some good out of that bad situation," said Sims.

Sims said that the devotion to helping those in need is what drew him to Whole Man Ministries. He said the church will reach out to those that other churches won't. They've done several outreaches so far, including door-to-door outreach in the neighborhood with several more planned, including another trip to Samaritan.

Washington said those that the church ministers to sometimes end up filling its pews on Sunday. He said that all are welcome at Whole Man Ministries.

"The people that others do not want, we'll take them in," said Washington.

Goodwill offers free tax return prep

SPECIAL TO THE CHRONICLE

Goodwill Industries of Northwest North Carolina is hosting free income tax return clinics for low-income individuals and families. The clinics will be held at Goodwill's headquarters at 2701 University Pkwy. every Wednesday and Thursday through April 12 from 4 - 8 p.m.

Volunteers will assist in the preparation of basic tax returns, including the Earned Income Tax Credit (EITC), a tax benefit for people who work.

For those that qualify, the EITC will reduce their taxes and could result in tax returns of over \$4,500. Many individuals that qualify for the EITC are not aware that it exists. As a result, over \$8 million goes unclaimed in Forsyth County each year.

Those with a family income of under \$40,000 or a single income of less than \$20,000 can get their taxes prepared for free at Goodwill. If filing as a married couple, both husband and wife must be present.

Earnings qualifications for the 2006 EITC:

- Less than \$36,348 (\$38,348 for married workers) with 2 or more qualifying children
- Less than \$32,001 (\$34,001 for married workers) with 1 qualifying child
- Less than \$12,120 (\$14,120 for married workers) with no qualifying children

There are 10 Volunteer Income Tax Assistance Program (VITA) sites in Forsyth County which are made possible through the collaboration of many community organizations including the Department of Social Services, the Experiment in Self-Reliance and the United Way of Forsyth County.



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Cancer

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under 21 and have been sexually active for 3+ years. ACOG also recommends that if you are younger than 30, you should get a pap test every year; if you are 30 or older and have had 3 normal pap tests in a row, you can talk to your doctor about doing the pap test every 2-3 years. If an abnormality is noticed in the pap test, your doctor may want to follow up with a procedure called a colposcopy, which is small biopsy of cells from the cervix, in order to look for precancerous cells.

What are the screenings for Prostate and Testicular Cancer?

It is recommended by the Centers for Disease Control and Prevention (CDC) that all men ages 50 and older should have a prostate specific antigen (PSA) test and digital rectal exam (DRE) every year. It is also recommended that African-American men, and men who have a father or brother or other male family member who has had prostate cancer have screenings earlier, as they are at higher risk for prostate cancer.

The PSA test is a blood test that examines the level of PSA in a man's blood. An elevated level of PSA is most frequently caused by prostate growth during aging or inflammation in the prostate, but it can also be the result of prostate cancer. During the DRE, the doctor inserts a gloved, lubricated finger in the rectum and feels the prostate through the wall of the rectum in order to look for swollen or enlarged areas.

According to the National Cancer Institute (NCI), testicular cancer is most common among men between the ages of 20 and 39. NCI recommends that at your annual physical exam, your doctor should examine your testicles, and between visits all men should do self testicular exams each month. You should talk to your health care provider immediately if you find anything

abnormal, such as a mass or lump, discoloration, tenderness, or swelling. Doing the self exam routinely helps men to know what their testicles are normally like, which makes it easier to find potential problems.

What are the screenings for Colon and Rectal Cancer?

Colorectal cancer is most common in adults over the age of 50, and the ACS recommends that men and women ages 50 and over have a DRE and a Fecal Occult Blood test (FOBT) done during each annual exam to identify any signs of illness like polyps or nodules in the colon. A FOBT evaluates the existence of blood in the fecal matter, as this can be an indicator of cancer or other serious illnesses. It is also recommended that adults age 50 and older have a colonoscopy every ten years. A colonoscopy is an exam of the rectum and colon using a lighted tubular instrument that can find precancerous/cancerous growths in the upper colon. If you have a family history of colorectal cancer you should talk to your doctor about having these screenings earlier or more often. Results from these exams will help your doctor determine if further tests are needed to detect colon or rectal cancer.

Remember, early screening and diagnosis can increase your chances of survival from cancer. We should all get the appropriate cancer screenings for our gender and age as recommended, to have a better chance of early diagnosis and treatment.

- Contribution by Sarah Fahey

Do you need further information or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Research Center on Minority Health, or visit www.wfubmc.edu/minority-health.

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