

New marker dedicated to state's ugly eugenics program

CHRONICLE STAFF REPORT

The N.C. Highway Historical Marker program dedicated a marker Monday intended to remind the public of the state's shameful forced sterilization (or eugenics) program.

The eugenics marker was unveiled in Raleigh at the N.C. Community Colleges Headquarters on Jones Street. From 1933 through 1973, the

state of North Carolina mandated sterilizations of more than 7,600 people, most of them black and/or poor.

Beginning with Indiana in 1907, sterilization laws were passed in 32 states. The North Carolina legislature authorized sterilizations of patients or inmates of public institutions in 1929 "for the public good," and authorized county commissioners to order sterilizations at the public

expense of "any mentally defective or feeble-minded resident." In 1933, the Eugenics Board was created to review all sterilization requests.

The science behind eugenics was discredited by the 1940s, but North Carolina policymakers held to the position that sterilization protected the poor and helped break the cycle of poverty. After 1945, the numbers of non-institutional sterilizations

increased, many of whom were considered "uncontrollable" teenaged girls.

In 1972, the Eugenics Board became the Eugenics Commission, but it wasn't until 2004 that Forsyth County's Rep. Larry Womble that introduced legislation to remove the sterilization policy from state law.

Womble remains at the forefront of a movement for the state to compensate victims.



State Rep. Larry Womble



Principal Amber Baker with Hayes and Amy Wauford.

Kimberley

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was hard for them to carry them all. Each of the 33 fifth grade students received the President's Educational Award, which features the signature of President Barack Obama. The kids squealed with delight when they heard their awards would bear Obama's signature.

The well-stocked book bags had the kids excited as well. Rotarians asked middle school teachers what kind of supplies middle-school students would need, so each book bag was packed with things like a scientific calculator, a protractor, a compass, binders, pencils and paper.

Latisa Jackson has four children that attend Kimberley Park. One of them, her son Jachi, graduated last week and received one of the book bags. Jachi also improved his math grades after receiving tutoring from Rotarians Hayes and Amy Wauford.

"It's exciting to think that people are still willing to help, especially schools that are going through difficult times," said Latisa Jackson.

Tutors at the school work with groups, classes and one-on-one with individual students. The Waufords said they have formed bonds with the students through the tutoring sessions.

"You can see the improvement instantly," said Amy Wauford. "It's so rewarding and there's so much need in this city that people overlook."

The club also sponsored a school-wide trip to the Children's Museum of Winston-Salem and threw a



Susan Raynor

holiday party at the school, where every student got a book. Rotarians have manned booths at the school's book fair and donated money so that students can buy books. Groups of students have even visited rotary club meetings, which are held across town at the Forsyth Country Club. On occasion, Rotarians hold meetings at Kimberley.

The club's contributions continued at last Thursday's graduation. Rotarians presented Kimberley Park's Teacher of the Year Keva Napper, with a \$100 check and donated \$200 to the school library in her name.

Kimberley Park's principal Dr. Amber Baker said that partnerships like the one between the school and the rotary club are about much more than money.

"When people learn that you have a partnership with a rotary club they just assume it's about finances, but the partnership with our club has been much more than just monetary commitment," said Baker. "It really is about visibility and service."



Photos by Todd Luck

Graduates hold their President's Educational Awards.

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BestHealth

Wake Forest University Baptist Medical Center

July 2009 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 - Farm to Table

12 to 1:30 p.m. Join Chef Nikki-Miller Ka to learn how to turn freshly picked fruits and vegetables into delectable dishes. Samples and recipes provided. For BestHealth members only. ☎

6 MON - Flavorful Fish

3 to 4:30 p.m. Join Chef Thomas Lantz as he shares tasty grilled fish recipes. Samples provided. ☎



8 WED - Cooling Yoga

1 p.m. This interactive session with certified instructor Valerie Kiser of Sunrise Yoga shows how yoga can provide relaxation, flexibility and coordination. ☎



9 THU - Medicare 101

1 p.m. Mary Ellen Haynes, Compliance Manager for MedCost Benefit Services, provides an overview of Medicare. Learn more about eligibility, what's covered and what isn't, prescription coverage, and more. ☎

13 MON - Take it to Heart

5:30 to 7:30 p.m. Learn ways to be heart healthier during this two-hour program featuring a cardiac nurse, nutritionist, exercise physiologist and pharmacist. Sponsored by the WFUBMC Heart Center. ☎

14 TUE - All about Cornea & Eye Donation

1 p.m. Join Jennifer Carter, RN, BSN, from The North Carolina Eye Bank, to learn more about cornea/eye donation and how you can make a difference. ☎

14 TUE - Belly Dancing

6 p.m. Instructor Paula Stump provides information on toning and firming muscles as well as diagrams of steps. Dress comfortably to participate. ☎

15 WED - Summertime Food Safety

6 p.m. BestHealth registered dietitian Amy Fanjoy shares helpful tips on preventing food-borne illness during picnics and barbecues this summer. ☎

16 THU - Advance Directives

6 to 8 p.m. Learn how advance directives such as a living will and healthcare power of attorney can ensure your wishes will be met. Jay Foster of WFUBMC Pastoral Care explains the terminology and procedures. Documents notarized free of charge. For BestHealth members only. ☎

17 FRI - Basics of Massage Therapy

1 p.m. Learn the basics for giving a relaxing massage from WFUBMC licensed massage therapist Jennifer Barker. Dress comfortably and bring a pillow and blanket to class. \$5 per person. ☎

18 SAT - Vegetarian Cuisine

2 to 3:30 p.m. Learn a healthy, delicious way to cook as Chef Nikki Miller-Ka prepares dishes with vegetables, nuts and grains as the main ingredients. Samples and recipes. ☎

20 MON - Sleepless with Psoriasis

6 p.m. Megan Kinney of WFUBMC Dermatology explains the prevalence of sleep disorders in patients with psoriasis. Sponsored by WFUBMC Dermatology and the Piedmont Triad Psoriasis Support Group. ☎

22 WED - Physical Therapy after Orthopaedic Surgery: What you need to know

1 p.m. If you're considering orthopaedic surgery such as knee or hip replacement, join WFUBMC physical therapists to learn what to expect during your post-surgery physical therapy. ☎



22 WED - What Your Footprints Say about You

6 p.m. The soles of your feet can tell a lot about your body's alignment, gait, stride and foot-related problems. Join James Guarino, arch support specialist with Alternative Care Group LLC, for an interactive demonstration of pedography. ☎

23 THU - Fun with Fruit

11 a.m. In this BestHealth Kids class for children ages 5 to 7 and their parents, Amy Fanjoy, registered dietitian with BestHealth, invites you to join her in making fun fruity snacks. Space limited. ☎



23 THU - Cholesterol and Your Calcium Score: What does it really mean?

6 p.m. Heart health can be checked by several types of tests, but what are the newest, safest and most reliable? Join Susan Butler, RN, of the WFUBMC Heart Center as she shares what the tests really mean. ☎

24 FRI - Cooking with California Fresh Home Appétit

1 to 2:30 p.m. Join Jennifer and Julie of California Fresh Home Appétit for fresh salads from their innovative meal delivery service. ☎

27 MON - So, You've Got Squeaky Knees?

11 a.m. WFUBMC orthopaedic surgeon Dr. Jason Lang discusses the common causes of knee pain and the latest treatments from non-surgical care to partial-knee replacement, including MAKOplasty®. ☎

27 MON - Beginner's Running Clinic: Train for your first 5K

6 p.m. Join Fleet Feet Sports to learn more about No Boundaries, their 5K training program for beginners that starts August 1. You'll also hear from WFUBMC physical therapist Per Kristian Moerk about the importance of activity for your bones, joints and muscles, and what to expect in your first few weeks of training. ☎

28 TUE - Smoking Cessation Overview

6 p.m. Would you like to give up smoking for good? Join Chandra Parker, certified smoking cessation facilitator with WFUBMC, for an overview of an upcoming 6-week "Freedom from Smoking" program to be offered at BestHealth. Determine your readiness to quit and whether the upcoming course will be right for you. ☎

29 WED - Navigated Total Knee Replacement

6 p.m. Join WFUBMC orthopaedic surgeon Dr. William Ward as he discusses the latest improvements in total knee replacement surgery. ☎

Other Locations

Women's Healthy Heart Screenings

July 9, 14, 21, 23 and 30

9 a.m. to 4 p.m. Are you female, 35 years of age or older and concerned about your personal or family health issues including high blood pressure, high cholesterol or glucose, obesity or heart disease? Would you benefit from an EKG, cholesterol and glucose, BMI and waist circumference, and Wellsource screening tool with a result-oriented action plan? Fasting prior to appt. is recommended, but not required. Sponsored by the Heart Center. Held at the Women's Health Center of Excellence, Piedmont Plaza II, First Street, Winston-Salem. Fee: \$15 per person. Appointment required by calling 336-713-4427.

☎ 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.



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