

Annual reception recognizes outstanding female leaders

BY CHANEL DAVIS
THE CHRONICLE

It was all about five women and their collective body of works to their city and communities on Monday night, March 23.

Winston-Salem held its 12th annual 2015 Outstanding Women Leaders reception in the Committee Room of the City Hall building.

The event, founded by Mayor Pro Tempore Vivian Burke in 2003, is designed to recognize women who are working diligently in their communities, in all aspects, to make a difference and increase the standard of living in the city.

"I reflected back to when we first started. I can say thanks to Visit Winston-Salem. I went to him (the director) and said 'we have so many women who are doing things. Women who are business-women, head of their

organizations and women who work so hard in their communities in civic and civic activities. We need to

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City Manager Lee Garrity

stop and say thank you," Burke said. "Congratulations to all of you. May you continue to be the people who make a difference in this community. Continue to carry the torch high for women."

More than 100 women have been honored for their leadership in the business, nonprofit and community sector since the reception's inception.

This year's honorees are: Judge Camille Banks-Payne; Christy Respass, CEO of YWCA; Daisy



Rodriguez, director of Childhood Hunger Programs at Second Harvest Food Bank; Patrice Toney, budget and management analyst for

Forsyth County; and Carrie Vickery, attorney at Holton Law Firm.

Payne, a judge in Forsyth County's District courts, said that she has

always wanted to be an attorney.

"I'm honored by this. I was not expecting this. Winston-Salem is home for me, it's my hometown, and I have a vested interest in Winston-Salem flourishing," she said. "I really do love what I do. They say if you love what you do, you never work a day in your life, and that's really how I feel about my service as a District Court judge."

Rodriguez, who was there with her son Nicholas and his girlfriend, said that she was humbled by the recognition. "This is my home. Nineteen years ago I moved here, and I didn't know what a wonderful community this was going to be," Rodriguez said. "It's made me who I am today, and I give because it gives back to me each and everyday."

Vickery, who received an award from the

Chronicle in 2013 for donating her kidney to a fellow lawyer, said that the event reminded her of the Super Bowl.

"Being up here with all these wonderful women makes me think of the Run Like A Girl commercial," she said. "Look what women can do."

City Manager Lee Garrity said that the event is one of a kind. "We have recognized many outstanding women in the community. It's a who's who of leaders in the community who have really done a lot for the town and the county," he said. "It's always good to step back and recognize the women in this community who really are the backbone of the community." Council member Denise D. Adams recognized honorees, and Dana Suggs, owner of Body and Soul Gift Shop, presented gifts.

DELTA'S HEALTH FAIR



At top, participants, led by, Lori Tyson, move to the zumba beat during the Deltas' event. At left, Eleanor Bailey, a member of the the Winston-Salem Alumnae Chapter of Delta Sigma Theta Sorority, does zumba. Above, she prepares to get health screenings at the WSSU mobile unit. Grad student Aaron Jackson helps her.

Deltas promote healthy hearts, finances

CHRONICLE STAFF REPORT

The Winston-Salem Alumnae Chapter of Delta Sigma Theta Sorority Inc. and the Winston-Salem Parks and Recreation Department provided an opportunity for people to get their hearts in shape with zumba and a health fair on Saturday, March 7 at the Hanes Hosiery Community Center.

Lori Tyson, an instructor at Gold's Gym, led zumba steps. H&R Block provided information people needed for tax preparation.

Antwon Foreman, marketing manager for the Triad area plus, said the new laws with the Affordable Care Act might make it more difficult for some people to file taxes.

Brian Murrill had a booth for his MSfit, a free fitness and wellness program offered to people living with multiple scler-

osis.

Linda Dark of the Black History Society showed a display of photos and other memorabilia pertaining to black people in Winston-Salem.

Winston-Salem State University had RAMS Know H.O.W. (Hands on Wellness) Mobile Unit to offer health screenings such as blood sugar level, blood pressure and body mass index.

The unit is a community outreach program provided by Winston-Salem State University School of Health Sciences.

The Deltas had presentation boards with information about various diseases such as ebola placed around the Hanes Hosiery gym.

Lisa W. Smith, the Delta chapter's physical and mental health chairperson, said, "We're just trying to create awareness in the community."



April community health seminars, screenings and events

Visit WakeHealth.edu/BestHealth for class descriptions and other events. Events are FREE of charge unless otherwise noted. Registration required.

WEDNESDAY, APRIL 1

Life: Through the Eyes of Truth 2 to 3 pm
Blood Pressure Screening \ 3 to 4 pm
Wake Forest Baptist Health Medical Plaza—Country Club, 4610 Country Club Road, Winston-Salem

MONDAY, APRIL 6

Kick Off: Wellness Challenge 3:30 to 8 pm
Wake Forest Baptist Health Medical Plaza—Country Club, 4610 Country Club Road, Winston-Salem

TUESDAY, APRIL 7

Lunch Nibbles: Smart Choices for Your Midday Meal \ 4 to 5 pm
Lowes Foods, 3372 Robinhood Road, Winston-Salem

THURSDAY, APRIL 9

Low Back Pain \ 1:30 to 2:30 pm
Wake Forest Baptist Health Medical Plaza—Country Club, 4610 Country Club Road, Winston-Salem

Help for a Leaky Bladder

3:30 to 4:30 pm
Wake Forest Baptist Health Piedmont Plaza One, Kitty Hawk Room, 1920 W. First St., Winston-Salem

MONDAY, APRIL 13

Chair Weights \ 4 to 5 pm
Wake Forest Baptist Health Davie Medical Center, Plaza 1, Cardiac Classroom, Hwy 801 N, I-40 (Exit 180), Bermuda Run

TUESDAY, APRIL 14

Bone Density Screening \ 1 to 4 pm
Wake Forest Baptist Health Outpatient Imaging, 265 Executive Park Blvd., Winston-Salem

TUESDAY, APRIL 14 (continued)

Seizures in Children: Epilepsy 2 to 3 pm
Wake Forest Baptist Health Medical Plaza—Country Club, 4610 Country Club Road, Winston-Salem

WEDNESDAY, APRIL 15

Know Your Numbers: Heart Health 11 am to Noon
Blood Pressure Screening Noon to 1 pm
Jerry Long Family YMCA, 1150 S. Peace Haven Road, Clemmons
Lunch Nibbles: Smart Choices for Your Midday Meal \ Noon to 1 pm
Lowes Foods, 2501 Lewisville-Clemmons Road, Clemmons

SATURDAY, APRIL 18

Gluten-free Dishes \ 1 to 2:30 pm
Brenner FIT in the William G. White Jr. Family YMCA, 775 West End Blvd., Winston-Salem

MONDAY, APRIL 20

Stay in Circulation – Facts about Peripheral Arterial Disease (PAD) 3 to 4 pm
Wake Forest Baptist Health Medical Plaza—Country Club, 4610 Country Club Road, Winston-Salem

WEDNESDAY, APRIL 22

Advance Directives \ 2 to 4 pm
Wake Forest Baptist Health Medical Plaza—Country Club, 4610 Country Club Road, Winston-Salem

MONDAY, APRIL 27

Balance Screening \ Noon to 2 pm
Wake Forest Baptist Health Piedmont Plaza One, Kitty Hawk Room, 1920 W. First St., Winston-Salem

To register, call or visit:

336-713-BEST (2378) \ WakeHealth.edu/BestHealth

Easter

SUNDAY

9:30AM



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