

10th Annual First Lady Walk-a-thon

The 10th Annual First Lady Walk-a-thon was held Saturday, April 1, 2006 at the NCCU Julius Chambers Biomedical Biotechnology Research Institute at 8:30 a.m. It was a fundraising event sponsored by the NCCU, Academic Community Service Learning Program. All proceeds will help facilitate student's community efforts. Approximately 100 students, staff, faculty, administration and community participated in the walk with a total of \$3,300 raised during the First Lady Walk-a-thon.

On the behalf of First Lady, Mrs. Judith Ammons, Mrs. Rosalind Fuse-Hall, Administrative Assistant to Chancellor Ammons commended and encouraged those who came out to participate in the walk. Mrs. Fuse-Hall asked that they think about the importance of taking an active stand on health disparities. Dr. Janice Harper, Associate Vice Chancellor for University Programs shared similar sentiments on the seriousness and importance of staying physically active.

Dr. Elaine Hart-Brothers, M.D., Metropolitan Durham Medical Group and the NCCU Eat Smart Be Active initiative served to bring awareness issues surrounding health disparities (including obesity-related cardiovascular diseases and blood, tissue and organ donation.) Dr. Hart-Brothers stressed the importance of exercise, getting regular physicals, staying in touch with warning signs and follow up early in life with health in taking care of ones body.

Dr. Seronda Jackson and Dr. Laverne Reid with the NCCU Health Education department spoke on the "Eat Smart Be Active Project" which is a collaborative effort between North Carolina Central University and the Community Health Coalition, Inc. The primary focus of the project is to designate walking trails around campus, to label food in the cafeteria with calorie and fat counters, and to disseminate information on healthy lifestyles.

Blood pressure and cholesterol checks were administered at the walk. Mrs. Eva Morgan led the participants in exercise routines prior to the opening of the walk. The walk began at 9:30 a.m.

The first Lady Walk-a-thon is in honor of our First Lady, Mrs. Judith Ammons and in memory Ms. Faye Kincaid, a North Carolina Central University faculty member in the Counseling Center and Mrs. Mary Lyons a community participant who has always participated in the walk until her health declined. The 10th year of bring awareness recognizes and promotes the contribution of Dr. Carey Hughley and family. Their son was a donor for Ms. Mary Lyons, who lived a long and productive life as a result of their kindness.

ACSLP Director, Mrs. Rosa S. Anderson closed the First Lady Walk with a personal experience and encouraged others to become donors. She shared that she too is a donor and that she has a family member, Roy Kelley from Dothan North Carolina, who received a kidney after waiting for eleven years. She expressed great appreciation on behalf of his her sister and her brother in law Roy.

Mr. Alford C. Messick Jr. was applauded for his volunteer efforts with the celebration after the walk. Mr. Messick prepared refreshments before the walk and words of encouragement for the walkers. We also had the support of Food Lion and Kroger as community sponsors. The event was a success and enjoyed by all.

Synopsis Courtesy of the NCCU Academic Community Service Learning Program