

## Community Briefs

### WFU alumnus donates \$15 million Wake Forest athletics

Wake Forest University (WFU) class of 1961 graduate Bob McCreary, has donated \$15 million to further his nearly \$35 million in lifetime giving to the Athletic Department. McCreary who played for Demon Deacon football on scholarship, significant contributions to athletics have included lead gifts for the three most recent major athletics projects. The projects include the McCreary Field House (completed in 2016), Bob McCreary Video Board Honoring the Class of 1961 (completed in 2011) and Deacon Tower (completed in 2008). McCreary has supported student-athlete scholarships and plans for the forthcoming Sports Performance Center. McCreary received a Distinguished Alumni Award earlier this year, inducted into the Wake Forest Sports Hall of Fame in 2013 and received the Gene Hooks Achievement Award in 2008 (Gene Hooks honors former athletes for their integrity, charity and leadership). McCreary was also the founding member of the Moricle Society, served on the College Board of Visitors and was twice named Deacon Club Member of the Year. His latest gift contributions are to the goals of Wake Will: The Campaign for Wake Forest to create opportunity, educate the whole person and inspire excellence. WFU will pay tribute to McCreary by naming Deacon Tower in his honor, McCreary Tower, at the homecoming football game on Oct. 29.

### Bank of North Carolina Unifies Brand

**HIGH POINT** – Bank of North Carolina (BNC), in anticipation of its 25th anniversary is unifying its brand under the Bank's long-standing BNC name. The unified identity will showcase BNC's flagship cardinal as one modern and in-flight, signifying BNC's momentum, vision and growth. In 2010, BNC acquired South Carolina-based Beach First National Bank. The Bank operates from 71 locations, after thirteen acquisitions throughout North Carolina, South Carolina and Virginia with total assets of \$6.5 billion. The modernized BNC Bank logo validates the strong reputation BNC has built and emphasizes focus toward the future. BNC will launch its newly-designed website in late October, as well as the new BNC Bank signage in NC.

### Nominations being accepted for first-ever Forsyth County heart champions

Womble Carlyle Sandridge and Rice, LLP in partnership with the American Heart Association's Winston-Salem Heart Ball, is proud to announce the first-ever Healthy Heart Champions in Forsyth County has started. Womble Carlyle and the American Heart Association as part of the Healthy Heart Champions are now accepting nominations for men and women who have made lifestyle changes in exercise and eating habits to prevent heart disease and stroke. Heart disease is the No. 1 killer of both men and women in the US. Stroke is the 5th leading cause of death in the nation and the leading cause of permanent disability. In Forsyth County, heart disease and stroke are the 2nd and 4th leading causes of death respectively. The three finalists will be announced at the Healthy Heart Champions celebration in Jan. 2017. Public voting will decide the 2017 Healthy Heart Champion winner, which will be announced at the Winston-Salem Heart Ball on Friday, April 28. The winner will receive great prizes and become the "Face of Heart Health" in Forsyth County for 2017. The nomination deadline is Dec. 19, to nominate yourself or a Forsyth County resident that is setting the example for heart health in our community, call 336-542-4836 or visit <http://www.heart.org/wshealthy-heartchampions> or contact Laura May at [laura.may@heart.org](mailto:laura.may@heart.org).

### Hanesbrands supports Arts Council and Forsyth County through employee giving

Hanesbrands, a leading marketer of everyday basic apparel, announced company employees has raised \$192,416 during the 2016 Arts/Council fundraiser surpassing 2015 campaign results by nine percent. Campaign efforts were spearheaded by John Marsh, campaign chairman and group president, Global Activewear accompanied by a team of employee committee members. The annual campaign included weeklong activities, including silent auctions, art contests featuring HBI employees, an arts festival with local artists and agencies showcasing their talents and programs, an employee talent show where vocal and instrumental performances were held at HBI's onsite café. The week also consisted of local musicians that performed onsite during lunchtime. The employees of Hanesbrands are generous supporters, patrons, participants and volunteers of the arts.

### Wake Forest University pledges as a Healthy Campus Partner

Wake Forest University took the American College Health Association's Healthy Campus Pledge and is now considered a Healthy Campus 2020 Partner. The pledge demonstrates a campus commitment toward achieving the Healthy Campus 2020 goals and objectives, which provide a framework for improving the overall health status on campuses nationwide. Healthy Campus 2020 is the companion framework to Healthy People 2020, the federal government's health promotion and disease prevention initiative for achieving better health across the United States. The initiative strategies extend beyond traditional interventions of education, diagnosis, treatment and health care at clinical levels, and involve embedding health into all aspects of campus culture, across the administration, operations and academics. Through Thrive, Wake Forest's comprehensive approach to wellbeing, the campus is integrating multi-faceted and holistic wellbeing into every part of the university experience. Becoming a Healthy Campus Partner reflects Wake Forest's commitment to health and wellbeing while joining the national movement to create healthier campuses.

### Through Nov. 19 – Community Family Enrichment Program

The Community Family Enrichment Program is designed to allow families at no cost to them the opportunity to attend classes and workshops that will help develop their parenting skills, learn money management skills, life skills and strategies to help build stronger and healthier families. The program also provides ongoing support and resources that will increase family unity, restore family balance, and promote harmony. Classes will be held every third Saturday at Green Tree Community Center, 930 S. Broad St. For more information, call Pastor Ora Mathews at 336-788-2364 or Green Tree Community Center at 336-722-7738.

### Through Oct. 29 – Performance of "After the Fall"

The University of North Carolina School of the Arts (UNCSA) presents Arthur Miller's most personal and autobiographical play, "After the Fall," Oct. 20-29 in Catawba Theatre of Performance Place on the campus at 1533 South Main St. Drama Dean Carl Forsman directs Studio IV, the senior class, for ten performances. Tickets are \$18 regular and \$15 students with valid ID, and are available at [UNCSA.edu/performance](http://UNCSA.edu/performance) or by calling the box office at 336-721-1945.

### Through Dec. 2 - Medicare Annual Enrollment Sessions

The Medicare Annual Enrollment period will take place from Oct. 15 to December 7. To assist Medicare beneficiaries, the annual enrollment sessions are being offered on Fridays from Oct. 21 through December 2. The sessions will assist Medicare beneficiaries to review their drug plans and Medicare Advantage plans and make changes if necessary. Trained Seniors' Health Insurance Information Program (SHIIP) counselors will be available to assist in the enrollment process. Enrollment sessions will be conducted on the following Fridays: Oct. 21 and 28; November 4, 11 and 18; and December 2. All of the enrollment sessions will be held at the Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street. One hour appointments will be offered from 1 p.m. - 5 p.m. Space is limited. Appointments must be made by calling the Shepherd's Center at 336-748-0217.

### Oct. 29 & Nov. 5 – Fire Department to distribute stovetop fire suppressors

Members of the Winston-Salem Fire Department and the American Red Cross will spend the next three Saturdays going door-to-door in targeted neighborhoods to install stovetop fire suppression canisters as part of an initiative to reduce the number of kitchen fires. On Oct. 29, the teams will canvass the area east of Cleveland Avenue, between 15th and 25th streets, east to Jackson Avenue. On Nov. 5, the teams will canvass the neighborhood around Kimberley Park Elementary School, bounded by 14th Street, Cherry St., NW Crawford Place and Underwood Avenue.

### Oct. 27 - Small Business Center Events

The Small Business Center will hold on Thursday, Oct. 27 from 9 to 11 a.m. the program "LinkedIn Clinic Basics," will be held at Innovation Quarter, 525 Vine Street. Interested person should register and obtain additional information by visiting <http://www.forsythtech.edu/services-businesses/small-business-center>.

### Oct. 27-28 & Nov. 3-4 – Dinner theatre fundraiser

The Enrichment Center will present a dinner theatre fundraiser "A Tale of Courage - Simba's Story," at The Enrichment Center, 1006 South Marshall St. The performances will feature The Enrichment Center's Percussion Ensemble, Vocal Ensemble, Dance and Theatre Ensemble. The shows will be held on Oct. 27 from 12 - 1:30 p.m.; Oct. 28 from 6:30 - 8 p.m.; Nov. 3 from 12 - 1:30 p.m.; and Nov. 4 from 6:30 - 8 p.m. The cost for lunch performances is \$30 per person, price for dinner is \$45 per person. Food will be provided by the Culinary Arts students. Tickets can be purchased at [www.enrichmentarc.org](http://www.enrichmentarc.org), under the Events tab. For more information, call 336-837-6828.

### Oct. 28 – Gardening for Wildlife Presentation

A presentation titled "Gardening for Wildlife with Native Plants," a Forks on Friday will be held on Friday, Oct. 28 from 12 - 1 p.m. at the Forsyth County Cooperative Extension, 1450 Fairchild Rd. The speaker for the event will be Extension Master Gardener

Volunteer Sheilah Lombardo. The program will focus on the benefits of one's yard such as the joy it can bring to a person, as well as a haven it offers for birds and butterflies. The program also discusses the simple steps you can take to enhance the wildlife value of your garden. The program is free. Registration is required, to register email [coop-ext-registration@forsyth.cc](mailto:coop-ext-registration@forsyth.cc) or call 336-703-2850. Space is limited. For accommodations for persons with disabilities, please contact the office.

### Oct. 28 – Golf Tournament fundraiser

Experiment in Self-Reliance (ESR) decided to postpone the Golf Tournament fundraiser event to Friday, Oct. 28 at Winston Lake Golf Course. Registration will remain open. The tournament is a community fundraiser that aims to raise awareness about poverty in Forsyth County and to raise money to support the services provided by ESR. The registration fee is \$75 per player and \$300 per team. All players will receive a cart and green fees, breakfast, lunch and a swag bag. The tournament platinum sponsor is Reynolds American and Peterson/Gordon Architects is the bronze sponsor. For more information, visit [www.eisr.org/events](http://www.eisr.org/events) or call 336-722-9400.

### Oct. 28 - Shredding Event

Old Salem Museums & Gardens is holding a Community Shred Day on Friday, Oct. 28 from 10 a.m. to 1 p.m. at the Old Salem Visitor's Center at 900 Old Salem Road. Old Salem's Community Shred Day is being held in collaboration with Archive Information Management. Old Salem's Community Shred Day is a great opportunity to clean out your home or office while supporting preservation and education at Old Salem Museums & Gardens. The cost is \$5 per bag. All donations in support of Old Salem Museums & Gardens will be accepted. For more information, call Tabatha Renegar at 336-721-7352 or email [trenegar@oldsalem.org](mailto:trenegar@oldsalem.org).

### Oct. 29 – Heart & Stroke Walk Moves to Downtown

In its 24th year, the Tanglewood Heart & Stroke Walk is making a big move. The American Heart Association will host their newly named Winston-Salem Heart & Stroke Walk on Saturday, Oct. 29 at Bailey Park in Wake Forest Innovation Quarter. All family, friends, co-workers, neighbors and even leashed dogs are invited. The 2016 Winston-Salem Heart & Stroke Walk registration will begin at 8 a.m. and the walk will begin at 9:30 a.m. The Red Cap Ceremony will honor the local heart disease and stroke survivors. The Kids' Zone will include carnival games, jump ropes, hula hoops, corn hole and a balance beam. Bring your dogs dressed to impress for the Pooches on Parade. New this year, the After Party will be from 10 a.m. to 12 p.m. including live music by the Jill Goodson Band and a heart-healthy food truck competition. All funds raised at the Winston-Salem Heart & Stroke Walk will benefit heart disease and stroke research and prevention education. Currently, six AHA-funded research grants, totaling nearly \$1.2 million are taking place in Winston-Salem at Wake Forest Baptist Medical Center and Wake Forest University focusing on heart disease, stroke and prevention.

### Oct. 29 – Legendary Trumpeter to perform with Symphony

In the Plugged-In Pops concert, Winston-Salem Symphony and music director Maestro Robert Moody will be joined by legendary trumpeter Doc Severinsen for a spectacular night of music. The concert will bring the swinging sounds of big band jazz music on Oct. 29 at 7:30 p.m. in Reynolds Auditorium, 301 N. Hawthorne Road. Tickets range from \$20 to \$67, and are available in advance by calling the Symphony Box at 336-464-0145 or online at [WSsymphony.org](http://WSsymphony.org).

### Oct. 30 – Free PBS film screening

The Shepherd's Center is partnering with Highland Presbyterian Church, 2380 Cloverdale Avenue, to offer a free screening of the PBS Frontline film Being Mortal on Sunday Oct. 30 from 4 - 6 p.m. The screening will feature an interview with author Dr. Atul Gawande. The film will have local professionals on hand to answer questions and lead a discussion about the difficult treatment decisions that plague patients and families. Local panelists will include Joanne Henley, Director of Spiritual Care at Novant Health; Kate Mewhinney, Attorney at The Elder Law Clinic of WFU; Tina Stearns with Hospice & Palliative CareCenter; Dr. Franklin Watkins,

Assistant Professor of Gerontology at WFU.

### Oct. 31 – Forsyth County Social Services Meeting

The Forsyth County Board of Social Services will hold its monthly meeting on Monday, Oct. 31 at 11:30 a.m. at the Forsyth County Department of Social Services, 5th Floor Board Room at 741 North Highland Avenue.

### Through Nov. 1 – The American Farm Workshop

Reynolda House Museum of American Art will offer a six-session workshop through Wake Forest University's Lifelong Learning Program. This course will explore Grant Wood's work and its relation to other Regionalist painters and their predecessors. Primary instructors are Margaret Norfleet Neff, co-founder of the Old Salem Cobblestone Farmers Market; Allison Slaby, curator; Bari Helms, director of archives and library; and Phil Archer, Betsy Main Babcock Director of Program and Interpretation. The cost is \$125, plus possible membership fees. Register and find more information online at [reynoldahouse.org](http://reynoldahouse.org) or call 336.758.5150.

### Now through June 2017 – Art Exhibit

As part of its 2016-17 season, the Winston Salem Delta Fine Arts is pleased to introduce INTERSECTIONS + CONVERSATIONS: The People's Gallery at Delta: Arts Center. The new space, carved from Delta Arts Center's renovated lobby area, will run concurrently with the regular exhibition schedule inside the Center's 1400 sq. ft main Simona Atkins Allen gallery from September 2016 thru June 2017. Delta Arts Center is located at 2611 New Walkertown Road. Hours are Tuesday - Friday 10 a.m.-5 p.m. and Saturday 11 a.m.-3 p.m. Delta Arts Center is closed every third Saturday of the month. Delta Arts Center is free and open to the public. For more information visit <http://www.deltaartscenter.org/> or call (336) 722-2625.

### Nov. 1 – Volunteers needed to tutor students

The Augustine Literacy Project, a project of Read.Write.Spell (READWS) needs volunteers to serve as tutors to public-school students. Training classes are scheduled for Jan. 23 - Feb. 3, 2017. An information session for people interested in learning more about the program will be held on Tuesday, Nov. 1 at the Winston-Salem Foundation, Carter Conference Center, at 9:30 p.m. For more information or to register, email [pam@readws.org](mailto:pam@readws.org) or call 336-723-4391 ext. 1509.

### Nov. 1 – Signing with Babies and Young Children Workshop

The Northwest Area Health Education Center (AHEC) of Wake Forest Baptist Medical Center and part of the North Carolina AHEC System will host a workshop on "Signing with Babies and Young Children" on Nov. 1 from 9 a.m. to 4:30 p.m. at Deacon Tower. The workshop teaches the basics of American Sign Language (ASL) and offers some intermediate signs to allied health professionals. It is designed for speech language pathologists, occupational therapists, certified occupational therapy assistants, physical therapists, physical therapist assistants, early interventionists, perinatal educators and nurses, health educators, pediatric nurses, registered nurses, day care providers and other interested health professionals. The program will be led by Jessica L. Kelly, BA, SLP/A, MA, ITFS, the owner and instructor of Signs of Learning. The workshop is part of Northwest AHEC's continuing education activities. Information about the program, course fees and registration can be found at <http://nwahec.org/49002>.

### Nov. 1 - WSSU MBA program open house

WSSU MBA program will hold an open houses on Tuesday, Nov. 1 at 6 p.m. in R.J. Reynolds Center, Room 107, on WSSU's campus, 610 S. Martin Luther King Jr. Drive. At the open house, you'll be able to talk to faculty and learn more about the program. The session is free and open to the public. WSSU offers one of the most affordable and convenient MBA programs in North Carolina. Courses are offered evenings twice per week. The program is accredited by the Association to Advance Collegiate Schools of Business (AACSB) and is open to graduates in all disciplines. For more information, visit [www.wssu.edu/mba](http://www.wssu.edu/mba).

### Nov. 4 – RiverRun Film Series