

Life

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At this time, the following organs can be donated: kidneys, heart, lungs, liver, pancreas and intestines. Sometimes, combined transplants of more than one organ are also performed. Tissues that can be donated include: Corneas, the middle ear, skin, heart valves, bone, veins, cartilage, tendons, and ligaments. Although most organs are from deceased individuals, parts of the kidney, liver, lung, pancreas and intestine can also be donated. Stem cells, bone marrow, blood and platelets can also be donated from living donors.

How do I become a donor?

The decision to become an organ and tissue donor is a very personal one, but one that can save lives. The steps you can take to ensure your

wishes to be a donor are carried out are:

– Register with your state donor registry. In North Carolina, you can go to the registry web site, <https://www.donatelifenc.org/becomeadonor/> or register at your local Department of Motor Vehicles office. You DO NOT have to have a driver's license to be a donor; you can have an identification card issued to you that specifies you are an organ/tissue donor.

– For bone marrow and stem cell donation (live donors), register with the National Marrow Donor Program, <https://www.donatelifenc.org/becomeadonor/> or 1 (800) 507-5427.

– For blood and platelet donation, contact your local American Red Cross.

– Make sure your loved ones or whomever you have entrusted to make healthcare decisions in the event you

are incapable or deceased are aware of your wishes to be an organ donor. The best way to do this is with a Living Will and Health Care Power of Attorney, legal documents that state your health care wishes. Having these documents also assures your loved ones do not have to make these decisions for you in such a difficult time.

For more information, see the Donate Life America web site at www.donatelifenc.org or the US Government Organ and Tissue Donation web site at <http://organdonor.gov/>.

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>.

Bennett to welcome high profile graduation speakers

CHRONICLE STAFF REPORT

The Rev. Al Sharpton will give Bennett College's annual Baccalaureate Service address on Friday, May 4 at 7 p.m. in the Annie Merner Pfeiffer Chapel. The next morning at 10 a.m. on the school's quadrangle, former U.S. Secretary of Labor Alexis Herman will give the commencement address.

Both services are free and open to the public.

More than 100 young women will graduate from Bennett. This will also be a special commencement because it will be the last for Bennett President Julianne Malveaux, who is leaving the school after five years to pursue other interests.

Herman was sworn in on May 1, 1997 as America's 23rd Secretary of Labor and the first African American ever to lead the department. She also served as a valued member of the National Economic Council. Currently, Herman serves as chair and chief executive officer of New Ventures, LLC. She has continued to lend her expertise and talent to a vast array of corporate enterprises and non-profit organizations. A recipient of more than 20 honorary doctorate degrees, Herman is a trustee of the National Labor College George Meany Center and chairs the Toyota Diversity Advisory Board and the Sodexo Business Advisory Board.

Sharpton is one of the nation's most-



MCT Photo

Rev. Al Sharpton will speak at Bennett next month.

renowned civil rights leaders and has been praised by President Barack Obama as "the voice of the voiceless and a champion for the downtrodden." Sharpton is currently the only African-American host of an evening talk show, "PoliticsNation," which airs on MSNBC. The show analyzes the top political and social news of the day featuring the country's leading newsmakers. He also hosts a nationally syndicated radio show "Keepin it Real" that is heard daily all over the country.

Symphony

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Award nomination for the Best Actress in a Musical. Gambatese made her Broadway debut in "Footloose," where she played Urleen and understudied the female lead, Ariel. Gambatese returned to Broadway as Brenda in the ensemble of "Hairspray."

Cavanaugh has appeared on Broadway in shows like "West Side Story," "Grey Gardens," "A Catered Affair," "Urban Cowboy" and "Thoroughly Modern Millie." He recently collaborated with his wife, Jenny Powers, on their debut



Cavanaugh



Gambatese

album, "Gonna Make You Love Me."

The concert is being made possible by sponsors like Wells Fargo, Womble Carlyle and Forsyth Medical Center, the Arts Council of Winston-Salem and Forsyth

County and the North Carolina Arts Council.

Tickets range from \$15-\$60 and are available in advance by calling the Symphony Box Office at 336-464-0145 or online at www.wssymphony.org.

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