

West's Heather King named Teacher of the Year

SPECIAL TO THE CHRONICLE

Heather King, a math teacher at West Forsyth High School, is the 2010-11 Winston-Salem/Forsyth County Schools Teacher of the Year.

The award was announced as a surprise in the middle of West Forsyth's student awards assembly last week. King has taught Algebra I, Integrated Math II, Geometry, Precalculus and AP Calculus at West Forsyth since 2005. She is the second math teacher from West Forsyth to win the award in three years. Amy Maxey was named teacher of the year in 2008-09.

Maxey and Ana Posada, last year's Teacher of the Year and a math teacher at Mineral Springs Middle School, pre-



Heather King, center, with Ana Posada and Amy Maxey.

sented King with a custom-made "Math Rocks" t-shirt. Maxey and Posada wore matching shirts.

King also has taught

developmental and college math at Davidson County Community College from 1999 to 2005 and math at North Forsyth High School

from 1997 to 1999. She taught college courses in math at High Point University and Gardner-Webb University from 1997 to 1999.

She has served on the National Council of Teachers of Mathematics and the N.C. Council of Teachers of Mathematics. She won the Excellence in Teaching Award from Davidson County Community College in 2005, and West Forsyth students dedicated their yearbook to her in 2009.

King, a graduate of Gardner-Webb University, began teaching when she was six years old after her mother gave her a grade book and chalkboard for Christmas. She copied text out of an encyclopedia to work on her handwriting and learn new topics to teach her dolls.

Award

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cer that was published in "NC Crossroads" in May 1999. Flowers died in 2000.

There is no entry fee. Entries should be no longer than 2,500 words and five copies of an entry should be

submitted. For a complete description and full submission guidelines for the Linda Flowers Literary Award, visit the North Carolina Humanities Council Web site at www.nchumanities.org.

Entries should be mailed to the North Carolina Humanities Council, Attention: Dr. Shelley Crisp,

Executive Director, 122 N. Elm Street, Suite 601, Greensboro, NC, 27401.

Questions about the Linda Flowers Literary Award may be directed to Dr. Crisp at scrisp@nchumanities.org or 336-334-5383.

Heat

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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 Langdon

Do you need further information or 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/MACHE>.

Corpening

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into her routine, setting aside time three, and later, five, days a week to walk. This week, she plans to supplement her efforts with a weight loss plan.

"It's like I've got a new journey - I've got a new mission in life," she said. "At the age of 62, things can change in life and your whole world."

Chapman's only daughter, Eurica Daniels, has also begun to focus more on her health, and her family's, in the wake of her mother's passing.

Daniels, the member services manager at the Gateway YWCA, says she is giving up smoking. She has adopted healthier cooking methods and is walking daily. Though the changes Daniels has made for herself, her husband, Melvin, and her children, Erin, 4, and Melvin III, 1, are significant, Daniels says she is determined to make them stick.

"It's not hard because I have it in my mind that this is what I have to do," said Daniels, the second of Chapman's three children. "We've just been trying to do better because the one thing that I want to do is be there for my children."

Daniels was close to her mother. The two talked every morning on the way to work, and got together several times a month to have lunch, go shopping or spend time with Daniels's children. Having something positive to focus on during the dark days of her grief has helped her emotionally as well as physically, Daniels said. Daniels has also adopted her mother's fun-loving attitude and says she is trying hard to let go of stress, which can also be harmful to one's health.

"She wanted to have a good time and now I'm taking that attitude," she remarked.



From left: Eurica Daniels with her aunt, Florence Corpening, and her mother, the late Sharon Chapman.

"I'm just realizing that the small things don't matter. I can't rush everything. I'm taking time to smell the flowers and enjoy myself."

Though the two women are reducing their risk of stroke, Corpening says she isn't satisfied. She talks often to family members and friends about the importance of making healthier choices.

"I just want to be able to reach out and say to another African American, 'We can do this together,'" she related. "I want us to be healthy as a race. All of us are born to die, but we don't have to die young. We don't have to die of diseases like diabetes and stroke. We just have to make some lifestyle choices. It could be as simple as beginning to walk."

Corpening is also in the process of implementing a policy where all full time YWCA employees are given 30 minutes on the clock to exercise each day. Despite the sadness she still feels, Corpening says her new commitment to health for herself and others can only be a positive thing.

"Even though I grieve for her, there's good things that come from tragedy sometimes," she commented. "Me looking at my health and how

I changed my life is a good thing in this tragedy."

May is National Stroke Awareness Month. To mark the occasion, Winston-Salem-based N.C. Stroke Association (NCSA) has rolled out a new Web site (www.ncstroke.org) that features a number of resources on stroke prevention.

"Stroke remains a huge medical problem in North Carolina - causing much human and economic suffering and hardship," said Dr. Charles Tegeler, vice president of NCSA and director of the Stroke Center at Wake Forest University Baptist Medical Center. "There have been great strides in acute treatment and teaching people about warning signs, but people forget that most strokes are preventable. Now is the time to turn our emphasis toward identifying risk factors that allow for health and medical interventions to prevent stroke from happening in the first place."

Stroke is the third leading cause of death in North Carolina, which has one of the highest stroke death rates in the country, and more than a third of all stroke hospitalizations in the state occur in people younger than 65, according to NCSA.



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June 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.

3 THU - Medical Wellness Program

10:30 a.m. Join WFUBMC certified athletic trainer Ashley Donahue for an overview of the Medical Wellness Program at Wake Forest Baptist. The Program offers supervised exercise to people who need help building and maintaining their exercise routine due to injury or chronic disease such as osteoporosis, or for those who want an alternative to a gym setting. ☎

9 WED - Diabetes Control for a Healthy Heart

3 p.m. Join Sonya Jeffries of the WFUBMC Diabetes Care Center to learn the importance of controlling diabetes for a healthy heart. ☎

10 THU - Heart Health Screening

3 to 7 p.m. Learn your risk for heart disease with a simple finger stick and brief risk assessment. Get cholesterol, HDL and glucose results in only 5 minutes. Fasting is not required. To qualify for the screening, you must be over the age of 18 and have not participated in a cholesterol screening offered by BestHealth in the past 6 months. Appointment required. ☎

14 MON - Manage Your Headache Triggers

2 p.m. Learn more about what really causes headaches and how you can manage your triggers from Timothy Houle, Ph.D., of the WFUBMC departments of anesthesiology and neurology, and Dana Turner, clinical studies coordinator. ☎

16 WED - IMPACT: A Proactive Approach to Early Memory Loss

11 a.m. IMPACT is a program for people experiencing mild memory loss, cognitive impairment, Parkinson's or early stage Alzheimer's. Join WFUBMC recreation therapists for an overview of the program and sample memory techniques. ☎

17 THU - Advance Directives

1 to 3 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. ☎

23 WED - Assistive Technology: The Kitchen

1 to 2:30 p.m. Paul Eklund, consultant with WFUBMC's Assistive Technology Center, discusses useful technology and adaptive tools for everyday living and kitchen use. ☎

24 THU - Cataracts: What you Need to Know

12 p.m. WFUBMC ophthalmologist Dr. Paul Dickson discusses cataract symptoms and provides an overview of the latest treatments. ☎

29 TUE - Ask the Physical Therapist

2 p.m. Is it safe to play golf if you have osteoporosis? Should you apply heat or cold following an injury? Join us for an informal Q&A session with WFUBMC physical therapist Lisa DeYoung and get answers to your questions about bone and muscle health. ☎

30 WED - Cooking 101: Healthy Budget Meals for College Students

6 p.m. Eating healthy meals on a budget can be tough. Chef Thomas Lantz shows college students and their parents how to turn everyday staples into healthy, tasty meals that will also provide leftovers for late night studying! ☎

Other Locations

WEDNESDAY, JUNE 9 and TUESDAY, JUNE 29

Weight Loss Surgery Information Sessions

5:30 to 7:30 p.m. Join WFUBMC surgeons Dr. "Fuzz" Fernandez and Dr. Stephen McNatt to learn about weight loss surgery including evaluation, risks and benefits, nutritional needs, exercise commitment and follow up. Seats are limited and pre-registration is required by calling 336-713-2378. Held at The Hawthorne Inn's Poplar Room, 420 High Street, Winston-Salem. ☎

☎ 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.



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