The BATTERING RAM

Winston-Salem State University National Alumni Association

Spring 2024

"Linked together in unity. Serving together with purpose."

This newsletter is an official publication of WSSU National Alumni Association S. G. Atkins House Winston-Salem, NC 27110 TheBatteringRam@wssunaa.org

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WSSU Alumna Sponsoring Inaugural Black Mental Health Summit in Winston-Salem

Issue 82

A Winston-Salem State University alumna is the mastermind behind a new program in Forsyth County that seeks to break the stigma of mental health services in the Black community.

Alexia Mitchell, a licensed clinical therapist-associate and owner and founder of Reset and Heal, a mental health consulting company, is hosting the inaugural Black Mental Health Summit (BMHS) on May 17 from 9 a.m. to 2 p.m. at



the Enterprise Center at 1922 S. Martin Luther King Jr. Drive. The event will feature a keynote address, mental health experts and two panel discussions. Among the panelists are two WSSU employees, Dr. Keisha Grayson Rogers and Tim Pittman.

Mitchell said this is the first event of its kind in Forsyth County.

"My purpose for creating the BMHS was because I recognized the urgent need to address mental health issues within the Black community – a demographic often disproportionately affected by mental health challenges yet facing significant barriers to accessing care.," Mitchell said.

"My education at WSSU prepared me for my career by providing me a strong sense of community and belonging," Mitchell said. "WSSU provided me with a sense of resilience and determination, allowing me to carry those values into my career and later into entrepreneurship."

One of her greatest honors was being inducted into the WSSU 40 under 40 class in 2023. "Words cannot express how much that recognition meant to me. To be recognized by my alumni and peers meant that I have carried the university's mission of 'Enter to Learn and Depart to Serve' very well," she said.

The event is sold out, but to learn more, visit resetandhealnc. com.

(Original article from www.wssu.edu)

UPCOMING EVENTS



Join Winston-Salem State University at the Charlotte Motor Speedway on Friday, May 24, 2024, for Racing Ram Night! For additional questions: Email Thesha Woodley at woodleyt@wssu.edu

Ticket Only - \$30 Ticket+ Round Trip Transportation from Campus - \$50

"RAMS Developing in the Vineyard" Rams In the Vineyard Seven Springs Farm and Vineyard Saturday, June 29, 2024 Tickets can be purchased at: https:// www.eventbrite.com/e/the-3rd-annualrams-in-the-vineyard-june-29th-2024tickets-869290570497

Hall of Distinction Nomination Forms are due July 1st. Please send form to hallofdistinction@wssunaa.org

Stay in the know! Visit www.wssunaa.org



FROM THE WSSUNAA Executive Council

It was Our Pleasure to Serve You!

What an Amazing four years we've had serving as your Executive Council. We have demonstrated and operated on the core values of L.O.V.E.

Leadership/Develop Leadership Operational Excellence Value Added Membership Engagement of all Alumni

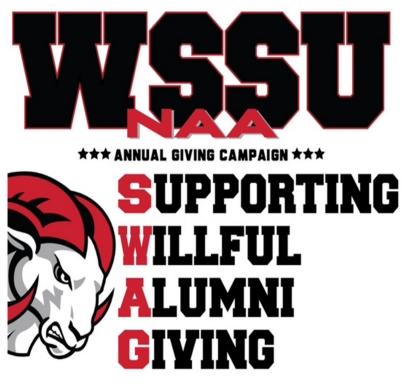
We thank you for your service and support during our administration and with helping in the progressive impact that the NAA has made. Some notable achievements over the last four years include:

- Increased Life Memberships
- Reached fully funding status of over \$600k for the NAA Endowed Scholarship fund
- Increased the number of NAA student scholarships awarded annually from 20 to 25
- Supported various university departments/funds (Athletics, Choir, Red Sea of Sound, Almost Home Gap Scholarship fund, 1892 Crew, and other university auxiliaries) with donations for scholarships
- Introduced the "Alumni Institute" to develop servant leaders with alumni training
- Co-hosted with the Chancellor's office for alumni town halls

We have moved the NAA from "Surviving to Thriving" and have been intentional with fostering relationships with the University and other affiliated affinity groups. Our sincere thanks to our NAA Members, alumni, and friends that have allowed us to have this awesome leadership experience to serve the WSSUNAA.

Ram Love, WSSUNAA Executive Council





Annual Giving Campaign, support us today!

Text 24SWAG to 71777 (Message & data rates may apply)

Visit us at https://fundraise. givesmart.com/vf/24SWAG





Chapter News Gold-Wayne Alumni Chapter



DR.J JEROME Newton

Celebrate

On Wednesday, December 13,2023 Patsy Faison and Sandra Cox, Gold-Wayne WSSU Alumni Chapter, Goldsboro, NC, and Barbara Pollard, Southern Region I Coordinator, had the grand opportunity to attend the Swearing In Ceremony for Dr. J Jerome Newton, Mayor Elect for the Town of Mount Olive, NC. Dr. Newton is native of Mount Olive, NC. This Event was held at the University of Mount Olive, Mount Olive, NC. District Court Judge Erika James officiated Dr. Newton's swearing in.

This Celebration was most Historic as Dr. Newton is the first African American to be elected Mayor for the Town of Mount Olive since its incorporation in 1870.

Dr. Newton is also a 1978 Graduate of Winston-Salem State University. After graduation from Winston-Salem State University, he was commissioned a Second Lieutenant in the United States Marine Corps, being only the third graduate to receive such a commission at Winston-Salem State University.

Chapter News Cabarrus/Stanley Counties-The Racing Rams

The Racing Rams of Cabarrus/Stanly County remain committed to serving the community by being visible and active, eagerly recruiting students for WSSU, and providing mentorship to young people.

This past quarter, the chapter provided food baskets for Concord's Logan community residents during the annual Dr. Martin Luther King, Jr. Day celebration; participated in the Concord-Cabarrus Dream Day

Parade & HBCU Gallery; supported the National Alumni Association's Spring Meeting by sponsoring lunch for attendees; provided healthy snacks for WSSU's Mental Health Day for the second consecutive year; and met with administrators and counselors at our two adopted high schools to discuss upcoming recruitment, volunteering and mentoring opportunities.

We are excited that Mrs. Wilma Means, our beloved President, was nominated for the Simon Green Atkins Achievement Award.

Be on the lookout for two upcoming fundraisers the chapter will host in April and May 2024. We'd love your support!!

If you have any classmates, family or friends in our area, please encourage them to follow us on Facebook and/or e-mail us at wssucabrams@gmail.com to learn more about how they can join us in our efforts to "Depart to Serve " in Cabarrus and/or Stanly counties. Meetings are held the 3rd Sunday of each month at 3pm via Zoom. Annual dues are \$50 for Ramily, family and friends.

Chapter Officers: Wilma King Means, President; Joe Briscoe, Vice President; Tammy Broadaway, Treasurer; Rolanda Patrick, Recording Secretary; Eddie Boger, Parliamentarian



Mental Health Day



Mrs. Means

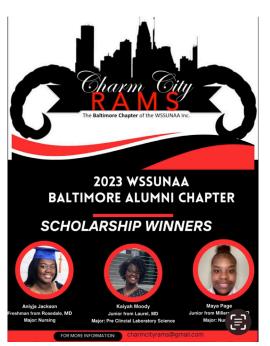
Join the Racing Rams today! Dues are \$50.00 for Ramily & Friends!





Chapter News Charm City Chapter

The Battering Ram



The CHARM CITY ALUMNI CHAPTER was happy to present the following 3 Students with \$2,500. Scholarships for the 2023-2024 Academic School Year.

In November 2023, the Baltimore Chapter acknowledged the passing of one its long time members, Mr. Charles Carrouthers. Chapter President Walter Gaddy in speaking about Mr. Carrouthers stated that Charles was a faithful supporter of our Alumni Chapter for numerous years and its many scholarship fundraising efforts that enabled students from the Baltimore area attend W.S.S.U.

During Homecoming 2023, longtime Chapter Member and current chapter Vice-President, Mr. Prince Jernigan was inducted into the

WSSUNAA Hall of Distinction. Prince is also a former recipient of the University's Distinguished Alumni Award.





The Baltimore Chapter is proud to announce and present its 2024 Candidate for Miss Alumni, Mrs. Deidra A. Phyall.



On Wednesday during CIAA 2024, the WSSUNAA Baltimore (Charm City) Alumni Chapter hosted a Hospitality night in conjunction with the WSSU Office of Alumni Engagement. A great time was had by all that attended.



The Battering Ram

Charm City Chapter, Continued





event raised scholarship funds for students attending W.S.S.U. from the Baltimore metro area.

The Charm City Chapter Announces its Annual Doris Bud Greene Scholarship Fundraising Card Party.

See any local Chapter Member for tickets.

Also during the 2024 CIAA Basketball Tournament, the Baltimore Alumni Chapter hosted its Annual CIAA Celebration Dinner Scholarship Fundraiser at Phillips Seafood Restaurant on Saturday evening after the CIAA Championship Game in Baltimore's Inner Harbor. The



Congratulations in Order



Congratulations to Susan R. Shelton who retired after 31+ years managing homeless and hunger programs in Oakland, CA. She is a veteran planner and program designer of local, state, and federal prevention, outreach, shelter, temporary and permanent housing programs. She is a proud member of the Class of 1981 with an undergraduate degree in Public Administration and Planning. She received her Master of Urban Planning graduate degree from the University of Michigan with an emphasis in International Development. She has served as a facilitator for 27 years around the United States and 16 International locations. Her passion is in elevating the circumstances of the disenfranchised as a result of race.

WSSU NAA Annual Giving Campaign

Congratulations to the WSSU NAA Annual Giving Raffle Campaign Winners



1st Place (CIAA PKG)

I want to thank the WSSU NAA for their hard work and dedication to the cause of our beloved University. I am grateful and honored to have had the opportunity to support them in this fundraising endeavor to raise scholarship money to support new and continuing students at WSSU. ~~ Aimee McCaskill '83

2nd Place (\$400 Visa Card)

I am so excited to be a winner in the latest WSSU NAA fundraiser raffle. I purchased raffle tickets to support the alumni association but honestly didn't expect to win. I love my WSSU national alumni association and the hard work they do to engage alumni members. I graduated in 1974 and will be celebrating 50 years this Homecoming. Thanks for the early celebratory gift. ~~ Donna Johnson, Nursing Class of '74





3rd Place (\$300 Amazon Gift card)

I know every time I support the NAA the money will be used to support students. I am glad theraffle was reposted. With only two days left in the raffle I decided to try my luck hoping to win a trip to the CIAA tournament. Even though I didn't win the top prize I am grateful for the \$300.00 Amazon gift card. ~~ Jerry Robinson, Class of '79

4th Place (2 Gala Tickets)

Thank You WSSU NAA!! I never win anything, was my thought as I clicked on the link to purchase the raffle tickets. But I participated anyway to support the WSSU NAA. I can't believe I won!! Thank you, WSSU NAA for the tickets to The Inaugural Simon Green Atkins Gala! And a special thank you to the WSSU NAA President Regina Cason, the Fundraising Committee, and all who work so tirelessly to support our illustrious Winston-Salem State University! ~~ Denise Norwood Weekes, Freshman Class of 83/Graduating Class of '87



WSSUNAA Annual Leadership Training

"RAMS Developing in the Vineyard" Rams In the Vineyard | Seven Springs Farm and Vineyard | June 29, 2024

Tickets can be purchased at: https://www.eventbrite.com/e/the-3rd-annual-rams-in-the-vineyard-june-29th-2024-tickets-869290570497

This year's training will be held in connection with the University event planned at Seven Springs Farm and Vineyard in Norlina, NC. We look forward to seeing you at our "RAMS Developing in the Vineyard" alumni training.

Hampton Inn Hotel Block – Please enter specific dates of stay to pull up WSSU Room Block

Please see the room block for the weekend. Edit the dates for two days to show the discount, Group Code: RAM

https://www.hilton.com/en/attend-my-event/ hdsnchx-riv-f8f31e5d-46ff-4b98-84fa-79f04e6868f6/



Hall of Distinction Nomination Forms

ALUMNI CRITERIA AND PROCEDURES FOR NOMINATION

- 1. Nominee must be a graduate of Winston-Salem State University.
- 2. Nominee must be a member of the National Alumni Association.

3. Nominee must have exhibited exemplary character and integrity through his/her student and professional life and be held in high regard by his/her peers and co-workers.

MERITORIOUS SERVICE

1. Candidates must have made significant contributions to the development of the National Alumni Association, the university and the community.

2. Nominees must have received recognition by at least one of the following: National Alumni Association, alumni region, alumni chapter, university and/or the community.

Hall of Distinction Nomination Forms are due July 1st. Please send form to hallofdistinction@wssunaa.org

2024 Mr. & Miss Alumni Candidates



Tonya Denise McDaniel, 2012 Graduate, B.A. Degree in Political Science

"Entering the Winston-Salem State University (WSSU) National Alumni Association's Miss & Mr. Alumni Contest holds profound significance for me, as it aligns with my passion for education and communityimpact. As a proud alumnus with an undergraduate degree in Political Science and Public Administration, I see this contest as a unique opportuni ty to contribute to the scholarship efforts of the WSSU National Alumni Association. By participating, I aim to serve as a dedicated ambassador for WSSU, advocating for the transformative power of education and the institution's commitment to fostering both academic excellence and community engagement. As a contestant, I aspire to leverage this platform to raise awareness and vital funds, ensuring that deserving students have the financial support necessary to pursue their educational dreams at WSSU.

Having experienced the challenges of being a non-traditional adult student, relying on scholarships and grants for my academic pursuits, I understand the pivotal role these opportunities play. interdependence that defines our existence, my vision is to empower WSSU students to achieve academicexcellence. Central to this vision is the focus on building scholarships for WSSU. My efforts will not only support promising youth but also usher them into our great university, enabling them to embrace the motto, "Enter to Learn and Depart to Serve. "Together, we can forge a path for the next generation, ensuring that they too contribute to the collective journey of knowledge and service.

Activities while at WSSU

- 2009-2010 WSSU Register Organized Council (ROC) Senator
- 2009-2010 WSSU Non-Traditional Adult Student Organization (NASO) Queen
- 2009-2010 WSSU Non-Traditional Adult Student Organization (NASO) Parliamentarian
- 2010-2011 WSSU Non-Traditional Adult Student Organization (NASO) Vice President
- 2011-2012 WSSU Non-Traditional Adult Student Organization (NASO) President

Awards / Achievements:

- WSSU Non-Traditional Adult Student Organization Award 2011-2012
- WSSU Chapter The National Society of Leadership and Success (Presidential Level)
- Alpha Sigma Lambda National Honor Society
- Pi Sigma Alpha National Political Science Honor Society...Dean's List
- Master of Public Administration, North Carolina Central University 2016

Current Employer

- United Health Centers, Public Affairs and Relations Officer (11 years)
- Forsyth County Commissioner, Forsyth County 2018- Present
- North Carolina Notary Public (March 2014-present)
- North Carolina Certified Paralegal-CP04076 (2007-present)

Community Involvement

- Forsyth Technical Community College Board of Trustees
- Winston-Salem State University National Alumni Association
- The Winston-Salem Chapter of WSSUNAA
- Zeta Phi Beta Sorority, Inc., NC. Social Action Coordinator & Rho Zeta Chapter
- The National Panhellenic Council of Winston Salem/Forsyth County, -Social Action Chair
- Former The Winston-Salem Chapter Special Events Committee

Volunteer Service or Organizations:

- Order of Eastern Star, PHA Meridian Chapter #308, Past Marshall
- Sethos Court #105, Past Marshall
- NAACP Winston-Salem Chapter, Past 2nd Vice Chair
- Zeta Phi Beta Sorority, Inc., NC State Social Action Coordinator, Rho Zeta Chapter, Social Action Chair
- Winston-Salem State Alumni Association, Inc., Past Special Events Chair
- National Woman of Achievement, Kernersville Chapter, Past Social Action Chair
- Top Ladies of Distinction, Inc. Winston-Salem Chapter, Past Social Action Chair
- National Association of University Women, Winston-Salem Chapter, Past Social Action Chair

Deidra Artis Phyall, 2005 Graduate, Bachelor of Science, Management Information Systems

I'm excited to participate in the Miss WSSU Alumni Contest because I deeply value the role of education in transforming lives and communities. My primary aim as a candidate is to act as a passionate representative for WSSU, leveraging this opportunity to generate funds and highlight the critical role scholarships play. Through my involvement in this contest, I'm committed to enhancing fundraising initiatives to support future WSSU students in obtaining a quality education. I aim to inspire others to recognize the value of giving back to our alma mater and to foster a tradition of philanthropy among alumni across generations.

Alumni should support my candidacy for Miss Alumni because my journey embodies the essence of our alma mater's motto, "Enter to Learn, Depart to Serve." My roots



in a small town in NC and my educational path through predominantly white institutions only amplified my appreciation for the unique, empowering environment that WSSU provided. From my first steps on campus in the summer of 2001, participating in Accelerated Summer Program (ASP), to the proud day I received my degree in 2005, the experience was life changing. During my WSSU journey, I gained a deep sense of belonging, connection, and community. These experiences not only shaped my personal and academic growth but also sparked a passion for making a difference and giving back, especially in the form of scholarships. I stand firm in the belief that education holds power, not just in the knowledge it imparts but in the opportunities it unlocks. Scholarships are not merely financial aids; they are gate ways that open countless doors for students. By supporting my efforts, alumni are not just contributing to my campaign; you are investing in the future of our university and its students.

As a WSSU Alumni ambassador, my focus is on uniting past, present, and future Rams to make a real difference through student scholarships. My first step involves raising awareness and highlighting the importance of scholarships and their impact on students' futures. Following this effort, I would love to cultivate a culture of giving and encouraging alumni across generations to see the value in giving back, not for recognition but for impact and to genuinely support and nurture our future WSSU leaders. My role as an ambassador is about more than fundraising; it's about creating a community that supports and uplifts every student at WSSU.

WSSUNAA Chapter Involvement and Awards:

Active member of Eastern Region/Baltimore Charm City Alumni Chapter; Life Member of WSSUNAA; Scholarship Chair and Corresponding Secretary of the Baltimore Alumni Chapter; 2021 Hall of Distinction Recipient; WSSU Forty Under 40 Award Recipient; YAC Chair for the 2019 and 2021 Forty Under 40 Program raising over \$100,000.

Activities while at WSSU:

Who's Who Among Colleges and Universities; Beta Gamma Sigma Honor Society; WSSU Inspirational Voices; Phi Beta Lambda Honor Society; Associations for the International Technology Professional; Beta Alpha Phi Honor Society

Additional Education: Master of Science, Cyber & Information Security, Capitol Technology University

Certifications: CompTIA Security +| Certified in Cybersecurity | Active ISC2 Member | AccessData Certified Examiner (ACE) Tableau Desktop Qualified Associate | NSA & DHS Certificates: NSTISSI 4011, CNSSI 4012, CNSSI 4013A, CNSSI 4014A, NSTISSI 4015, CNSSI 4016A

Current/Former Employer

Department of Treasury | Senior IT Security Specialist | 17 years

Professional Associations: Alpha Kappa Alpha Sorority, Incorporated; Top Ladies of Distinction (TLOD); Beta Gamma Sigma Alumni Chapter; Women in Cybersecurity (WiCyS); Black Girls in Cyber (BGiC); League of United Latin American Citizens (LULAC); NextGen Network at IRS; Association for the Improvement of Minorities (AIM-IRS)

Community Involvement: Alpha Kappa Alpha Sorority, Incorporated; Top Ladies of Distinction (TLOD); WSSUNAA Baltimore Alumni Chapter; Women in Cybersecurity (WiCyS); Black Girls in Cyber (BGiC); Collegiate Directions CDI Connect; Union Church; Federal Employee Education and Assistance Fund (FEEA); Young Government Leaders; Girl Scouts of America

Ahmad R. Johnson, 2000 Graduate, Bachelor of Arts Degree in Psychology with a concentration in Political Science

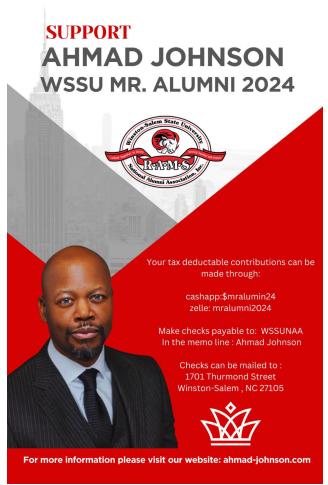
Greetings, Rams! I am Ahmad R. Johnson, a proud graduate of Winston-Salem State University, class of 2000. It is with great honor and enthusiasm that I announce my candidacy for the esteemed title of Mr. Alumni 2024.

A requirement for all candidates is to fundraise. My primary goal is to provide scholarships to undergraduate students who qualify based on academic criteria and financial assistance needs. We all know that a better education makes better citizens, and better citizens make a better country in which to live. The need is great, and it is real...scholarships help deserving students that want and deserve a better life.

Alumni should support me in this endeavor to continue to build on the rich legacy that we have and believe in. I believe in the power of unity and collaboration. As Mr. Alumni, I aspire to strengthen the bond among our alumni community, fostering a sense of togetherness that transcends generations. One of my key priorities is to actively support the next generation of Rams. Through mentorship programs, scholarship initiatives, and networking opportunities, I aim to contribute to the ongoing success and growth of our beloved university.

Activities while at WSSU:

Psychology Club, Phi Beta Sigma Fraternity Delta Alpha Chapter, The Inspirational Voices Gospel Choir and the 25th Mr. Ram 1999- 2000



Additional Education: Masters of Adult Education and Development from Strayer University

Current/Former Employer:

My current position is at the Parenting PATH as the Director of Supervised Visitation, Respite, and Positive Effective Parenting. I served as an educator for the Winston-Salem Forsyth County School System for 14 years, and the local government for over 6 years at the Department of Social Services as a Sr. Social Worker.

Professional Associations:

My professional associations consist of a member of the National Black Repritory company, The Winston-Salem State Alumni Chapter, Phi Beta Sigma, the Twin City Sigmas, and the City of Winston-Salem University. My

Community involvement:

My community involvement consists of Co-Director of NC Plus America Pageant, founder of CurvyShe (Body Positive Motivator), Co-Director of Mr.and Miss Brafie Pageant, Hip-Hop Cycle Fitness Instructor at the YMCA.

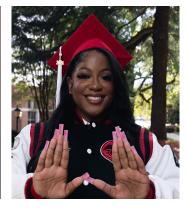
Welcome New Alumni, Class of 2024!





"Enter to Learn, Depart to Serve"





























ASSOCIATION LOCKBOX

Reminder...

Please mail only checks to the Association's lockbox for membership dues and payments. All correspondence should be either emailed to officemanager@wssunaa.org or mailed directly to the NAA office.

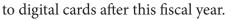
Note: Please do not mail extra documents to the lockbox as the bank charges per each scanned item.

Dues and all other monies should be mailed to:

WSSU National Alumni Association Post Office Box 890670 Charlotte, NC 28289-0670

Membership Cards

Existing NAA Members, If you would like to order a replacement membership card, please complete your contact information to order your membership card for \$10 + fee. Visit: https:// fundraise.givesmart.com/ vf/22NAAJOIN ** Due to rising printing costs, we're looking to go to digital cards after this force



KEEP CALM WE ARE GOING DIGITAL

HOW TO CONTACT US



Please submit articles, suggestions, or comments to:

wssunaa@aol.com

Website www.wssunaa.org

E-Mail

alumni@wssunaa.org

http://twitter.com/WSSUAthletics

DUE DATES FOR THE BATTERING RAM

- <u>Issue</u> Spring Spring Summer Fall
- Due Date December 1 March 1 June 1 September 1

This newsletter is an official publication of: WSSU National Alumni Association S. G. Atkins House Winston-Salem, NC 27110 336/750-2122

C. Regina Cason, President Catherine Pettie Hart, Editor Natasha Young, Graphic Designer



Dear Ram Alumni,

Thank you for supporting the activities of the National Alumni Association through your membership.

Regular membership renewal date is July 1. Alumni taking advantage of the installment plan for Life Membership must

make four (4) consecutive payments to maintain eligibility without starting over.

Thank you for demonstrating RAM PRIDE through your affiliation with the National Alumni Association. Please make sure that we have your current mailing and email address so we can keep you updated with Association news.

Please renew your membership today: Membership/Pay Dues Online

WSSU National Alumni Association Winston-Salem State University S. G. Atkins House Winston-Salem, NC 27110



"Linked together in unity. Serving together with purpose."