

TEACHING

Adjunct, University of NC School of the Arts, Present-2018

Courses taught: Composition and Improvisation (4 semesters), sub for Contemporary Technique; 2022 Summer Program faculty; 2022 Professional Studies Program faculty; 2006 Winter Dance choreographer

Visiting Assistant Professor, Hollins University, Spring 2022

Courses taught: Composition I and Movement Studio III

Service: Open Showings responder; Visiting Artist Series informal dialogues; assist and choreograph Spring Dance Concert

Teacher-Scholar Postgraduate Fellow, Wake Forest University, 2021-2018

Courses taught: All levels Modern/Contemporary Technique, Improvisation, Composition, Dance and Ecology, 20th Century Modern Dance History, History of Dance, Movement For All

Service: mentor Spring Dance choreographers; committee for Presidential Scholars; Office of Sustainability's Magnolias Curriculum Project; organized screenings of *Bronx Gothic* with Office of Diversity and Inclusion; IMPROVment Method training; guest lecture Art History class; Center of Advancement of Teaching Online Learning Community Training

Teaching Artist, Shen Wei Dance Arts, Present-16

company classes; Winter/Summer Intensives; NYC public school's art-in-education program

Guest Artist, Present-2006

2022 **Gibney Dance Center** (SWDA open company class); 2021 **Elon University** (Restorative Yoga Workshop); 2015 **University of Maine Intermedia MFA Program** (lecture and performance); 2012 Danza de La **Universidad de las Américas** (new work and technique); 2012 **City Dance Center**, Bethesda, Maryland (staged work and technique); 2008 **Roger Williams University** (staged work and technique); 2007 **State University of New York**, Fredonia (staged work and improvisation)

Yoga and Wellness, Present-2003

Present-03 *Love Your Rest*, one-on-one clients; 2008-03 Personal training, Hatha and Restorative Yoga classes, Equinox Fitness Clubs, NYC; 2008-06 *Dynamic Alignment Through Imagery*, Everyday Athlete, Brooklyn

PERFORMANCE

Shen Wei Dance Arts, 2018-05 works performed: *Neither; Map; Rite of Spring; Near the Terrace; Folding; Untitled No. 12-2; Black White and Gray; Connect Transfer; Collective Measures; Undivided/Divided; Limited States; Illuminate*

SWDA Performances in: USA (New York City, Durham, Charleston, Chicago, Miami, San Francisco, Trenton, Fairfield, Dallas, Houston, Becket, North Adams, Washington, DC), China (Beijing, Nanjing, Shanghai, Zhuhai), Hong Kong, Russia (Moscow), Italy (Trento, Brescia, Modena, Milan, Ravenna), Switzerland (Geneva), Austria (Bregenz), France (Cannes), Luxembourg, Germany (Ludwigshafen, Ludwigsburg), Israel (Tel Aviv), Brazil (São Paulo, Curitiba, Rio de Janeiro), Colombia (Bogotá), Peru (Lima)

Select performance (Projects)

2022 **Joanna Kotze**, *BIG BEATS!* presented by the American Dance Festival; 2022 **Paul Bright**, *bassa moda.2*, a live de/collage fashion event with Winston-Salem Fashion Week; 2019 **Kristin Clotfelter**/Studio C Projects, trio *TWO*, NC Dance Festival; 2019 **Kira Blazek Ziari**, quartet *Keep it Together*, NC Dance Festival; 2019 **Ray Eliot Schwartz**, trio *Anthropocene*, ADF Faculty Concert; 2019 **Emanuel Gat** Summer Intensive Performance, Rome; 2019-18 intergenerational projects by **Christina Soriano**, *Songs of Skye* and *Orpheé*; 2016 Opera Omaha, danced Ino in Haydn's *Semele*, choreographed by **Gustavo Ramirez Sansano**; 2013 San Francisco Symphony, danced Ingrid in *Peer Gynt*, directed by James Darrah, conducted by Michael Tilson Thomas; 2010 **Lauri Stallings** *gloATL*, guest artist for *Hinterland*; 2010 **Rodger Belman**, duet *Fate Revisited*; 2008 **Miguel Gutierrez and the Powerful People**, *freedom of information 2008* (24-hour performance/protest/ritual); 2006 **Abby Chan**/Chan-Can-Dance Theatre, *Lost and Found*, Joyce SoHo; 2004-03 **Satoshi Haga**/*binbin factory*, works performed: *Untitled*; *Morning Dew Duo*; *iro-iro*, NYC Jeanette Stoner's Soho Loft, Mulberry St. Theater, Joyce SoHo; 2000 **Boi Sakti**, *Space Urbanization*, ADF

Select performance (Film/Projection)

2022 *Dirty Laundry*, **Stewart/Owen Dance**; 2019 *The Owl of Minerva arrives only at Dusk*, **Zap McConnell**; 2017 *Dharma at Big Sur*, **Adam Larsen** video installation with music by John Adams; 2017 *Pantsuit Power*, **Celia Rowlson Hall**; 2014 dance double for Keri Russell, **The Americans**, **FX TV series**; 2013 **Lance Gries**, *FIFTY Project*, video collage/installation, LaMaMa Galleria; 2008-05 **Kathleen Hahn** Dance Club, danced in the following films: *Open Your Hearts, Not Your Stomachs*; *SPORT: Sweat Sponge*; *Poolside Dolls*; 2008 **Atlanta Symphony Orchestra**, dancer for projection design in *Górecki/Brahms Concert*; 2006 **Alberta Ballet**, dancer for projection design in *Carmina Burana*, Calgary; 2002 Director **Eric Johnson**, actor/dancer in the film *Songs of Robert*, NC

Danielle Russo Performance Project, 2012-11 works performed: *a world where alarm clocks ring in the morning*; *That one should open like and eyelid*. Performances in: Puebla, Mexico (Performática), Brooklyn (Wave Rising Series), Durham (American Dance Festival MFA Thesis Performance)

VIA Dance Collaborative, 2008-03 co-produced six consecutive NYC seasons and performed works by Janice Lancaster, Adrienne Westwood, Katie Swords, Daniel Charon, Lindsay Fisher, Grady Bowman, Cheri Fogleman; Performances in NYC (Ailey Citigroup Theater, Clark Studio Theatre at Lincoln Center Institute, White Wave John Ryan Theater, Dance New Amsterdam, Joyce SoHo, DanceNOW Festival at Dance Theater Workshop, One Arm Red, Dixon Place, Transrevelation Community Church); Mt. Tremper, NY (Mt. Tremper Arts Festival), Puebla, Mexico (Performática), Fredonia (State University of NY), Becket, MA (Jacob's Pillow Inside/Out Series)

Aynsley Vandenbroucke Movement Group, 2006-05 works performed: *Full Circle; Seven times fall down, Eight times get up; Below the Skin*. Performances in: Brooklyn (Brooklyn Museum of Art), Mt. Tremper, NY (Mt. Tremper Arts Festival), NYC (Clark Studio Theatre at the Lincoln Center Institute)

RECENT CHOREOGRAPHY

Series with the Coaction Lab and Algae Society

- 2022 *Biota 3*, In/Light Festival, a solo created on a floating projection performance space installed on Youngs Pond in Bryan Park, 1708 Gallery, Richmond, VA
- 2022 *Biota 1 and 2*, a solo created within the Algae Society's *Confluence* exhibition, followed by a performance on a floating eco-system island/stage on the Cameron Art Museum's retention pond
- 2021 *flowILM*, a solo multi-media, light, and movement event focused on local water issues & inspiration, Cameron Art Museum
- 2011 *Quasi Equivalence*, floating geodesic dome/performance space/projection surface/sound installation on lake of the original campus of Black Mountain College; {Re}HAPPENING, produced by Black Mountain College Museum + Arts Center and Media Arts Project

Graze series

- 2020-11 *graze*, NC Dance Festival; Intermedia Program at the University of Maine, Bangor; Movement Research Judson Church and Open Performance, NYC; made in residence at the Omi International Arts Center, Ghent NY
- 2012 *grazing vast lands*, Universidad de las Américas, Puebla, Mexico
- 2012 *circuitous grazing*, The Big Bang: The 19th Annual Watermill Summer Benefit produced by Robert Wilson, Water Mill NY
- 2012-11 *slipped slip*, The Southeastern Center for Contemporary Art, Winston-Salem NC; originally produced for *ADSR: Pushing the Envelope* by the Bob Moog Foundation and the Arts Council Gallery

Thesis series

- 2010 *Something eye don't want to feel -- making visible intersubjective spaces*, Hollins University/American Dance Festival MFA Program, Durham NC; remounted for RE-Viewing Black Mountain College International Conference, Asheville NC
- 2010 *toGETher*, Hollins University/American Dance Festival MFA Program, Durham NC
- 2010 *JaniceDoesWhatJaniceDoes, loose structures of transference with audiences*, Centre Chorégraphique National, Ballet de Lorraine in Nancy, France; WUK Association for the Creation of Open Culture and Workshop Houses in Vienna, Austria

Commissions

- 2022 *Sketch for lobby*, Winston-Salem Dance Medicine Conference, in the lobby of the Bowman Gray Center Medical School
- 2022 *The heels have ears*, Music Carolina Evening of Dance, Music, and Art at the Southeastern Center for Contemporary Art, Winston-Salem, NC
- 2021 *The Shell Game, a parlor playlet*, Music Carolina Evening of Dance, Music, and Art at the Southeastern Center for Contemporary Art, Winston-Salem, NC
- 2019 *lapping Tillandsia*, Wake Forest University Fall Concert

- 2018 *The call and throw of the next wave*, Wake Forest University Fall Concert
- 2015 *Strawberry and Bass*, Lindsey Kelley DanceFest; Craft, Creativity, and Design Museum, Asheville NC
- 2015 *eidetic*, Lindsey Kelley Dance, Masonic Temple, Asheville NC
- 2013 *Stravinsky and His World Program 5: Sight and Sound From Abstraction to Surrealism*, directed by Anne Patterson, Bard College Music Festival, Fisher Center Sosnoff Theater, Annandale-On-Hudson NY
- 2015-11 *Caryatid*, University of Maine in Orono, New Media MFA Program / {Re}HAPPENING, Asheville, NC / Masonic Temple, Asheville NC - originally co-produced by the Black Mountain College Museum + Arts Center and Norte Maar
- 2012-05 *St. John's Wort*, toured internationally by Hubbard St. 2 Dance Company, Chicago IL; City Dance Center, North Bethesda MD; Roger Williams University, Bristol RI; NC School of the Arts, Winston-Salem NC; Joyce Soho, NYC; Ailey Citigroup Theatre, NYC; McCallum Theatre, Palm Desert CA
- 2009 *Black Whole*, Asheville downtown skate park; produced by Black Mountain College Museum + Arts Center and City of Asheville; work-in-progress showing at Movement Research, Open Performance
- 2008 *Beta Lyrae*, toured internationally by the Hubbard St. 2 Dance Company, Chicago IL; created through their 2008 National Choreographic Competition
- 2007 *Bottled*, Bessie Schönberg Choreographers' Residency on the Yard, Martha's Vineyard
- 2002 *Improvising Under the Influence*, Celebrating Legacy of Black Mountain College Festival, Asheville NC

Dances on camera

- 2021 *The Last Plant*, Reynolda Museum of American Art, Winston-Salem, NC
- 2021 *Over*, Emily Allen Wildflower Preserve, Piedmont Land Conservancy, NC
- 2021 *Bird Girl*, Emily Allen Wildflower Preserve, Piedmont Land Conservancy, NC
- 2009 *Fetching Phantasma*, Hollins University Fall Gathering, Taubman Museum, Roanoke VA
- 2008 *ever ever ever*, Performática, Puebla, Mexico; Galapagos Art Space FRAMEWORKS dance film series, NYC; Flea Theatre, NYC; Casa Hoffman in Curitiba, Brazil; the Chisenhale Dance Space TV Dinners Festival, London, UK
- 2007 *Bridge*, Performática, Puebla, Mexico; Galapagos Art Space FRAMEWORKS dance film series, NYC; Flea Theatre, NYC; the Casa Hoffman in Curitiba, Brazil
- 2002 *Occident*, Loft series, Asheville NC; One Arm Red, Brooklyn NY, VIA Dance Collaborative
- 2008 *Weren't you always distracted by expectation, as if every event announced a Beloved?* Dance New Amsterdam, NYC; work-in-progress showing through Movement Research OpenPerformance, NYC
- 2007 *On a Tuesday*, Performática: Foro Internacional de Danza Contemporánea, Puebla
- 2006 *The same wind that uproots trees makes the grasses shine*, JoyceSoho, NYC
- 2004 *Nearer than hand or foot*, Lincoln Center Institute Clark Studio Theatre, Dixon Place
- 2004 *Premature Krimes*, One Arm Red, NYC

Series with music by Michael Bellar

- 2018-17 Work-in-Progress duet, Movement Research Open Performance, NYC
- 2018 Piano and dance dialogues, Harkness Dance Center, NYC

Theatre (directed by Eric Johnson)

- 2008 *Music of Dolphins* (co-staging/choreography) Hawaii Youth Theater, HI
 2004 *Jungle Book* (co-staging/choreography) Fulton Opera House, Lancaster PA
 2002 *Ruth* (co-staging/choreography) Blue Shift Theatre Ensemble, Lenoir-Rhyne College

AWARDS & GRANTS

- 2022-23 Dance Place/NC Dance Festival Artist-in-Residence
 2022 Artist Support Grant, North Carolina Arts Council
 2020 WFU Center of Advancement of Teaching, Home Teaching Grant
 2019 Festival choreographer, NC Dance Festival
 2019 Faculty grant, Interdisciplinary Performance and the Liberal Arts Center (IPLACe)
 2019 Duke Regional Artist Project Grant, Forsyth County
 2019 Magnolias Curriculum Project, WFU Office of Sustainability
 2017 alternate choreographer, New York Live Arts *Fresh Tracks*
 2016 Asheville Fringe Arts Festival Award
"Artists that most pushed the boundaries between Time and Space"
 2015 Harkness Space Grant, 92nd Street Y Harkness Dance Center
 2015 Lindsey Kelley Dance, Asheville NC
 2015 Black Mountain College Museum + Arts Center
 2013 Bard Music Festival, Hudson, NY
 2012 Watermill Gala choreographer, Robert Wilson's International Summer Residency
 2010 Omi International Dance Residency, Ghent, NY
 2009 City of Asheville, NC Parks, Recreation, & Cultural Arts Department grant
 2009 Fellowship for Hollins University MFA Program
 2008 Hubbard St 2 National Choreographic Competition Winner
 2007 Bessie Schönberg Choreographers Residency
 2008-03 As a co-founder of VIA Dance Collaborative, I have received grants through: The Fund for Creative Communities, supported by the New York State Council on the Arts, administered by the Lower Manhattan Cultural Council; The Manhattan Community Arts Fund, supported by the New York City Department of Cultural Affairs, administered by the Lower Manhattan Cultural Council; The Mary Duke Biddle Foundation
 2004 Joyce Soho Presents Choreography Competition Winner
 2001 Full Dance Merit Scholarship, Bates Dance Festival, ME
 2001 Full Scholarship, Doug Varone and Dancers Workshop, NY
 1998-2000 Cooperative Scholarship, American Dance Festival, NC
 1998-2000 North Carolina Dance Alliance Scholarship, NC
 1998-2000 Seman's Art Fund, North Carolina School of the Arts, NC
 1996 Granville County Arts Council Sponsored Artist, NC
 1995 North Carolina Governor's School, NC

RECENT CONFERENCES & TALKS

- 2022 Winston-Salem Dance Medicine Conference, choreography closed conference
- 2021 Gallery Talks, Reynolda Museum of American Art, facilitated community engagement with works through the lens of dance
- 2021 Artists Thrive Summit speaker, presented about my film, *The Last Plant*, for the plenary "Art, Nature, and Wellness"
- 2021 World Dance Alliance Americas Virtual Conference: *Ecologies of and through the body*; Emerging scholarship presentation: *Bridging the physical and virtual at speculative thresholds*
- 2020 attended Collegium of African Diaspora Dance Conference, *Fluid Black, Dance Back*
- 2019 attended Dance Studies Association, *Dancing in Common*
- 2019 attended NC Dance Educators Organization, *Diversity & Democracy Through Dance*
- 2019 attended The Arts of Leading: Perspectives from the Humanities & Liberal Arts, WFU
- 2014 attended MANIFESTA 10, State Hermitage Museum, St. Petersburg, Russia
- 2014 attended Collegium of African Diaspora Dance, *Theories of Black Performance*
- 2011 attended Thessaloniki Documentary Film Festival, Greece
- 2010 attended Edinburgh International and Fringe Festivals, Scotland

PUBLICATIONS & WRITING

- 2019 Interviewed for WFU podcast *The Digital Story*
- 2018 Interviewed for WFU student paper *Old Gold and Black*
- 2018 Students' "Nelken" lines added to the Pina Bausch Foundation Vimeo channel
- 2013 Interviewed in Theatre Topics, *Personal Is Political, Practice as Critical: The "freedom of information" Performer as Site for Change* written by Amanda Hamp
- 2010 *Co-thinking flesh: Dancing transmission of affect* written thesis for MFA
- 2009 *Un-tracing Binaries: Duets of Always Also, Always Already* research paper for MFA
- 2008 Movement Research Performance Journal #34, Looking at Black Mountain College
- 2008 Performer response freedomofinformation2008.blogspot.com
- 2005 Featured in Family Circle Magazine teaching Virabhadrasana/Warrior II Pose
- 2001 Interviewed in Dance Magazine article "Choosing the Music that Moves You"

ADMINISTRATIVE

- 2022 Garden Manager, Emily Allen Wildflower Preserve, Piedmont Land Conservancy
- 2020 Selection committee, NC Arts Council Artist Support Grant
- 2020 Selection committee, NC Dance Festival
- 2017-18 Programming Intern Movement Research,,
- 2014 Curation of dance on an evening discussion, "How does art talk about race, and why is this important?" Flood Art Gallery, Asheville NC
- 2009 Arts Management Lab, Dance Theater Workshop
- 2008 Writing on Dance Lab, Dance Theatre Workshop

2008-03 cofounder, VIA Dance Collaborative
 2001-00 Library Assistant, Seman's Library, UNC School of the Arts
 2000-98 Work-study Intern, Alumni & Career Services Office, UNC School of the Arts

EDUCATION

Master of Fine Arts in Dance, Hollins University, 2010

Studio Practice: Glenna Batson, Douglas Becker, Michelle Boulé, Donna Faye Burchfield, Jeffery Bullock, Brenda Daniels, Irene Dowd, Dominique Duszynski, Mark Haim, HeJin Jang, Ishmael Houston-Jones, John Jasperse, Nicholas Leichter, Yvonne Meier, Pamela Pietro, Clinton Stringer, Abby Yager, Jesse Zarrit

Dance History, Theory, Performance, Curatorial and Contemporary Art Practices: Jen Boyle, Jeffery Bullock, Donna Faye Burchfield, Tommy DeFrantz, Ishmael Houston-Jones, Karinne Keithley, Simone Paterson

Bachelor of Fine Arts in Dance, University of the North Carolina School of the Arts, 2001

Technique: Ruth Barnes (Cunningham), Trish Casey (Modern), Brenda Daniels (Cunningham), Allyson Greene (Release), Roxane D'Orleans Juste (Limón), Murray Louis (Nikolais), Dianne Markham (Holm and Nikolais), Maxine Sherman (Graham), Sean Sullivan (Limón and Release), André Tyson (Horton), Karla Wolfangle (Taylor), Andrea Woods (Contemporary), Bill Young (Release)

Ballet: Warren Conover, Susan McCullough, Duncan Noble, Gyula Pandi, Frank Smith

Composition/Improv: Trish Casey, Brenda Daniels, Dianne Markham, Sean Sullivan

Repertory: *Nuevo Tango* by Corrine Nagata, *A Choreographic Offering* by José Limón, *Veiling* by Bill Young, *Viewpoint and Chances Are* by Dawn Poirier, *Passing Back Through the Heart* by Allyson Green, *Grove* by Trish Casey, *Gallery* by Alwin Nikolais, *MSA* by Susan McCullough, *Blush* by Helen Simoneau, *Little Prince* by Dianne Markham, *Unveiled* by Sean Sullivan

Perspectives: Trish Casey (Dance History), Lynn Messick (Music), Leslie Hunt (Acting)

High School Diploma, University of the North Carolina School of the Arts, 1997

Related courses: Human Anatomy/Physiology and Nutrition/Behaviors/Cultures

RELATED TRAINING

Relax and Renew® Restorative Yoga Certification with Judith Hanson Lasater, Ph.D., PT 2011

Equinox Fitness Training Institute, with Paul M. Juris, Ed.D. 2006

150 hours of Exercise Physiology, Anatomy and Kinesiology, Biomechanics, Fitness Assessments, Exercise Techniques, and Progression Program Design

Hatha Yoga Certification with Stephanie Keach, Asheville Yoga Center, 2002

230 hours in asanas, pranayama, Ayurveda, meditation, anatomy and physiology, methodology

- 2020 CITI Biomedical Investigators Training, Wake Forest School of Medicine
- 2020 American Heart Association Basic Life Support (CPR and AED) Training
- 2019 IMPROVment® Training with Christina Soriano
- 2018 Institute for Community Action Training (ICAT), Gibney Dance Co.
- 2018-05 Shen Wei Dance Arts: Natural Body Development Technique, Company classes, NYC
- 2017 Domestic Violence Movement Workshop, Gibney Dance Co.
- 2017 Leadership Program NYC, Teaching Artist training
- 2017 #We Free | #Unleash Your Duende with Marguerite Hemmings and Arielle Rosales, 3-day Workshop concluded by a performance at Movement Research Judson Church
- 2017 Witchcraft: A Corporeal Practice - Initiating from the Heart and Moving Through Fear with iele paloumpis; Movement Research MELT Festival
- 2016 Lincoln Center Education Aesthetic Immersion
- 2016 Improvising Choreography/Choreographing Improvisation with Ishmael Houston-Jones, Choreographic Shift with Tere O'Connor; Movement Research MELT Festival
- 2012 Contact Improv & Body-Mind Centering with Scott Wells & Cathie Caraker, 1 week, CA
- 2007,8,11,12 Performática: Foro Internacional de Danza Contemporánea y Artes de Movimiento, 2 weeks each of these years at La Universidad de las Américas, Cholula,
- 2010 Movement Research MELT Festival, 3 weeks, NYC: Miguel Gutierrez (Ineffable Intangible Sensation), KJ Holmes (Contact Improvisation), DD Dorvillier (Touch, Move, Talk, Write), Yasuko Yokoshi (Composition), Wendell Beavers (Developmental Tech), Irene Dowd (Horizons), Juliette Mapp (Tech), Gwen Welliver (Tech), Ori Flomin (Tech)
- 2005 Moving Sounding Acting Workshop with Janis Brenner; 1 week, Movement Research
- 2004 *Improvising on the Edge* with KJ Holmes; 8 weeks, NYC
- 2004 Long-form comedy improv, Upright Citizens Brigade; 8 weeks, NYC
- 2005 John Friend, Anusara Workshop; 2 days, Puck Building, NYC
- 2004 Rodney Yee Workshop, Gateways of the Body; 2 days, Jivamukti Yoga, NYC
- 2004 Ana Forrest Workshop, Journey into the Core; 2 days, Om Yoga, NYC
- 2004 Irene Dowd's Spirals© Workshop; 1 week, Movement Research, NYC
- 2002 Body Mind Centering: Dancing from the Inside Out with David Beadle and Lisa Clarke, 1 week
- 2002 American Dance Festival, 6 weeks, Durham NC: David Beadle (Contact), Miguel Gutierrez / Mark Haim (Technique), Ellen Hemphill & Rafael Lopez Barrantes (Voice and Gesture), Lisa Race & David Dorfman (Repertory)
- 2001 Bates Dance Festival, 3 weeks, Lewiston ME: Art Bridgman and Myrna Packer (Technique), Andrea Olsen (Experiential Anatomy), Kathleen Hermesdorf (Technique), Karen Hirschfield-Safire (Yoga)
- 2001 Doug Varone and Dancers Workshop, 3 weeks, Purchase NY
- 2000 American Dance Festival, Durham NC: Douglas Nielsen (Modern), Linda Tarnay (Pilates), Boi Sakti (Indonesian choreographer for the International Choreographers Concert Performance)
- 1999 ASNC Autism Camp, Summer Camp Counselor

- 1998 American Dance Festival, 6 weeks, Durham NC: Jay Dunbar (Tai Chi), Marlies Yearby / Sean Curran (Technique), Betty Jones (Limón), Amie Dowling and Tom Truss (Community Crossover)
- 1996 American Dance Festival, 6 weeks, Durham NC: Sadiyah Shakur (West African), Ellen Hemphill & Rafael Lopez Barrantes (Voice and Gesture)
- 1995 NC Governor's School with Stephanie Nugent, 6 weeks, Winston-Salem NC