



During the ceremony, A&T honored the memory of Willie Grimes, an A&T student killed in race riots on May 22, 1969, by presenting his mother, Ella Grimes (seated), with his degree posthumously. From left: Dr. Velma Speight Buford, chair of A&T Board of Trustees, George Grimes, brother of Willie Grimes, Dr. Stanley F. Battle, Chancellor of A&T, and Rev. Nelson Johnson, Pastor of Faith Community Church.

Cosby
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to home for some. He criticized black parents for allowing their kids to roam the streets until midnight, buying them the violent video game "Grand Theft Auto" instead of books and for not warning them about the dangers of premarital sex.

"We have turned our heads too long ... Wake up people!" he said.

Cosby centered the bulk of his remarks around his premise that black society is in a tug-of-war between the great legacy established by leaders of yesterday and today's hip hop culture, which Cosby believes has more negatives than positives.

"Legacy - some people are trying to take it, get rid of it and put something else in its place ... Respect what the Negroes did!" he said, telling attendees that they can eat and shop wherever they like and live in the neighborhood of their choosing as a result of what "the Negroes" accomplished.

Cosby never let too much time pass before getting the crowd laughing. He pondered why nearly every black church in the nation displays images of a white-looking Jesus when the Bible states Jesus had skin the color of olive and hair like wool.

"Where did Jesus go for the weave?" he asked. "This was way before Koreans moved

in." Quoting music man Sly Stone, Cosby urged the crowd not to lose hope.

"We can make it if we try," he said repeatedly, as he gave examples of African Americans who did just that. Famed 18th century poet Phillis Wheatley, a former slave; 1988 Super Bowl MVP Doug Williams and Civil Rights champion Dorothy Height were some of the names Cosby mentioned.

Before he ended his remarks and accepted an honorary degree, he told the crowd not to feel obligated to listen to his advice because he is rich and famous. Instead, he said they should take note of his words because at 70-years-old, he has lived longer than most of them and has learned a thing or two.

"I know where the bridge is out. I am pointing you away from it," he said.

The night before the commencement, Cosby headlined a fundraising event for A&T at Koury Convention Center. During the event, he donated a sculpture for A&T's new School of Education building.

Among the Class of 2008 were graduates who hail from 19 countries around the world. Kendra Arrington, senior class president, paid homage to the global nature of her classmates during her remarks.

"We live in a world where almost anything is possible," she said. "Be bold! You are Aggies."



A&T's much talked about Leadership Studies Program awarded its first seven doctoral degrees Saturday to Tonya R. Hargett, from left, Harvey L. Lineberry, Marjorie Jenkins, Charles E. Wilson, Cheryl Nicholas, Jacqueline L. Greenlee and Gladys A. Robinson.



THE POVERTY LINE

It separates nearly 13 million children in America from hope. Life below the poverty line is a struggle for one in six children in America. There are many ways you can make a difference. Will you help? Go to www.povertyusa.org and get involved.



Dean picks up outstanding alumnus award from MCV

SPECIAL TO THE CHRONICLE

\$98 million to approximately \$200 million a year.

Richard H. Dean, M.D., president emeritus of Wake Forest University Health Sciences, has been awarded the 2008 Outstanding Medical Alumnus Award from the Medical College of Virginia (MCV) Alumni Association. This award honors a graduate who is nationally recognized and acknowledged by leaders in the field of medicine as having made distinguished contributions to health care.



Dr. Dean

"I was surprised and honored to receive the award from my alma mater. I was humbled to be among the previous recipients for whom I have deep admiration," said Dean.

Dean became senior vice president of health affairs at Wake Forest University in 1997, then president and CEO of the newly formed Wake Forest University Health Sciences in 2001. He retired in 2007. During his tenure, the medical school faculty grew, clinical activities at Wake Forest Baptist more than doubled and research funding went from

Dean has had a long, distinguished career as a vascular surgeon. He has been a leader in the community through numerous activities, including serving as the 2007 chairman of the Winston-Salem Chamber of Commerce and as chairman of the board of the Piedmont Triad Research Park, which he led as part of an economic development program for the Triad. He has also traveled internationally as a guest lecturer, and has authored and co-authored more than 300 articles in scientific journals and medical texts.

Dean received his undergraduate degree from the Virginia Military Institute and earned his medical degree at MCV in 1968. He completed a residency in surgery at Vanderbilt University and a research fellowship in vascular surgery at Northwestern University. Dean also received an honorary doctorate degree from the Medical University of Vienna, Austria.

Links
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and poses one of the most urgent threats to the health and well-being of children and their families. Over the past few decades, the obesity rates have spiraled. Today, one out of every ten school children in the world is overweight and an estimated 18 million children under the age of five are classified as overweight and the rate of Type II diabetes in children is increasing. Childhood obesity and diabetes can translate to the early onset of atherosclerosis (hardening of the arteries) that can lead to heart attack and stroke. In addition, children

with obesity problems are at heightened risk for a number of other chronic adult conditions, such as hypertension, high cholesterol, asthma and respiratory problems.

"Overweight and obese children, become sick more often, may perform poorly in school and experience depression, lack of self-confidence and low self-esteem," says Mary F. Currie, director of the Southern Area. "The Links, Incorporated recognizes the need to address this issue, which disproportionately affects children of African ancestry, particularly in the South."

All chapters in the Southern Area launched the childhood

obesity initiative this year. "African Americans are the leading demographic of affected patients in thirteen of fifteen deadly diseases directly related to obesity," says Dr. Delores Bolden Stamps, chairperson of the Southern Area's Program Committee. "Our mission is to reverse this alarming trend."

Visit www.healthiergeneration.org for information about childhood obesity, including a toolkit for middle and high school students who want to make changes in their school's snack and/or beverage choices, or call 1-888-KID-HLTH for Healthy Schools Inquires.

Diabetes
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betes. Pre-diabetes occurs when fasting glucose is between 100 and 125 mg/dL. (Fasting blood glucose is normal when it is less than 100 mg/dL.) There are 54 million Americans who have pre-diabetes in addition to the 20.8 million with diabetes.

In type 1 diabetes, the body fails to produce insulin. This condition is usually diagnosed in children and young adults, and it used to be called "juvenile diabetes." It is estimated that 5-10 percent of Americans who are diagnosed with diabetes have type 1 diabetes.

Type 2 diabetes happens when our bodies either do not produce enough insulin or are unable to use the insulin they do produce properly. Most Americans (about 90-95 percent) who are diagnosed with

diabetes have type 2 diabetes. Right away, type 2 diabetes results in your cells being starved for energy because they are not receiving the glucose they need for energy. Moreover, over time, having high levels of blood glucose can hurt other parts of your body, such as your eyes, nerves, heart, and kidneys.

Sometimes, diabetes can occur during pregnancy, even if the woman has never had diabetes before. This is called gestational diabetes. Gestational diabetes affects about four percent of all pregnant women, and there are about 135,000 cases in the United States each year. If gestational diabetes is not controlled properly, it can hurt the baby. It is therefore a good idea to talk with your doctor about screening (testing) for gestational diabetes when you become pregnant.

The ADA recommends the following tips for lowering your

risk of developing type 2 diabetes:

- Keep your weight under control. If you are overweight, talk to your doctor about a good plan to help you lose weight.
 - Stay active most days of the week.
 - Eat low fat meals that are high in fruits, vegetables, and whole grains.
- Stay tuned for next week when we will discuss risk factors and common myths surrounding diabetes!

- Contribution by Sarah Langdon, BA

For further information, questions or comments about this article, call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Research Center on Minority Health, visit <http://www.wfubmc.edu/minorityhealth>.

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