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EDITOR'S MUSINGS



Hello readers and friends to our October issue of Guilford Woman Magazine.

As early morning chills fill the air, we find ourselves in a different state of mind. The sun changes positions to cast shadows through the windows, hummingbirds begin their migration and the beautiful flowers that we have enjoyed through the summer are now faded and wilted.

This does not signal a time of

sadness but a time of excitement. Football games begin, bonfires with friends and family resume and let us not forget Country BBQ brings back their famous brunswick stew. If you have not had the pleasure of trying this, you are really missing out. If not mistaken, they begin serving it again when the time changes.

On another note we have wonderful articles for your enjoyment. Breast cancer being front and center. Please get out and support a walk or charity event to help raise awareness and their continued efforts in finding the cure.



Look for us on Social Media

Suzy Dubel | Editor

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PLAY FINDERS KEEPERS

Find in this issue:

1. Little Girl with Bow in Hair
2. A Pig
3. Woman Sitting on Dock

Find the article or ad (*and page number*) where the above three things are found in this issue and send your answers in an email to: guilfordwoman@gmail.com

Two winners will be announced in next month's issue to receive 2 free tickets to an event at the Greensboro Coliseum. (GreensboroColiseum.com)

Congratulations to last month's winners: **Chelsie Gibson** and **Raiann Janss**. (Winners please email *Guilford Woman* at guilfordwoman@gmail.com to claim your prize.)

Guilford Woman Publisher

High Heel Publishing, Inc.
2205-K Oak Ridge Road, Suite 177
Oak Ridge, NC 27310
336.643.2708 | GuilfordWoman@gmail.com

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Helping Your Stress Levels Can Help Your Hearing, Too

Women in the so-called “sandwich generation” feel more stress than any other age group, per the American Psychological Association. What’s the sandwich generation? Any adult “sandwiched” between the needs of their still-growing children and the failing-health needs of their aging parents. If you find yourself in this situation, you might be wondering, “How bad can the physical effects of stress really be?”

Everyone feels stress occasionally. In small amounts, stress is a good thing— to help us power through difficult or dangerous situations, for example — but prolonged stress can seriously disrupt health and well-being. In fact, stress could also lead to or worsen hearing problems.



Shannon Frymark, Au.D.

Shannon Frymark, Au.D. is a Doctor of Audiology and owner of Aim Hearing and Audiology Services. Practicing for 22 years, Dr. Frymark is a Fellow of the American Academy of Audiology, and a member of the North Carolina Speech, Hearing & Language Association and Hearing Loss Association of America. Passionate about hearing health, Dr. Frymark is a technology expert since she’s worn hearing technology since she was a child. Visit www.AimHearing.com or call (336) 295-1867 to learn more.

The Effects of Stress on the Body

When your body encounters a stressor, it kicks many of your body’s systems into high gear, including your nervous, cardiovascular, respiratory, digestive, and immune systems. When the stressor is removed, everything is supposed to return to normal. But chronic stress keeps many of these stress responses at high alert, which can lead to surprising health issues.

Stress and Your Hearing

According to research from the Karolinska Institute in Sweden, those with long-term stress are more likely to experience hearing problems. How might this be? There is a well-documented connection between cardiovascular problems and hearing loss. No clear consensus exists about why they’re linked, but one prominent theory is that cardiovascular issues make it harder for blood to reach the tiny structures in your inner ear that make hearing possible. Chronic stress, by taxing your heart, taxes your hearing.

Hearing Protection Is at Hand

If stress can damage hearing, that means managing your stress can be a powerful way to protect your hearing from damage. Here are some simple ways to manage stress with minimal effort:

Take care of yourself

You can't take care of others effectively if you're depleted mentally and physically. No matter how busy life gets, find small ways to take time for yourself, even if it's sneaking in five minutes to sit alone and enjoy sipping a cup of tea in the silence.

Offload or prioritize key stressors

What things in your day cause stress because they pile up? Figure out ways that loved ones can take them on to lighten your load. In fact, assign them to your children, if they're old enough. Also, tackle stressful duties first thing, so you don't have the psychological stress of knowing they're looming over you.

Find social support

You most likely know someone else in the sandwich generation. Getting positive feedback from them from time to time — even a text message — can make a world of difference.

Exercise

I don't mean 30 minutes every day — even five minutes of brisk walking in place before you put on the day's clothes can get your heart rate up and elevate your mood.

Prevention Is Key

The links between stress and hearing health offer a compelling reason to take simple steps to manage stress. If you're in the sandwich generation, consider scheduling an annual hearing test — a hearing problem could be an important reminder to prioritize self-care.

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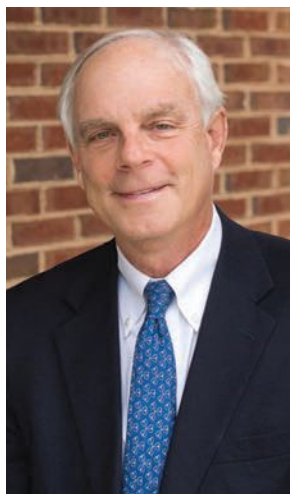
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ASK DR. BARBER



William Byron Barber II, M.D. has been practicing plastic surgery in Greensboro for 20 years and is certified by the American Board of Plastic Surgery. He is Chief of Plastic Surgery for Moses Cone Health System, and is an active member of numerous local, regional and national plastic surgery associations. Visit his website at barberplasticsurgery.com or e-mail him at askdrbarber@barberplasticsurgery.com

Q. My son is a college student and is very bothered by his prominent ears I never knew that he was sensitive about his ears but he has recently opened up about it. He wears his hair long so it is not very noticeable, but my question is whether my son is too old to have ear surgery. I have always been told that this surgery should be performed as a baby.

A. Your son is not too old to have his prominent ears corrected. Although it is more common to perform ear surgery for prominent ears during the preschool years, I have done this surgery on adults as well as teenagers. The ears are definitely more malleable when the patient is younger, however it doesn't mean that the surgery cannot be performed successfully. It is probably best to do this surgery when your son has about a 3 week period where he is not in school and does not have to go to a job. I would suggest your son see a board certified plastic surgeon to talk about the issue and learn about what is involved in correcting the problem.

Q. I have four children and nursed each child for one year. I am embarrassed to say but my nipples are so stretched now that they hang straight down from my breast. It is so ugly that I won't even put a bathing suit on for fear that it might be noticeable. Is there anything that can be done to return my nipple to a more normal appearance?

A. Great news, your hanging (ptotic) nipple can be corrected and made to look close to its pre-breast feeding look. The surgery is actually relatively simple and can be performed in an of-



fice setting and under either local anesthesia or light sedation. The recovery time is short, pain is minimal and scarring is relatively imperceptible. And the best news is that unless there is another child in the future, the repair is typically permanent.

Q. I have the implant that was recently recalled by the FDA. Do I need to do anything about this or is it safe to keep my implant?

A. If you know that you have the textured Allergan or McGhan silicone gel or saline implant, then yes, you should see the plastic surgeon who placed the implant. The FDA is not recommending the implants be removed, however you should talk to your doctor and get the latest information on the reason why the implant has been recalled. There is a rare risk of developing breast implant associated anaplastic large cell lymphoma (BIA-ALCL). This is a cancer of the immune system that presents in the breast in the presence of this particular textured implant, called the Biocell textured implant, and manufactured by Allergan and previously by another company, McGhan. The incidence of this disease is between one in 1,000 to one in 3,000 patients if you have this particular implant. The decision to remove or not remove the implant is yours, and if you feel strongly that you do not want to live with the risk of BIA-ALCL hanging over your head, then you should let your doctor know this. If you do not live in the same area where you originally had your surgery, do not remember who your plastic surgeon was or he/she has retired, then any board certified plastic surgeon who performs breast surgery should be able to help guide you regarding this issue.




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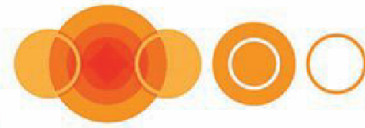
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Peripheral neuropathy often causes symptoms as burning, stabbing, or tingling in the hands and/or feet. It may also cause extreme sensitivity to touch, lack of coordination and falling, and muscle weakness. But **WHAT IS IT?** Peripheral neuropathy is a result of damage to your peripheral nerves. The job of peripheral nerves is to send information from your brain and spinal cord to the rest of the body. Damage to these nerves can result from traumatic injuries, repetitive micro-traumas, or metabolic problems such as diabetes mellitus.

The pain of neuropathy can become very **SEVERE** and can cause an individual to feel that there is no hope. Many drugs cause fatigue and barely even touch the pain. Now, there is a safe Non-Surgical option to truly **TREAT** the **CAUSE!**

Peripheral neuropathy is a very misunderstood ailment. These nerves must exit the spinal cord through the spine and then they travel down the arms and legs to the hands and feet. Tingling in the hands and feet can be caused by damage that occurs to the nerve at the spinal level. Most patients we see have experienced some sort of back pain in their lives, whether very serious or mild. When we look at an X-ray or MRI of the spine, we often see a severe degenerative process occurring in the spine. Our philosophy on that is the nerves that come from the spine and travel down the arms and legs have been damaged over time. If we treat the entire nerve, from where it exits the spine and down into the hands or feet, the person improves over time.

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Don't Do It Alone

While you may be tempted to forego using an agent to sell or buy your home, you'll save yourself a lot of time, energy and money if you don't. Most of us would never dream of going to court alone so why would you risk one of your largest investments without a licensed realtor? Here are some of the many reasons why you want to skip going solo:

Pricing Expertise

A licensed and trained realtor will know how to price your home so that it sells and doesn't just sit on the market for months and months. Overpricing your home because you think you know the value is one of the biggest mistakes a homeowner can make. Since the fall market isn't quite as robust as spring and summer, you don't want your home overpriced so that buyers don't even consider it. And when you're buying, you definitely don't want to overpay!

Tough Negotiations

Emotions always flare up when selling or buying so having a third party who is objective is a tremendous help. Your home is personal, so when those tough negotiations come into play, it's always better to let an objective agent handle the stress and the back and forth.

Realistic Expectations

You may be tempted to buy that fixer upper in an up-and-coming neighborhood, but do you really know how much it will ultimately cost? With a background in interior design, I can help you review the home inside and out to determine what you may ultimately spend.

Neighborhood Knowledge

While your dream house may be in the country, you

need a trained agent that will walk through all aspects of home ownership, including location. A good agent will review your lifestyle, school choices, commute and other intangible things to make sure you're buying in the right location. I can also pull market data to show the history of value over time. You don't want to get stuck with a bad investment or in a location that doesn't work well for your family.

Zoning Ordinances

Perhaps you've found the perfect house in the city and want to use it for your business as well. There are many zoning ordinances and processes that you need to be aware of that you probably won't uncover on your own.

The Legal Aspect

Many people are unaware of the legal aspect of selling or buying a home. There is quite a risk of trying to handle all the paperwork alone, which includes a lot of legal details you don't want to get wrong.

Avoid Closing Problems

Imagine what would happen if you get to closing and aren't able to close on your home. There are many things that can go wrong with the closing of a home and you don't want to be surprised. An experienced agent will know in advance and can make sure the financing has gone through, the paperwork is ready, and everyone has the appropriate documents to close.

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Dawn had just discovered that she was pregnant. It was a planned pregnancy that she had been looking forward to, but now that a baby was on the way, she was completely panicked. She had been through a lot of trauma herself as a young one and was a little worried that she would automatically fall into the same parenting style.

I reassured Dawn that almost every parent is daunted by the big job of raising children, and most of us want to pull off more than we’re able. That being said, we also are usually able to create more space for our children than our parents were able to do for us (same with our parents’ parents!).

I had her reflect on the work we had been doing together to help her think for herself, trust her mind, and set and maintain boundaries. We spent much of her pregnancy adapting her new insights to her thinking as a new mom. It was sometimes hard work to move away from “I DON’T want to do it the way Mom did!” to figuring out what she DID want to do instead. Most of what she figured out boiled down to the following:

- Set and enforce reasonable limits, preferably from a relaxed place where you can remember that your child is not inherently bad for having broken the limit. This helps your child know that she can predict and count on family stability.
- Let your child be in charge of some things that work for your family – cleanliness of her room, hairstyle, planning an outing, etc. – without being critical or offering unsolicited suggestions. This tactic communicates that you trust your child to be able to think and figure out what works best for her in ways that can become increasingly complex as they mature.
- Compliment effort more than achievement – “I love watching you play”, or “I especially like watching how you concentrate on the music” instead of “I’m so glad your team won!” Our children won’t always win, but they can always try hard and do what they can.

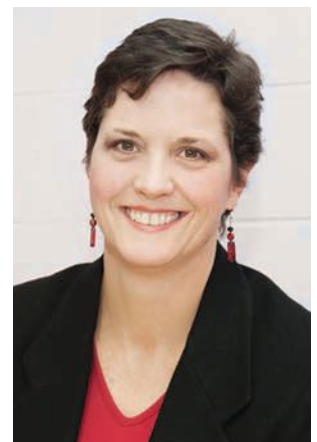
- Sit with them when something goes wrong or they’re having a hard time. Help them talk (and maybe cry) it through, and then ASK if they want you to help or intervene. Teaching emotional resilience and problem solving is key to emotional maturity and flexible intelligence later.

- When they ask questions (as all naturally curious children do!), ask them what they think first, even if they have to make it up. Take time to notice how they thought it through before you share what you know. This way, children learn to trust their minds and their ability to think through things.

- Where possible, let your child try to develop systems that work for her or him. If the system doesn’t work, co-create something different with your child, with the understanding that, if the update doesn’t work, you as the parent may have to be fully in charge of the issue for a while. Sometimes young ones can manage their own homework, for example, if they can figure out the place and time they’d like to do it. Other children may need their parents to set the structure to get it done.

While her new insights didn’t take away her anxiety entirely, they did help her realize that she had a choice about how she parented, and she didn’t have to do it the way her parents did. Setting parenting goals for herself gave her more confidence to trust herself once her little one arrived.

So, how do you set realistic goals that guide you as a parent?



Leslie Kausch, MEd, LPC
Licensed Counselor

If you have questions about this column, or topics you’d like Leslie to address, email her at MyActiveHealing@gmail.com, or call 336-509-3680.



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Tale of Two Artists

Elegance and edge feature prominently in these artists' complex works

By Brenda Neugent

If the work of two area artists is any indication, Art in the Arboretum will be an event with a sophisticated aesthetic that offers something to appeal to every artistic taste.

Debb McDaniel, a Summerfield-based clay artist who creates functional items with the eye of an artist, and Kim McEntee, a Jamestown doll artist whose detailed work is at once elegant and edgy, will be two of the uber-creative artists whose work will be on display for show and sale at the event, set for Oct. 6 at the Greensboro Arboretum.

McDaniel, who served refreshingly cold water in a homemade glass, poured from a homemade pitcher with condensation collecting on the outside as if to offer evidence of how refreshingly brisk that water would be, likes to experiment with her work, and is currently crafting layered pieces in both bold and nature-inspired shades.



"I pull my inspiration from nature, things that I see and other forms," said McDaniel, who has not stopped learning technique since she began to seriously invest in her artistic career 17 years ago, long after she'd purchased her first kiln to fulfill what was a lifelong dream.

"I always wanted to do pottery," she said. After taking classes at the Greensboro Art Alliance, "I was consumed by pottery. It was my love."

Her studio – built specially to house her pieces and her large kiln when she and her husband, Jerry, constructed their dream house – is fairly tidy, and there are finished pieces on one shelving unit, drying pieces on another. All wood, the shelves are contributions from Jerry, with whom she has two sons and three grandsons.

A chartreuse sushi plate with chopsticks sits not far from the pitcher of water, still chilled with ice chips floating on the top, while sugar and creamer sets are drying on a nearby shelf.

Her studio is filled with bowls, plates, pie dishes, and other functional pieces as well as playful items that reflect the joy she gets from her work.

Her work is both functional and beautiful, and her latest technique, a layering that adds texture to her pieces, gives them a complexity that makes



Debb McDaniel creates both classic and modern pottery, working primarily from her home studio outside of Summerfield. Although she uses an electric kiln, the surprise that comes with a wood-fired kiln has also led to some dynamic works

obvious, a complexity that can only come from years of education and experience.

She generally uses an electric kiln, but occasionally uses the wood-fired kiln, which produces unpredictable surprises, especially when pieces get too close to the heat or the salt and soda that is added to the atmosphere of the kiln comes into contact with the clay, giving pieces a unique look that transforms the glaze into something unexpected, with a personality all their own.

them genuine works of art, despite their functionality.

She's taken classes across the country – Tennessee, Maryland, Georgia, Virginia – to educate herself on the latest techniques in pottery, then comes home and experiments with those that sing to her soul.

McDaniel is a self-proclaimed perfectionist: "I'm really picky about my shapes. I want it to be very pleasing, so I pay a lot of attention to detail."

She is currently working with feathers, which are placed on the clay when it is "leather hard," McDaniel said. She then uses various techniques to not only hold the feather in place securely, but also to soften the edges so the layering effect is subtle yet

In her studio, she is in her element.

"I lose track of time when I'm down here," she said.

At the same time, doll maker McEntee takes special care that each of her doll creations – all girls, even her monster chicks, charming little one-eyed darlings out for Halloween – so that each element, including coffee- or tea-stained bodies, perfectly shaped pantaloons, umbrellas, painted shoes, and stockings are flawless.

She begins by sewing and tea-staining the doll's body, stuffing it and then carefully painting their faces, each slightly different, with unique expressions that give them their personality.



Kim McEntee's doll creations are both elegant and eclectic, with an edge inspired by Tim Burton and other artists. She hand-paints the faces, then sews outfits - including pantaloons - that she crafts to perfection. Her accessories are sourced from around the world.



"They speak to me once I get their faces done," she said. From there, she is able to choose fabric for dresses, the right hair – a forest nymph named Heather has a messy mop of hair made of Tibetan lambswool and bare feet dyed dark, almost black, to reflect her adventures running through the forest – and even a crown made of repurposed screening topping the head of a Halloween creation in celebration of her favorite season.

While her studio was, apparently, too full of half-made Halloween items to open up for a viewing, almost every available space in her kitchen home had either finished dolls or dolls in various stages of completion.

The finished girls – with carefully selected names such as Mlle. Lillian Baptiste, Alice (as she reminded her creator of Alice in Wonderland), a steampunk-inspired Victorian named Antionette, another, Claudette Marchant – are in her sitting room, waiting to go to market, while bats and witches, one with such seductive, heavy-lidded eyes it was hard not to be entranced by her, wait for her to finish them.

Hats are made of wire or starched netting, depending on the effect McEntee is looking for, while shoes are delicately hand painted with smooth, seamless brush strokes.

She takes some of her inspiration from director Tim Burton, which is evident in some of the girls' features, but steampunk, perhaps cartoons, also inspire this longtime artist.

Her first doll, a simple creation in a plaid dress, was taken to work for an impromptu show-and-tell in 1996, leading to virtually all her co-workers begging to have one of her creations.

"People liked my dolls," she said, adding that she quickly immersed herself in fabric, wool, paint and dollar store makeup, as well as some items now sourced from across the globe to get the right look, such as the messy mop of hair that tops Heather's head.

She started at flea and farmer's markets, but the feedback she got – people sought her out and

began collecting her multifaceted creations – along with her sold-out events, made it clear that she was destined for art shows.

"I have a following that comes to find me," McEntee said.

The only doll on display at her home is a girl from her "Raggedy" phase, which a man found at a thrift store, still with the name tag and McEntee's name on the other side. The man called McEntee to see if she wanted the girl back, and after a meeting, this charming Raggedy is home where she belongs, seating in a tiny rocking chair on the staircase.

Each doll is scented with cinnamon or vanilla to accentuate the already purely feminine touches, including toile dresses, intricately crafted bloomers and those hats, each so detailed that if her dolls came to life, they would have settled comfortably into their time period, although the steampunk girls and lovely woodland Heather would certainly be met with surprise.

Both McDaniel and McEntee's work will be on display with 48 other artists as part of Art in the Arboretum, a Greensboro Beautiful event that also includes musical entertainment, a honey bee exhibit, children's activities, food courts, and beer and wine. Admission is free.

WANT TO GO?

WHAT: Art in the Arboretum

WHEN: Noon to 5 p.m. Sunday, Oct. 6

WHERE: Greensboro Arboretum,
401 Ashland Drive, Greensboro

Admission to the event, which includes musical entertainment, children's activities and refreshments, is free.

For more information, call Greensboro Beautiful at 336-373-2199.

Owner Ramona Hertzell displays a beautiful bra for women recovering from breast cancer.



Second to Nature

Women Helping Women

Article by Carole Perkins
Cover and Article Photography by
Angela Kerr Photography

"You walk in Second to Nature Boutique with as much dignity as you can and leave with your head held a little bit higher."

- Anonymous client

Doris Holt remembers sitting in the doctor's office in February 2012 stricken by the words that plunged her headfirst into a terrifying journey into the unknown.

"You have breast cancer," her doctor informed her. The next step was difficult, a meeting with a surgeon, oncologist and radiologist at Cone Health Cancer Center. Holt struggled to absorb the meaning of scary words like Stage 3 B Cancer, five centimeters in her left breast, 13 lymph nodes testing positive with cancer. Ultimately came tough choices like mastectomy, chemotherapy, radiation.

"I felt like I had the wind knocked out of me," Holt says. "Believe me, you go through it with that one day meeting with the doctors. Thank goodness I had my husband, children, grandchildren, sister, a long time friend and the rest of my family by my side."

Holt decided on a mastectomy followed with chemotherapy and radiation. After surgery, her doctors referred her to a local boutique specializing in helping women with breast cancer. The boutique,

Second to Nature, became a safe haven during her recovery.

"I was still hurting and had a tube for drainage where my breast was removed," Holt recalls. "I was nervous and embarrassed about anyone seeing me but when I went to Second to Nature Lisa Peregrine took me to a private room and just started talking to me. She was so compassionate and considerate. She made the situation so much easier to go through because my emotions were still so raw."

Peregrine is one of five certified fitters (CFM) among the ten employees who measure and custom fit women who have had breast cancer due to a mastectomy or lumpectomy. These fitters help women to look their best in bras, camisoles, swimwear and other garments. To further ease the overwhelming burden of dealing with a breast cancer diagnosis, Second to Nature will estimate the out-of-pocket expense, if any, and file medical insurance so the women they help have one less concern.

On an average day, eight to ten fittings take place in three private fitting rooms. Bra options run the gamut from size 32 to size 50. The age of women ranges from 18 to 99 years old. Their 99 year old client had surgery in 1955 when women had no choice but to turn to medical supply companies or drugstores for post-surgery options.

Fortunately for women since 1997, owner and founder of Second To Nature Ramona Hertzell had a dream to create a beautiful boutique where women could come shop for their needs just like they would in a department store. Hertzell and her husband bought the business from a woman who worked for an oncologist and traveled to women's houses to do fittings. Hertzell continued to do home fittings for about five years. Her services grew into a store located on Merritt Drive until she partnered with the owner of a wig store and they moved to State Street to be closer to doctor's offices.

"I had a vision for it. I thought it would such a great service for women. It was a lot of hard work in the beginning but now it works like a well-oiled machine."

This well-oiled machine is now ranked in the top 5% to 10 % for stores like hers in the same industry. Hertzell likes staying up-to-date and ahead of national trends attending trade shows and conferences two to three times a year in different cities in the U.S. as well as international countries from Germany to Costa Rica.

Phillip Sporidis, VP of Sales at Juzo, an international market leader in compression garments has worked with Hertzell for years and commends her boutique.

"Second to Nature is highly respected and the gold standard in the industry," he says.

Locally their reputation for service and wide array of selection means numerous referrals from doctors around the state. One of Second To Nature's biggest advocates is renowned local radiologist and breast cancer survivor, Dr. Margaret Bertrand.



Friendly and professional staff help custom fit clients and file medical insurance if needed.

Standing (Left to right)

Tiara Peregrine
Lisa Peregrine
Ramona Hertzell
Tina Dunlap
Justine Juchter
Shawnda McLeod

Sitting (Left to right)

Josie Dunlap
Marni Ritchie



Second to Nature
Post Surgery Fashions

Women Helping Women



Breast cancer survivor Doris Holt (left) bonds with certified fitter (CFm) Lisa Peregrine.

Bertrand says she was relatively new to Greensboro over 20 years ago when she discovered Hertzell's boutique.

"After my own breast surgery I found beautiful lingerie to lift a woman's spirit. It certainly worked for me. For that reason I refer my patients to visit Second to Nature even before their surgery so they can consider their options."

Hertzell's dedication to helping women means developing supportive relationships with owners of other local stores like Still You, Inc., who specialize in post operative breast cancer needs. Kathy Stanley, owner of Elegant Profile in Winston Salem says she is honored to call Hertzell a dedicated and giving friend.

"Ramona always puts the welfare and interests of her customers first. Her boutique is beautiful, conveniently located and the perfect place to go for mastectomy products and items to make you feel special. Ramona and her staff are an outstanding example of caring, knowledgeable support this industry needs and should be proud of."

Doris Holt's story didn't end with her recovery from surgery in 2012. Almost one year later, she received the shocking news that she had cancer in her right breast. But this time instead of feeling devastated, Holt found solace in knowing the staff at Second To Nature would be there for her every step of the way.

"There was a reason I had to go through it again," Holt says. "And if I can encourage one woman with my story then it was worth it. But I couldn't have done it without the women at Second To Nature. No way. The minute you walk in the door you feel a sense of peace. I thank God for the women there that help women like me."



Second to Nature offers a wide array of beautiful garments to make women feel special.

Second to Nature

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STNBoutique .com

Off and Running

The first day of school is always an exciting time for the entire family, as well as for school administrators, faculty, and staff. Social media explodes at this time of year with pictures of students holding chalkboards or tablets letting the world know the school year they are starting and what they want to be when they grow up. The obligatory photographs of students on the front porch in their new outfits, and the “walking away” photos as they head down the driveway to the bus stop are usually next. I feel it is more than just school starting that creates the rush of excitement for most of us. School starting is one of the clearest indicators that the seasons are beginning to change. Summer for all practical purposes is over even though we still have 90-degree days to look forward to in September on occasion. Whether we are ready or not we quickly find ourselves tumbling head over heels into Friday night football, fall festivals, pumpkin pies, trips to corn mazes, and brisk morning breezes. This is always an exciting time to be at school, and for me personally it is my favorite time of year. I often describe the feeling to that of how Dumbledore must have felt as he welcomed the students back to Hogwarts for the start of another year.



Tim Montgomery
Head of School
The Piedmont School

As I welcome our returning students back for another year, and provide encouragement for those joining us for the first time it always resonates with me what an awesome responsibility we bear as educators, but especially as educators at The Piedmont School/John Yowell Academy. Ours are an amazing population of students who are often underserved and misunderstood in other educational environments. They are underserved and misunderstood because they have what we call the Invisible Disabilities. Our students look like every other student walking the hallways of other public, private, charter, and faith-based schools in the area. They are creative, artistic, athletic, and capable of great accomplishments in so many areas, they just simply learn differently. These learning differences make it hard for our students to be successful in traditional classroom settings. Whether it is the number of students in the classroom, the pace of the expectations, or the lack of accommodations and modifications our students, though not lacking in cognitive ability, begin to feel overwhelmed and academically inferior. Unfortunately, this feeling quickly carries over to their overall self-esteem and feeling of self-worth.

At The Piedmont School/John Yowell Academy we specialize in meeting the needs of these outstanding students. The makeup of our classrooms and our strategic approach to learning allows for our students to reach, and often exceed their highest expectations. As their academic confidence grows we see their social confidence and positive self-awareness grow as well. I always say that our school is not for all students, but for students who meet our profile, there is simply not a better place to go to school. For more information about our wonderful school you can visit our website at thepiedmontschool.com or give us a call at (336) 883-0992.

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Focus on Guilford Women: Carole Perkins

Eating Humble Pie and Learning to Fly

Carole Perkins passion for writing began as a fluke that turned into a freelance career spanning thirty years.

Perkins was a senior at Guilford College majoring in Psychology and The Administration of Justice, when on a whim she signed up for a journalism class her last semester. The class was taught by Cole Campbell, a highly esteemed editor at The Greensboro News and Record. Campbell encouraged Perkins to pursue writing and her first story was published not long after graduation.

She continued to write until she decided to dedicate her time to her growing family. Almost a decade later, Perkins returned to writing because she really wanted to meet members of one of her favorite bands, *theeverybodyfields*. This story was published in Yes! Weekly and it inspired Perkins to write about another favorite band, The Avett Brothers. To her knowledge, she was the first journalist to visit the Avett farm in Concord, N.C. The story was published as a cover story and became popular among fans as the first glimpse into life at the Avett family home.

Writing about music became an avenue to meet musicians from local icons to legendary bands. Meanwhile, The Avett Brothers became famous. One day Perkins was feeling pretty proud about her Avett Brother story re-surfacing on social media but was quickly knocked off her high horse when a kind lady at the post office informed her that the back of her dress was tucked into her underwear.

Forever humbled, Perkins went on to write stories for Our State Magazine, O.Henry Magazine, Go Triad, The Greensboro News and Record, 1808 Greensboro's Magazine, and most recently Guilford Woman. In this edition of GW, Perkins was particularly inspired by the faith of Doris Holt, the breast cancer survivor in the cover story. Meeting people like Holt and making a connection with them is the reason Perkins loves to write.

In addition to writing about music and human interest stories, Perkins writes poetry, song lyrics, and obituaries. She is writing a memoir peppered with personal stories reflecting her belief that nothing happens by chance and that there is



a reason for everything. Anyone who knows Perkins will expect to read the story about the time she stepped on a snake on her front porch and discovered she could fly.

While she's not sure how stepping on a snake is part of a higher plan, Perkins knows that reconnecting with her friend for over twenty years, photographer Angela Kerr is serendipitous. She and Kerr are having a ball collaborating on stories. For the photograph in this profile story, Perkins admits she would rather be writing than being in front of a camera but Kerr has a way of making everyone she photographs feel at ease.

Forever grateful for the journalism class that changed the trajectory of her career, Perkins can't wait to write the next story and record the next chapter of her life in her book. Whether she's eating humble pie or learning to fly she hopes to see you there.

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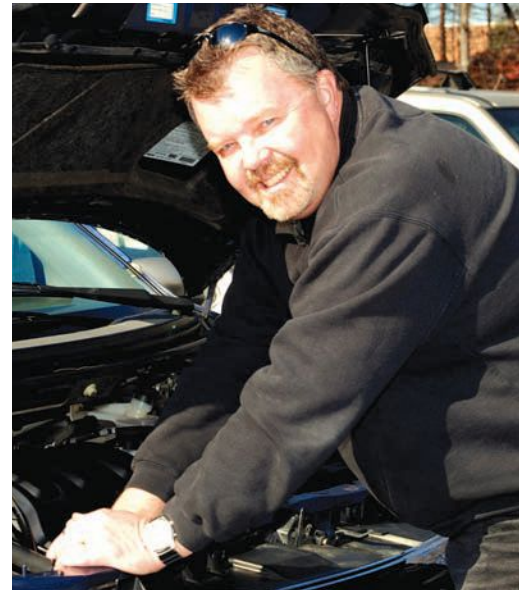
Under the Hood

I would like to discuss briefly a topic that has come up repeatedly over the past few days—good used cars and trucks that have not been maintained properly. I will say up front that this is not an endorsement or condemnation of any brand, type, or manufacturer. It is simply based on what we see in the repair business every day, and yet is not noticed by much of the buying public.

The used vehicle market is literally flooded with expensive luxury vehicles that have been through one or two owners, have accrued 100k to 120k miles on them, and are now for sale again at what often appears to be reasonable prices. But all that glitters is not gold, right? The problem is that the previous owners have often not bothered to perform much of the necessary maintenance because they were not experiencing any problems and did not think it mattered. Plus they were getting ready to get rid of it soon anyway, right? (You're starting to see my point I think) Now with multiple warning lights on and a variety of running problems, the current owner is faced with many expensive repairs to make to keep that creampuff going. Remember that jewel is literally many different computers tied together with an engine and wheels attached—way more complex than any of us want to admit most days.

It's not anyone's fault except the previous owners that didn't do what was recommended to them. It's not the fault of the repair shop that is trying to help you; it's not even the fault of the manufacturer that designed and built the car to start with. Unfortunately the buying public has created this because they wanted expensive looking vehicles without regard to their overall condition. Bottom line—let the buyer beware. Buy quality. If it looks to be too good to be true, it probably is.

But beyond that—enjoy every day and enjoy the drive! Until next time...



Jim Davis is owner of **Brinsfield Automotive** that specializes in service and repair of domestic and imported cars, vans and trucks. If you have a question for Jim about your vehicle that you would like to have answered in this column please email Jim at: BrinsfieldAuto@Yahoo.com or call 336.292.6499

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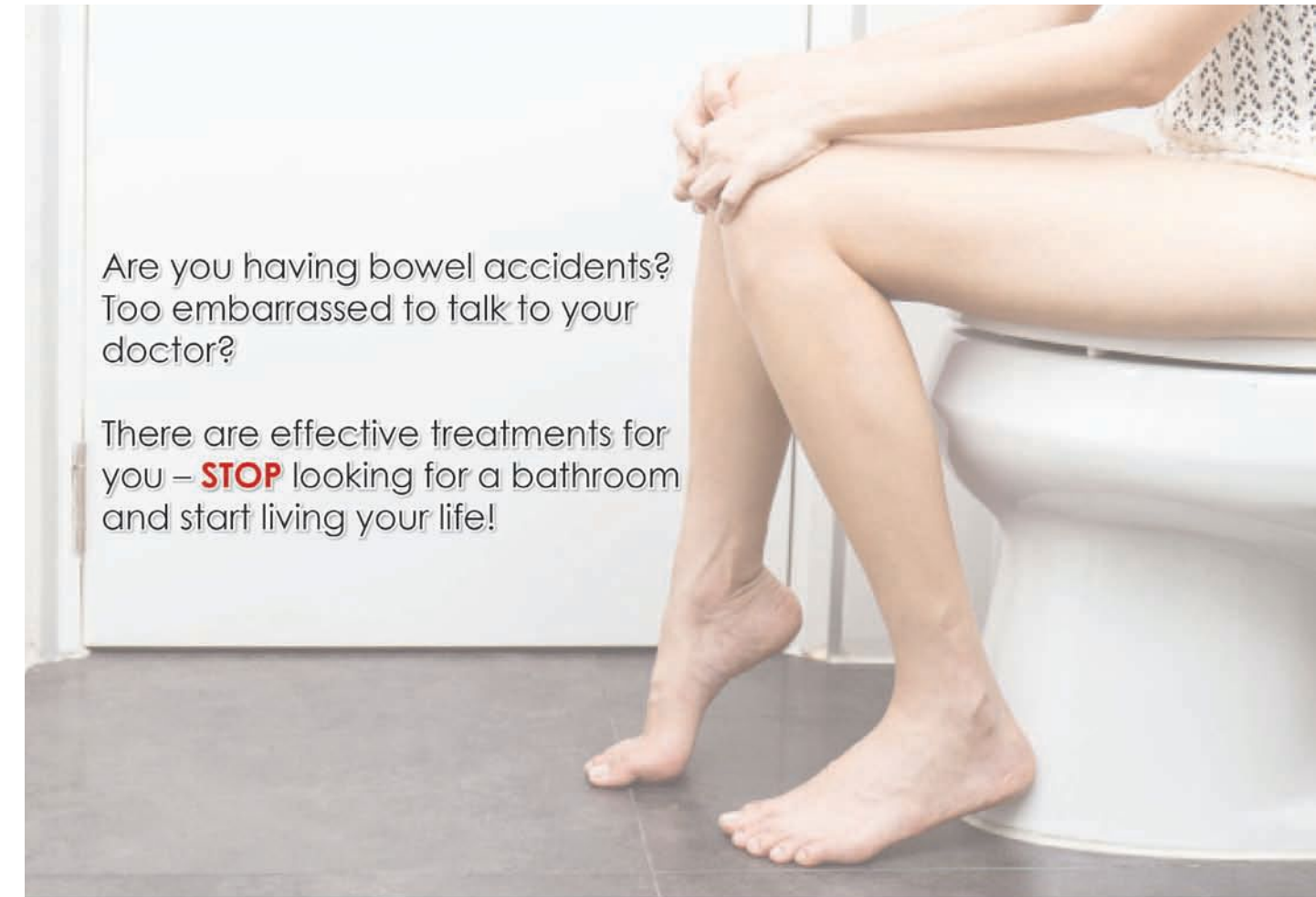
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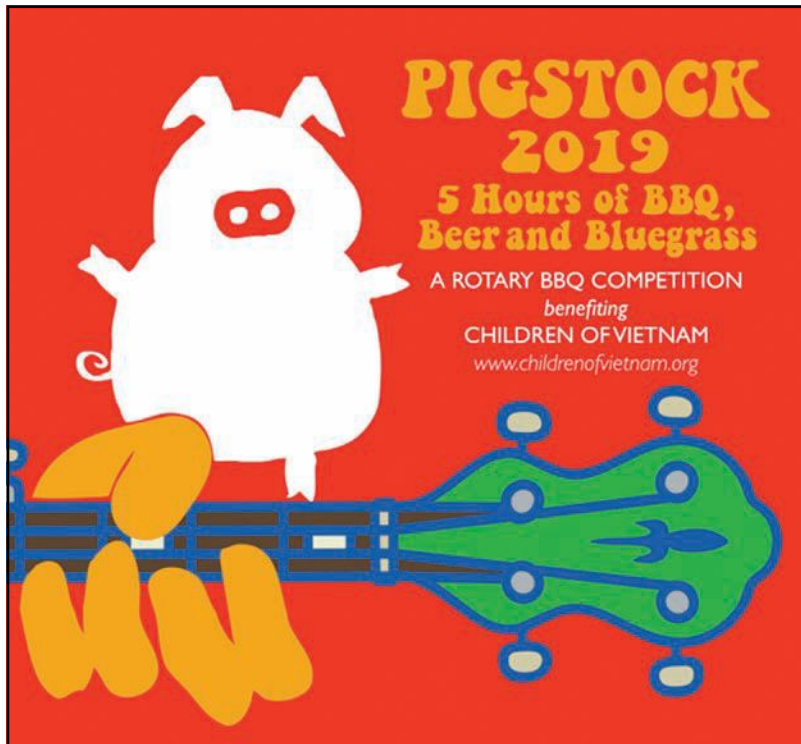
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Awesomeness Happens Here

When you walk through their door, you will understand why this is their motto. Every time I visit, I'm always amazed at how welcoming and friendly everyone is and wonder what causes it. But after talking with Lea Gillie, practice administrator, you'll quickly understand why.

"We wanted to create a warm and welcoming atmosphere that made patients feel right at home. Going to the doctor is tough enough, so we decided that we would do everything possible to provide an awesome experience for our patients and staff!"

And what she says is true. I wrote an article some time ago that after you have children, you stop thinking about your own health it seems until something goes wrong. As a wife and mom, it felt that I was always taking everyone else to the doctor and failed to take care of myself. In my early 40's, I was developing health issues that needed to be checked out and realized I needed a primary care physician that could review all my problems and help direct care. One of the greatest things about this office is how many different types of doctors work there so your referral is right across the hallway!

LeBauer HealthCare is conveniently located on Horsepen Creek Road and can be easily accessed to all residents in Greensboro thanks to the new bypass nearby! Providing head to toe whole-person health, the physicians and staff at LeBauer are able to provide the following highly specialized care right there in their office!

Primary Care

Ladies, you need your own Primary Physician. I was lucky enough to see Dr. Erica Wallace in this office about a year ago and am so grateful I finally booked an appointment for my own health needs! It's great having a doctor I can call that fits me in when I get sick or have an issue and I don't have to wait until my OBGYN can fit me in when I get a sinus infection!



Erica Wallace, DO

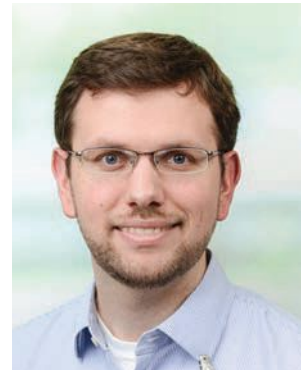
Dr. Wallace loves providing care to patients of all ages from children to seniors and enjoys helping individuals learn to make better lifestyle choices, including weight management.

When not caring for patients, Dr. Wallace spends time in family genealogy, being a

mother to two children and enjoying date nights with her husband.

Stephen Hunter, MD

Dr. Hunter pursued a career in family medicine because he loves taking care of patients of all ages from birth to adolescence to retirement. He appreciates the opportunity to care for people from all walks of life. He is committed to helping his patients pursue a joyful and healthy



lifestyle. Outside of the office, he enjoys spending time with his wife, 4 young children, and 2 dogs. He and his family are avid fans of UNC football and basketball



Caleb Parker, MD

Dr. Parker's passion for science and problem solving drew him to pursue a career in medicine and he has loved getting to know each of his patients and helping them to feel better and lead healthier lives. Dr. Parker believes staying active is one of the keys to living a healthy

life, and that making sure to express all questions and concerns during visits is crucial to successful communication with your healthcare provider.

Allison Wolfe, MD

Dr. Wolfe loves being able to take care of an entire family from the early years to the later years and walk through the stages of life with them. She has a heart for people and believes in taking time, listening, and truly establishing a relationship with people. Dr. Wolfe is an advocate of lifestyle changes over medication in the appropriate setting and giving the patient a voice and leadership in their healthcare.



Samantha Worley, PA

Samantha's special areas of interest include chronic disease prevention, weight management, and women's health. Samantha believes a key to staying healthy is striving for balance in our diets, work-life responsibilities, mental health, and sleep, as well as having a support system in place for when life throws a curve ball. In her free time, Samantha enjoys running, reading, being outdoors, and spending time with friends and family.

In her free time, Samantha enjoys running, reading, being outdoors, and spending time with friends and family.

Behavioral Medicine

I think sometimes we forget that our mental well-being is just as important as our physical one. LeBauer HealthCare offers an experienced staff of psychologists and clinical social workers available to help patients age 3 and older. Treatment is focused on the area of concern through evaluation, therapy, education, and support.

Lisa Flores, MSW, LCSW, ACSW

Lisa loves helping others and being a part of their personal growth thanks to her background as a licensed social worker and Master of Social Work degree. In her free time, Lisa loves the outdoors, spending time with family and friends, and volunteering, including intentionally doing random acts of kindness.



Sports Medicine/Physical Therapy

Not too long ago I started having major problems with my knees. So much so that I thought I was going to have to stop playing tennis and sell our two-story home because it hurt so much to climb stairs! However, thanks to Dr. Michael Rigby, I'm able to keep playing tennis and running up and down my stairs daily thanks to his approach to sports medicine and injury recovery. While many doctors want to treat problems with surgery, Dr. Rigby and his team first review non-surgical options and treat everything from carpal tunnel to extreme injuries from biking, running and other athletic fields. But perhaps you aren't an athlete and need physical therapy? They can cover that as well, even if you have a different physician at a different location.



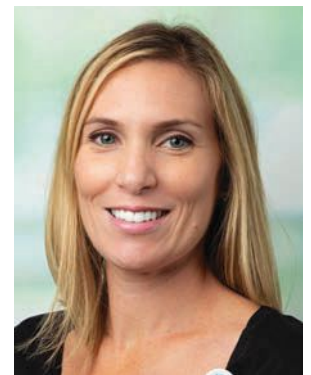
Michael Rigby, DO

Dr. Rigby graduated from West Virginia School of Osteopathic Medicine and completed his residency and fellowship with Cone Health. He is a board-certified in Family Medicine and has a unique interest in caring for all levels of athletes, especially those involved in

Olympic sports such as cycling, running, swimming, triathlon, and other endurance sports thanks to his additional qualifications and experience in Sports Medicine. Dr. Rigby is an elite runner and cyclist and enjoys spending time with his children.

Lauren Carroll, DPT

Dr. Carroll, a licensed physical therapist, earned her doctorate in physical therapy from Russell Sage College in Troy, New York and Bachelor of Science in wellness management from Oswego State University in Oswego, New York. She enjoys helping people keep moving so they can continue doing the activities they love and uncovering the best activities for their body or injury. Dr. Carroll specializes in foot and ankle pain and has the ability to fabricate and fit orthotics. In her free time, she enjoys spending time outdoors, exercising, and traveling





YMCA of Greensboro Kicks Off Annual Race Series

Series runs October 12th through December 14th

Lace up your running shoes! The YMCA of Greensboro kicks off their annual race series, serving Guilford and Rockingham counties, this month. The races are family-friendly, open to both members and non-members, and designed to encourage healthy movement for people of all fitness levels. Participants may walk or run and can sign-up for a single race or the entire series.

Proceeds from the race series will support youth programs and the Annual Giving Campaign, the YMCA's annual scholarship program that assists families who may otherwise be financially unable to participate in Y programs. For more information, please visit ymcagreensboro.org.

Race for the Future 5K

(Hayes-Taylor Memorial YMCA)

Date: Saturday, October 12, 2019

Time: 8:00 am: Registration and packet pick-up

9:00 am: Race begins

Location: Barber Park, 1500 Dans Road, Greensboro

Registration Fee: \$20

Contact: Elena Nazario, 336.272.2131, elena.nazario@ymcagreensboro.org

Eden Halloween Half and Freaky Four Miler

(Eden Family YMCA)

Date: Saturday, October 26, 2019

Time: 6:30am - 7:30am - Packet Pick Up and Registration

8:00am - Half Marathon Start

8:00am - Freaky 4 Mile Start

Trunk or Treat will follow

Location: Eden Family YMCA,

301 S. Kennedy Avenue, Eden

Registration Fee: Half Marathon: \$45; 4-Miler: \$30

Prices increase after October 19, 2019

at 11:59pm EDT. Register by October 12th to guarantee a race t-shirt!

Contact: 336.623.8496

42nd Annual Turkey Trot 5K Race

(Reidsville YMCA)

Date: Saturday, November 9, 2019

Time: 8:30 am 1-Mile Fun Run/Walk

9:15 am 5-K Race

Location: Reidsville YMCA, 504 S. Main Street, Reidsville

Registration Fee: \$25.00 Pre-Registration 1 Mile Fun Run; \$30.00 Pre-Registration 5K

\$5.00 Late Fee added to registrations after November 2, 2019

Contact: Meredith Knowlton Dennis, 336.637.1351

Reindeer Romp 5k

(Mary Perry Ragsdale Family YMCA)

Date: Saturday, December 14, 2019

Time: 1 mile Fun Run/Walk - 8 am; 5k Run/Walk - 9 am

Location: Ragsdale Family YMCA, 900 Bonner Drive, Jamestown

Registration Fee: 1 Mile Fun Run/Walk - \$20

5k Run/Walk \$30 (Pre-Registration) or \$35 (after Dec 11th)

Contact: 336.882.9622



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Benefiting from the Aight Program

What do you do when you are 36 years old, have two small children, and have just found out you have breast cancer? You get connected to the Aight Program here in Greensboro thanks to the founder, Mary Gorrell Jones, Cone Health, and a team of individuals who rally around you to help support you through a tough time.

Whitney Oliver, mother to 2 small children and only 36 years old, found herself in a surprising predicament this spring after noticing a lump in her breast. Thanks to a self-exam in the shower, Whitney decided to see her OB-GYN first, and then Solis Mammography to review it. She was hoping for something small that just needed to be removed and didn't expect it to be breast cancer.

With no family history of breast cancer, Whitney was more shocked than anyone when she learned of her diagnosis. A team of doctors removed Whitney's mass back in March. Afterwards, doctors realized the situation was a bit more serious, resulting in more surgeries to remove additional tissue and affected lymph nodes.

After three surgeries in one month's time, Whitney started chemotherapy in April. Thanks to the Aight Program, she was paired up with breast cancer survivor, Karen DeCicco Hawkins, her Aight Guide, who really helped her navigate post-surgery.

"Karen was a huge help, offering tips to survive

chemo as well as encouraging me along the way. She sent me gifts and cards and was always really supportive since she had been through it previously. The Aight Program helped in so many ways and I'm grateful they cared enough to provide so many resources!"

This amazing program originated as the Aight Foundation in 2003, when Founder Mary Gorrell Jones wanted other women to have access to the resources they need after surgery. Her desire was that women with breast cancer would be geared with information to make the best choice for themselves, as well as the support to focus on getting better without the fear that surrounds cancer itself. In 2017 the Aight Foundation was integrated into Cone Health and renamed the Aight Program and also helps women suffering from gynecological cancers as well.

The Aight Foundation offers

- Peer-to-Peer Mentoring
- Financial services
- Educational resources
- Support materials
- Patient Retreats

Individuals may contact the Aight Program at 336.832.0093 for more information.

Aight Program at Cone Health Cancer Center
c/o Office of Institutional Advancement
1200 N. Elm Street,
Greensboro, NC 27401

Cone Health Earns Leader in LGBTQ Health Care Equality Designation

The award is recognition of continued work to connect with and care for the people we serve.

For the sixth year, all six Cone Health hospitals earn the “Leader in LGBTQ Healthcare Equality” designation from the Human Rights Campaign Foundation (HRC). HRC is the educational arm of America's largest civil rights organization for lesbian, gay, bisexual, transgender and queer people. The Cone Health hospitals are Alamance Regional Medical Center, Annie Penn Hospital, Cone Health Behavioral Health Hospital, Moses Cone Hospital, Wesley Long Hospital and Women's Hospital.

The designation of LGBTQ Healthcare Equality Leader means Cone Health earned the top score of 100 in the 2019 health care equity index survey. “Cone Health has built a tradition of providing exceptional care to the communities we serve,” says Laura Vail, Cone Health’s director of Health Equity. “It is important to us to connect health care and well-being for those we are privileged to serve.”

HRC leader status is based on four core criteria:

- Non-discrimination policies in place and communicated to staff
- LGBTQ patient services and support
- Employee benefits and policies
- LGBTQ patient and community engagement

Cone Health supports several employee network groups. One is the Cone Health LGBT Dive-In Network Group. These employees help shape and review the above criteria and work with the LGBTQ community on health projects throughout the year.



Promotions and Recognitions at Cone Health

Nick Cranston



Nick Cranston has been promoted to director of the Moses Cone Surgery Center and the Wesley Long Surgery Center. Cranston is responsible for the business and clinical operations of the two centers. Cranston joined Cone Health in 2011 and most recently was the assistant director of operative services at The Moses H. Cone Memorial Hospital.

Cranston has a bachelor's degree in nursing from the University of North Carolina at Greensboro. He is currently pursuing a master's in health care administration from Pfeiffer University.

Debra A. Miller, EdD, APR, Fellow PRSA



Debra A. Miller, EdD, APR, Fellow PRSA, joins Cone Health as communications director. Miller will shape Cone Health's communications to internal and external audiences including employees, the public and key stakeholder groups.

Miller comes to Cone Health from Global Communication Strategists, LLC, Oak Creek, Wisconsin, where she was chief strategist. Miller is an award-winning leader in strategic communications and public relations management. She has worked with Aurora Health Care (Wisconsin's largest health care system), Quarles and Brady LLP, an AmLaw 200 law firm, and numerous other clients including federal and municipal agencies and public and private universities.

Miller holds a doctorate in adult education and human resources development from Florida International University, a master's degree in public relations and journalism from The Ohio State

University, and an undergraduate degree from Hampton University.

Miller is a Fellow in the Public Relations Society of America and a former national president of the organization. She has served on several civic and hospital boards and belongs to Delta Sigma Theta Sorority, Inc.

Tammy Myrick



Tammy Myrick has been named director of marketing, People & Culture. In this newly created position, she will provide strategic leadership, direction and planning for marketing and communications efforts related to employee and employee culture efforts.

Myrick previously worked as marketing manager for Cone Health's physician network and telehealth.

She has a bachelor's degree from the Bryan School of Business at the University of North Carolina at Greensboro, with a concentration in human resources. Myrick is currently pursuing a master's degree in business administration through East Carolina University.

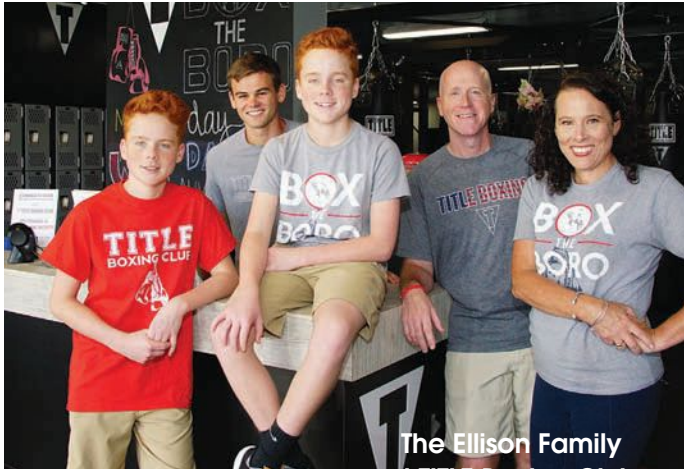
Susan Terrell



Susan Terrell has been named executive director for Talent Management. In this role, she will partner with leaders to effectively address current and future talent needs and will develop plans to meet our retention strategies. She was promoted from assistant director, Employee Partnership.

Terrell holds a bachelor's degree from Baldwin Wallace College and a master's degree in human resources from Western Carolina University.

TITLE Boxing Club's Laura Ellison

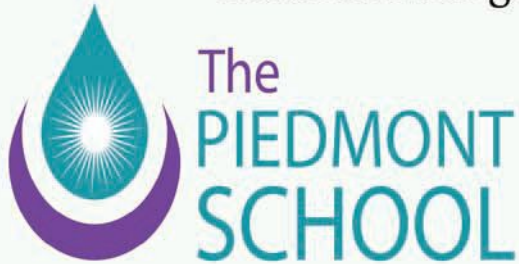


Boxing isn't just a man's game, at least not at TITLE Boxing Club of Greensboro. Female club owner Laura Ellison is fighting back to change the stereotypes of the generally male-dominated sport. Step into the clean and upscale environment of TITLE Box-

ing Club is Westridge Square on any given day and you are likely to find Ellison and a predominantly female membership working (and sweating) to change that misconception

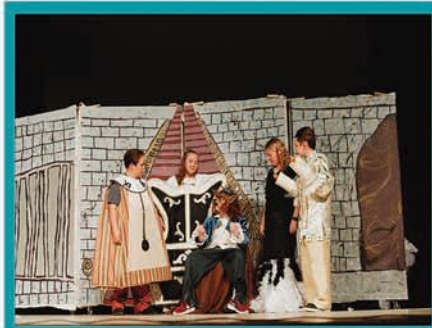
Ellison knew that she would need to overcome stereotypes as a female gym owner, but also people's expectations of a boxing club. During the club planning stages she read a quote from female boxer Rhonda Rousey about the perception of her being fearless which resonated with Ellison. Rousey countered the interviewer, "No, that is not true. I am scared all the time. You have to have fear in order to have courage. I'm a courageous person because I am a scared person." Ellison says that as a business owner there is always fear, but she balances that uncertainty knowing that folks stepping in the front door at TITLE door for the first time feel no different than she does. She strives daily to turn that fear into courage.

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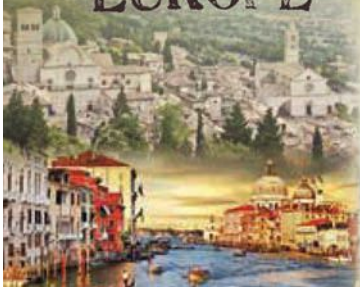
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OCTOBER 12-13

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LIVE TOUR

Produced by Feld Entertainment

OCT 26 SATURDAY
7:30PM

Savage

YO SOFTI
BLAC YOUNGSTA
STUNNA 4 VEGAS
AND 7 COMPRISE SPECIAL GUEST

DISNEY ON ICE
Road Trip ADVENTURES



DECEMBER 4-8

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GREENSBORO
JANUARY 20-26, 2020

Alissa Liu
2019 U.S. National Champion

INDIVIDUAL EVENT TICKETS
ON SALE SEPT. 20!

U.S. FIGURE SKATING
CHAMPIONSHIPS 2020

Black Label Society

Sat. October 12
Greensboro, NC

BAD BUNNY

ESTEREO
NOVEMBER 2
GREENSBORO COMPLEX

OCT 26 SATURDAY
8:00PM

CHOE 2019

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Trans-Siberian Orchestra

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CHRISTMAS EVE AND OTHER STORIES

THE ROCK HOLIDAY TRADITION FOR A NEW GENERATION

BRANTLEY GILBERT
FIRE'N UP
TOUR 20

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Dylan Scott
and BRANDON LAY

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OCTOBER 17



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ALL AMERICAN ROAD SHOW

WITH BROTHERS OSBORNE & KENDELL MARVEL

SATURDAY, OCTOBER 19
GREENSBORO COLISEUM

OCT 25 FRIDAY
7:30PM

STEP INTO THE LIGHT

THE 2019 AGGIE HOMEcoming STEP SHOW

SWV

Plus A Surprise SPECIAL GUEST

OCTOBER 25TH

NEW YEAR'S EVE WITH
THE AVETT BROTHERS



DEC. 31 • 2019
GREENSBORO COLISEUM

M.A.N.A.

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CASTING CROWNS

WITH ELEVATION WORSHIP

USA TOUR

MIRANDA LAMBERT

very special guest
MAREN MORRIS

ROADSIDE BARS & PINK BUTLERS TOUR

PISTOL ANNIES
AND ASHLEY MCGRYDE

NOV. 24

LOGIC WITH BYRON CORDAE
CONFESSIONS TO DAMNED MIND TOUR

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CHAMPIONSHIPS 2020

GREENSBORO, NC

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See America's top skaters compete for the title of U.S. champion in ladies, men's, pairs and ice dance.

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Alysa Liu

2019 U.S. National Champion

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**Greensboro
Coliseum
Complex**

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EVENT SCHEDULE

TUESDAY, JANUARY 21

- SESSION 1 Junior Pairs Short Program
- SESSION 2 Junior Men Short Program
- SESSION 3 Junior Rhythm Dance

WEDNESDAY, JANUARY 22

- SESSION 4 Junior Ladies Short Program
- SESSION 5 Junior Men Free Skate
- SESSION 6 Junior Pairs Free Skate
- SESSION 7 Junior Free Dance

THURSDAY, JANUARY 23

- SESSION 8 Junior Ladies Free Skate
- SESSION 9 Senior Pairs Short Program
- SESSION 10 Senior Ladies Short Program

FRIDAY, JANUARY 24

- SESSION 11 Senior Rhythm Dance
- SESSION 12 **OPENING CEREMONIES &**
Senior Ladies Free Skate

SATURDAY, JANUARY 25

- SESSION 13 Senior Men Short Program
- SESSION 14 Senior Pairs Free Skate
- SESSION 15 Senior Free Dance

SUNDAY, JANUARY 26

- SESSION 16 Senior Men Free Skate
- SESSION 17 **SKATING SPECTACULAR**

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MAKE PLANS FOR FANFEST 2020

FanFest is 20,000 feet of **FREE** interactive games, live music, contests, entertainment and even a mini-sheet of ice for exhibitions and medalist ceremonies!

FanFest is currently planned for January 22 through January 25.



TOYOTA

**U.S. FIGURE
SKATING
CHAMPIONSHIPS 2020**

GREENSBORO, NC

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Nathan Chen

2019 U.S. National Champion

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