

# Mount Airian THE ROTARIAN

July 2016

## Thanks for the Memories



*Ann Vaughn and Matt Edwards*

Ann Vaughn presented Matt Edwards with a collection of articles and newsletters from his year as Rotary President for 2015-2016. Matt did a great job and Rotarians enjoyed his enthusiasm and leadership. Thank you Matt!

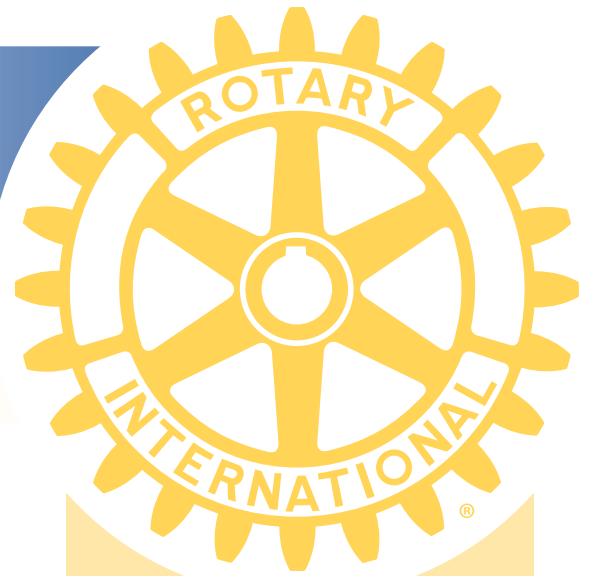
## Reading Fun Until The Cows Come Home



The Summer Book Mobile hit the road Thursday, July 28 from 9:00 a.m.–11:30 a.m. with teachers, volunteers and the Chick-fil-a cow. A snack was provided along with some reading time for children in the Flat Rock community.

The program helps to keep children's reading progress growing instead of declining during the summer months so that once school is back in session children will still be reading at the level they had achieved at the end of their previous school year.

*More photos, the volunteer schedule and contact information on page 2.*



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**2016-2017**

**THEME:**

**ROTARY SERVING  
HUMANITY**



# Rotary Recap

## Flat Rock Book Mobile



The next volunteer opportunities to assist with the Flat Rock Book Mobile will be:

**Tuesday, August 2, 9:00 a.m.-11:30 a.m.**  
and

**Thursday, August 4, 9:00-11:30 a.m.**

Please call Flat Rock @ 336-755-9210 to let them know you are coming. Please arrive at the school at 8:50 a.m.

Thank you so much for what you are doing for these children.

Let's Fill the Cart!  
**RUSH Food Drive**  
**Monday, August 8,**  
**8 am–2 pm**  
**Hampton Inn**  
**Parking Lot**



# Rotary Recap

Personal Profile:

Dr. Loida Slate

## A Jewel for our community

Dr. Loida Slate was four years old when she moved to Kansas City (and the USA). Loida attended the University of Missouri in Columbia for her undergraduate degree, it was in Political Science-International Relations, and Spanish. She then attended the University of North Carolina at Chapel Hill for her Master's and Doctorate which was in Romance Languages and Literature. Loida forgot to say one of the only really interesting things in her career was that she interviewed twice with the CIA in their Latin American division! (But she chose to get married instead because her fiance did not want to move to D.C.)

Loida was born in Botswana, Swaziland because her parents were missionaries at the time in Mozambique. Both of her parents are from Portugal and she also has a lot of family in Brazil - in Rio de Janeiro.

Loida's daughter just turned nine years old, she is a sweet, kind and loving little girl who loves to play outside and loves to swim. Loida's daughter says she wants to be a vet when she grows up so that she can help all the animals.

Loida recently married Les Slate, and together they have enjoyed the love of music and the Surry County region.



*Dr. Loida Slate has enjoyed making her home in Mount Airy.*

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## Rotary Board Members 2016-2017 Thank you for your service



*Pictured left to right, Candace Sammons, Aaron Routh, Lenise Lynch, Lee Lawson, Matt Edwards, Greg Perkins, Barbara Haynes, Cathy Stevens, Barbi Manchester, and Jim Lewis*

- Lenise Lynch**  
*President*
- Jim Lewis**  
*President Elect*
- Cathy Stevens**  
*Secretary*
- Lee Lawson**  
*Treasurer*
- Matt Edwards**  
*Past President*
- Aaron Routh**  
*Sargeant-At-Arms*
- .....
- BOARD MEMBERS**
- Marion Goldwasser**
- Barbara Haynes**
- Mary Kilby**
- Jim Lewis**
- Barbi Manchester**
- Candace Sammons**



# Rotary Recap

## New Options with Northern Hospital



*Candace Sammons talks with Kelly Pack, the Membership Coordinator for Northern Complete Care.*

Northern has introduced a new option for care called Northern Complete Care with Dr. David Majure. A few of the things the practice will offer are things like shorter wait times, longer doctor one-on-one visits, faster turn around time on testing results, and head to toe prescreenings.

For a membership fee, much like a gym membership, you can belong to the complete care practice.

Dr. Majure's mission is "to provide the very best healthcare available in a caring and empathetic manner."

Complete Care will give patients the time and attention they prefer over the offices that have long wait times and short office visits due to the on going push to create revenue for hospitals over the quality of patient care.



*Dr. David Majure*

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## Lindsey Feldpausch Eclectic School of Herbal Medicine

Lindsey moved to Mount Airy from Michigan and is the program director and lead instructor for the Eclectic School of Herbal Medicine in Lowgap, N.C.

Herbal medicine utilized plants for our health. It has gained popularity to work along with modern medicine. Herbal medicine can help the illnesses that have fallen through the cracks. Modern medicine focuses on symptom relief and herbal medicine helps to control problems in a different way.

Students have traveled from all over the United States to attend the school. There is also a free clinic that is offered at the school. There are also weekend clinics offered to groups that are educational and informative.

The school is located on Ramey Orchard Road in Lowgap.

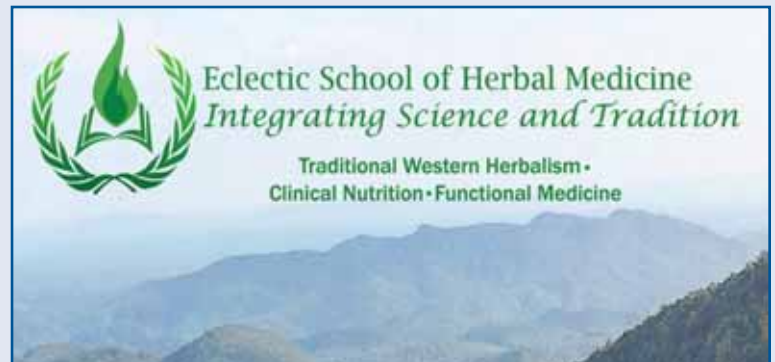
Contact information

Website: [www.EclecticSchoolofHerbalMedicine.com](http://www.EclecticSchoolofHerbalMedicine.com)

or Telephone: 734-262-2190



*Lindsey Feldpausch, Program Director and lead instructor*



# Rotary Recap

Personal Profile: Brady Adcock

## Story of his hiking the Appalachian Trail by himself at age 22



By Ann Vaughn

If we thought we had a glimpse of Brady by his first profile, well, we had to think again. We needed a second dose to get a real picture of this young man. And, it sounds like his hiking of the Appalachian Trail by himself at the early age of 22 made a major impact upon his life.

He describes himself as a millennial (maybe not your typical millennial), who loved to run through the woods, loved to pray, and loved to learn. He grew up in Pfafftown, North Carolina as the only son of two very nurturing parents. His mother works in endocrine medicine and his father is a clinical psychotherapist. Coupled on top of this, his great, great grandfather was a minister.

Brady was diagnosed with a learning disability in his elementary years and, luckily for him, his parents sought the best treatment possible to work with his disability and he was fortunate to get an individual education plan throughout his high school years. He states that computers changed his life and he went from being a C student to an A student almost overnight. He could not get enough of learning and ended up getting a double major in college in business management and religion and philosophy.

Following graduation from Mars Hill College, he started work in southwestern Virginia in Damascus, Virginia and initiated a community economic development project called "Hiking Days" that raised over \$200,000 for that community. He sought out King University in Bristol, TN and took night classes while working during the day. It

was during this time that he decided to take on the life changing project of hiking the Appalachian Trail.

This trail stretches from north Georgia to Maine and is 2,180 miles long. Brady said that he wished to test his stamina by experiencing this hike that would place him in a situation where he was totally responsible for his survival. He carried everything he needed on his back and was independent of any resources. He experienced "wet, tired, and hungry" along the way. It took him 116 days averaging about 25 miles each day, but he felt that he was prepared for the hike due to his experiences logged in thousands of miles hiking in high adventure camps in his teenage years. He had also gone through the Scouting ranks to achieve his Eagle award.

He did admit that if he had to rethink how to do this again...he would not have been a vegetarian and would have eaten some meat along the way...; in addition, he would have loved to have taken twice as long to savor the experience. He did say there was somewhat of a bit of irony as he ascended Mount Washington in Maine for the final leg of his journey. He was so excited to finally reach the top...but had to wait ten minutes to get his picture taken because he had to wait for someone who had taken a bus to view the mountain that day!

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## Dr. Kim Morrison

### Newly Appointed Superintendent of Mt. Airy City Schools

Dr. Kim Morrison, who lives in the community, is excited and honored to be the new Superintendent of the Mount Airy City Schools. Dr. Morrison, took time to talk about what is right with the school system and education today.

A few points she made: 92% of Mt. Airy students graduated last year, which puts Mt. Airy in the top 10 of all districts in the state. Our students are growing and we have very few dropouts. Mt. Airy Schools also has a gifted education program which begins in Kindergarten and a Spanish immersion program as well.

Dr. Morrison stated, "It takes a community to make great schools and support the programs."

Rotary wishes the new Superintendent the best of luck in the upcoming year.



*Dr. Kim Morrison talks about what is right with Mt. Airy City Schools.*

# MEMBERSHIP ROSTER

ROTARIAN	SPOUSE	ROTARIAN	SPOUSE	ROTARIAN	SPOUSE
Brady Adcock		Eric Hodges		Loida Pereira Slate	Les
Faith Ashby	Ted	Bill Holcomb		Greg Perkins	Julie
Ted Ashby	Faith	Sandra Hurley	Will	Jim Petelle	Ann
Paul Belk	Cecelia	Joan Inman	Bill	John Philips	Tina
Sue Brownfield		David Jessup		Christina Plitt	Randy
Carol Burke		Alison Johnson		Zane Poindexter	Lori
Blake Cheek		Amy Johnson		Gene Rees	Peggy
Nelson Clark	Lisa	Dick Johnson		Travis Reeves	Leslie
John Collins	Bobbie	Laney Johnson		Burke Robertson	Carolyn
Gary Cook	MaryAnn	Sheila Jones	Clark	Aaron Routh	Lee Ann
Ben Cooke	Lone	Mary Kilby	Bud	Candace Sammons	Macon
Jerry Cox		Ken Klamfoth	Ann	Macon Sammons	Candace
Beckie Derrick	James	Ashly Lancaster	Justin	Colt Simmons	
Nancy Dixon	David	Van Lankford	Ann	P.J. Snow	Joy
Dale Draughn		Curtis Largen	Lauren	Cathy Stevens	Mark
Cathy Eckenrod	Skip	Lee Lawson	Kevin	Sherry Speight	George
Brenda Edwards	Allen	Jan Legere	Laurie	Ann Vaughn	Tom
Matthew Edwards	Glenda	Jim Lewis	Teresa	Casey Vedder	
Regina Edwards		Peter Lydens	Linda Wright	Dale Watson	Celena
Tom Fawcett	Mary	Lenise Lynch		Anne Webb	Tom
Fred Folger		Barbi Manchester		Travis Wilmoth	Jera
Laurie Forbes		Kirby McCrary	Tammy	Betty Wright	
Marion Goldwasser	Michael	Robert Meinecke	Judy	Amanda Yarboro	Doug
Jim Grimes		Ray Milian		Doug Yarboro	Amanda
Ken Gulaian	Kari	Bob Moody	Kathy	Steve Yokeley	Ann
Barbara Haynes		Britta Needham	Jeff		
Derek Higgs	Mary	Gray Parker	Sandra		
Jan Frye Hill		T.J. Payne	Sharon		

Key: Past President Board of Directors Paul Harris Fellow

## OFFICERS 2016-2017

**Lenise Lynch**  
*President*

**Jim Lewis**  
*President Elect*

**Cathy Stevens**  
*Secretary*

**Lee Lawson**  
*Treasurer*

**Matt Edwards**  
*Past President*

**Aaron Routh**  
*Sargeant-At-Arms*

### BOARD MEMBERS

**Marion Goldwasser**

**Barbara Haynes**

**Mary Kilby**

**Jim Lewis**

**Barbi Manchester**

**Candace Sammons**

Honorary Members .....	2
Active Members.....	78
Total Membership.....	80
Paul Harris Fellow.....	59

## WEEKLY MEETINGS

Tuesday, 12:10 pm  
Cross Creek Country Club  
1129 Greenhill Road  
Mount Airy, NC

## MAKEUP MEETINGS

Monday.....	Stuart, VA .....	Rotary Park .....	6:30 pm
Tuesday.....	Winston-Salem .....	Benton Conv. Ctr.....	12:30 pm
Tuesday.....	Yadkinville.....	Yadkin Cultural Arts Ctr.	7:30 am
Wednesday.....	Yadkin-Valley.....	Fairfield Inn .....	7:45 am
Wednesday.....	Surry Sunrise.....	Holiday Inn .....	7:30 am
Wednesday.....	Galax, VA .....	Prime Sirloin.....	Noon
Thursday.....	Hillsville, VA .....	Shoney's Restaurant.....	Noon
Thursday.....	King .....	PB Clarks.....	7:00 am
Friday.....	Reynolda .....	Winston-Salem Col.....	12:30 pm