

Anti-bullying advocate will give free address at Summit School

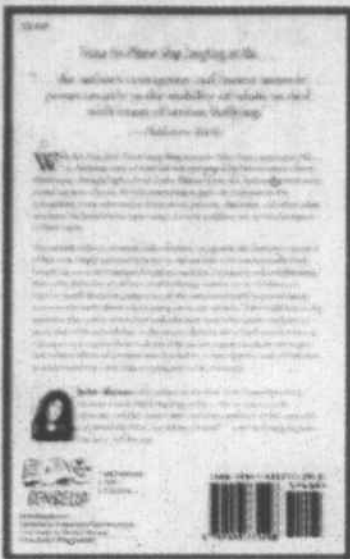
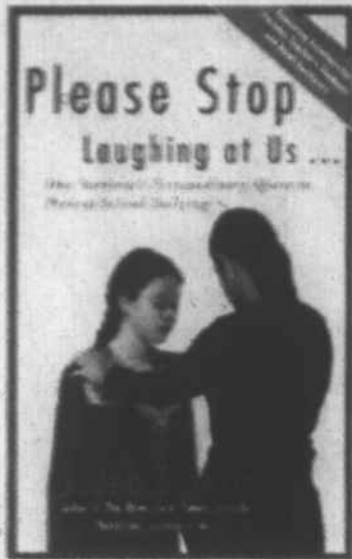
SPECIAL TO THE CHRONICLE

Jodee Blanco, anti-bullying activist and author of the New York Times best-selling memoir "Please Stop Laughing at Me," will speak at Summit School on Tuesday, Sept. 23 in the school theater at 7 p.m. The seminar is free and open to the public.



Blanco

Blanco is a nationally known anti-bullying activist and author of the newly released sequel "Please Stop Laughing At Us... One Survivor's Extraordinary Quest to Prevent School



Bullying.

After the seminar, there will be a Q & A session and book signing. All community members, parents, and teach-

ers are encouraged to attend.

Summit, the Triad's first independent day school, is located at 2100 Reynolda Rd.

Jobs

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ple. I gave out all my material."

The high traffic at her table was indicative of an ongoing trend, McWillis said.

The company, a temporary staffing agency, has seen an influx of new customers all year long.

"With the job market here in the city, we have the candidates, it's just that the jobs are not there," she commented. "We've seen a lot of professional individuals that have been displaced."

Employers such as Time Warner Cable, BB&T, Novant Health, Sears Marketing Center, Winston-Salem/Forsyth Schools, US EEOC, Family Services, Arbor Acres and Truliant Federal Credit Union were also there.

Shavar Morris, 22, is all too familiar with the challenge that even educated people face in today's job market. Morris, a native of Bronx, NY, has a degree in business administration. He has been unemployed for three months and says the pressure is mounting.

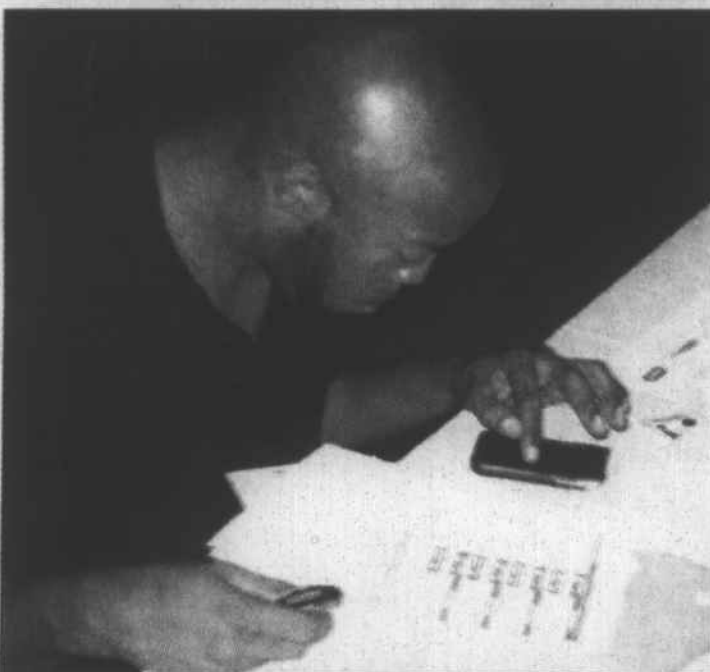
"It's been very difficult. You have to have money to feed the kids and pay the bills. Everyday, I'm online looking for (work)," said Morris. "I'm having a hard time because I'm running out of patience."

The job fair offered him a sorely needed opportunity to network and search for employment, Morris added.

"It was very helpful; I met a lot of people," he said. "It made me more confident."

Vena Hunter attended the job fair at the urging of her aunt, Debbie Buey.

"I'm looking for a new job. I currently work for US Airways, but they're talking about doing layoffs," explained Hunter, a customer service representative for the airline, "so I need to find



Photos by Layla Farmer

A job applicant uses his cell phone to find information to complete his application.



Shavar Morris

something else."

Buey, 47, was laid off from HanesBrands last year. She had endured a layoff from Sara Lee in the early 1990s and was approaching two decades of service with the company when she found herself in the employment line.

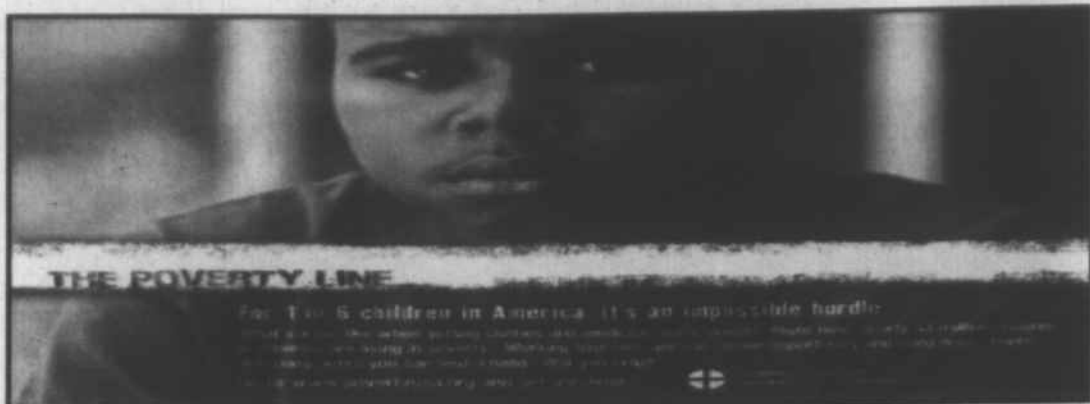
"I can't even cut the word; it's so scary out here," she said of the job market. "Especially when you have a strong work



Chrisshawn Scales

history, but even that doesn't carry much clout these days. It's critical because everybody's looking for that same opportunity - there's more and more people out here searching and looking."

The Urban League offers a variety of job training and employment programs throughout the year. For more information, call (336) 725-5614 or visit www.wsurban.org.



BestHealth

Wake Forest University Baptist Medical Center

October 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.

1 WED - Celiac Disease: Digest the Facts

5:30 p.m. People who eat gluten and other proteins in wheat, barley and rye may develop this inherited autoimmune disorder. WFUBMC gastroenterologist Dr. John Baillie explains how it affects the absorption of nutrients and the function of other organs. ☎

2 THU - Yoga for Relaxation

6 p.m. In this interactive session with certified instructor Valerie Kiser of Sunrise Yoga, experience how yoga can provide relaxation as well as flexibility and coordination. ☎

3 FRI - Heart to Heart

11:30 a.m. WFUBMC Women's Heart Health Outreach Coordinator Susan Butler, RN, presents the signs of heart disease in women, ways to prevent it and treatments for female heart patients. ☎

3 FRI - Give Your Heart a Cath

2 p.m. WFUBMC cardiologist Dr. Sanjay Gandhi explains what heart catheterizations can reveal and how they're used to initiate treatment. For BestHealth members only. ☎

6 MON - Get Smart about Antibiotics

10:30 a.m. Our personal health habits and behaviors can influence the effectiveness of antibiotics. Michelle Wallis of WFUBMC Infectious Diseases explains what you need to know about taking these medications to fight infection. ☎

8 WED - Clay Flowerpots

12 to 2 p.m. Create a unique flowerpot with assistance from Sawtooth School for Visual Art instructors. Fee: \$20 per pot. Pick up your finished pot at BestHealth two weeks after the class. ☎

9 THU - Get Smart about Antibiotics

6 p.m. See description from Monday, Oct. 6. ☎

10 FRI - Look Good, Feel Better

11 a.m. to 1 p.m. Women undergoing cancer treatment learn ways to enhance their appearance and get a free make-up kit valued at over \$150. Sponsored by the American Cancer Society. ☎

10 FRI - Organizing to Downsize

2 p.m. Carol Eickmeyer, experienced organizer and moving coordinator, offers strategies for making moving painless, especially when downsizing. ☎

11 SAT - Patient Education Day on Inflammatory Bowel Disease

10:30 a.m. to 2:30 p.m. If you or a loved one has Crohn's disease or ulcerative colitis, join us for a day of questions and answers with WFUBMC physicians and staff. Meet others who have IBD and learn strategies to help manage it. ☎

13 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. ☎

14 TUE - Belly Dancing

6 p.m. Learn a fun way to get in shape with instructor Paula Stump. Dress comfortably to participate. ☎

15 WED - Puzzled by Prescriptions?

10:30 a.m. There are many things you need to know about new medications, such as dosage, side effects and contraindications. Learn from Mary Bennett, PharmD, of WFUBMC's Drug Information Service, what questions to ask and how to know if a medication is right for you. ☎

15 WED - Noises in the Night

3:30 p.m. WFUBMC otolaryngologist Dr. Joshua Waltonen presents the causes and treatments for snoring and tips on coping. For BestHealth members only. ☎

15 WED - By Kids, For Kids Forum

7 p.m. Kids ages 4 to 17 and their parents will gather together to share personal experiences with setting health-related goals and what they've changed to help them achieve those goals.

Sponsored by the American Heart Association and Brenner Children's Hospital. ☎

Other Locations

2 THU - Harris Teeter Grocery Store Tour

6 p.m. BestHealth dietitian Dayle Fuentes shows you how to break food label codes and fill your basket with healthy choices from every aisle. Held at Harris Teeter on Cloverdale Ave. ☎

3 FRI - Don't Delay - Vaccinate!

12:30 p.m. Learn what vaccinations are recommended for senior adults and the benefits and risks associated with them from Dr. Kevin High of WFUBMC Infectious Diseases. Held at Senior Services, Shorefair Dr. ☎

14 TUE - Benefits of Massage Therapy

11:30 a.m. Join licensed massage therapist Jennifer Barker to learn how massage therapy can increase circulation, relax muscles, reduce heart rate and lower blood pressure. Held at the Kernersville YMCA, 1113 W. Mountain St. ☎

☎ 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

ROCK THE BLOCK

WWW.ROCKTHEBLOCKWS.COM

FRIDAY, SEPTEMBER 19

6 PM TO MIDNIGHT

WINSTON-SALEM | 4TH STREET

99.5 WNCN, 105.7 WXP, 61003 The Harriet, 104 WXP

• Foothills Brewery ROCK & ROLL Stage • Mechanics & Farmers Bank R&B Stage
 • Texas Land & Cattle BEACH MUSIC Stage • B-String AMERICANA Stage
 • BestHealth BEACH MUSIC Stage • BMX Stunt Bike Show • KID'S ROCK

TEXAS LAND & CATTLE STEAK HOUSE

M&F, The Bikes, DOWNTOWN

BestHealth, Yellow Mushroom, YES!