

Awards

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that opened its doors to me to come in and to grow into the conductor and the music educator that I have become."

A former basketball player, Burke said she was well aware of Gaines' larger-than-life reputation as a coach before she ever set foot on the WSSU campus, but it was Gaines' frank and open personality that resonated with her most.

"He was a bottom line person, very matter-of-fact, and I liked that," she related. "He would tell you the truth, and I've tried to adopt a little of that in my persona that I give to my students."

Sprinkle-Hamlin, the first African American and the first woman ever to lead the Forsyth County Public Library system, is arguably best known for her ties to the Black Repertory Company and the National Black Theatre Festival, both of which her late husband, Larry Leon Hamlin, founded. Sprinkle-Hamlin, a native of Tobaccoville, was one of the many students that Gaines took under his wing in the 1960's. When she was selected to travel abroad to India, Gaines had the basketball team help raise money to cover the cost of the trip. Sprinkle-Hamlin said such acts of kindness were not uncommon at the school in those days.

"It was very nurturing for me," she related. "A lot of the faculty, they really cared about what you did. It was sort of like a family."

In fact, it was then-WSSU Librarian Lucy Bradshaw who encouraged Sprinkle-Hamlin, an education major, to pursue a graduate degree and a



D'Walla Simmons Burke has taken *choral programs to brand new heights.*

career in library science. Sprinkle-Hamlin said she is thrilled to now be recognized by her fellow Rams with the Unsung Heroes Award.

"To be honored by your hometown, it's a good feeling because it really means that you're appreciated," she stated. "Winston-Salem State knows that if they need me, I'm here. I try to set a good example of WSSU in everything that I do."

The Awards were founded in 2004 by then-Chicago Alumni Chapter President Bethel Burton, who aspired to host a fundraiser to support an endowed scholarship in honor of Clarence "Big House" Gaines. Gaines, once the winningest coach in NCAA history, was well known locally and nationally for his commitment to young people and to the university. The beloved coach was on hand for the inaugural event held at the Hilton Hotel in Chicago, but passed away in 2005, before the first scholarship recipient was named. Seven students have now benefitted from the endowed scholar-

ship, including Votisha Woods and Paul Davis, the 2010-2011 recipients.

Burton, a member of the school's Class of 1965, remembers Gaines fondly.

"He was a great influence on me," said the Pittsburgh, Penn.-native. "He knew that we were not all from Winston-Salem and we were just coming to Winston-Salem without a father figure, so he just stepped up and was like our father. He knew everything about everybody."

Like many former WSSU students, Burton, who went on to obtain her master's degree from Roosevelt University in Chicago, kept in touch with Gaines over the years. A retired educator with more than 20 years' experience, Burton said she shared Gaines' passion for helping young people gain the financial means to go to college. As a student, Burton was forced to leave school several times and go home and work to make enough money to come back. After six years, she finally completed her degree requirements.

"That made me a stronger woman," she said of the experience. "I am who I am today because of Winston-Salem State University."

The 2010 Big House Gaines Unsung Heroes Awards Gala, a black tie affair, will be held Thursday, Oct. 21 at 8:00 p.m. at the Marriot hotel downtown. Tickets to the event are \$100. For tickets, contact WSSU Ticket Office at (336) 750-3220 or mail requests to 601 Martin Luther King Jr. Drive, Winston-Salem, NC 27110. For more information, contact Burton at (773) 975-0028.



Israel Houghton

NCCU

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ordained minister and son of an African Methodist Episcopal minister sings both gospel and secular music. He describes his music as "urban inspirational," a term that allows him to stretch the boundaries of traditional gospel while maintaining its religious purpose.

Norful began performing at an early age, and was featured on a limited release album when he was only 10. His debut solo album, "I Need You Now," was released in 2002, followed by a live album called "Limited Edition" the next year. Norful's second solo album, "Nothing Without You," was released in 2004. "Life Changing" appeared in 2006, and in 2009, the EMI Gospel label released "Smokie Norful Live."

General admission tickets for the public are \$7 in advance and \$10 at the door. NCCU's Ticket Office can be reached at 336-530-5170 or www.nccu.edu/tickets.

Insurance

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You should check with insurance companies (BlueCross/Blue Shield, United, etc.) to see if they offer this type of coverage; your employer's human resources/benefits office may also be able to direct you to these companies.

Short Term Medical Insurance

Short term medical insurance generally offers coverage between one and 12 months, and is often a good option for someone in between jobs or a child who no longer qualifies for their parents' health insurance. The cost of this coverage will depend on your age, other health related factors, and the deductible you select (often from \$250 to \$2,500). This is generally not a good option for persons with pre-existing medical conditions. For more information, you should check with insurance companies or your employer's human resources/benefits office.

Medicaid/Medicare

Medicaid is a program jointly funded by the states and the federal government. Medicaid pays for health and long-term care services for low-income Americans who generally lack access to private insurance. About half of all Medicaid enrollees are children. Low-income parents, seniors, and persons with disabilities are also covered. Medicare is a federal insurance program that covers Americans over 65 years old who are eligible for Social Security benefits, patients with end-stage renal disease, and persons who have been receiving Social Security disability benefits for two years. To apply for Medicaid or Medicare, you

should talk to your local Department of Social Services or Health Department.

Free or Low Cost Clinics

Many communities also have free or low cost clinics for persons who qualify based on income level. Your local health department may also offer some services for free or low cost; there are state and national programs that allow for immunizations for children, some cancer screenings and HIV testing and treatment. Talk to your local health department about their services and local clinics. You can also visit www.ncfreeclinics.org or the Maya Angelou Web site for a list of these clinics.

If you don't have health insurance of some kind, that doesn't mean you cannot seek services; it just means you have to pay as you go, out of pocket, for any fees you incur. It is important to remember that even though health insurance is expensive, it is often much more expensive to go without insurance should a serious health problem occur. There are options if you cannot afford insurance! Taking care of your health is essential, and though it is difficult when dealing with a job loss, not taking care of yourself can lead to more serious and more expensive health problems in the future.

— Contribution by Sarah Langdon

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 Center for Health Equity, please visit our website: <http://www.wfubmc.edu/MA CHE>.

Honors

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authors by the Institute for Scientific Information, which placed him among the top one-half of one percent of all publishing researchers of the last two decades.

Guth, a 1962 graduate of the School of Medicine and a resident of Advance, N.C., graduated from Mars Hill College and Wake Forest University before pursuing a medical career in anesthesiology. She served as chair of the Department of Anesthesiology at Mills-Peninsula Hospitals in San Mateo, Calif., and distinguished herself in leadership positions with the San Mateo County



Carpenter

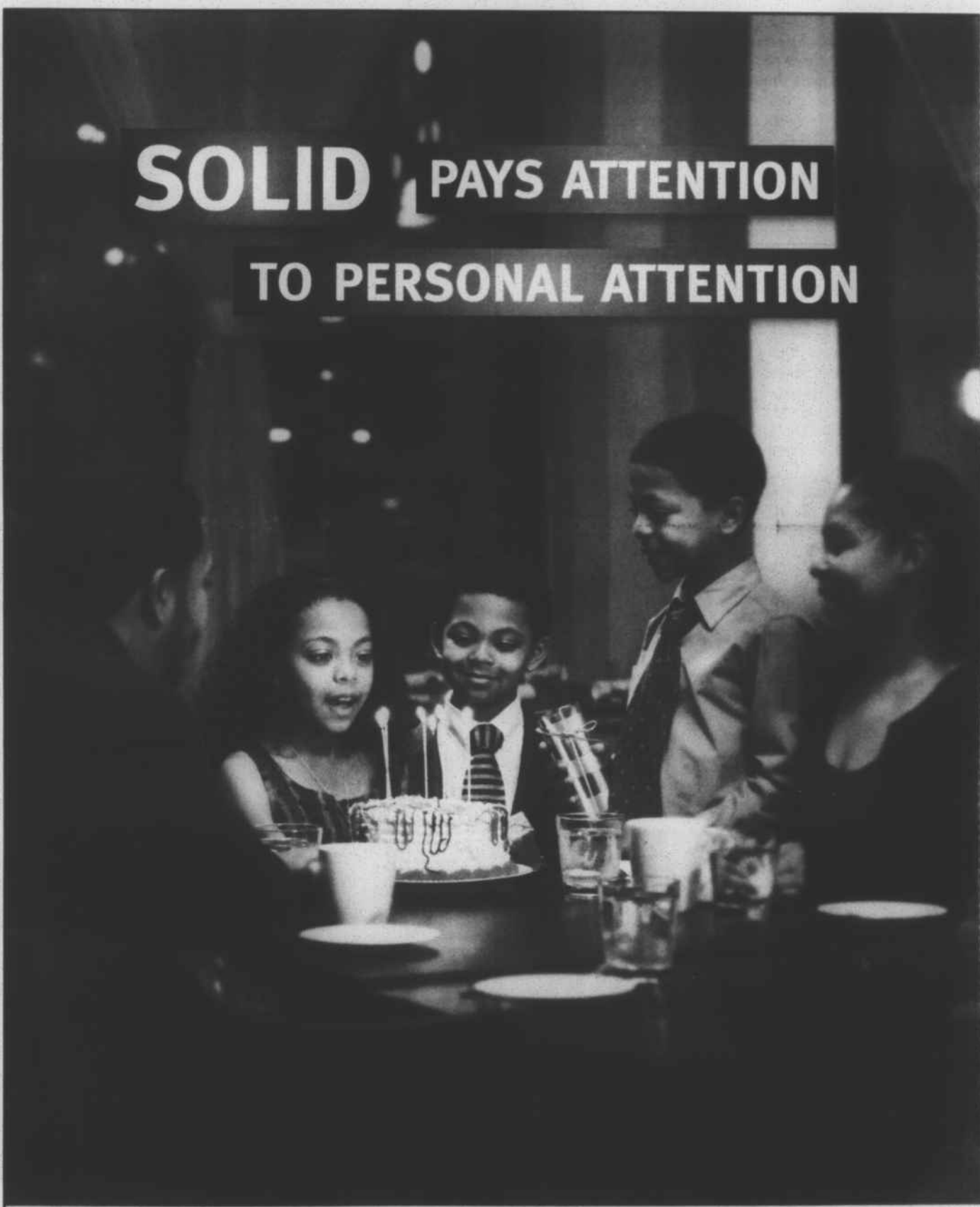


Guth

Medical Association, the American Society of Anesthesiologists, the California

Medical Association and the California Society of Anesthesiologists.

She has served on the Wake Forest MAA Board for the past 11 years and as president in 2005-06. She has remained involved in patient care and advocacy issues, promoting the integration of holistic concepts into medical practice. In 2002, her philanthropic gift to Wake Forest Baptist endowed the Caryl J. Guth Chair for Holistic and Integrative Medicine, which led to the founding of the Center for Integrative Medicine.



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