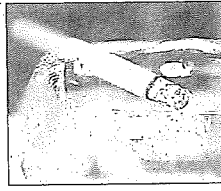


Life

Smoker or ex-smoker? Get checked for throat cancer

Randolph Cancer Center will offer free throat cancer screenings from 3 to 6 p.m. Thursday at Randolph Ear, Nose & Throat Associates, 124 N. Park St. in Asheboro. The screenings are open to adults who have not had a screening in the past two years and who have smoked or currently are smokers or use tobacco products. For information, call (336) 633-7788.



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For more Life features, go to News-Record.com

ADDRESS: APRIL 7, 2011

YWCA High Point to christen pool, host a health fair

The YWCA High Point pool, which recently completed a three-month renovation, will have a celebration and health fair from 11 a.m. to 2 p.m. Wednesday. And community members, YWCA members and supporters will be invited to jump into the pool at 10:45 a.m.

After the jump, there will be tours, class demonstrations, free chair massages and interactive booths with High Point Regional, Cornerstone, Guilford County Department of Public Health, Volgreens, Senior Games, Guide Posts of Strength, Omega Sports and more.

The fair is free and open to the public and will provide education on cancer, sexual health, women's health and immunizations. Services offered will include free massages, sexual-health screenings, blood pressure tests and interactive exhibits.

At noon, High Point native Chuck Hayward, a 13-year survivor of stomach cancer and author of "The Chef's Recovery," will provide cooking demonstrations and talk.

The YWCA is offering a free week to the community April 7-12 so people may come and share in the celebration.

The pool renovation was a \$200,000 project.

For information, call (336) 882-4126.

Wellness recovery plan is focus of workshop

The Mental Health Association in Greensboro will offer a free workshop about May Ellen Copeland's Wellness Recovery Action Plan from 3 to 4:30 p.m. Tuesday at 330 S. Greene St. in Greensboro.

The workshop is designed for mental health and substance abuse providers, peer support specialists and anyone with an interest in mental health recovery.

WRAP, which is used in recovery programs around the world, allows peers to create a customized recovery plan. This workshop gives an overview of WRAP and its key directives. Christa Whitesell will facilitate.

Registration is required for this free workshop. Call (336) 373-1402.

Art of Healthy Living Auction at Elm Center

The seventh annual Art of Healthy Living Auction will be from 7 to 9:30 p.m. Friday at The Regency Room at Elm Center in Greensboro.

There will be dancing, hors d'oeuvres, an auction and music from The Brice Street Band.

The event benefits The Mental Health Association in Greensboro.

For information or to become a sponsor, contact Nellie Cooper at (336) 373-1402 or nellie@mhag.org.

Mind, Body, Soul sets walk/run for Saturday

The third Mind, Body, Soul 5K Walk/Run will be at 3:33 p.m. Saturday, beginning at Anointed Hands in Salem, 2110 Golden Gate Drive in Greensboro.

This year's event is in memory of the Rev. Stacy Frazier who had sickle cell. The event is sponsored by the Ladies of Beauty and Men of Boldness Mentoring Programs. Proceeds benefit the Piedmont Health Services and Sickle Cell Agency.

Registration is \$20, which includes a T-shirt. All donations are welcome. For information, contact

See Health, Page B4

WE LOVE OUR VOLUNTEERS

For National Volunteer Week (April 6-12), we invited readers to honor local volunteers.

We received 45 tributes, many of which we share here. We'll have another batch in Tuesday's paper and more at www.news-record.com/life.

The entries were edited for clarity and space.

Jennifer Oliver, Gibsonville Elementary

Four people nominated Jennifer Oliver, PTA president of Gibsonville Elementary School.

"She is an amazing volunteer who often works the same job if not more hours than some of our staff members," said Jenny Anthony, school counselor.

"She is here first thing in the morning and often stays until school closes up for the night."

"It is rare for a day to go by when Mrs. Oliver isn't doing something positive on Gibsonville's campus to either help a teacher or encourage students and their parents to support our school," said Missy May, speech-language pathologist at Gibsonville Elementary, Northeast High and Northeast Middle.

"Kids' faces light up when they see Oliver and run up to give her a hug," said Stacy Pielow, media specialist at the school.

"If a need arises, she is usually the first to respond with a solution, whether it be gathering items for a family in need or gathering people to volunteer at the school," said Sally Duquette, secretary/treasurer at the school.

"Just this last Christmas, there was a child who wasn't going to have much under the tree, and she got donations of items to help make that child's holiday exceptional," Pielow said.

Oliver, who has two daughters at the school, goes beyond the call of duty, she said.

"She gives of her time and many talents daily," May said.

"She provides a smiling face, moral support and leadership to the most amazing PTA."

"If a teacher has a special project... and needs funding, she always says, 'Let me see what I can do,'" Pielow said.

Oliver brings new ideas, sacrifices her personal time, rallies parents, proctors end-of-grade tests, organizes fundraisers and more, they said.

She also organizes the school talent show, Gibsonville's Got Talent.

"Jennifer auditions the children, organizes the practices, and runs the show during the big event," Duquette said.

"She is very passionate about children and loves the children of Gibsonville almost as much as she loves her own two," Anthony said.

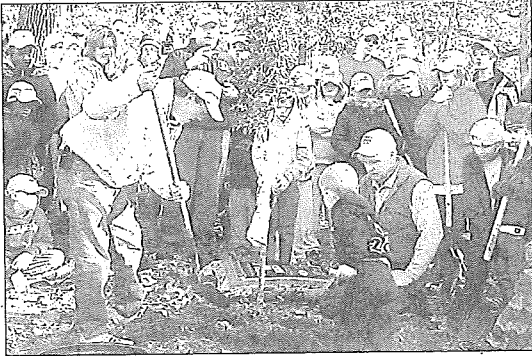
Adair Suggs, First Baptist Church

Through her involvement at First Baptist Church, Adair Suggs recognized a need in 2005 and helped to co-found a ministry called Tutoring @ Rosewood.

Adair collaborates with her time and energy leading a group of volunteers who, for the past nine years, have tutored children after school to make a difference in Greensboro's Rosewood community.

This small outreach makes a difference each week in the lives of children who might otherwise fall through the cracks in our educational system.

She enjoys educating and en-



Keith Francis (left, standing with shovel) and Randal Romie (right, kneeling) give advice on planting trees during a recent NeighborWoods demonstration with Greensboro Beautiful.



Adair Suggs helps Mohamed Tela focus on his reading homework.



Judi Ohmes gives time, money and love to help the SPCA of the Triad.



Keith Francis and Randal Romie, Greensboro Beautiful

Greensboro Beautiful is the volunteer and fundraising organization that supports the city's public gardens and green space. With a combined 36 years of service to Greensboro Beautiful, Keith Francis and Randal Romie are two exceptionally hard-working and loyal volunteers.

They have co-chaired the Urban Forestry Committee since 2009. They pour their expertise in tree care and landscape architecture into numerous projects that improve our city's natural beauty.

Recently, they demonstrated their incredible leadership during a time of adversity. At the height of community outcry after Duke Energy's tree trimming, they brought unique solutions that recognized the concerns of all parties.

Randal has been a leader during negotiations with Duke Energy. He spent a tremendous

amount of time and energy as a tree advocate for the new tree ordinance. Keith helped implement the NeighborWoods "Right Plant, Right Place" community tree planting pilot program. He is dedicated to community outreach and education on harmonious planting under power lines.

Their devotion to urban forestry has fostered a stronger relationship with Duke Energy and has moved forward a positive solution for trees, residents and businesses alike.

—Anna Hoy, volunteer coordinator, City of Greensboro Parks & Recreation Department

Kimberly Stewart, Jefferson Elementary

Kimberly Stewart has been a parent and volunteer at Jefferson Elementary for several years. She continuously gives of her time and talents to make a huge impact on the students at Jefferson.

Stewart actively helps with boards and in the counseling department. She is also involved in several classes and an integral part of our Jefferson's Young Men's organization.

You see her sincerity and generosity by the smile she wears daily. She has the heart of a servant. Her devotion to Jefferson's vision is indescribable.

—Kasha Spierer, school counselor, Jefferson Elementary

Makayla Key, Girl Scout Troop 1726

Makayla Key, a sixth-grader at Aycock Middle School, has had a major impact on many people throughout the Triad.

During the summer, she volunteers at ABC of NC in Winston-Salem, a school for autistic children, serving more than 200 hours.

She is an active Girl Scout and recently completed a sock drive for needy children. She assists the younger Brownsie Girl Scouts in her troop with tasks and activities.

Makayla is an energetic volunteer with her school PTSA. She goes to nearly all PTSA events to help set up chairs, refreshments or anything else needed.

This year, she wrote a grant to help the PTSA start a food pantry at the school. As a result, the students have \$1,400 to help

See Honor, Page B4

Amanda Tadlock, NCCJ

Amanda Tadlock is enrolled in the UNC-Chapel Hill MPA program and works full-time at Temple Emanuel.



She has a full plate of personal responsibilities but still finds the time to volunteer with NCCJ anytime we need volunteers.

Amanda came to our organization when we honored Rabbi Fred Guttman with the 2009

Brotherhood/Sisterhood Citation Award. She was inspired by the work that NCCJ was doing and wanted to become more involved. Amanda has assisted NCCJ with Anytown, the Leadership Circle Dinner, Citation Award Dinner, annual mailings, archiving of old NCCJ scrapbooks, decorating for events and any other task requested of her.

—Ivan Canada, National Conference for Community and Justice of the Piedmont Triad

