

WSSU honors Philip Morris for support

CHRONICLE STAFF REPORT



LaMonica Singleton

Winston-Salem State University named its Career Services Library in honor of one of its most dedicated corporate friends.

The library, which is on the third floor of Cleon F. Thompson Student Service Center, has been named for tobacco giant Philip Morris USA (PM USA), which has actively and successfully recruited WSSU students for a number of years.

"We are very excited about the (career) fair and the continued support of Philip Morris USA for our students," said LaMonica Singleton, WSSU interim director of Career Services. "The library is at the heart of the career services unit. It serves as a resource for our students to come and explore career options, spend

time on computers researching fields or various industries, get walk-in resumé critiques and advice, evaluate and discuss their future goals and skills."

Richmond, Va.-based Philip Morris, the cigarette-making wing of Altria Group, Inc., is known for brands like Marlboro, Virginia Slims and Benson & Hedges. Recently, WSSU's Office of Career Services secured a \$25,000 Leadership Investment Fund grant managed by Philip Morris that supports programs that help develop students.

At WSSU, the grant will support the Career Services Student Ambassadors, a new student organization, and it will sponsor today's (Sept. 11) 1st Annual 2008 Career and Cooperative Education Career Fair Breakfast at the school.

Voters

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tial voters. The coalition has worked with the NAACP in recent years and continues to focus on African American communities where voter turnout has historically been low.

"We've targeted two precincts ... that we're trying to increase the numbers substantially," she stated. "We're trying to find people, volunteers to be Block Captains... and check to see that everyone on their street gets registered and has transportation to the polls."

In celebration of Voter Awareness Month, the coalition is putting together a handful of public service announcements to encourage people to register by Oct. 10, the get deadline for the hotly-contested Nov.



El-Amin

4 election. Those who miss the October deadline can still vote, but they will have to register and vote at an early voting site between Oct. 16 - Nov. 1.

Getting voters interested in the political process has been easier this year than in past elections, Sutton said.

"Everybody's excited; everybody's wanting to do something, and that's a good thing," she declared. "I just hope the same enthusiasm continues to Election Day."

Leaders of the local political organizations are also hopeful that the electorate's fervor continues to build.

Forsyth County Democrats Chair Fleming El-Amin says the county has seen record numbers in voter registration. According to his calculations, Forsyth County ranks third in the state for new voters registered, with more than 700 registrations this election cycle collected by local Democrats alone.

Other groups, like members of the local Obama for America team, have also made significant contributions to the numbers, El-Amin added.

The Forsyth County

Democratic office is working hard to turn the state of North Carolina blue (or Democratic) this year, El-Amin says. He believes new voters may be the answer the party is looking for on Election Day.

Whatever their affiliation, the El-Amin says all voters, and especially black voters, should take advantage of a right that wasn't won easily.

"Please don't stay home," he implored. "This is a historic opportunity for us to answer the call of our ancestors. Get out and vote."

For more information about voter registration, contact the Forsyth County Board of Elections at (336) 703-2800 or visit www.co.forsyth.nc.us/elections/default.aspx.

R.A.P.

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televised nationally on PBS. Byron Hurt, the film's director and producer, will be on hand and take part in a post film panel discussion.

Hip-hop producer and Winston-Salem native 9th Wonder will also take part. 9th Wonder, born Patrick Douthit, has produced artists like Jay-Z and Destiny's Child. He also teaches a class on hip-hop and its effects on society at North Carolina Central University.

Dewanna Hamlin, coordinator of prevention and education at Family Services, thinks that the summit will allow the efforts of R.A.P. to reach a larger audience.

"We think that the R.A.P. summit will bring together males and females, people from different generations, to look at what some of the issues might be that are underlying sexual assault," said Hamlin.

R.A.P.'s educational sessions for teens are currently held at seven sites, including schools and YMCA branches. The program relies on mentors from local colleges and teaching tools such as books with titles like "May I Kiss You?" and "Safe Dates."

Llyod said that participants are given a pretest before they start attending the sessions to gauge their views on the opposite sex. The questions are bold - one asks if sexual assault is okay if the woman is wearing provocative clothing - and so are the answers. Llyod said he's heard from young people about lots of outrageous behavior - from grade school girls being



Hamlin

called "bitches" to 12-year-old boys that think it's appropriate to touch any girl who wears tight pants.

"It really does start young," Llyod said of such negative behaviors.

After the sessions, another test is given and there is usually great improvement in the participants' views of women, which makes Llyod proud.

Targeting males for sexual assault prevention is a different approach, said Hamlin, who said prevention - efforts such as self defense classes - focus largely on women. But such efforts, she said, don't address the fact that 73 percent of sexual assaults are perpetrated by someone the victim knows.

Trying to stem attitudes that could lead to sexual assault is important, she says, and it's not about blaming men.

"Eliminating violence in our community is not about blame," said Hamlin. "It's about people working together to look at what societal norms have been accepted for these kinds-of things to happen, and really starting from scratch."

Mental health

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things that aren't there, and delusions and paranoia, such as believing that an outside force is controlling their thoughts and actions. They may have disorganized behavior and thought patterns and may decline or stop speaking or showing emotion. There are many other symptoms, such as catatonia (lack of movement) that are associated with the illness, and there are subtypes (different "kinds" of schizophrenia) that may manifest differently than others. There are many other symptoms and nuances; a health-care provider can provide further information, or you can visit nimh.nih.gov.

Is there a disparity in mental illness in the African American community?

While there is no definitive evidence regarding whether mental illness occurs more frequently in racial and ethnic minorities versus Whites, there is evidence that all people who suffer from these diseases do not receive the same treatment. Research has shown, for instance, that African Americans are more likely to be misdiagnosed (diagnosed incorrectly) with schizophrenia, whereas mood disorders (such as depression and bipolar disorder)

are inadequately assessed. As a result, these patients may receive inappropriate medications. Other studies have demonstrated that African Americans are more likely to be involuntarily committed than are Whites, even when the exact same symptoms are present. Moreover, African Americans may be less likely to receive antidepressant medications than are Whites. These findings are frightening and appalling, especially when one considers that there is no evidence that schizophrenia or any other mental illness occurs more frequently in this population! Nevertheless, if you or a loved one are experiencing symptoms of a mental illness, it is so important to seek care. We can empower ourselves by learning more about these medical conditions. One great place to start is the NIMH website listed above. Moreover, your primary care doctor can refer you to a reputable and qualified mental health professional in your area. It's important to have a team of health care professionals who can work as partners with you in developing the best care possible for you.

Myths associated with mental illness

Unfortunately, people living with mental illness do not only live with their conditions, but also

live with the stigma and ignorance that frequently surrounds these conditions. People with mental illnesses are not weak or helpless. Their illness does not make them "less of a person," and having a mental illness is no more their fault than cancer would be. They cannot "just snap out of it." It is not "just in their head"; there are physical issues that underlie these illnesses, such as imbalances in neurotransmitters (chemicals in the brain). Mental illness will likely not go away on its own. In fact, untreated mental illness frequently only becomes worse over time.

Mental illness is not something that should be taken lightly or "shrugged off"; it is just as real as cancer, diabetes, or cardiovascular disease. Some mental illnesses can be cured, while others cannot. However, all are treatable. With proper treatment and vigilance, however, people living with mental illness can live full, healthy, and stable lives.

How is mental illness treated?

If you or a loved one is living with mental illness, it is critical to ensure you have the help of a mental health professional along your journey. Such professionals may include therapists, social workers, nurses, psychologists (PhDs or PsyDs), and psychiatrists (MDs). These professionals

have a variety of treatment options at their disposal, and they can work with you to help determine which options will work best for you and fit your lifestyle. Medication may or may not be needed, depending on your condition and the severity with which it presents. However, psychotherapy (or "talk therapy") is almost always recommended. Research has shown that therapy and medication work in-tandem to treat or help you live with your illness and that therapy can even increase the effectiveness of medication. While medication can help your brain heal from the illness, therapy can help identify strategies to structure your life and help you

cope. In addition to seeking help from a qualified mental health professional, there are other things you can do to promote good mental health. Taking care of your body is one of them. Scientific evidence demonstrates that regular exercise and proper nutrition can improve how you feel mentally and emotionally in addition to being great for your body! Your provider may also recommend complementary treatments like fish oil to promote a healthy brain.

The most important thing to keep in mind is this: Treatment is available for mental illness, and people with mental illness can

live healthy, productive lives with proper care. If you or a loved one are living with mental illness, it is critical to work with a health professional and adhere to the treatment regimen you develop together.

- Contribution by Jaimie Hunter, MPH, CHES

Do you need further information or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Center for Health Equity, please visit our website: <http://www.wfubmc.edu/minorityhealth>.

Forsyth Jail and Prison Ministries'

HOPE ON THE INSIDE

Please join our prayer circle around the Forsyth County Jail
Friday, September 12, 2008, 6:00 p.m. | 201 North Church Street, Winston-Salem

BOB AND DIMA!

WINSTON-SALEM SYMPHONY ROBERT MOODY, MUSIC DIRECTOR

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09

The Winston-Salem Symphony joins forces with the Greensboro Symphony Orchestra in a thrilling start to its 62nd season. Maestros Moody and Sitkovetsky take turns on the podium and also as soloists on the program, and the combined orchestras power up to perform Richard Strauss' monumental symphonic poem, *A Hero's Life*. Don't miss this musical tour de force!

Copland Old American Songs Robert Moody, baritone	Corigliano Suite from The Red Violin Dmitry Sitkovetsky, violin	R. Strauss Ein Heldenleben, op.40 (A Hero's Life)
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SUNDAY, SEPTEMBER 21, 2008, AT 3:00 P.M.
TUESDAY, SEPTEMBER 23, 2008, AT 7:30 P.M.
Stevens Center of the University of North Carolina School of the Arts

TICKETS: \$15-\$55
For more information, call 336-464-0145 or visit www.wssymphony.org.
(Box office open M-F, 10:00 a.m. - 4:00 p.m.)

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