

WSSU Photos by Garrett Garris

HanesBrands' Jim Nanton, second from right, speaks at the forum.

Black executives mentor students at CIO Summit

BY LAYLA FARMER
THE CHRONICLE

"We take care of today and make sure we're ready for tomorrow," said Daphne Jones, vice president and CIO (Chief Information Officer) of Ortho-Clinical Diagnostics at Johnson & Johnson. "That's what a CIO does."

Jones and a handful of her contemporaries lived up to this prescribed objective last Thursday. The group of top-level African American executives served on a panel at Winston-Salem State University's Elva Jones Computer Science Building.

"I do this at a couple of campuses, and I never walk away from the experience without feeling energized and hopeful — hopeful that we have impacted these young minds — that we have inspired someone ... to achieve something great for themselves in their lives," remarked Panelist Zackarie Lemelle, vice president and CIO of Information Technology Corporate Systems at Johnson & Johnson. "Just looking at the faces of the young kids down there, there's a lot of hunger for knowledge, there's a lot of hunger to know what is possible, and hopefully, we were able to impart to them what is possible if they put their minds and hearts to it."

The panel discussion was part of a day-long CIO summit sponsored by the school and ITSMEF (Information Technology Senior Management Forum). The only national organization of its kind, ITSMEF works to position African Americans for advancement into executive-level IT careers.

"Our mission is to build a pipeline with the next level of African American executives in information technology," said ITSMEF Executive Director Viola Thompson. "What better place to start than at the college level?"

Held on March 28, the sum-



Dr. Jones



Kendrick Best

mit coincided with Computer Science Day, which Department Chairperson Dr. Elva Jones founded two decades ago.

"I see the world, not just the United States, moving toward more dependence on information technology," said Dr. Jones, for whom the computer science building is named.

The longtime IT advocate is now working to create an endowed fund designated for the computer science department.

"Since I've been chair, I've been very fortunate to be able to secure grants to support the efforts of our department, one of the main efforts being scholarships and research stipends for students so that they can concentrate their extracurricular hours on computer science rather than flipping burgers," she explained. "I wanted to see that tradition continue when I retire."

The summit drew IT students from Winston-Salem State and Atkins High's School of Computer Science as well as alumni and corporate executives from the community.

"It was very informing; it was helpful — I'm glad I could be here today," remarked 18-year-old Philip James, a senior at Atkins. "I hope to get a business degree so maybe I can be like them and have a CEO or CIO status of a major corpora-

tion someday." WSSU Alumnus Martin Davis, a corporate CIO for Wachovia, also served on the panel.

"I entered in 1981, and from the day I walked in, the university embraced me," commented Davis, a staunch supporter of WSSU and member of the Board of Trustees. "I had a lot of great support here at this university and I've had a very successful career since."

Davis met black executives his freshman year and says the experience resonated with him.

"I think when they see other individuals like themselves having graduated from HBCUs competing at the top quartile of any corporate institution or becoming CEOs of their own firms, it gives them confidence that they also can do it," he said. "That's the reason I think it's so powerful for them to have visibility and exposure to other executives."

WSSU Senior Kendrick Best says he felt energized after hearing from the panelists.

"The four years (that I've) spent here, it's all accumulating to what they're saying in these two hours," said Best. "Hopefully I can come back in about 30 years and be able to say the same things that they're saying and be able to just take that path and take people with me."

student of Kellie Burgess
• 1st place, violin: Bryan Wang of Jamestown, MANC student of Colleen Chenail
• 2nd place, violin: Emma Garval of Chapel Hill

Middle Category
1st place: Colyer Durovich of Chapel Hill
2nd place: Albert Feng of Raleigh

Senior Category
1st place: Hannah Lee of Winston-Salem
2nd place: Drew Comstock

of Winston-Salem

Adult Category
1st place: Jesse McAdoo of Winston-Salem
2nd place: Kayla Herrmann of Winston-Salem

The mission of The Music Academy of North Carolina, a non-profit community music school, is to provide an excellent music education for students of all ages, interests, and backgrounds enabling them to discover, develop, realize and express their innate talents.

Winners

from page A10
• 1st place, cello: Sophia Cummings of Arlington, Va.
• Tie for 2nd place, violin: Lydia Wells of Greensboro, MANC student of Colleen Chenail; Audrey Puschinsky of High Point

Elementary Category
• 1st place, cello: Micah Holness of Kernersville, MANC student of Kellie Burgess;
2nd place, cello: William Lloyd of Greensboro, MANC

Grant

Based on inpatient numbers from Forsyth Medical Center and Wake Forest Baptist Medical Center, there are more than 400 patients and/or caregivers who need the lodging and other support services each night that would be available at the facility.

"A lot of families who travel to Winston-Salem for our excellent medical care cannot afford hotel rooms, so they are living in the hospitals' hallways and waiting rooms for weeks and even months on end," explains Beth Baldwin, co-chair of the board of directors for Hospital Hospitality House of Winston-Salem, the non-profit organization working to build the Josh and Marie Reynolds Hospital Guest House. "Not only

will the Guest House provide an affordable option in terms of lodging, but very importantly, it will give family members the nurturing, supportive environment they need while navigating a loved one's illness. There are currently eight similar adult Hospital Hospitality Houses in North Carolina and more than 150 across the country. It's time we have one here."

The guest house will have many benefits, according to Melinda Beauchamp, executive director for the Josh and Marie Reynolds Hospital Guest House.

"We are very excited about this compassionate facility for Winston-Salem, which will take the burden, expense and logistics of everyday living off the shoulders of these families, so they can devote their full attention and energy to getting well," she says. "We are extremely grateful to Forsyth Medical Center for this very generous gift, which will help sustain the house for years to come."



Liner

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BestHealth
Wake Forest University Baptist Medical Center

April 2008 Events

Events are held at BestHealth in Hanes Mall or other locations, as noted.

☎ = registration required. Call Health On-Call® at 336-716-2255 or visit www.besthealth.com. To become a BestHealth member, call 336-765-8804 or visit our web site.

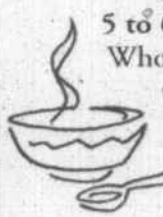
14 MON - Take it to Heart

5:30 to 7:30 p.m. Learn ways to be heart healthier during this two-hour program that features a cardiac nurse, nutritionist, exercise physiologist and pharmacist. Sponsored by the WFUBMC Heart Center. ☎



15 TUE - Tasty Treats for Tax Time

5 to 6:30 p.m. Alex Swain of Whole Foods Market® prepares tasty "comfort foods" that help relieve the stress of tax time while giving your heart a smile. Recipes and samples provided. ☎



16 WED - Brain Tumors: Advances in Treatment

4 p.m. Treatment options for brain tumors are more advanced and more successful than ever. Join Dr. Kevin McMullen of WFUBMC Radiation Oncology to hear the latest technology and medical knowledge that guides current treatments, improving patient prognosis and outcomes. ☎

16 WED - Get the "Skinny" on Trans Fat

6 p.m. WFUBMC pathology researcher Dr. Kylie Kavanagh explains how trans fat affects weight gain, despite total caloric intake and exercise routines. Learn to recognize how to identify foods that contain trans fat, despite clever masking tactics. ☎

17 THU - Brenner FIT: Get Fit with Five

6 p.m. Sponsored and presented by the medical staff of Brenner Children's Hospital, this program for "families in training" teaches simple steps to help you maximize the nutrition in family meals and snacks. Discover the value of the nutrition in fruits and vegetables, get priceless tips on eating at least five servings a day for better health and sample quick, easy, kid-friendly recipes. ☎



18 FRI - Eat Smart, Move More

1 to 3 p.m. Join Jennifer Brown of the NC Cooperative Extension Service in this interactive workshop to learn more about making healthy food choices and fitting more activity into your day. ☎

21 MON - Lightning Anatomy: Romancing the Bones

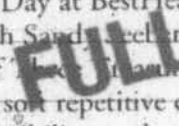
12:30 p.m. Join Nancy Crooks, licensed massage and bodywork therapist, in an experiential journey of discovery of the skeleton. Learn your way around your own joints and bones with this hands-on class. ☎

22 TUE - Springtime Sneezes and Sniffles

6 p.m. Respiratory therapist Connie Paladenech of WFUBMC Breathing Plus offers the latest info on controlling allergies and provides tips on reducing the allergens in your home and garden. ☎

23 WED - Tai Chi and Chi Kung, BestHealth® Style

6 p.m. Celebrate World Tai Chi and Chi Kung Day at BestHealth. This session with Sandy Secher and Alan Graham of Tai Chi Masters Tai Chi focuses on soft repetitive exercises to improve flexibility, endurance and strength. ☎

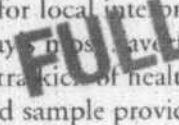


24 THU - Advance Directives

1 p.m. Learn how advance directives, such as a living will and healthcare power of attorney, can ensure your wishes will be met. Jay Foster of WFUBMC Pastoral Care explains the terminology and procedures. Documents notarized free of charge. For BestHealth members only. ☎

25 FRI - Books & Cooks: Rachael Ray

12 to 1:30 p.m. Join Chef Nikki Miller-Ka for local interpretations of Rachael Ray's most flavorful dishes, with an extra kick of healthy nutrition. Recipes and sample provided. ☎



26 SAT - Reducing the Stress of Family Caregivers

11 a.m. Debbie Pilon of Senior Services, Inc. explains how taking care of loved ones can be tough on physical and emotional health. Caregivers will learn how to constructively deal with emotions, take better care of themselves, and reduce stress. ☎

28 MON - The Rotator Cuff: From Tear to Repair

7 p.m. WFUBMC orthopaedic surgeon Dr. David Martin discusses the latest treatments and medical advances in the care of shoulder problems due to both trauma and atrophy. ☎

29 TUE - Enhancing Wellness and Managing Stress for Cancer Survivors

3:30 p.m. Stress while coping with cancer treatment and survivorship can be overwhelming. Suzanne Danhauer, Ph.D., of the WFUBMC Comprehensive Cancer Center, discusses relaxation, managing sleep difficulties and self-care activities. ☎

30 FRI - Calming Irritable Bowel

6 p.m. WFUBMC gastroenterologist Dr. John Fortunato explains the causes, symptoms, diagnosis and treatments for relieving irritable bowel syndrome. ☎

Other Locations

19 SAT - Dessert Auction to benefit Komen Race for the Cure

Bid on your favorite desserts and help raise money to find a cure for breast cancer. Hosted by WFUBMC, the auction benefits the Susan G. Komen Race for the Cure®. Preview and bidder registration begins at 10 a.m. Bidding starts at 11 a.m. Desserts donated by area restaurants, bakeries and friends for the cure. Held in Belk Court at Hanes Mall. Pre-registration not required.

☎ To register for events, receive general health care information, or to schedule a physician appointment, call: Health On-Call® at 716-2255 or 800-446-2255.

Unless otherwise stated, BestHealth programs are for adults; no children under age 12, please.



Wake Forest University Baptist
MEDICAL CENTER