

A MEDAL FOR METTLE



A&T Photo

N.C. A&T Chancellor Harold Martin presents the school's Human Rights Medal to the Rev. William Barber, the president of the North Carolina NAACP. The Human Rights Medal is awarded annually by N.C. A&T to recognize individuals who have endeavored to correct social injustice and have significantly contributed to the betterment of the world.

Jackson
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Jackson decided to fight the condition with knowledge. She signed up for an exercise and dietary program at Forsyth Medical Center designed to strengthen her lungs. By the time the program ended early last year, she had made progress. For the most part, Jackson only needed her oxygen tank while exercising. But, she was told that she would lose that progress if she didn't continue an exercise routine. So Jackson joined the small YMCA located in the large dome-topped high-rise downtown (formerly the Wachovia Center). She started an exercise regime with her husband at her side every step of the way.

"It was very difficult," said Jackson. "Thank God, I had a mate who pushed me."

Not only did Douglas Jackson provide support in the gym, but he made sure she always got there, even when she might tire of it. "He's the police," said Doris Jackson.

The couple, who usually wear matching shirts while working out, caught the eye of YMCA Wellness Instructor Robert Edwards.



Photo by Todd Luck

Robert Edwards with the Jacksons.

He noticed Mrs. Jackson observing one of his Zumba classes. He invited her to join the class, oxygen tank and all. Zumba, a calorie-burning showcase of infectious music and dance-like exercise moves, can be grueling. Edwards assured Jackson that she could move at her own pace. She accepted the offer, claiming a spot in the back of the class and becoming a regular.

Edwards says he was impressed with her determination, which was so strong that it inspired even the able-bodied members of the class.

"She is a testimony ... to what the YMCA's mission is," said Edwards, who also leads classes at the Winston Lake Family YMCA.

Zumba, along with strength training and other forms of cardio have been kind to Jackson and her lungs. She has been without an oxygen tank for three weeks. Douglas Jackson said he was glad they were finally able to remove all that equipment from their house. His wife is an inspiration to him as well.

"I'm proud of her every day," said Douglas Jackson.

"I'm elated."

As Jackson has improved over time, she's gotten back into her normal activities. She's actively involved in her church, First Assembly of God. The Jacksons drive a bus that transports those with physical disabilities to church each Sunday.

She plans to rejoin the church choir, which she's sorely missed. Although it was she who exercised her COPD into remission, Jackson credits God with her recovery, and she is anxious to sing His praises once again.

Businesses asked to help teens become safer drivers

CHRONICLE STAFF REPORT

Winston-Salem teenagers are continuing to vow to protect themselves and others when they get behind the wheel.

The city-county school system will announce plans tomorrow (Feb. 12) at Reynolds High School to encourage more local students to become "ambassadors" of the Five Star Commitment for Highway Safety program, which aims to proactively involve teens in an effort to eliminate accidents and death. Over the last three years, more than 7,000 teens in Forsyth County have joined the program. School officials also will call for more local businesses to contribute to the program.



Martin

Five Star Commitment, Inc. is a non-profit, educational organization that advocates safe driving for all motorists, but targets first-time drivers to promote safer driving habits. Teens are asked to follow five basic principles of safe driving — wear a seat belt; obey speed limits; resist road rage; drive well rested, sober; and avoid cell phones and other distractions.

The program requests that teens commit to the principles, sign a commitment card and place it inside their windshield to remind them of their commitments. The program also asks them to display its Safety Shield on the back window of their vehicle.

"With the help of Five Star Commitment's Highway Safety Program, if we can save one life, it is worth it," said Winston-Salem/Forsyth County Schools Superintendent Donald Martin Jr.

At tomorrow's press conference, which will be at 4 p.m., local officials will push for more involvement from the local business community.

A local fundraising campaign for the program seeks to generate \$50,000, which will be used to implement special projects and introduce more students to the program.

"Five Star Commitment is dedicated to saving lives. It is a simple, yet effective program for young drivers," said Allen Kayler, a driver education program specialist for the Winston-Salem/Forsyth County School System.

For more information, visit FiveStarCommitment.com or call 800-691-5189.

17 years specializing in the treatment of children.
 A career spent learning to speak "nine-year-old."
 An entire hospital full of others just like her.
Knowledge makes all the difference.

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