

**Health**  
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and neither should you. It's really about making better decisions. If you use two sticks of butter in your famous peach cobbler, use one or a healthier butter substitute. If you use salt pork in collard greens, try smoked turkey instead. Or, if you love soda, try a low- or no-calorie version or drink from a smaller cup.

Another problem I often see in my practice is the idea that kids need to "clean their plate." This was once a good rule, but now that we are feeding our children adult-sized portions, it can be dangerous. With my daughter, I allow her to decide when she's full - clean plate or not - because kids are good at saying when they've had enough. So, next time you sit down to dinner, put a little less on your child's plate and listen when they tell you they're full. It might also help you rethink the amount on your plate, too.

Lastly, family time shouldn't only be TV time. Get up and be active together. If your kids are jumping around with their Wii game, join them. If they're playing tag in the backyard, be "it." One thing I love to do with my daughter is dance because it's good exercise and lets us be silly together. Leaving a legacy of good health doesn't have to be serious and boring, so have fun with it.

This isn't a letter of "shoulda, coulda, woulda" because I understand food is a cultural and satisfying experience. Rather, it is a challenge for you to take inventory of your family's health habits and make small adjustments that could bring about big changes. Studies show that just a small weight loss can reduce the risk of heart disease, diabetes and other diseases.

So this month and year-round, I'm taking a pledge, and I hope you will too: I pledge to leave my daughter with better health habits than the generation before her. I will leave her with less risk for heart disease, diabetes and obesity. I will be active for her and with her. And I will make decisions that set her on the path to good health for the rest of her life.

Good luck creating your family's good health legacy for this generation and the next.

Dr. Rani G. Whitfield, known best as "The Hip Hop Doc," is a board certified family physician with a private practice in Baton Rouge. He can be reached at [www.h2doc.com](http://www.h2doc.com).

**Awards**  
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Chronicle Publisher Ernest "Ernie" Pitt said of Corpening. "That Y was her life and I think the success of that Y is due primarily to her commitment to making it people friendly and reaching out and providing the kinds of programs people want for themselves and for their families."

Hayes, a former WSSU football coach, returned to the school as athletic director in 2010, during a time when morale was low following the school's departure from Division I athletics. As AD, Hayes vowed to restore WSSU to its former glory as a force to be reckoned with in the CIAA. He has made good on that promise in his first two years at the university. The school currently holds CIAA Championship titles in four different sports: football, basketball, track and baseball. The WSSU football team made history last year, when it became the first HBCU in more than 20 years to make it to the NCAA Division II semifinals.

"Look at what the success of the football program and the basketball program and sports in general has brought not only to Winston-Salem State, but to the City of Winston-Salem. They're held up as an example of what a small university can do," Pitt declared. "Winston-Salem is a small town, but right now we've got four championship teams coming from the same university."

Corpening and Hayes will be feted alongside a host of other deserving community servants during a Saturday, March 17 gala at the Embassy Suites Hotel. Chronicle readers were invited to nominate deserving citizens for the honors. A panel made up of community leaders and Chronicle staffers selected the winners.

The Chronicle founded the awards in 1985 as a means of recognizing unsung heroes in the local community, Pitt said.

"At the time that we started it, black people were not being recognized by the media in any positive light," he noted.

In the years that have transpired since, The Chronicle has honored a parade of caring local residents, lifting up common men and women who saw fit to do uncommon things," Pitt said. "Our awardees are not celebrities. They're ordinary people doing extraordinary things," he said.

Pitt says he expects attendance at the event - which will feature a keynote address by Dr. Lawrence McNeill Dowdy, faith based outreach coordinator for Gov. Bev Perdue - to attract



Local business icon John Anderson.



Rodney Stilwell at a cook-out for volunteers that he coordinated.



Ramona Hambrick with some of the kids of Rolling Hills.

Stilwell and Liberian Organization of the Piedmont Founder James Y. Hunder Sr. are all receiving Special Recognition for their contributions to the community. Garrou, who has served in the N.C. Senate since 1999, is stepping down from her post this year after an impressive career.

Stilwell, who has served local inmates through the ministry for nearly three decades, has been hailed as a beacon of Christian love and hope for many. Hunder is being recognized for his commitment and service to Liberians here in America and in his native land.

Pat Mumford and John Anderson will receive the coveted Lifetime Achievement honors for their decades of unparalleled contributions to Winston-Salem. Anderson is being lauded for his impressive entrepreneurial career that dates back to 1944, when he first opened the doors to his downtown Johnnie's Shoe Shop. Mumford, who has worked at Experiment in Self-Reliance for more than four decades, has helped innumerable low income individuals and families achieve financial security and build strong foundations.

State Rep. Larry Womble will receive a Special Tribute for his service to the community.

Galilee Missionary Baptist Church, which successfully became a God-centered mega church within the last year, Meals On Wheels and the Simon Green Atkins CDC will also be honored during the spirited event that Judge Hartsfield, the 2008 Woman of the Year, promises will be a crowd pleaser.

"It is a chance to meet people that you only read about up close and personal," she said. "It's just a fun and festive day. It's like our Oscar night."

The 27th Annual Community Service Awards Banquet will begin at 6 p.m. on Saturday, March 17. Tickets are \$25 and include a six-month subscription to The Chronicle. For more information, contact Paulette Moore at 722-8624 x100 or [plewis@wschronicle.com](mailto:plewis@wschronicle.com).



Hunder



Dr. Gray



Mumford

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