



WFU Photo

The WFU Gospel Choir is slated to perform.

# Concert will benefit China quake victims

SPECIAL TO THE CHRONICLE

After hearing about the devastating earthquake in Sichuan Province China last May, Wake Forest University senior Glenn Zhao decided he had to do something to help the victims, so he organized a benefit concert to raise funds for relief efforts.

The concert, which will feature musical performances and speakers, will be held at 7:30 p.m. Sept. 30 in Brendle Recital Hall. The event is open to the public. Tickets are \$5 and will be available at the door. All proceeds will go to the Red Cross Society of China, which is directly involved in rebuilding efforts in Sichuan Province.

Wake Forest student groups Chi Rho, Minor Variation, Demon Divas and the Gospel Choir will perform at the concert. Speakers, who will be announced at a later date, will address the impact of the earthquake on the Sichuan region and individual families.

The disaster caught Zhao's attention not only because of the enormous damage, but also

because his grandparents had lost close friends in the Tangshan earthquake in 1976, which killed over 240,000 people. Zhao, who was born in China, said he was also deeply affected by the suffering of the families of schoolchildren.

"In one image after another, I saw devastated parents falling onto the dead body of their only child," said Zhao. "Seeing that suffering made me realize I could no longer be merely a sympathetic observer."

Zhao and his family began mobilizing in small ways to help contribute to relief efforts. His mother set up a donation box for the Red Cross Society of China at her workplace. His brother spoke at his high school graduation ceremony about the importance of helping with the relief effort in China, and Zhao, with the help of his friends, decided on a benefit concert.

"I see this as a great way to mobilize my larger family, the Wake Forest community, to live out our motto, 'Pro Humanitate.'"

## Prayer

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The prayer circle is part of the Ministries Hope on the Inside, which advocates second chances for men and women who end up incarcerated because of bad choices.

This year, Hope on the Inside began with the prayer circle and subsequent hot dog supper on Friday, followed by a day's worth of counseling, prayer and motivational speakers inside the jail and the state prison on Cherry Street (where Forsyth Jail and Prison Ministries is based) on Saturday.

"The answer to crime is not to build more prisons ... what takes an offender out (of the system) and keeps him out is hope on the inside," Stillwell declared. "That's what we want to share with the community, that lives can be changed."

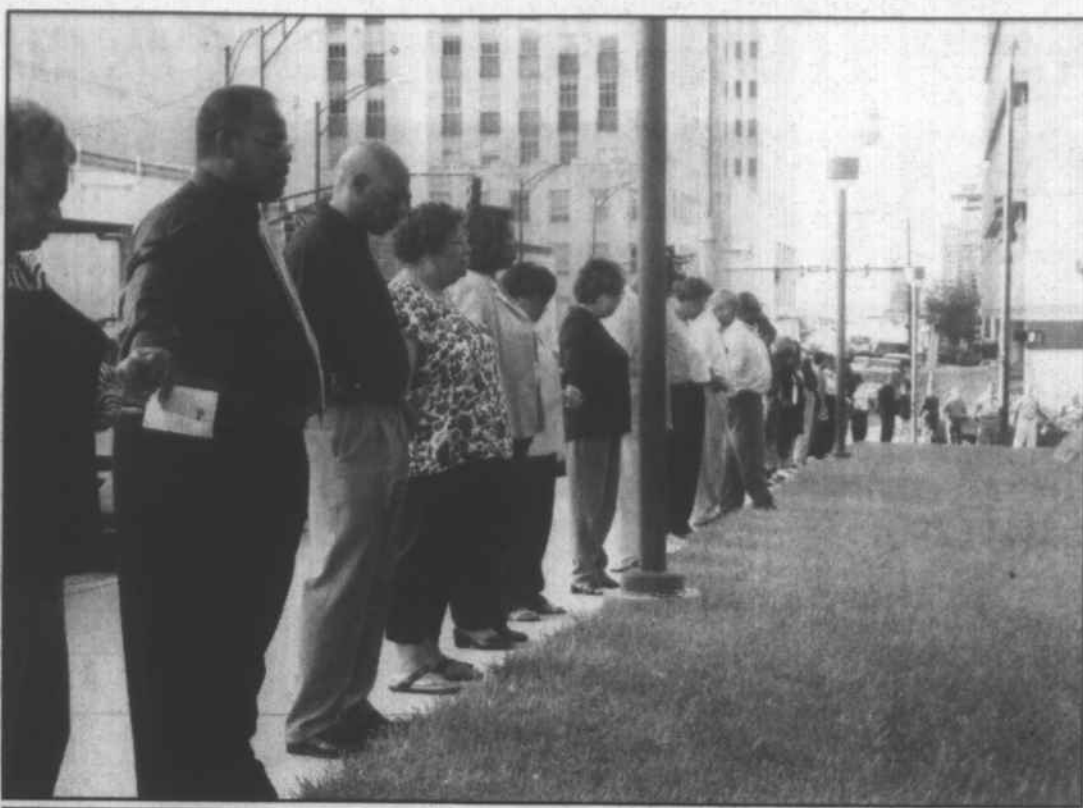
The Ministries and the program not only provides hope but works to create better lives for inmates upon their release.

"Each of those 950 people (inside the jail) represents five to eight victims, statistics tell us," Stillwell explained. "When you make an impact in their lives ... you make an impact on the whole community."

The impact on the community members who assembled before the jail was apparent. Some smiled and waved exuberantly at the windows, which by the end of the prayer were populated with a barrage of faces. Others bowed their heads in silent reflection.

Others cried silently, lifting their hands towards the heavens. A woman began to sing in a rich alto - "Amazing grace, how sweet the sound, that saved a wretch like me..." Others soon joined in, their voices taking on momentum like a gathering storm.

Jimmy Teague clasped his friend Amy Bushman's hand tightly, his face awash in emotion.



Photos by Layla Farmer

The prayer circle winds around the Forsyth County Detention Center.



Left: Chaplain Rodney Stillwell introduces Jim Robinson.

into the world. He currently serves as an instructor at Forsyth Technical Community College.

"It's not who I am on the outside that makes me; it's the heartbeat that He placed within me to become who I am today," he said with a satisfied smile.

Fellow PCA Jim Robinson re-established his faith with the help of a FJPM volunteer.

"I felt the love of Jesus Christ and I felt the love of my Father through the words of that volunteer," he declared, his words choked with emotion. "I walked daily with the Lord."

For more information about Forsyth Jail and Prison Ministries, call (336) 759-0063 or visit [www.forsythjpm.org](http://www.forsythjpm.org).

## Treatment

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times they do not subside. Some people don't experience side effects at all; again, it is something that varies from individual to individual. It is so important to tell your doctor about any side effects you are experiencing so that the two of you can come up with a plan to address them or decide to try a different medication. Side effects will vary depending on the medication. It is important to ask your doctor what side effects you may experience when you begin a treatment regimen. Don't drive or operate machinery until you know exactly how your new medication will affect you. Sometimes, blood tests may be necessary to monitor the effect the drug has on your body— for example, there are some medications that can affect liver functioning. Make sure you talk to your doctor about your use of alcohol and tobacco, as these substances may interact with your medication. Mixing some medications with alcohol, for example, can be deadly.

The United States Food and Drug Administration (FDA)

recommends that you ask your doctor the following questions whenever you start a new medication:

- What is the name of the medication, and what is it supposed to do?
- How and when do I take it, and when do I stop taking it?
- What foods, drinks, or other medications should I avoid while taking the prescribed medication?
- Should it be taken with food or on an empty stomach?
- Is it safe to drink alcohol while on this medication?
- What are the side effects, and what should I do if they occur?
- Is a Patient Package Insert for the medication available?

The most important thing to remember regarding medication therapy is this: **YOU SHOULD FOLLOW YOUR DOCTOR'S INSTRUCTIONS EXACTLY.** Do not stop taking a medication or change your dosage without first talking to your doctor, even if you feel better! Doing so could be very harmful!

**What about psychotherapy?** Many people underestimate

the importance of psychotherapy in treating mental illness. However, therapy may be an important component of your treatment plan. A qualified mental health professional can help you identify things like triggers (things that may affect or activate your condition) or patterns in your life that are not working well for you. You can then work together to devise ways of being that will work better for you. You may learn, for example, new ways of structuring your life or interacting with other people. Therapy helps you understand yourself, and thus you can learn about what you need in order to bring about the results you desire. There are many different styles of therapy—for example, cognitive-behavioral therapy, psychoanalysis, and rational-emotive therapy, just to name a few. Your doctor can recommend a good therapist in your area who can help you learn to maximize your health and wellness. Therapists are useful to people who do not have a mental illness as well, as they can serve as "coaches" to get us through difficult situations or help us maximize our joy.

It is important to remember

that living with a mental illness does not make you "crazy" or less of a person. Mental illness is like any other condition; you may need to make some adjustments in your life to take care of it, but it is completely treatable with the proper care. Like anyone else, people with mental illnesses can lead long, happy, and

productive lives.

Next week, as a conclusion to our three-part series on mental illness, we will discuss supporting a loved one with mental illness.

- Contribution by Jaimie Hunter, MPH, CHES



WINSTON-SALEM SYMPHONY ROBERT MOODY, MUSIC DIRECTOR

# BOB AND DIMA!

08  
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](http://www.wssymphony.org). (Box office open M-F, 10:00 a.m. - 4:00 p.m.)

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WINSTON-SALEM SYMPHONY



## Did you know that 1 in 10 people over age 65 live with Alzheimer's Disease?

If you or a loved one suffer from this disease, Piedmont Medical Research would like to invite you to participate in a clinical research study testing an investigational medication for Alzheimer's Disease. You must be between the ages of 50-85 to be eligible.

Qualified participants will receive study-related care and study medication at no charge. Financial compensation will also be provided up to \$998 for time and travel expenses.

For more information, please contact Piedmont Medical Research at 336-714-7672 or visit us online at [www.piedmontmedical.com](http://www.piedmontmedical.com).

