



Teresa Gaither, leader of the Junior Girls Scout Troop at Easton Elementary, pulled the members together to complete this year's cookie sale on March 6 at the South Park Shopping Center.

Local foundations award \$150,000 to Crosby Scholars

SPECIAL TO THE CHRONICLE

The Crosby Scholars Community Partnership has received a \$100,000 grant award from the Kate B. Reynolds Foundation for the Crosby Scholars college scholarship program. The awards are made to students in Winston-Salem/Forsyth County Schools who have completed program requirements and who meet financial aid guidelines. Crosby awards are generally "last dollar" scholarships, monies provided to bridge the gap between other forms of financial assistance and the cost of attending college.

The Winston-Salem Foundation has awarded the Crosby Scholars Program a grant of \$50,000 for planning and implementing development strategies, which will include individual, corporate and foundation solicitations as well as special events and collaborative proposals with other community organizations.

The Crosby Scholars Program serves some 2,500 middle and high school students each year with a comprehensive mix of college preparation seminars and workshops, including leadership

development, community service, career awareness, productive citizenship and financial aid sessions for students and their families.

Established in 1992, the program initially received the core of its financial support from the proceeds of the Crosby Golf Tournament. With the close of this tournament, Crosby staff and board have initiated efforts to build new funding sources.

"The success of our students in both regionally and nationally prominent colleges is the very important legacy of the hard work and commitment of the thousands of friends who produced the Crosby Tournament," said Mona Lovett, executive director. "We view this new chapter as a critical opportunity to expand our reach into the community and continue to offer young people the resources to develop their best attributes to become leaders and productive citizens of Forsyth County."

The program has hired Bebe Kern Somerville to lead the organization's fund development efforts. Somerville's experience with grant-writing and fund-raising

initiatives includes Cities in Schools of Palm Beach, Warren Wilson College, The Asheville School, Wake Forest University, the Touched by Technology campaign in Forsyth County and the Baton Rouge Area Community Foundation.

Bone loss resumes when hormone replacement therapy stops

SPECIAL TO THE CHRONICLE

Stopping hormone replacement therapy does not appear to accelerate loss of bone in postmenopausal women, according to a long-term follow-up of the national Postmenopausal Estrogen/Progestin Intervention (PEPI) study.

Writing in Monday's (March 25's) edition of Archives of Internal Medicine, the research team said, "Our results suggest that women who stop hormone replacement therapy may resume bone loss, but it will be at a rate similar to women who never took these drugs."

The seven-year study also showed that while bone mass increased substantially in the first 36 months after starting hormone replacement therapy, there was little gain in bone mass after that. Among women who remain on hormone replacement therapy for up to five more years, bone mass remains stable at a higher level.

The PEPI study involved more than 800 women at seven academic medical centers. The national coordinating center

was at Wake Forest University School of Medicine.

Mark Espeland, Ph.D., one of the authors and professor of public health sciences (biostatistics) at Wake Forest, said the current results stem from a safety follow-up study lasting up to five years after the end of the initial three-year PEPI study. "We wanted to follow these women to see if there were any long-term health consequences."

During the follow-up, investigators monitored both occurrence of fractures and changes in bone density as measured by bone scans. Declining bone density increases the risk of fractures and leads to osteoporosis. It is a natural process of aging that occurs in women who do not start hormone replacement therapy, and was confirmed in the placebo arm of the PEPI study.

"PEPI helped establish that estrogen can lead to short-term increases in bone mineral density in postmenopausal women," Espeland said.

But several other studies had raised questions whether bone loss may accelerate when

hormone replacement therapy stops. Instead, the PEPI results showed that when hormone replacement therapy stops, the rate of bone loss is about the same as the natural process.

Espeland said the long-term follow-up "gave us a chance to examine the consequences of remaining on estrogen or stopping estrogen after three years."

He pointed out that the increase in bone mass after initiation of hormone replacement therapy gives women who stop a higher starting point; it is several years before their bone loss declines to the point where they would have been had they never started treatment.

Sustained use of hormone replacement over many years may increase a woman's risk of breast cancer. Results from PEPI allow doctors to consider other strategies such as prescribing hormone replacement therapy for a period of time, then stopping it, then resuming in a few years.

"Our paper indicates this could have some benefits in increasing bone mineral density and preventing fractures," Espeland said.

Liston, retired N.C. A&T professor, will chair session at psychological association convention

SPECIAL TO THE CHRONICLE

Dr. Hattie H. Liston, retired professor of psychology from N.C. Agricultural and Technical State University, will chair a session at the Southeastern Psychological Association, for

all states from Washington, D.C., to Florida. This 48th annual convention will convene in Orlando, Fla., March 21-24.

Liston was the first African-American woman in North Carolina

to be licensed to practice psychology. She has been cited as an author, versatile researcher, behaviorist, substance misuse and abuse consultant and a bio-feedback practitioner. She also has

received a number of accolades and recognition in various publications.

Liston will be accompanied to Orlando by her granddaughter, Natasha Williams, assistant city attorney in Winston-Salem.

Singles group is formed

SPECIAL TO THE CHRONICLE

A new singles group from Winston-Salem was organized on Oct. 19, 2001, at 6 p.m. at the lovely home of Pency Yarborough on Treetop Lane. Yarborough and Annie P. Wilson are the group's coordinators.

The group decided that it would not have officers, club dues, scholarships, mailings expenses except for costs of individual activities. Everything is handled by telephone. The coordinators wanted a more relaxed singles group.

Each month on the third Friday, the group gets together at 6 p.m. to celebrate the birthdays for that month with cards and good food. Each member volunteered to take a month to host the meeting. The group decided on some outings such as movies, travel, museums, plays, cookouts, a one-day cruise, dining out and athletic games, just to name a few.

Thus a gathering of 18 people led to the formation of a singles group. The objective is to create a family-like atmosphere and share in a variety of activities together.

The Nov. 16 and Dec. 21, 2001, meetings were held at Yarborough's house. Her co-hostess was Annie P. Wilson. There was great food.

Delores "D" Smith and Merle Wylie hosted the Jan. 18, 2002, meeting at Smith's cozy home. A great soup was prepared for the group with a variety of crackers and sodas. Members participated in fun musical games. Smith credited Wylie for that delicious soup floating with meat and vegetables.

The Feb. 15 meeting was a Valentine's night out at "Cities" on Stratford Road. The attire for that night was red and white. The members looked as if they were ready to celebrate their night too. The food was so delicious. What an atmosphere to dine in. There was a name drawing for a Valentine stuffed dog toy. Jeannette T. Lewis won the red stuffed animal, which made her the sweetheart

for the night.

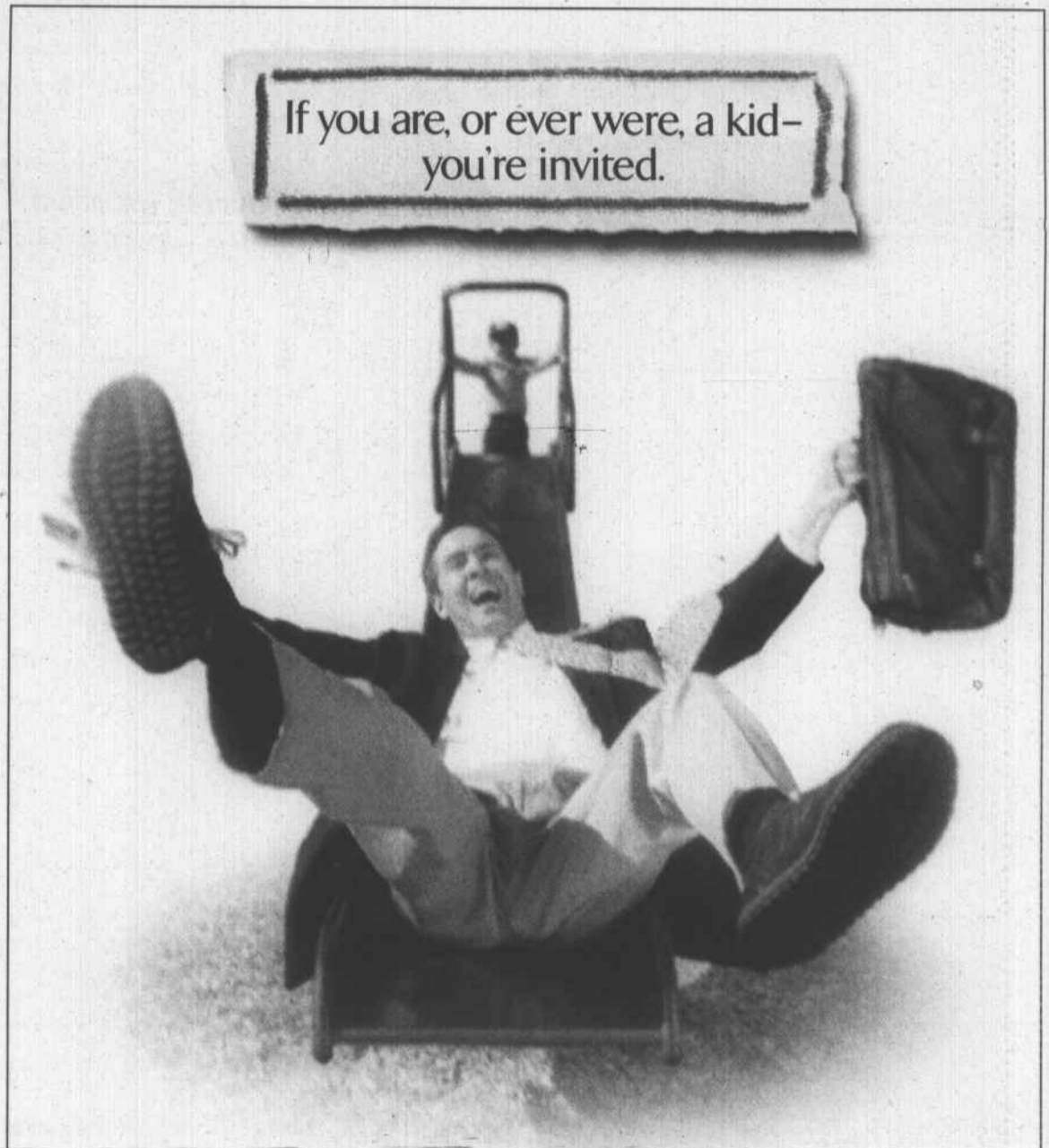
The March meeting was held in the attractive basement of Amos Harper. Harper had prepared a delicious St. Patrick's Day dinner for the group to enjoy. The menu consisted of corn beef and cabbage, barbecue ribs, whole white potatoes and carrots, Mexican corn bread, pound cake, vanilla ice cream and a variety of sodas. Harper had decorated his basement in St. Patrick's Day decorations. There were several games for the members to analyze and share.

The members wore green and white to represent St. Patrick's Day. Thurmond Ford was co-host of this wonderful March meeting.

The remaining hostesses are: April - Andrea Bush and Sandra Kay Lawson; May - Mary (Cookie) Davis and Jeannette T. Lewis; June - Selena Nichols, picnic - Doris Gilliam; July - Oliver White, Eva Howell, and Pency Yarborough; August - Naomi Suber, Willie Mae Gray; September - Louise Beale and Annie P. Wilson; October - Wanda Hill and Cleester Hickerson; November - another outing to be announced; and December - Josephine Griffin and Mary Alice Ledbetter.

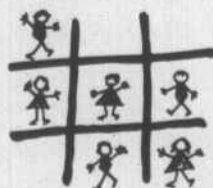
The members to date are: Louise R. Beale, Andrea M. Bush, Mary (Cookie) Davis, Thurmond Ford, Doris Gilliam, Willie Mae H. Gray, Josephine F. Griffin, Amos W. Harper, Cleester Hickerson, Wanda L. Hill, Eva B. Howell, Sylvia Jenkins, Sandra Kay Lawson, Mary Alice Ledbetter, Jeannette T. Lewis, Howard McCullough, Selena H. Nichols, Delores D. Smith, Naomi Suber, Mary W. Webster, Oliver White, Merle Wylie, Annie P. Wilson, Delores Yancey, and Pency M. Yarborough.

The singles group is open for new members who are single by choice, not married, or widowed. If you are interested in becoming a member, contact Annie P. Wilson at 723-8149 or Pency Yarborough at 725-8851.



Open House April 20-21 Sat. 1-4pm & Sun. 2-5pm

Please join us as we celebrate the completion of our new, state-of-the-art facility, and be one of the first to see this region's premiere children's hospital. With entertainment, giveaways, refreshments and free parking, it promises to be two fun-filled days for parents and kids alike.



Brenner Children's Hospital & Health Services

part of Wake Forest University Baptist Medical Center

Guest speaker Judy Woodruff, CNN anchor, at 1 pm 4/20

Local sports athletes and mascots

Child ID kits from the WSPD

Rooftop playground

Self-guided tours

Face Painting

Magicians

Clowns

Entertainment

Sign up today for our free parenting classes, April 22-26.

For more information, call Health On-Call® 336-716-2255 or 1-800-446-2255 or visit www.brennerchildrens.org.