

Sigma Gamma Rho Sorority Inc.

SPECIAL TO THE CHRONICLE

Sigma Gamma Rho Sorority Inc. - Theta Mu Sigma Chapter will kick off its annual March of Dimes Canister Drive on March 1.

March of Dimes is a national project of Sigma Gamma Rho Sorority. March of Dimes comes under Sigma Gamma Rho's Project Reassurance, which is designed to help provide funds to March of Dimes and provide educational materials and workshops for teen parents. Project Reassurance also is designed to work with teen parents during, before and after the birth of a child.

The objective of Project Reassurance and its support of March of Dimes is to ultimately bring about the birth of healthier babies.

Theta Mu Sigma Chapter of Sigma Gamma Rho Sorority will collect donations to support March of Dimes through-

out March. The Chapter also will distribute educational materials to pregnant teens at local churches, schools and libraries.

The chapter is planning several workshops that are designed to educate teen parents on how to care for themselves and children during pregnancies and after the births of the children.

Theta Mu Sigma Chapter thanks the community for its support.

As its January project, Theta Mu Sigma donated 500 bricks to help build a Habitat for Humanity house. The chapter plans to participate in building a Habitat house.

For black history celebration, Theta Mu Sigma Chapter set up a display at the main library on Fifth Street. The sorors hope that many people viewed the display and that it was inspirational and educational for all who viewed it.

On Feb. 16 the sorors of Theta Mu Sigma enjoyed working at Samaritan Ministries. It was a blessing that sorors were able to serve the patrons of the soup kitchen.

On Feb. 23, Theta Mu Sigma sorors also participated in Keep Winston-Salem Beautiful by cleaning their assigned street.

Theta Mu Sigma ended its canned-food drive on Feb. 28. Thanks to sorors and members of Future Business Leaders of America the canned-food drive was very successful.

The chapter will hold its annual Little Miss/Mr. Sigma Pageant (for children 1-10 years old) on June 22. Parents wishing to enter their children in the pageant should contact Lisa Allen at 768-0246 or Evelyn Sanders at 788-9456.

The chapter also is making plans to attend the regional conference, which will be held in White Plains, N.Y., in April.



Members of Theta Mu Sigma clean their assigned street.

Daniels is East Winston Primary School recipient of Human Relations Award

SPECIAL TO THE CHRONICLE

On Feb. 21, Darron Daniels, the son of Tamara Pittman and Darron Daniels Sr., was among 70 students from charter, public, and private schools who received Winston-Salem Human Relations Awards at the 23rd annual awards banquet. Darron received this award because of his ability to get along with others. He also is a straight-A student.



Daniels

Darron has been at East Winston Primary School since kindergarten, and everyone can agree he is truly a joy to have in class. The staff, particularly his teachers, Harry Harris and Konova Cornelius, are very proud of him. Harris and

Cornelius agree that "Darron is a very distinguished young man whose academics and character are immeasurable." Harris, the educational team leader, said, "At East Winston Primary School, we soar like eagles."

Darron has demonstrated through his academics and character what it means to be an eagle.

Booker is appointed to city Economic Development Committee

SPECIAL TO THE CHRONICLE

C.P. Booker of Winston-Salem has been appointed to serve on the Winston-Salem Economic Development Committee.

Mayor Allen Joines wrote Booker: "Your time, dedication and commitment to this committee will be a valuable contribution to the quality of our community and government of our city. The Eco-

nomics Development Committee is an important part of our community. As we work together towards a common goal we can make a difference in the lives of many citizens."

Stress could cause heart disease in women, says study

SPECIAL TO THE CHRONICLE

Reduced estrogen levels during women's pre-menopausal years may set the stage for heart disease later in life, reports Jay Kaplan, Ph.D., from Wake Forest University Baptist Medical Center in the March issue of The Green Journal, a publication of the American College of Obstetricians and Gynecologists.

"Our study of female monkeys indicates that stress affects estrogen levels and can lead to the development of heart disease - even before menopause," said Kaplan, "professor of comparative medicine."

This is the first publication of Kaplan's results, which were reported at a national conference in 2001. An accompanying editorial by Sarah Berga, M.D., from the University of Pittsburgh, emphasizes that stress-induced hormonal changes in pre-menopausal women are an under-appreciated clinical problem.

Women have traditionally been considered immune from heart disease until after menopause, when their estrogen levels dramatically drop. Kaplan's study showed that in monkeys, stress can actually reduce estrogen levels much earlier in life and cause the buildup of fatty deposits in the arteries (atherosclerosis) that can lead to heart attacks and strokes.

"This research demonstrates that a deficiency of estrogen before menopause places these females on a high-risk trajectory, even if they got estrogen treatment after menopause," Kaplan said. "The results emphasize that primary prevention of heart disease should start pre-menopausally."

The study found that treating the estrogen-deficient monkeys with estrogen before menopause markedly slowed the growth of atherosclerosis. Kaplan said the findings were consistent with the hypothesis that estrogen inhibits the development of vessel disease, but may be ineffective if the disease already exists.

"This is significant because it implies that more emphasis should be placed on women's hormone levels prior to

menopause," rather than just afterwards," Kaplan said.

In the study, female monkeys were placed in groups so they would naturally establish a pecking order from dominant to subordinate. Monkeys that are socially stressed - because they are subordinate in their group - produce reduced amounts of the hormone estrogen. Kaplan and his colleagues reasoned that the stressed, estrogen-deficient animals would have an acceleration of their heart disease that would persist after menopause.

To test this idea, all animals were first studied for two years before menopause and for three years after their ovaries were removed to induce menopause. One group of animals was given estrogen before menopause, and another group was treated with estrogen after menopause.

Kaplan's study showed that, at the end of this "lifetime" study, the monkeys that were estrogen-deficient pre-menopausally had two times more atherosclerosis in their heart vessels than dominant monkeys that produced normal levels of estrogen. When the subordinate, or "stressed," monkeys received estrogen treatments before menopause, their rates of atherosclerosis were cut in half and they became equivalent to dominants.

An ongoing study of human autopsy results supports Kaplan's findings. Results showed that by age 35, one-third of women have substantial atherosclerosis in the vessels leading to their hearts.

In women, stress, anorexia nervosa and hormone imbalances can all reduce estrogen levels to the point that menstrual periods stop. But Kaplan and colleagues theorize that more moderate drops in estrogen - that don't produce symptoms - can also affect health.

"We know from monkey studies that stress can lower estrogen levels to the point that health is affected, even though the animals still have menstrual periods," he said.

The research was funded by the National Heart, Lung and Blood Institute.

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