

Triad's Frye, Ehle among N.C. Award winners

Honors
presented last
week in Cary

CHRONICLE STAFF REPORT

Nine distinguished North Carolinians received the prestigious North Carolina Award, the highest civilian honor the state can bestow, last week during a ceremony in Cary.

Honorees this year were Dr. Viney P. Aneja and Dr. Darrel W. Stafford, both for Science; Dr. Jerry C. Cashion, former N.C. Chief Justice Henry E. Frye, former N.C. Chief Justice Burlley B. Mitchell, Jr., and Charlie Rose, all for Public Service; Dr. Jan Davidson and Rosemary Harris Ehle, both for Fine Arts; and Dr. William Leuchtenburg, for Literature.

Governor Mike Easley, First Lady Mary Easley and Lisbeth C. Evans, secretary of the N.C. Department of Cultural Resources, presented the awards, which were created by the General Assembly in 1961.

A native of England, Ehle is a noted television, stage and film actress. She has supported Winston-Salem-based North Carolina School of the Arts since 1967. She now serves on its Board of Visitors. Ehle has honorary degrees from NCSA and Wake Forest University.

Ehle's television credits include the miniseries "Holoocaust," for which she won a Golden Globe, and "Notorious Woman," for which she won an Emmy for her portrayal as George Sand. Her films include "The Boys from Brazil," "Beau Brummel," "Hamlet," "Tom and Viv" (earning her an Academy Award nomination), and "Sunshine" (with her daughter Jennifer Ehle and opposite Ralph Fiennes). Most recently, Ehle has enjoyed popular acclaim as Aunt May in three "Spiderman" blockbusters.

She is married to author John Ehle, a North Carolina Award winner



Gov. and First Lady Easley pose with winner Rosemary Harris Ehle of Winston-Salem.

in Literature. They live in Winston-Salem and Penland.

In 1968, Frye became the first African American elected to the North Carolina General Assembly in the 20th century. He served in the House of Representatives until 1980, when he was elected to the state Senate. As a legislator, Frye participated in a review of the state's criminal justice system and promoted election reform. Coinciding with his legislative career, Frye founded Greensboro National Bank in 1971 and served as president of the company for ten years. In 1983, Frye was appointed to the North Carolina Supreme Court. His appointment as chief justice in 1999 made him the first African American to lead the state's court system.

Frye was born in the Richmond County community of Ellerbe. He now lives in Greensboro with his wife, Shirley Taylor Frye. When he retired from the bench in 2001, Frye joined the practice of Brooks, Pierce, McLendon, Humphrey and Leonard in Greensboro, where he focuses on

appellate advocacy, mediation and commercial arbitration.

Aneja, a native of India, is a scientist at North Carolina State University. He earned his award by "pioneering contributions to environmental science." Cashion is a noted historian, who was brought in Iredell County.



Frye

Davidson, a native of Cherokee County, has served as director of the John C. Campbell Folk School, founded in 1925 at Brasstown in Clay County, since 1992.

Leuchtenburg, scholar of the presidency and professor emeritus at the University of North Carolina at Chapel Hill, is the nation's leading authority on Franklin Delano Roosevelt. He is a native of

Ridgewood, N.Y. Mitchell is the former chief justice of the North Carolina Supreme Court. He is a native of Raleigh. Rose is a nationally-known journalist and talk show host. He was born in Henderson. In 1974, Rose began a long affiliation with Bill Moyers, collaborating on a number of PBS programs. In 1983 CBS hired Rose to host "Nightwatch," an overnight showcase for the North Carolinian. "The Charlie Rose Show" premiered in 1991 with national distribution two years later. He kept his own show while also serving as a correspondent on "60 Minutes II."

Stafford, of the University of North Carolina at Chapel Hill, has been at the forefront of research into blood coagulation for fifteen years. He was born in Parsons, Kan.

The North Carolina Awards have been presented annually since 1964. More than 200 outstanding North Carolinians have been selected as recipients from citizen nominations from across the state.

Housing

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"Being the federal government, with our funding being very limited, our objective is to find a way of helping the customers at the least involvement of the government," he commented. "If we can get other partners to help give us money to help these people, we're going to use every dollar we can get. That takes our limited allotment and allows us to stretch it further and help more customers."

The collaboration will serve as "another tool in the arsenal" for the Department of Housing, Kornelis says, enhancing the positive effect it has already been able to have upon the greater community.

"We've helped about 500 people buy houses; that has led to about \$58 million in total investment," he said.

The success rate has been impressive as well, he added. "Out of the 500 home buyers we've helped, we've only had three foreclosures so far."

Through the new partnership, families who qualify for assistance will be eligible for up to \$12,000 in zero interest loans through the Housing Department. That along with the subsidized loan payments through the USDA, will help many families achieve their dream of owning a home.

"That advantage of them not having to make a monthly payment on \$12,000 coupled ... with our subsidy ... gives the customer a real advantage," Butler remarked.

Though it seems that such a program would be overrun with applicants, there is no waiting list for assistance, Butler says, because there is no funding for advertising.

Because of partnerships like the one formed by his department and the USDA, Forsyth County residents are able to become homeowners more easily than they can most anywhere else, Kornelis asserts.

"I think that Winston-Salem / Forsyth County is probably one of the leaders in first-time home buyer programs across the state, maybe even the nation," he stated, adding that the effects of such homeownership programs will continue to be beneficial for years to come.

"This is a model that tries to push wealth creation through asset building," Kornelis said. "That's what we're trying to do is help low income people escape that poverty and we think maybe their kids will escape ... too."

Physical

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care provider as possible so that the proper evaluation can be completed. As the physician is performing this evaluation, he or she is searching for signs of possible physical or psychological problems in order to develop a treatment plan for you.

In addition to the physical examination, other tests may be performed. Depending on your age, these tests may include a chest x-ray, urinalysis (a urine sample), audiometry - a hearing test, pulmonary (lung) function test, and an electrocardiogram (an examination of the heart's electrical activity).

Laboratory (blood) tests are also an essential part of the overall annual physical. Your physician may order a complete blood count (CBC), liver function tests such as ALT and AST, Cholesterol, and Glucose. These labs may provide a sign of

potential toxic exposure, organ damage, or disease. A CBC blood test may detect anemia and leukemia. Liver function tests can detect hepatitis and effects of liver toxins including alcohol. Cholesterol can determine a risk of heart disease. Glucose can detect early signs of diabetes. In most cases, it is important to arrive to your annual physical examinations fasting - no food or drink after midnight the night before your appointment. This way, accurate blood sugar and cholesterol levels can be obtained. Ask your doctor whether you should fast before your appointment.

What particular preventive services are needed?
All adults should have their weight, BMI (body mass index - a measure of body fat based on height and weight), blood pressure, and cholesterol levels checked regularly. After the age of 50, all patients should also be screened for colorectal cancer. Your physician will decide

which test is most appropriate; some persons may need to be screened earlier if a family member has had colon or rectal cancer.

Your psychological health is as important as your physical health. If the patient has felt "down," or hopeless or has felt little interest or pleasure in doing things, he or she may be depressed. Screening for depression is also a very important part of the annual physical.

After the age of 40, women should have a mammogram every 1 to 2 years to screen for breast cancer; this test may be performed earlier if there is a family history of breast cancer. The appropriate time for mammography must be discussed with the physician. Women should also have a bone density test beginning at age 65 to screen for osteoporosis, or thinning of the bones; this test may be also performed earlier if you have a family history of the disease, if you are between the ages

of 60 and 64 and weigh 154 lbs. or less, if you are a smoker, or if you have a thin body frame. Women should also have Pap smears at least every 3 years to screen for cervical cancer, starting at age 21 or approximately 3 years after they have sex for the first time. Patients should discuss with their physician whether they are an appropriate candidate for the HPV vaccine (Gardasil) which helps protect against certain strains of cervical cancer.

For men, your doctor should do a prostate and testicular cancer exam every year, as well as a PSA (Prostate Specific Antigen) blood test every year; this test may be done at a younger age for men with a family history of either cancer. Your doctor may also talk to you about abdominal aortic aneurysm screening. This screening, which is performed by ultrasound, is a one-time, recommended test for all men aged 65 to 75 if they have ever smoked.

Your doctor may also provide advice about exercise and diet. For example, the physician may discuss how much calcium is needed to prevent bone problems, or he or she may discuss taking folic acid before becoming pregnant and lowering the fat and cholesterol in your diet. In general, injury prevention practices, such as using seat belts and having smoke detectors in your home should also be discussed by your primary care provider.

In general, what can I do to keep myself healthy?

The choices you make about the way you live are important to your health. Here are some suggestions for remaining healthy:

- Don't use any form of tobacco.
- Eat a healthy diet.
- Exercise regularly.
- Don't use illegal drugs.
- Stay at a healthy weight.
- Practice safe sex.
- Use seat belts (and car

seats for children) when riding in a car or truck.

- See your doctor regularly for preventive care.

You should always feel comfortable discussing or asking questions about any health concern you have for yourself and/or your family with your health care provider.

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For more information about the Maya Angelou Research Center on Minority Health, visit www.nfubmc.edu/minorityhealth. Or, for health information call 336-713-7578.

From now through December, the Angelou Research Center is offering a Target gift card to anyone who completes a brief survey providing feedback about the People's Clinic articles. Please call 1-877-530-1824 for more information.

NC's 529 College Savings Plan is a Top Choice

Money magazine recognized North Carolina's National College Savings Program as a good choice for North Carolinians based on the tax break and reasonable expenses.

Tax Deduction and Savings - Beginning tax year 2007, there's a tax deduction for every NC taxpayer making contributions to NC's 529 plan up to \$2,500 per individual or \$5,000 for a married couple filing jointly. And earnings on NC 529 accounts are free from federal and state income taxes when used for qualified higher education expenses.

Low Fees - NC's 529 plan requires no enrollment fee or sales charges and has very reasonable management fees and fund expenses.

Multiple Investment Options - Individual options from Vanguard, Wachovia/Evergreen, NCM Capital, MetLife, and the North Carolina Treasurer, as well as age-based options from J. & W. Seligman and Vanguard, offer a variety of investment choices.

Flexibility - Your savings can be used to pay for qualified higher education expenses at virtually any college, anywhere in the country.

College Foundation
of North Carolina

To learn more about North Carolina's 529 college savings plan, visit NC529.org.



For more information about North Carolina's National College Savings Program, please review the complete Program Description and Enrollment Agreement available at NC529.org or contact 800-800-3453 to request an enrollment kit that includes both. Before opening an Account, or contributing funds to an existing Account, you should carefully read and consider the Program Description, which includes information on investment objectives, strategies, risks, charges, expenses, and other important information.

North Carolina's National College Savings Program is a program of the State of North Carolina, established and maintained by the North Carolina State Education Assistance Authority (Authority) as a qualified tuition program under federal tax law, and administered by College Foundation, Inc. (CFI) with administration and record keeping services provided by Uprromise Investments, Inc. and Uprromise Investment Advisors, LLC (collectively, Uprromise). Investment options are made available through NCM Capital Management Group, LLC; J. & W. Seligman & Co. Incorporated; Wachovia Bank, N.A. through its affiliate, Evergreen Investment Management Company, LLC; the State Treasurer of North Carolina; Metropolitan Life Insurance Company (MetLife); and The Vanguard Group, Inc.

The features of a qualified tuition program are complex and involve significant tax issues. The earnings portion of withdrawals not used for qualified higher education expenses are subject to federal income tax and a 10% federal penalty tax, as well as state and local income taxes. The availability of tax benefits may be contingent on meeting other requirements.

The investment options are not guaranteed by the State of North Carolina, the Authority, CFI, Uprromise, any investment manager, or MetLife, except to the extent that MetLife has made guarantees for the Protected Stock Fund Investment Option under funding agreements with CFI, acting as agent for the Authority. Participation in the Program involves investment risk, which may include the loss of principal in the case of investments in Investment Options other than the Protected Stock Fund. Accounts are not bank deposits and are not insured by the FDIC or any governmental unit or private person. Participants assume all responsibility for federal and state tax consequences.

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