

Heart

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drinking more water than I have ever drank in my entire life. I also increased my walking. I even lost 10 pounds. These things have made a huge difference in my life. **Decision number four.**

Unfortunately, Betty's heart story doesn't end there. She lost her husband Stephen seven years ago following complications from open heart surgery. "We were high school sweethearts. In 38 years together, we built a life, raised our children, and worked in our church and community to make a difference," shared Betty. "I continue to rebuild my life without him. Heart

disease is a culprit that steals the dreams you have of growing old together, meeting his grandchildren, and walking our daughter down the aisle."

Heart disease is the No. 1 killer of both men and women in the United States. However, heart disease and stroke are up to 80% preventable. "My decisions on that day could have had a tragic end, but thanks to my friends and co-workers, I'm still here to share my story and to help other women take heart issues seriously, listen to their bodies, and take the time to focus on their own health so they can make the best decisions. As women, we need to allow ourselves to put our health first. It's the

only way we can continue helping others," said Betty.

Betty Speaks served as a Forsyth County Go Red Woman in 2017. She continues to share her story to help other women and their families raise awareness about heart issues and the painful loss that heart disease can cause.


Novant Health is proud to be the American Heart Association's Life Is Why and Go Red for Women Sponsor in Forsyth County celebrating all women in Forsyth County, supporting women wherever they may be in their journey, and encouraging women to put their health first. For more information, visit www.heart.org.

CORRECTIONS:

In the Feb. 13 edition of The Chronicle, in the article, "Unsung Heroes: Nicole Little," it states that Little worked with the Wake Forest Innocence and Justice Clinic to help free Darryl Hunt. Little did not join the clinic until Hunt was already free. The Chronicle regrets this error.

In the Feb. 13 edition of The Chronicle, in the article "Forsyth County becomes latest Second Amendment Sanctuary after 4-3 vote," it was said that Forsyth County passed a resolution to become a "Second Amendment Sanctuary." The resolution that was passed on Feb. 6 declares Forsyth County to be a constitutional rights protection county and support for protection of Second Amendment Rights. While the differences between the sanctuary status and support of the Second Amendment can seem subtle, the Forsyth County Board of Commissioners' resolution does not classify the county as a "sanctuary." We apologize for any confusion this misunderstanding may have caused.

In the Feb. 20 edition of The Chronicle, in the article, "Black History event details local sit-in movement," there was a quote incorrectly attributed to Barbara Morris. The quote reads, "Let me tell you this because they don't tell you this, Carl Matthews had the first victory sit-in. He was the first to eat. He sat down and he ate on May 25. What you must also understand is that Greensboro people didn't eat until July 25; that's almost two months later. We don't hear that, but that's what makes Winston-Salem so special; we were not the first, but we were the first to be successful." The quote actually came from James Webster. The Chronicle regrets this error.



Elect KANIKA BROWN

I will fight for all of my initiatives:

- Disability, Education, Healthcare,
- Economic Development, Jobs, Small Business,
- Seniors, Veterans, and Women's Rights.

2020 VOTE

NC STATE REPRESENTATIVE

4 THE PEOPLE

Paid For by: Kanika Brown for NC State Rep Committee

Greetings,

I'm Kanika Brown and I am running for State House Representative District 71. I am a proud mother of a handsome son with autism, which makes me keenly aware and sensitive to the needs of parents and/or caregivers of children with special needs and individuals with disabilities. I am committed to providing meaningful access and will immediately introduce a bill "Make it Accessible."

As a former teacher's assistant, I applaud the tremendous dedication of our teachers. I will continue to advocate for you and the need for increased pay and resources. It is my personal charge to fight for safe schools and educational equity.


My fight for veterans and seniors for enhanced and accessible resources, healthcare, and affordable housing will continue. You can count on me to advocate for small businesses and job creation without compromise to the environment.

I take seriously the charge of "in this together". Once elected I will be assessable to you and your needs. I will proudly represent you with transparency and open communication.

I need your help to send me to Raleigh to fight for you and with you. Your vote is vital to ensure we have people representing and fighting for us. This election is about shaping our future with equity, resources, funding, opportunities, and much more. District 71 needs you to rise up and vote. Vote, Kanika Brown 4 The People!

Kathy Manning is fighting for

- ✓ Affordable health care and lower prescription drug prices
- ✓ Good paying jobs
- ✓ A quality education for every student



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