

# COMMUNITY

Your stories, your voices

MARCH 27, 2008

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## Community Calendar

### Campaign Kick Off

The official Forsyth County Barack Obama for President Campaign kick off and organizational meeting is set for tonight, March 27 at 7 - 8:30 p.m. at the Quality Education Institute, 5012 Lansing Dr., across from the Carver School Road Public Library. Volunteers are needed for Voter Registration, Block Captains, Faith Captains, Dorm Captains, Phone Trees, Phone Banking, Canvassing, Transportation, Housing, Food, etc. For further information, contact Julian Federle at julian.federle@gmail.com or 773-727-2310.

### Whitespace Gallery opening

The art of Artist Charly Palmer Journey will be exhibited at Whitespace Gallery March 28 - May 30. The opening reception and artist talk will be held Friday, March 28 from 6 - 9 p.m. featuring a special performance by Emeka at the Gallery, 401 E. Fourth St., Suite 202. For more information, contact the gallery by calling 722-4671 or www.whitespacegallery.org.

### Aging Committee meeting

The next meeting of the Forsyth County Aging Services Committee will be held Friday, March 28 at 9 a.m. at the Central Library on Fifth Street. This group includes older adults, health care providers and government representatives who meet to ensure that efficient and high quality services are available to meet the needs of older adults. The group meets every third Friday of each month. The public is welcome. Call 703-3883 for more information.

### Meet and greet

Swing Phi Swing Social Fellowship, Inc. is hosting their Spring 2008 "Meet and Greet/Interest Meeting" to be held on Saturday, March 29, at 5 p.m. in the Urban League social room, 201 W. Fifth Street. Swing Phi Swing Social Fellowship, Inc. is an organization founded at Winston-Salem State University in 1969, dedicated to the support and uplifting of women and community. Refreshments will be served. For additional information visit www.swingphiswing-rubu.org.

### Voting Rally

The Winston-Salem Urban League, 105.7 KISS FM and community and faith-based partners will sponsor a non-partisan Voter Participation Rally on Friday, March 28, from 6-8 p.m. at the Urban League, 201 West Fifth Street.

The rally will take place two weeks prior to the April 11 registration deadline for the NC primary election, which is on May 6.

The admission for the rally is a voter registration card or on-site registration.

### Lunch & Learn Seminar

The W-S Urban League in partnership with the N.C. Institute of Minority Economic Development is holding a Lunch & Learn Seminar. Dr. James H. Johnson, Jr., director Urban Investment Strategies Center at Kernan Institute of Private Enterprise, UNC at Chapel Hill will present "The Economic Impact of African Americans & Hispanics on the Winston-Salem Economy." The event takes place on Monday, March 31 from 11 a.m. - 2 p.m. at the Urban League, 201 W. Fifth St. Lunch is on them. To RSVP, contact Lois Turner or Patricia Sadler at 725-5614.



Cortney Wilson leads an exercise class.

Photos by Layla Farmer

## DIABETES EXPO(SED)

Annual health fair draws hundreds of people

BY LAYLA FARMER  
THE CHRONICLE

Kathy Cunningham was the picture of health Tuesday afternoon. Dancing and twisting to the music as she tried her hand at Zumba, the smile never left Cunningham's face.

"I work out five days a week at the Fulton Family Y," she proudly proclaimed. "I have lost four dress sizes since November, a total of 44 pounds ... I feel great."

Cunningham was one of more than 300 people who took part in the Fourth Annual Diabetes Expo, held at the Education Building at the Winston-Salem Entertainment Sports Complex March 25.

The free event was the result of a joint effort between Forsyth and Surry counties. Themed, "Get Heart Fit" the event drew more than 25 exhibitors.

"The whole purpose of it was to help people with diabetes and their families find out what tools are available to help them manage their disease and prevent complications," explained Tonya Wilson, a health educator at the Forsyth County Department of Public Health, who helped coordinate this year's exposition. "This year, we were focused on the heart, 'Get Heart Fit' because two out of three people with diabetes tend to die from heart disease and stroke. That sounds very depressing, but there are things you can do to prevent that."

Managing diabetes can be a tricky task, as Cunningham, 51, has learned the hard way.

When she was first diagnosed more than a decade ago, Cunningham says she was careful about her diet and



Samuel Howard with his mother, Elizabeth Caesar and his daughter, Mary Chisholm.

exercise. However, as the years went by, her initial fervor waned.

"My mindset was to really not take care of my diabetes; I was really slack," she admitted. She developed an infection late last year and suddenly found herself in the hospital fighting for her life.

"My right side was fully infected - they were surprised that I even survived the surgery," she revealed.

Today, Cunningham says she feels she has been given a second chance. It's a gift that she doesn't take lightly.

"I'm a living miracle, truly, and I knew that I had to

See Expo on B14



Representatives from companies that specializes in diabetes products show off some of their merchandise.



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