

News & Record

Outer Banks hit with flooding as powerful storm churns up East Coast.

NEWS, A5



Wake Forest heads into an open weekend with second straight road victory.

SPORTS, B1

Monday, October 13, 2025

WHERE YOUR STORY LIVES

greensboro.com

Greensboro hotel awarded national honor

Proximity Hotel just one of 5 in NC to earn a coveted Michelin Key

JOHN DEEM
Staff Writer

Greensboro's Proximity Hotel is one of five facilities in North Carolina to earn at least one coveted Michelin Key for 2025. Keys are the hospitality equivalent of Michelin's stars for restaurants. Proximity is the only Triad hotel recognized by the prestigious Michelin Guide. In its latest announcement, Michelin acknowledged that Greensboro may not be an obvious destination for an elite overnight experience. "Why Greensboro, North Carolina?" Michelin asks. "Because that's where the Proximity Hotel is — and a hotel like this

deserves to get noticed no matter where in the world it's located." Michelin praises the hotel for being locally owned (by the more than 600 employees of Quaintance-Weaver Restaurants & Hotels), state of the art and "manageably small." "But the central point to be made about the Proximity is that it's got a genuine shot at being the greenest hotel in North America," Michelin says. "If there's an environmentalist heaven, then this is how you get in." Recycled materials were a key ingredient in the hotel's construction, including 90% of the reinforced steel and half of the staircase steel. The concrete includes fly ash, the byproduct of burning coal, and much of the woodwork is made from recycled wood pulp.

Please see **HOTEL**, Page A4



PROXIMITY HOTEL

Greensboro's Proximity Hotel is one of five facilities in North Carolina to earn at least one coveted Michelin Key for 2025.

5 QUESTIONS 'KEEP YOUR BODY MOVING'



WOODY MARSHALL, NEWS & RECORD

Instructor Conella McCain, 87, leads her active fitness class at the Hayes-Taylor Memorial YMCA in Greensboro on Tuesday, October 7, 2025.

Conella McCain, 87, has been leading exercise classes in Greensboro for nearly 35 years

SUSIE C. SPEAR
Staff Reporter

Stepping and stomping in sparkly silver sneakers, Miss Conella is the beloved funky fairy godmother on the Triad fitness scene. At 87, the Greensboro native who raised nine children and boasts 30 grandchildren, calls her fitness students at the Hayes-Taylor Memorial

YMCA her extended family. Her devoted pupils treat her with respect and delight. They chant and cheer as she leads 45 minutes of stretching and low-impact aerobics with dance moves backed by upbeat R&B. "Alright!" Miss Conella says, punching her arms down in unison. "Now march!" she directs the class,

smiling as she lifts her knees high. Conella McCain's been leading exercise classes in the Gate City for nearly 35 years — first at private gyms, then the YWCA on Spring Garden Street and now at Hayes-Taylor on East Florida Street, at 9 a.m., Tuesdays through

Please see **EXERCISE**, Page A2

Pipeline plan raises 'range of concerns'

Greensboro council calls on feds to scrutinize proposed gas pipeline

JOHN DEEM
Staff Writer

The Greensboro City Council on Wednesday joined Guilford and Forsyth county commissioners in expressing concern over a proposed pipeline expansion that would result in as much as 1.5 billion cubic feet of natural gas being moved through the Triad daily. That's enough to serve nearly 10 million homes. The Williams Companies' Transco Southeast Supply Enhancement Project "raises a range of concerns for residents, including but not limited to public safety risks, potential impacts on water resources, environmental degradation, increased utility costs, and broader economic risks," according to a resolution passed unanimously by the council. The document urges the Federal Energy Regulatory Commission (FERC), which must approve the \$1.2 billion project, to "fully and completely consider" the pipeline's potential risks, demand a comprehensive environmental assessment, ensure that community concerns are taken into account, and require the company to notify residents in the event of emergencies. Winston-Salem Mayor Allen Joiner said Thursday that he expects his city to consider a similar resolution. Clean energy and environmental advocates praised Greensboro's resolution. "The city of Greensboro has an impressive history of prioritizing sustainability, conservation and renewable energy," said Margaret Rowlett of Guilford Clean Power Now. "In passing this resolution, our city council showed that it continues to support those priorities and that it understands the concerns

Please see **PIPELINE**, Page A4

Groundbreaking set for Wednesday for the new Guilford Tech aviation training center in Greensboro.

NEWS, A2



Weather
Mostly sunny
High 73
Low 54
FORECAST • A6

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