

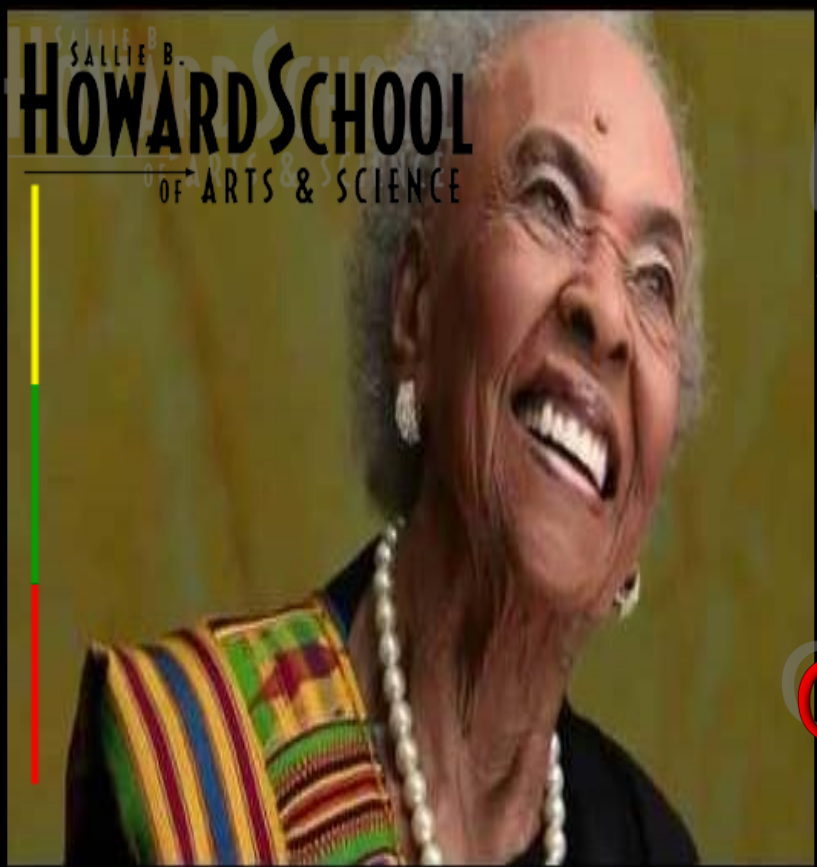
SALLIE B.  
**HOWARD SCHOOL**  
OF ARTS & SCIENCE



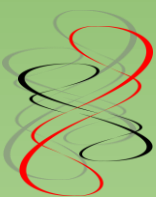
# Volunteer SERVICES

Highlights

February  
2024

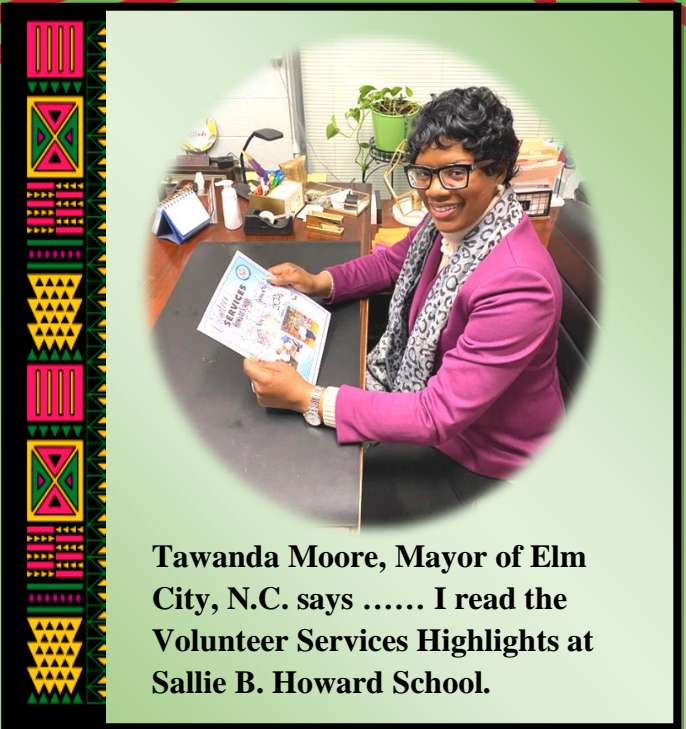


**BLACK  
HISTORY  
MONTH**



**“Never be limited by other people’s limited imaginations.”**

*-Dr. Mae Jemison, first African America female astronaut*



**Tawanda Moore, Mayor of Elm City, N.C. says ..... I read the Volunteer Services Highlights at Sallie B. Howard School.**



# HAPPY BIRTHDAY


Mya Bowden----2/2

Michael Douglas----2/4

Saanvi Gupta-----2/12

Dr. Amanda Jones-----2/2

Cynthia Smith----2/11



## March/April School Dates and Reminders

March 14-15 – Dance Festival

April 11-12 – Theatre Show

April 14 – “Me Siento Muy Excited” Festival – 1pm-7pm, Whirligig Park

April 20 – High School Prom – 7pm to 10pm@ Elm City Train Depot

**April 21-27 – National Volunteer Week**

April 23 – School Bus Driver Appreciation Day

April 25 – Administration Professionals Day

April 25 - 26, 2024 – Art Gala



# Volunteer Spotlight



*Rev. Dr. Amanda Jones, Th.D.,  
and husband Rev. Dossie Jones, Jr.*

**Why did you join the volunteer pool at SBHS?** I joined the pool of volunteers at SBHS first, I love the school and what it represents in our community. Also, how they embrace our children to help make them better. Last, I have a daughter which is the second generation that goes to this school.

**What are your hobbies?** My hobbies are reading, singing, writing, walking, praying, spending time helping in the community, and I love spending time with my family.

**Family:** I am married to Dossie Lee Jones Jr, I have 4 children and 28 grands and great-grand children.

**What is your current occupation?** My current occupation is I'm a Pastor.

**Where else have you volunteered?** I have volunteered at the Red Cross, at the Women Shelter as an advocate for rape victims, Smart Start Board, Hattie Daniel Day Care, Deputy Chief with the International Police Fire Chaplain Association, the Fostering at DSS.

**How do you define success?** I define success as reaching a level of achievements whether it's personal or spiritual.

Dr. Jones continues to be a motivator. Her efforts embody the spirit of commitment and dedication. Thank you for your time, efforts, and resilience to the Volunteer Services programs at SBH.



# WELCOME

WE'RE SO GLAD YOU'RE HERE



Sofia Vega Quiros joined the volunteer pool at SBH in January of this year. She is a student at the Wilson Early College Academy (WECA) and is assigned to assist Ms. Santamaria in her Arts and Crafts class. Welcome!



Michael Owens joined the volunteer pool at SBH in this month. He is employed at Chick-Fil-A. He expressed a desire to volunteer when and where needed. Welcome!





# A Moment in Wilson's Black History



The late *Gloria Burks* was called "*Wilson's First Lady of Song*". Her career of both music and teaching span most of her 80 + years. She was a generous public-school teacher who spent decades going out of her way to make sure each child felt special and loved. Gloria was well-known as a musician and vocalist, opening for greats such as the late great Ray Charles and the legendary Roberta Fack.



Guest Soloist – Democratic Women Convention	Guest Soloist-- N.C. Association of Classroom Teachers
Named “Wilson Woman Icon” – Eastern Carolina Lifestyle Magazine	Guest Soloist – Wilson / Barton College Symphony
Recipient of “Who’s Who” in North Carolina by the Goldleaf Publishing Company	Phenomenal Woman Award – Bennett College Alumni Association
Guest Soloist - Former President of the United States Jimmy Carter’s visit to Wilson	Wilsonian of the Year – Wilson Daily Times
Guest Soloist – The Inauguration of Governor Jim Hunt	Guest Soloist – Wilson’s Bicentennial on the Courthouse Steps
Music housed in the archives of the Folklore Institute in Durham, N.C.	Featured in the 218-page book “African American Music Trails of Eastern North Carolina”





A special thank you to all the volunteers who came out to assist with the “*Golden Oldies*” concert this month. Your presence and cooperation was much appreciated. Thank you, educators, for your attention and assistance with our valued volunteers. **KUDOS** to Mrs. Torres and her team on a job well done!



*Our*  
**THOUGHTS AND PRAYERS**

are with our team volunteers during these troubled times. Please know that we are here for you.

“What draws people to be friends is that they see the same truth, and they share it.”  
— C.S. Lewis



**Mark Your Calendar**

**March 13, 2024, 10:00am  
Volunteer Training Session**



All volunteer names were put into the pot for a drawing to receive free tickets to the SBH “Golden Oldies” music concert on February 22, 2024 (6pm show). The five winners were:

- |                      |                        |
|----------------------|------------------------|
| <b>Henry Cox</b>     | <b>Joshua Egodo</b>    |
| <b>Sharen Pender</b> | <b>Beverly Whitley</b> |
|                      | <b>Ruby Artis</b>      |

**CONGRATULATIONS**

# SBHS Volunteer of the Year

2023-24

The Volunteer Services “**Volunteer of the Year**” award encourages and recognizes volunteers for their commitment to ongoing volunteer services programs. Volunteers are honored and recognized for their service journey, as well as having the motivation and commitment to the Volunteer Services’ mission and vision. An array of activities will take place during National Volunteer Week, which is April 21-27, 2024. The second winner of the SBH Volunteer of the Year Award will be announced during that time.

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## Volunteer of the Year Award Criteria:

- \*Provide significant enthusiasm, organizational assistance, and specific expertise
- \*Showing initiative and leadership in his or her efforts
- \*Having a positive attitude
- \*Exemplifying his or her dependability
- \*Having a significant depth of involvement
- \*Number of volunteer hours





# Health Benefits of VOLUNTEERING



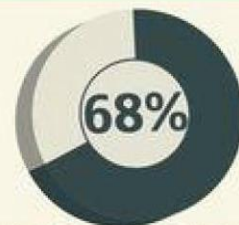
Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)\*

95% of individuals feel good after volunteering\*

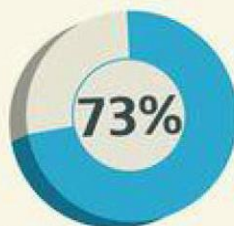
Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer\*



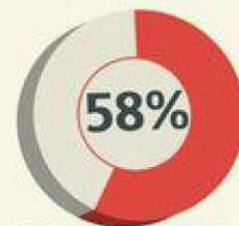
said volunteering makes them feel happier\*\*



said volunteering makes them feel healthier\*\*



said volunteering makes them feel less stress\*\*



said volunteering helps them sleep better\*\*

\*Based on Dr. Allan Luks' research

\*\*Based on Dr. Stephen Post's research in a survey about helping (an average of 100 hours/year)