



Cal Cunningham, center, accepts the Gen. Douglas MacArthur Leadership Award at the Pentagon in June for his service in Iraq. It is the Army's highest honor for leadership.

Another native of Winston wants to replace Sen. Burr

BY LAYLA FARMER
THE CHRONICLE

Another Democrat from Winston-Salem has joined the 2010 U.S. Senate race.

Cal Cunningham, a litigation attorney at Kilpatrick Stockton who now lives in Lexington, announced his candidacy last week. Other prominent Democrats running include Ken Lewis, a city native who now lives in the Triangle area, and Secretary of State Elaine Marshall. All want the chance to try to unseat U.S. Sen. Richard Burr, a Republican who has called Winston-Salem home for many years.

"Really, it's not in my nature to sit on the sidelines while North Carolina and our country are facing the challenges that we're facing," Cunningham said of his motivation to seek office. "...I've looked at the guy whose got the job now, Richard Burr. This is a guy who voted straight down the line to drive our country into the ditch ... I know we can do better."

Lewis has openly criticized Cunningham, who had declined earlier requests from supporters to run for the seat, chastising him for not being up for the challenge sooner. In fact, Cunningham had announced that he would not enter the race.

"Was the mission not important 26 days ago? Were the Wall Street investment bankers, health insurance lobby, and special interests in Washington not an important enough mission for you to take on 26 days ago?" Lewis asks in a statement.

But Cunningham, a captain in the US Army Reserves Judge Advocate General's Corps, said he thought long and hard before making a bid for the seat.

"I have weighed this campaign against what will be a tremendous sacrifice on the part of our family," said the married father of two who has spent more than 900 days abroad serving in Iraq. "Some time ago, I decided the likelihood of success outweighed the sacri-

... fices." Cunningham served one term as a representative of the 23rd Senate in the North Carolina General Assembly, beginning in 2000, and says he is ready for the fierce competition the campaign will likely bring, especially here in Winston-Salem, where he is one of three candidates with local ties.

"I have lived my life fully dedicated to public service," said the 36-year-old. "...I know I can run a campaign based on energy and based on new ideas, and I will welcome folks from our community ... and I'll work hard to earn their respect."



Lewis

Creating jobs and focusing on green solutions to current energy concerns are among Cunningham's chief objectives.

"I'm very interested and concerned about alternative energy and the opportunities that that provides for our state economy," he said.

"...I'm going to make my top priority getting jobs going again."

Though he is a latecomer to the race, as some of his opponents have been campaigning for months, Cunningham is confident his story will resonate with voters.

"I can argue a series of life experiences that are perhaps unique," said the UNC-Chapel Hill alumnus. "I will put my credentials out there and let folks ask their tough questions."

State Rep. Larry Womble was on hand for a private reception held in Cunningham's honor at the law offices of Comerford and Britt on Tuesday evening. Womble, a longtime representative of the 71st District, served with Cunningham during his stint in the NC House.

Womble says he is supporting all Democrats, though he has yet to throw his weight behind a specific candidate.

"My first obligation is to support Democratic candidates," said Womble, who added that he is friends with Cunningham, Lewis and Marshall. "Whichever one wins, that's the one I'm going to support."

... nomic growth throughout the state. The board has between twenty-six and thirty-five members, each serving a limited term. The governor appoints all members.

Joines is also a member of the North Carolina Economic Development Board.

Leader chosen for new YMCA branch

Jennifer Rackley has been named executive director of the Robinhood Road Family YMCA, which is slated to open in January.

Rackley has spent 15 years working for YMCAs in Virginia, New York, New Jersey and North Carolina. She joined the YMCA of Northwest North Carolina association in 2006 as executive director of the Davie Family YMCA. She was subsequently promoted to district executive and, most recently, vice president of operations.

As executive director of the Robinhood Road Family YMCA, her responsibilities include overseeing all branch operations, including programming, membership, staff and board development, community relationship development and the annual Partner with Youth campaign.

"I'm very excited about the opportunity to lead this

... new branch in serving such a dynamic and vibrant part of our community," she says. "I'm looking forward to working with (a) staff that will provide the community with great customer service and high quality programs."

The new Robinhood Road Family YMCA will be in the former Peak Fitness facility near the intersection of Peace Haven Road.

WFUBMC now offering H1N1 vaccine

Wake Forest University Baptist Medical Center's primary care clinics are offering the H1N1 vaccine to established patients over the age of 6 months, through the normal patient appointment process. People who do not have an established relationship with a primary care provider may call Health On-Call (800-446-2255) for assistance in finding a physician practice. Also, some vaccine is available through the Forsyth County Health Department, which has announced upcoming flu vaccination clinics.

Also, some Wake Forest Baptist specialty clinics and services also have vaccine for their patients, who may call those clinics for an appointment.

When the vaccine was in shortage, health officials were recommending that only specific risk groups receive the vaccine. However, the vaccine - the injectable and intranasal FluMist - is now widely available and is being offered to anyone 6 months or older, unless the person has a medical reason for not receiving it.

WSSU alumni make history at A&T

CHRONICLE STAFF REPORT

Wilson Jones and James Spinks were among the 800 students to receive degrees at North Carolina A&T State University's Annual Fall Commencement on Dec. 14.

They are the first students to graduate from the institution's newly-formed meteorology program. Jones and Spinks, who are best friends, received their undergraduate degrees in applied math from Winston-Salem State University.

Their meteorology curriculum included thermodynamics, weather prediction and topical meteorology.

Jones, a native of Asheboro, conducted his thesis research on "Climatology of African Easterly Wave over North Africa," while Spinks, who hails from Wintona, focused on "The Generation, Maintenance and Propagation of the pre-Helene African Easterly Wave and Mesoscale Convective System over Africa: A Numerical Study and Analysis of the Environment."



Wilson Jones



James Spinks

They both presented their research at the NOAA EPP Forum at Howard University, where Spinks won third place for his presentation. Spinks conducted an internship this summer in Boulder, Colo., working at the National Oceanic and Atmospheric Administration for Earth

System Research Laboratory (ESRL). Jones interned at the National Climatic Data Center (NCDC) in Asheville.

They both want to become research meteorologists and earn Ph.D. degrees through A&T's Energy and Environment Program.

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BestHealth

Wake Forest University Baptist Medical Center

In partnership with MedCost

January 2010 Events

Events are held at BestHealth in Hanes Mall or other locations, as noted.

☎ = registration required. Visit besthealth.com or call 336-713-BEST (2378) to register. For BestHealth membership information, call 336-713-BEST or visit our web site.

5 TUE - Massage Therapy

6 p.m. Learn the benefits of massage therapy in this hands-on class led by WFUBMC licensed massage therapist Jennifer Barker. Dress comfortably and bring a pillow and blanket to class. Fee: \$5 per person. For BestHealth members only. ☎

7 THU - Bring Back the Broiler

6 to 7:30 p.m. Let Chef Barry Moody show you how to make deliciously healthy 15-minute meals using the oven broiler. Recipes and samples provided. ☎

11 MON - H1N1 Flu and Inappropriate Antibiotic Use: How do they relate?

11 a.m. Antibiotics don't work for colds or flu. Antibiotics kill bacteria, not viruses. Inappropriate use of antibiotics has caused an increase in drug-resistant bacteria. Join Michelle Wallis of WFUBMC Infectious Diseases and program manager for North Carolina Taking Antibiotic Resistance Seriously (NCTars) to learn more about antibiotic resistance and appropriate antibiotic use. ☎

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

6:30 p.m. Join Fleet Feet Sports to learn more about No Boundaries, their 5K training program for beginners that starts January 30. If you're inactive or minimally active, but eager to get in shape, this program is for you. Dr. Jeff Katula, WFU Assistant Professor of Health and Exercise Science, will also share strategies on how to make meaningful life changes to keep you motivated. ☎

12 TUE - Become a Student Volunteer

3 p.m. If your teen is interested in volunteering in a hospital setting, join Meredith Phillips, manager of student development in the WFUBMC dept. of volunteer services, to learn the various volunteer programs for high school and college students. ☎

12 TUE - H1N1 Flu and Inappropriate Antibiotic Use: How do they relate?

6 p.m. See Jan. 11 for description. ☎

13 WED - Weight Loss Surgery Information Session

5:30 to 7 p.m. Join WFUBMC surgeons Dr. "Fuzz" Fernandez and Dr. Stephen McNatt to hear about the process for weight loss surgery evaluation, the risks and benefits of surgery, and the nutritional needs, exercise commitment, and follow-up expectations. Pre-registration is recommended but not required. Will be held again Wed., Jan. 27, at 5:30 p.m.

14 THU - Zumba

6 p.m. Join BestHealth certified group fitness and Zumba instructor Courtney Jackson as she demonstrates a high intensity, high energy fitness system like no other. Dress comfortably and wear supportive shoes to participate. ☎

15 FRI - California Fresh Home Appétit

2 to 3:30 p.m. Join Julie as she prepares some of the heart healthy items featured on the California Fresh Home Appétit menu. Recipes and samples provided. ☎

Are You Ready to QUIT Tobacco?

Course dates:
January 6, 13, 20, 27
February 3 and 10
12 to 1 p.m.

Join BestHealth as we kick off a 6-week Freedom from Smoking® program taught by a certified smoking cessation facilitator from Wake Forest University Baptist Medical Center. You'll get valuable smoking cessation resources and hear from a nutritionist and fitness expert to help guide you in your journey to becoming smoke free. Fee: \$50 per person. Space is limited. To register, call 336-713-BEST (2378). Held at BestHealth. ☎

News Clips

Compiled from staff wire and submitted reports

Generous donors provide gifts for BBBS

Big Brothers Big Sisters is preparing to deliver more than 170 Christmas gifts to local families that were donated by area businesses, organizations and individuals. Groups who collected gifts include Wake Forest University students and staff; parishioners at Clemmons Presbyterian Church; GMA employees; and student members of the West Forsyth Anchor Club. All gifts will be delivered in the days leading up to Christmas.

"We are extremely grateful to everyone who so generously donated toys, clothes and even furniture for our families. Nothing quite compares to seeing the joy on their faces when we make the deliveries," said Amy Mack, President/CEO Big Brothers Big Sisters.

Joines named to Innovation Council

Gov. Bev Perdue has appointed Winston-Salem Mayor Allen Joines to the North Carolina Innovation Council. The commission has authority to assist in devising methods to identify, promote, and recruit potential enterprises and individuals to bring to North Carolina to augment innovation clusters and eco-



Rackley



Wake Forest University Baptist
MEDICAL CENTER

☎ To register, visit besthealth.com anytime, or call 336-713-BEST (2378) between the hours of 10 a.m. and 6 p.m., Monday-Saturday. Screening appointments must be made by phone.

Unless otherwise stated, BestHealth programs are for adults; no children under age 12, please.