

NO RESIDENT LEFT BEHIND

Committee will work to make sure Census gets accurate count for Forsyth

BY LAYLA FARMER
THE CHRONICLE

More than 40 city and county leaders are expected to attend the first Complete Count Committee meeting of for the 2010 Census tomorrow morning at the Forsyth Government Center.

The newly-formed committee will be made up of elected officials, faith leaders, media representatives, entrepreneurs and others who can communicate to the community the importance of participating in the 2010 U.S. Census.

Kelly B. Bennett, a planner for the City/County Planning Board, says that getting the most accurate count possible is imperative.

"Money that comes from the state and federal government is based on your population, typically," he said. "It also determines the number of seats the state has in the House of Representatives and the state legislative districts in Raleigh."

Population numbers are tracked during non-Census years as well, but the results are less reliable than those gleaned from a full-scale Census, Bennett says.

"The numbers between the Censuses are based on sampling and they don't always catch everybody," he stated. "This is our chance to get that base number (correct)."

The federal government currently allocates approximately \$1,350 for every person in the state, so overlooking a few hundred people in



U.S. Census Image
The federal government is required to do a census every 10 years.

the area could mean the loss of a significant amount of funding, Bennett added.

Any effort that leads to greater community participation in the Census is a positive thing for the county, says David Plyler, chair of the Forsyth County Board of Commissioners.

"The Complete Count Committee is something that everybody ought to be involved in," Plyler declared. "It's the Census, and that means a lot of money to state and local governments."

Plyler is leading the Complete Count Committee effort along with Mayor Allen Joiner, who has argued that the city's population has been underestimated by recent counts. Census numbers are used in more ways than one

may think, Plyler stated, listing funding for public health-care and infrastructure such as roadways and sewers as prime examples.

"The people who get the money are generally the people who are counted; the priority goes to the folks that have the biggest numbers," he said.



Plyler

One of the chief goals of the 2010 Census is to increase the mail-back response rate. Census forms will soon begin arriving in

mailboxes, asking residents to state how many people live in their household and other questions. If the forms are returned, the Census Bureau's job is made much easier. Households that don't respond will receive a visit from a

Census worker, hoping to get the information via a face-to-face interview.

One of the biggest stumbling blocks toward an accurate Census count is residents who shy away from government initiatives because of their immigration statuses or other legal concerns, Bennett reported. However, such things are of no consequence to Census workers, who are under strict orders to collect information for counting purposes only, he says.

The Census workers, while they work for the federal government, they're not in the immigration business or the law enforcement business," he said. "They don't share a person's information with anybody else, and that is in fact illegal (if they do). This is confidential, and no harm will come from it."

For more information about the 2010 Census, visit www.census.gov/2010census.

Heat

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Children should wear at least 45 SPF sunscreen.

Sunscreen should be applied generously and re-applied after swimming, tanning, or sweating.

Wear a hat to protect your face, ears, and neck.

Wear sunglasses to protect your eyes.

If you do get sunburned, taking cold showers, and applying moisturizing creams, lotions with aloe, or cold cloths can help ease the discomfort. Call your doctor immediately if you have fever, fluid-filled blisters, dizziness, or difficulty seeing.

How can heat exposure harm me?

Over-exposure to the heat can cause serious health problems, even death. Most often the victims of heat-related illnesses are those who work outside, remain in the heat for long periods of time, or are dehydrated. Heat exhaustion is the most common type of heat-related illness. If not treated, it can lead to a much more dangerous condition: heat stroke.

Symptoms of heat exhaustion include: Cool, moist, pale, or flushed skin, heavy sweating, headache, nausea or vomiting, dizziness, and exhaustion. To treat heat exhaustion, remove or loosen the person's clothing and apply cool, wet cloths. Give them a 1/2 glass of cool water every 15 minutes. Let the person rest in a comfortable position and watch them carefully. If the person develops a fever of 102 degrees or higher, fainting, confusion, or seizures, you should get medical help right away.

Heat stroke is a life-threatening condition that can lead to death, if not treated promptly. If you think someone has heat stroke, act quickly to get medical help. Symptoms include: hot, red skin, disorientation or changes in consciousness, hallucinations, rapid or weak pulse, rapid and/or shallow breathing, and fever.

To treat heat stroke: Call 911 immediately!! Move the

person to a cooler place and quickly cool their body with a cool bath or wet cloths and a fan.

Watch for signs of breathing problems. Give the person small amounts of water to drink, and keep them lying down.

How can I prevent heat-related illness?

When in hot weather conditions:

Drink plenty of fluids, even if you don't feel thirsty. Water is the safest liquid to drink during heat emergencies. Your body needs water to keep cool. Two to four glasses of water every hour are recommended. Don't drink liquids that contain caffeine (i.e. coffee, sodas), alcohol, or large amounts of sugar. They may make you feel better briefly, but may worsen dehydration.

Stay indoors and in an air-conditioned location, if possible. If your home does not have air-conditioning, go to a public place.

Use fans to help circulate air.

Take cool showers or baths periodically throughout the day.

Wear lightweight, light-colored, loose fitting clothing.

NEVER leave any person or animal in a closed, parked vehicle.

Always check on infants and children, the elderly, and those who are sick for signs of heat exhaustion or heat stroke.

Limit outdoor activity to morning and evening hours.

Rest often in shady areas.

Wear a hat, sunglasses, and sunscreen (SPF 30 or higher).

Contribution by Sarah L. a n g d o n n

Do you need further information of 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/minortyhealth>.



Ladies Working Society President Josephine Sherard presents a gift to Susanna Roseborough.



Each honoree received a framed photo of themselves. Here, Bertha Davis is presented with hers.

Seniors

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women," he said. "It is a blessing to live to see 70, and Mrs. Medley has been blessed to see 100. This is the gift of God."

City Council member Joycelyn Johnson, a member of Mars Hill for more than 40 years, came up with the idea to honor the women in such a creative way. Medley, who was born on March 15 in Union County, NC, thanked Johnson and all of those who worked to make the celebration a reality.

"I want to thank you all for coming today and for sponsoring this beautiful program. I thank God he let me live to see Sister Joycelyn Johnson grow up to be a good woman. When she says something, it's true," said Medley, who came to Winston-Salem in the 1930s to work in the tobacco factories.

Fittingly, the party took place the day before Mother's Day. Medley told the crowd how she managed growing up without her mother in her life.

"I was one of five children. My mother went off and left us. My father sat us down and made a speech about how he was gonna raise us right," she said. "He told us we was gonna go to church and live right. I have never been to jail and have never been accused of anything. My daddy told us never to steal. If you want something, just ask for it."

Medley also had some words of wisdom for those who want to live to see their 100th birthday.

"Obey your parents. Your parents can keep you out of trouble," Medley said. "I lived by obedience. Serve



Pastor Smith greets Wyverta Carter.

Photos by Felicia Long



Alberta Watkins



Alma Hart

the Lord day and night. If you can't tell the truth, don't open your mouth. Everything you do, do it right."

Natasha Lindsey, granddaughter of Medley, described her as a shoulder to lean on and a woman who always offered words of inspiration and encouragement. Medley had smiles and kisses for her great granddaughter, Bella.

Family members and friends also stood to offer comments and praise for each of the other ladies who

were honored. Mildred Porter recognized Susanna Roseborough, 76.

"She's a Christian. She has been very active in this church. I love her like a sister. We have been friends for over 60 years."

Thelma Thompson described Alberta Watkins, 79, as a servant in the community who would take people to the drug store and always lend a helping hand.

Bridgette Robinson honored her mother-in-law, Marie Robinson. She



Dorothy Mae Armstrong



Marie Robinson

thanked Robinson for walking her kids to Sunday School and being a source of inspiration.

Marie Robinson favored the guests with a song of praise.

"Thank God I could get out today. I still love the Lord. He is still my best friend," she said.

Mrs. Alberta Watkins, 79, thanked the Lord for Mars Hill Pastor Larry Smith.

"Pastor Smith has really been a blessing. I don't know why he looks over his eye glasses at us. He is so young. I thank the Lord for everything. I wish you all a happy Mother's Day," she said.

NO DUMPING

CITY ORDINANCE

Illegal dumps are one of the areas of concern for the Community Hygiene Section.

Hygiene

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ring debris gathered when clearing land. "Inert debris" includes unpainted concrete, brick, concrete blocks, uncontaminated soil, rock and gravel.

The Community Hygiene Section is also charged with enforcing laws and regulations about decontamination of methamphetamine and clandestine drug laboratory sites. We oversee the assessment and clean-up activities, disposal of hazardous waste, and restrictions on reoccupation of contaminated properties.

The county manager relies on the Community Hygiene staff for technical information and assistance in administration of the franchised garbage collection ordinance.

Mosquito Control

While mosquitoes have a unique and important role in the environment, large numbers of mosquitoes can be a nuisance and health hazard. Mosquitoes can be vectors of disease, transmitting infections. Mosquitoes are known vectors of malaria, West Nile virus, yellow fever, dengue fever, and certain other illnesses in humans. Mosquitoes are also vectors of heartworm in dogs and of eastern equine encephalitis in horses. They need surprisingly little water to breed and grow, and they can thrive in almost anything that can hold water, including birdbaths, gutters, and even standing water in the bases of flower pots.

In an effort to control mosquitoes, Forsyth County conducts a year-round mosquito surveillance and control

program using integrated pest management (IPM) techniques to lower the risk of transmission of mosquito-borne diseases. IPM is a combination of identifying and tracking mosquito populations and breeding locations and developing the best strategies to control mosquito breeding with the least impact on the environment and without harming "non-target species." Non-target species include humans, animals and other insects. Some of the strategies we employ involve the use of minnows to eat mosquito larvae and applying specialized bacteria to water in breeding sites to prevent mosquito larvae from becoming adults. These bacteria are not toxic to humans and other mammals and have little or no impact on other non-target aquatic species (like tadpoles, mayfly and dragonfly larvae), but are very effective at getting rid of mosquito larvae.

The Community Hygiene staff provide education to the public about indoor air quality, environmental mold and control of other pests including bedbugs, ticks and fleas in the community.

We also thoroughly investigate all reported rodent bites. To find out more about Community Hygiene and our role in waste management and pest control or to read about our work in other areas of interest, please visit: <http://www.forsyth.cc/PublicHealth/communityHygiene.aspx>

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