

Goler

from page A1

thing, be my own boss," he related. "But when you get there you find out it's not really all it's cut out to be."

In 2003, when he launched SSMC, the economy was in a better place and Cazoe says he has his loyal clients to thank for surviving the transition into the new venture, and the PCRC to thank for helping him expand his client base. Though he has worked with several other programs that support historically underutilized business (HUB) contractors, the camaraderie he found amongst the contractors at Goler was unique, said the father of one.

"We're all comfortable with each other, and that's important, to be comfortable," he said of the other PCRC contractors, who meet monthly at the CDC's headquarters. "...I am able to draw from their expertise, their knowledge and their networks to do certain things I need to do."

Cazoe is one of more than 30 contractors who have benefitted from PCRC's services. Since its inception three years ago, the Center has worked to encourage entrepreneurship, drive the success of HUB contractors and help poise them to land the projects they need to grow and thrive, said Michael Suggs, executive director of Goler CDC. Suggs, who conceptualized the idea for the PCRC, said many HUB contractors in the area were missing out on contracts partially because they lacked the knowledge of



A view of the Goler CDC's duplexes on Chestnut Street.

Photo by Layla Farmer

how to position their companies to be in the running for the contracts. The PCRC provides instruction and training to help HUB contractors enhance their qualifications and get noticed by larger companies, he said.

"Many times, we serve as the link between the large general contractors and the smaller minority businesses," Suggs remarked. "We have great relationships with a lot of general contractors in the area because we have done several large projects ourselves."

Cazoe, who now has six employees, is also a 2010 graduate of the Center's HUB Academy, a 12 week program for owners of fledgling businesses. He says the guidance he's received through the Academy and at the monthly meetings has helped SSMC - which predominately handles projects in educational and govern-

mental sectors statewide - increase its profits.

"Part of the goal of PCRC is to build companies, to take it from one level and to build it into a stronger, more profitable company," said the 43 year-old. "It's community based. It's people who really want to see the economy grow and bring prosperity within the community."

With the help of the PCRC, which also allows its participants to use its resources and office space, Cazoe was able to land some important jobs, including a contract to work on the Wake Forest BioTech Place, an \$87 million building being erected on Patterson Avenue, near Goler Memorial AME Zion Church, which several years ago birthed the CDC. Cazoe has also worked on a townhouse that the CDC has constructed near the church in the historic Goler

Depot area. Cazoe says the Goler name helps open doors.

"It adds power and it adds credibility," he declared.

Suggs says it is important to get HUB contractors to the table when it comes to future construction in the city. He believes the role HUBs such as SSMC play in future projects will have a big impact on the greater community.

"If we're going to build our communities, we have to ensure that all of our citizens have an opportunity to participate," he stated. "...It gives us another opportunity to build net worth and our businesses and to be in a position to provide jobs for others in our community."

For more information about the CDC or the Resource Center, visit www.golercdc.org or call 336-761-0595.

Films

from page A8

Anarchy Shorts category at Slamdance.

The Sundance Festival will be held from Jan. 19-29 in Park City, Utah. Slamdance, also held in Utah, will be held from Jan. 20-29. Both festivals highlight independent films. Sundance was founded in 1981 by actor/director/producer Robert Redford. Slamdance was created in 1995 by four filmmakers whose films were not chosen by Sundance, and is the only film festival in the world entirely run and organized by filmmakers.

"We salute our alumni and look forward to the unique voices of our students and alumni appearing in Park City for many years to come," said UNCSA School of Filmmaking Dean Jordan Kerner. "It is a remarkable accomplishment that in eight short years the UNCSA School of Filmmaking's alumni have been creatively responsible - via key creative roles such as director, producer, screenwriter, cinematographer, editor and actor - for 19 feature films which have screened at the Sundance Institute."



Craig Zobel

Thyroid

from page A7

of thyroid hormone; or tumors of the testes or ovaries. Some common symptoms of hyperthyroidism are: nervousness or irritability, fatigue or muscle weakness, trouble sleeping, heat intolerance, hand tremors, rapid and irregular heartbeat, frequent bowel movements or diarrhea, weight loss, mood swings and/or goiter, which is an enlarged thyroid that may cause your neck to look swollen.

Hypothyroidism is when the thyroid gland does not produce enough thyroid hormone (also called underactive thyroid); without enough thyroid hormone, many of the body's functions slow down. It can be caused by: Hashimoto's disease; inflammation (thyroiditis); congenital hypothyroidism (present at birth); surgical removal of part or all of the thyroid gland; radiation treatment of the thyroid; or some medications. Common symptoms of hypothyroidism are: fatigue, weight gain, puffy face, cold intolerance, joint and muscle pain, constipation, dry, thinning hair, decreased sweating, heavy or irregular menstrual periods and impaired fertility, depression and/or slowed heart rate. In order to diagnose hyper- or hypothyroidism, a test called Thyroid-stimulating Hormone (TSH) Test, which is a measure of thyroid activity, is usually done. If you are diagnosed with either of these conditions, there are treatments available; however, you and your doctor should discuss your diagnosis and possible treatments to determine what is best for you.

Thyroid cancer is not

nearly as common as hyper- or hypothyroidism, and it is also a rare form of cancer, but we should still educate ourselves about it. The key sign of thyroid cancer is a lump (also called a nodule) in the thyroid, and most thyroid cancers do not cause any symptoms. If the cancer is large enough, however, it may cause difficulty swallowing, an irritation or tickle in the throat or shortness of breath.

There are several different types of thyroid cancer, but the most common types are Papillary carcinoma (about 80% of thyroid cancers) and Follicular carcinoma (about 10%). Papillary carcinomas typically grow very slowly, but can often spread to the lymph nodes in the neck. Follicular carcinomas usually don't spread to lymph nodes, but some can spread to other parts of the body, such as the lungs or bones. Most thyroid cancer is easily curable with surgery. It rarely causes pain or disability and effective treatment is available for the most common forms of thyroid cancer. As with any cancer diagnosis, it is important to work with your doctor to determine the best treatment for you.

For more information, talk to your healthcare provider or contact the American Thyroid Association, 1-800-THYROID or www.thyroid.org.

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.wakehealth.edu/MACHE>.



Photos by Layla Farmer

Fannie "Mama" Carson is surrounded by family members (from left) Kentay Hardeman, Virginia Hampton, Lisa Hardeman, Sylvia Harvey and Renita Harvey.

Birthday

from page A1

December that drew nearly 40 people.

"We're trying to get the neighbors to mingle together," said Big Five member Barbara Rucker. "We're trying to start something to get them out, and so far, so good."

Proceeds from the \$5 a plate fish fry footed the bill for the breakfast, which was offered to those who participated in the fish fry free of charge. Zachary Sanders, pastor of Created for His Glory Ministry in High Point, served as keynote speaker. Sanders, the son-in-law of Big Five member Elizabeth Johnson, told the audience that it was King's unwavering faith that allowed him to accomplish so much in his short life.

"I believe that he had the Holy Spirit. That's what made him stand out," Sanders declared. "He was truly an example of selflessness."

Fannie Carson, who is thought to be Azalea Terrace's oldest resident, was feted during the celebration, which was held on her 96th birthday. Big Five member Vickie McCallum presented Carson, who is affectionately known as "Mama" in the Terrace, with a birthday cake decorated with an image of Carson in her younger years.

"I want to let Mama know I truly love her and she has been an inspiration in our neighborhood," McCallum said in presenting the cake to the stunned nonagenarian. "She's been an ideal mother. She's been admired all over the community. Everyone knows her."



Big 5 members Vickie McCallum, Lucille Smith, Elizabeth Johnson, Juanita Mosely and Barbara Rucker.



Carson dons a stylish pantsuit made by daughter Virginia Hampton in this nostalgic photo featured on her birthday cake.

Virginia Hampton, Carson's oldest daughter, was in attendance at the breakfast, as were two of her grandchildren and two great-grandchildren. Her great grandson Kentay Hardeman presented her with a bouquet of roses during the program. Carson raised three of her grandchildren on her

own after her daughter passed away at the age of 22, Hampton said. She added that she was glad to see her mother, whom she describes as a quiet woman who is loathed to complain, honored.

"It's a good feeling," said the 76 year-old. "It's very

touching, and I'm so proud that they cared enough to do this."

Hampton, who sees her mother almost every day, said Carson enjoys being a part of the Azalea Terrace community.

"Mom's happy here. She has an apartment on the ground floor where she can see the comings and goings," she related. "Everybody knows her because she sits and looks out the window and waves to everybody. That's what she likes to do."

Carson, who recited one of her own poems during the program, said she was pleasantly surprised by the display of love and support she received.

"I didn't expect all of this. I'm just glad I'm here," she declared. "I'm plumb speechless. I am so happy."

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