



Photo by Layla Farmer  
Ronnie Christian leads the GEAR UP programs at Atkins and Glenn high schools.

## Principals

from page A1

"This is a real unique approach to thinking about how we prepare principals," said Sheehan, who has spent 23 years in education, including a stint in the administration of a high needs school.

The WSFCS representatives will join 14 others from the Alamance Burlington School System, Asheboro City Schools and Guilford County Schools in the one-year principal licensure program, which will include a summer of intense teaching and coursework that was tailored for high needs principals at UNC-Greensboro. The academic portion will be followed by a full school year internship where representatives will be working alongside a principal in a local high needs school.

Participants are allowed to retain their current salaries, benefits and seniority while participating in the program, Sheehan said. Upon completion of the PTLA, the representatives will be asked to commit to serving a minimum of three years in an administrative position at a high-needs school within the system.

"This is great opportunity to make a difference in our high needs schools," said Sheehan, a UNCG alumna. "Our investment in them and what they're going to give back to us is well worth it."

Christian, a city native and former police officer, has been working with school children in some capacity since the early 1990s, when he worked with DARE, the local in-school crime prevention program. Christian, a father of two, has spent the last years as coordinator for GEAR-UP (Gaining Early Awareness and Readiness for Undergraduate Programs) at two local high-needs school.

A former assistant principal in a high needs school in Washington, DC, Christian says he is eager to increase his impact on area youth through the PTLA.

"I think this is a step in the right direction in my journey," said the NC A&T alumnus. "This is a passion for me because I love to see our students be better prepared for that next level."

A graduate of Parkland High School, Christian says he is well aware of the impact that passionate leadership can have on students in a high needs school.

"I had a lot of teachers that really took time to

impart into me the importance of an education because I myself was a product of a single parent home," he related. "I am passionate about (the work) because I can look at each student and see some of me in those students."

Gabriel, an Atlanta native, has worked in education for close to a decade and said she had been considering making the move to an administrative position prior to hearing about PTLA.

"I'm just so glad that I got accepted," declared the mother of two. "My whole career in education I've been working with high needs schools, so this was an obvious next step for me."

Gabriel has worked closely with several high needs schools in the system on staff development exercises and other projects. She says the experience has heightened her desire to serve in a high needs environment.

"I felt confident in how well the schools I've been in have prepared me; I've learned so much," she said of seeking the coveted PTLA appointment. "I was excited (to be selected). It's a great chance for me to build on what I've already learned and be able to grow in education."



Sheehan

# Peters Creek improvements aim to reduce crashes

SPECIAL TO THE CHRONICLE

Construction is now underway on a project to make major safety improvements to the intersection of Peters Creek Parkway and Franciscan Drive and Ethel Drive in Winston-Salem.

By changing the traffic pattern, the N.C. Department of Transportation hopes to significantly reduce the number of accidents at this heavily used intersection.

NCDOT data show there were 39 crashes at the intersection from Nov. 1, 2004 to Oct. 31, 2009. Of those crashes, 33 of them were front impact crashes, which are typically more severe than other kinds of crashes. NCDOT estimates the improvements to the intersection will lower the number of crashes by nearly 40 percent.

"Safety is our number-one priority," said John Rhyne, NCDOT Division 9 district engineer. "These changes will help protect the roughly 30,000 vehicles that carry motorists through the area each day."

Under the new traffic pattern, motorists will no longer be able to turn



left from Franciscan Drive or Ethel Drive onto Peters Creek Parkway. Instead, drivers will turn right and make a U-turn at the next intersection.

NCDOT will also extend the length of the southbound left turn lane on

Peters Creek Parkway at the Southpark Boulevard intersection. Doing so will prevent congestion by giving ample space to motorists wanting to leave Franciscan Drive and make a U-turn to go north on Peters Creek Parkway.

There are proven benefits to this type of traffic pattern change. Similar projects in other parts of the state have reduced the number of accidents by more than 70 percent.

Funding for the \$112,000 project was made possible by the 2009 Highway Safety Improvement Program. The program gives money to projects that will reduce crashes and enhance motorist safety on roads that meet specific accident criteria.

Construction on the project is expected to take about three weeks to complete. While work is under way, the inside lanes of northbound and southbound Peters Creek Parkway will be closed to traffic. Motorists may encounter some congestion and should plan their trips accordingly. NCDOT also encourages them to go slow and pay attention as they pass through the work zone.

## Fitness

from page A7

buckets for a water fight

– Release your inner childhood and play some of your favorite games in the back yard like, Simon says, Mother May I, Red Light/Green Light, hopscotch, freeze tag or hide-n-seek

**What about rainy days?**

Just because the weather does not cooperate or it is just too hot outside does not mean your idea of being active cancels. Before starting any activity indoors, choose a room that is spacious and move its furniture. Make some room and have some fun:

– Have a dance party. Crank up the music and show off your favorite dance moves.

– Work together as a family to do chores and then take breaks to do jumping jacks, pushups, etc.

– Put on a family talent show.

– Make a creative list for a family scavenger hunt

throughout the house.

– Own an exercise video? Pop it in and get the whole family moving.

**What if the family does not have time to get together for fitness?**

Sometimes a family just becomes too busy with work, organizations and sports teams. If you find your family will not have time to get together during the summer, here are some tips for the working parent and child who might stay at home this summer.

**For the Parent:**

– Park in the farthest spot in the employee parking lot to increase physical activity.

– If your building has many stairs, use those instead of the elevator while at work.

– Squeeze your abdomen muscles for a few seconds and then release. Repeat this every few minutes while at work to improve posture.

– Work your calf muscles to avoid blood clotting in your legs from sitting so long at work. Lift your legs onto the

balls of your feet and lower them back down. Repeat this until your legs feel tired.

– Take an office object to work out your arm muscles. With the office object, you can do tricep kickbacks, bicep curls or shoulder raises.

**For the child:**

– If you are at home watching TV, do some jumping jacks, sit ups, hold a stretch or run in place during commercials.

– Do calf raises while brushing your teeth.

– Try doing a wall sit to see how long you can stay while watching your favorite show.

– Take your dog for a walk; if you do not own one ask your parent(s) if it is fine to walk a neighbor's dog.

– Gather up the neighborhood children for a game of basketball, relays or other fun outdoor activities.

It is important to remember that children whose parents model healthy behaviors, such as exercise and eating healthy are more likely exercise and eat healthy themselves! Whatever

way you choose to spend your summer, include some kind of physical activity. Any outdoor activity during the summer requires safety. If you choose to participate in any activity outside consider this:

– Always have water nearby while outside

– Take breaks from the sun to rest in the shade or inside

– Wear breathable and light colored clothing

– Make sure to wear sunscreen

Hope you have a safe and fun summer!

– Contribution by JaLessa Reed

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/MACHE>.



UNCSA Photo  
The UNCSA team (from left) Kevin Johnson, John LeBlanc (faculty adviser), Kate Miller (staff member/internship coordinator), Devin Forbes, Aaron Gantt and Andrew Brzozowski.

## Film

from page A8

semester with faculty adviser John LeBlanc and others to edit the footage and complete the documentary film, which is slated to be a part of the museum exhibit. The permanent exhibit is expected to open Jan. 15, 2012, on the third anniversary of the flight.

The current collaboration between UNCSA and the museum began late last summer, when museum President Shawn Dorsch contacted the School of Filmmaking about the project. The museum had

previously provided use of a former Piedmont Airlines DC-3 plane as a prop for the Academy Award-winning short film "Two Soldiers," on which School of Filmmaking students worked.

The plane was operating as US Airways Flight 1549 to Charlotte when a flock of geese struck both engines, causing it to lose power shortly after takeoff from New York's LaGuardia Airport on Jan. 15, 2009. The pilot, Capt. Chesley "Sully" Sullenberger, made an emergency landing in the Hudson River, and all 155 passengers escaped safely.

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Legal Notice

## If You are African American and Suffered Farm Loan Discrimination by the USDA between 1981 and 1996,

You may be eligible for money from a \$1.25 billion class action Settlement Fund

(Heirs/Kin may be included)

There is a proposed class action Settlement with the U.S. Department of Agriculture (USDA) involving racial discrimination against African American farmers between 1981 and 1996. **This Settlement is only for certain people who tried to file a late claim in the original Pigford case, or their heirs (kin) and legal representatives.** The current Settlement (sometimes called *Pigford II*) provides benefits to some of those late filers.

### Am I included?

You may be included if you:

- Between 1981 and 1996, were discouraged or prevented from applying for or were denied a USDA farm loan or other benefit, or you were given a loan with unfair terms because of racial discrimination,
- Were eligible for a payment in the original *Pigford* case, and
- Submitted a late-filing request that was denied or never considered because it was late.

If you are the heir or kin of someone who died who fits this description, you may file a claim for a payment that would become part of the deceased person's estate. If you are not sure if you (or someone for whom you are the legal representative) are included, please call 1-877-810-8110. **You are not**

**included if you received a payment in the original *Pigford* case.**

### What does the Settlement provide?

You may be eligible for a substantial cash payment and USDA loan forgiveness from the Settlement. You will need to file a claim to be eligible for these benefits. The claims deadline may be as early as **February 28, 2012**. The Court has appointed lawyers to help you file a claim under the Settlement. You do not have to pay them or anyone else to help you with the claims process. These attorneys will ask the Court for fees and expenses of between 4.1% and 7.4% of the Settlement Fund, and the Court will decide how much they are paid. You may hire your own lawyer, if you wish, at your own expense. If you have questions or need more information, call 1-877-810-8110.

### What else should I know?

The Court will hold a hearing on **September 1, 2011** to consider whether to approve the Settlement and a request for attorneys' fees and expenses. If you want to object to or comment on the Settlement or appear at the hearing, you need to file a letter with the Court by **August 12, 2011**. If the Court approves the Settlement, you will not be able to sue the USDA about your farm loan discrimination claims in the future.

For more information or to begin the claims filing process:

Call: 1-877-810-8110 Visit: [www.BlackFarmerCase.com](http://www.BlackFarmerCase.com)