



Photo by Kevin Walker
Michael Hall, far left, and program volunteer Lopa Shah, second from right, pose with some of the STRIDES teens at a reception last week at the Glade Street YWCA.

STRIDES
from page A1

skills meetings to improve their outlooks.
"This program is really designed to take them from high school, to graduation and into going out there on their own," said STRIDES Coordinator Michael Hall, a YWCA employee. "It is really a program to help them prepare for the real world."
Efforts were taken to match students with jobs — or shadowing opportunities — that suit their particular interest. Body & Soul, a popular Trade Street boutique, has agreed to take on a student who is interested in one day opening a business of his own.

"Carver High School is such an important educational institution in this community that we wanted to do whatever we could to help out," said Michael Suggs, who runs Body & Soul with his wife, Dana.
The teenagers will be paid weekly stipends, not by the employers, but through STRIDES. The extra money will come in handy, says Keenan McMahan, who will work at the Children's Home. The rising senior plans to save some of his earnings for the many costs associated with graduation, but he says his participation in STRIDES is about more than a paycheck. McMahan wants to pursue a career in counseling; he hopes his experience at the Children's

Home gives him some insight into the profession.
"I want to go there to better myself, while helping other people, younger kids," he said.
Keenan's mom, Nadean, has nudged Keenan and her other three children to stand on their own two feet as much as possible. As a single mother, Nadean McMahan knows that the world doesn't give anything willingly.
"I want them to learn about working and banking and saving," she said. "I want them to know that they can't stay home with mama forever. They have to make it on their own."
Hall says that is the goal of STRIDES — taking teenagers and making them young men and young women who can juggle challenges in and out of the

classroom.
The teenagers will work through Aug. 8. Following the summer shadowing, they will continue to take part in STRIDES initiatives throughout the upcoming school year when the program will continue the tutoring and focus on parental involvement and asset development.
The state grant that funds STRIDES is only for a year, but Hall says the goal is to continue the program and take it to other schools.

STI
from page A6

anyone can get it and pregnant women can pass it to their babies. Symptoms of gonorrhea are more common among men, and they can include:
- burning sensation during urination;
- white, yellow, or green discharge from the penis; and/or painful or swollen testicles.
Women often have no symptoms, and symptoms can often be very similar to a bladder or vaginal infection. They include:
- burning sensation during urination,
- increased vaginal discharge, or bleeding between periods.
People can also have gonorrhea infection in the rectum, eyes, mouth, and throat; symptoms may include discharge, itching, soreness, bleeding, painful bowel movements, and soreness.
Syphilis
Syphilis is caused by the bacterium *Treponema pallidum*, and is transmitted through direct contact with a syphilis sore. As with Chlamydia and gonorrhea, syphilis can be passed from pregnant women to their babies. Syphilis sores can occur on external genitals, vagina, anus, rectum, but they can also arise on the lips and in the mouth. There are three stages of syphilis, primary, sec-

ondary, and latent. Primary syphilis is marked by:
- Appearance of a single sore (also called a chancre) or multiple sores, which are usually firm, round, small, and painless.
The chancre usually lasts 3-6 weeks and heals on its own.
Secondary syphilis symptoms include:
- Skin rash and lesions on mucus membranes (genitals, anus, rectum, mouth). The rash can appear as the chancre is healing or several weeks after it has healed.
Other symptoms include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches
In the latent stage of syphilis, the primary and secondary symptoms disappear, and can appear 10-20 years after infection. If untreated, in this stage the infection can damage the internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints. Symptoms of the latent stage include: problems with muscle movements, paralysis, numbness, gradual blindness, and dementia; in some cases it can cause death. Untreated babies with syphilis may become developmentally delayed, have seizures, or die.
If you have symptoms of any of these diseases, you should talk

to your doctor, health care provider, or local clinic as soon as possible to determine whether you have a STI. If you are sexually active, it is a good idea to get tested for STIs, as oftentimes, the earlier you catch them, the better your prognosis. Moreover, knowing your status can help prevent you from spreading the disease to others. Stay tuned for next week, when we will discuss testing recommendations and treatments for each of these infections.
REMEMBER: The best way to protect yourself from these and other STIs is to avoid risky sexual behaviors. No matter what your age, if you are sexually active (particularly with a new or multiple partners), latex condoms offer the best protection and should be used consistently and correctly for ALL sexual encounters. Most people do not know that STIs can be spread from one person to another even if ejaculation does not occur! Don't risk it — practice safe sex.
- Contribution by Sarah Langdon
For further information, questions or comments, 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>.

CNN
from page A10

video and audio of news events and their own commentaries.
"We congratulate Travers on winning the grand prize for his thoughtful and thought-provoking piece," said NABJ President Barbara Ciara. "He is a talented young journalist with a promising career in journalism. We also commend the other student participants who gave voice to young African Americans whose perspectives are seldom seen in today's media landscape."
Johnson, a native of Quitman, Texas, won a trip for two to the Essence Music Festival in New Orleans over the Fourth of July weekend. "I am very excited, honored and humbled to win the Campus iReporter Contest," he said. "It was a great experience to participate in

CNN's Black in America Tour." CNN.com's special section for the tour is available at www.CNN.com/blackinamerica/hbcu and features images from stops on the tour. Forty years after the assassination of Dr. Martin Luther King Jr., CNN launched "Black in America," which examines in-depth the often under-reported stories of the African-American experience.
So far, the landmark program features six hours of documentaries, a weekly series of reports on CNN/U.S. and CNN International and a multimedia online effort.
The series continues on Wednesday, July 23, and Thursday, July 24, with a pair of two-hour documentaries, "Black Women & Family" and "Black Men" reported by anchor and special correspondent Soledad O'Brien. Both programs will premiere at 9 p.m.

Juneteenth
from page A10

Sawtooth Building, there will be a Juneteenth Benefit Jazz Concert featuring Joe Robinson. The event is at 7 p.m. at the Sawtooth Building, 226 S. Marshall St.
A donation of \$25 is being requested for the jazz show, which will benefit Juneteenth events. Call 336-306-5404 or send an e-mail to joe-jazz@bellsouth.net for more information about the event.
Cheryl Harry, who founded Triad Cultural Arts Inc., in 2007 to help draw attention to Juneteenth, hopes that the festivals will help teach area residents about Juneteenth and its significance in American history. "This celebration is so important because it is a



Harry

milestone in our history. Even though it marks a dark moment in time, it serves as a springboard to examine where we are as a society and an opportunity to make changes towards lasting improvements in our country," she said.

Supporters for this year's events include: Dell, Inc., Reynolds American, Rep. Larry Womble, Coca-Cola Community Connection, the Winston-Salem Human Relations Commission, the High Point Human Relations Commission, Greensboro City Arts Cultural Outreach, the Winston-Salem Recreation and Parks Department, Winston-Salem State University Center for Community Safety and Union Baptist Church.
The Juneteenth committee is looking for vendors, performers and community groups who would like to participate.
For more information call: 336-793-7462 or visit, www.triadculturalarts.org.

Sitters
from page A1

ny up and running.
"I knew no matter what, I couldn't do it alone," she said. "Lisa was hands down my first choice."
Even early on, the women say they knew they had stumbled upon something great.
"The best thing for me is knowing that the people we send out are quality people," Jenkins remarked. "I couldn't sleep at night if I didn't know the sitters we send are good ones."
Managing the company allowed Henry, mother of four, and Jenkins, mother of two, the flexibility both say they craved for their families.
Henry, a former recruiter for Wake Forest Medical School, says the grueling schedule she kept wasn't conducive to the quickly-growing family she nurtured at home.
For Jenkins, a longtime homemaker, Salem Sitters offered a fresh start in the business world without demanding that she relinquish the freedom she had become so accustomed to in the decade she had spent raising her children.
"I was a stay-at-home mom and after being at home for eight to 10 years, I was looking for something to do," she explained. "I was praying for something I could do at home. This was a business I

could believe in."
The service offers the sitters, who are independent contractors not employees of the company, the same luxuries, Jenkins says.
"The beauty of being a sitter is you work around your schedule," she remarked.
It offers the families that use it peace of mind, she added.
As parents themselves, the women say they are well versed on the anxiety that may come with leaving a child in the care of a stranger. Henry takes it upon herself to test potential sitters.
"I use my kids as guinea pigs," she revealed. "I'm not going to send anybody I wouldn't use myself."
In the early days, Jenkins and Henry say they did much of the legwork themselves, filling in as substitutes for daycare teachers, staffing nurseries and providing transportation and companionship for elderly customers.
Today, their work is largely managerial, but both women say they will quickly fill in a pinch.
As for the company, the sky's the limit; Henry says it has already exceeded her expectations.
"To me, it's just a miracle. God's miracle, just to see it from start to finish," she said. "It has grown tremendously ... it just amazes me everyday."

Heat
from page A6

age group, check on them at least twice a day.
If you must be outdoors, try to limit your outdoor activity to morning and evening hours.

When working in the heat, have plenty of water available and monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

For more specific tips about how to avoid heat-related injuries, visit the Centers for Disease Control and Prevention's web site at www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp.

Shots
from page A6

they must be obtained or in the process of obtaining them within the same 30-day period. At the end of the 30-calendar-day period, any child without a Certificate of Immunization showing that the child has received the required vaccines shall be

suspended from school until he/she provides a Certificate of Immunization as required by law or shows that he/she has begun the immunization process.
"These rule changes were designed to help reduce the incidence of whooping cough and mumps disease among North Carolinians," said Beth Rowe-West, RN, BSN, and head of the Health

Department's Immunization Branch. "This rule allows us to reduce the impact of this deadly disease and better protect our children by boosting their immune systems."
Whooping cough is a highly contagious respiratory infection. Most children are fully protected against it prior to entering kindergarten, but immunity to whooping cough wanes after about 10 years.



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