

HEALTH & WELLNESS

Healthbeat

Inaugural Triad VisionWalk set for Nov. 6

The Foundation Fighting Blindness (www.FightBlindness.org) will host its Inaugural 5K VisionWalk in the Triad on Saturday, Nov. 6 at Triad Park. Registration begins at 10 a.m. and the Walk will start at 11 a.m.

The event will raise money for the research that will lead to cures for retinal degenerative diseases, including retinitis pigmentosa, macular degeneration, Usher syndrome, Stargardt disease, and numerous others. These diseases affect more than 10 million Americans of all races and ethnic groups, young and old.

"It's heartbreaking to see children and adults alike suffer from diseases that are causing blindness," says Tom Serrin, Walk Chair. "The Foundation Fighting Blindness is funding key research around the world that is leading to



VisionWalk
A CURE IS IN SIGHT

very promising treatments and cures for retinal degenerative diseases. VisionWalk is an important event that will move us one step closer to a cure."

More than 300 members of the community are expected to participate in this year's Walk. Sponsors include Winston-Salem Industries for the Blind, Green Ford, and DH Griffin Wrecking Company for their support. The Walk Chair is Tom Serrin. Foundation Fighting Blindness National Board Member Marilyn Green has also provided leadership and dedication. The entire family is invited to join in on the fun and excitement - dogs are welcome as well! There will be various activities for children, including a bounce house, and plenty of snacks and refreshments, a creative t-shirt contest, and much more.

To participate in the Inaugural Triad VisionWalk, or to learn more about supporting local or national VisionWalk events or the Foundation Fighting Blindness, visit www.VisionWalk.org or call Katie Van Benschoten, Events Manager at 877-396-0049.

MHA to hold annual meeting and awards dinner

The Annual Meeting & Awards Dinner of The Mental Health Association in Forsyth County will be held on Wednesday, Oct. 27 at 6 p.m. in the Auditorium at the Centenary United Methodist Church, 646 W. Fifth St.

The Annual Meeting not only highlights the accomplishments of The Mental Health Association in Forsyth County but also honors the hard work of community citizens through the presentation of awards.

Guest Speakers will be Mina J. Cook and Denise Mannon. They will discuss the "Reclaiming Futures" program and how the program is helping teens who are involved with alcohol, drugs and crime "reclaim their futures."

The cost to attend is \$20 per person, which includes a full dinner (entrée, vegetables, starch, salad, dessert) prepared by Centenary Chef Suzan Smith and her staff.

For more information, call 336-768-3880.

Sugary drink ban considered for food stamp recipients

NEW YORK (AP) - Using food stamps to buy sodas, teas, sports drinks and other sugar-sweetened beverages would not be allowed in New York City under a new government effort to battle obesity.

Mayor Michael Bloomberg and Gov. David Paterson announced Thursday that they are seeking permission from the U.S. Department of Agriculture, which administers the nation's food stamp program, to add sugary drinks to the list of prohibited goods for city residents receiving assistance.

If approved, it would be the first time an item would be banned from the federal program based solely on nutritional value.

Spending government money on "foods of little or no nutritional value not only contradicts the intent of the program, it also effectively subsidizes a serious public health epidemic," New York officials wrote in their proposal.

The idea has been suggested before, including in 2008 in Maine, where it drew criticism from advocates for the poor who argued it unfairly singled out low-income people and risked scaring off potential needy recipients.

In 2004, the USDA rejected Minnesota's plan to ban junk food, including soda and candy, from food stamp purchases, saying it would violate the Food Stamp Act's definition of what is food and could create "confusion and embarrassment" at the register.

New York City Health Commissioner Thomas Farley said he believes New York's request has a better chance of being approved than the "skimpy" 2004 Minnesota program because it focuses only on beverages.

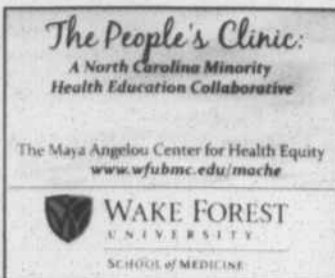
He said it also has the advantage of being a temporary program with an evaluation plan to study its effectiveness.

USDA spokesman Aaron Lavallee said the agency received the proposal and will consider it.



Paterson

How Do I Get Health Insurance If I've Lost My Job?



With the downturn in the economy in recent years, many people have lost their jobs and often, this means losing their health insurance as well. However, there are options for health insurance coverage in this situation. Let's talk about some of these options and how you can access them.

COBRA Coverage

The COBRA (Consolidated Omnibus Budget Reconciliation Act) means that displaced workers are provided the right to continue coverage under their employers'



group plans after they change or lose jobs. COBRA coverage can continue for 18 months, but in order to take advantage of it, you must do so within 60 days of losing your job. COBRA will be more expensive than your health insurance was when you were on the job, because you will be paying out of pocket, versus your employ-

er paying your premium. It is important to know that some employers with other health plans may not be required to provide COBRA continuation coverage, so you should check with your employer to see if this is the case. It is also important to know that COBRA is not always available for workers of companies

that go out of business. When a company shuts its doors and also terminates its health insurance plan, usually there is no COBRA coverage available.

Catastrophic Health Insurance

This type of health insurance is designed to cover emergency medical expenses. The regular cost is low but the deductibles can be high. These plans do not cover routine doctor's visits, maternity care or mental health care. The way to think about this type of insurance is that it is coverage for the worst case scenario, so that any other assets you have do not get wiped out in the case of a serious medical emergency. Persons with pre-existing conditions such as heart disease or diabetes are generally not eligible for this type of coverage.

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UNCSA Chocolate Festival to raise funds to fight breast cancer

CHRONICLE STAFF REPORT

The University of North Carolina School of the Arts will once again join the fight against breast cancer.

The school's Fifth Annual Chocolate Festival to benefit the North Carolina Triad Affiliate of Susan G. Komen for the Cure will be held on Wednesday, Oct. 20 from 10 a.m. to 3 p.m. The festival will take place in Eisenberg Social Hall, which is on the lower level of the Hanes Student Commons on the UNCSA campus, 1533 South Main St.

Tickets are \$10 and \$7 for college students with a valid ID. Raffle tickets are \$1. Each entry ticket will allow your choice of six chocolate items, which have been donated by local vendors. All proceeds will be donated to Susan G. Komen for the Cure.

Last year, the festival raised more than \$2,200 for breast cancer awareness. UNCSA students have been key volunteers for the project by helping to solicit donations, sell tickets, plan, decorate, set up and break down the event.

Tickets may be purchased at the door. Cash, checks and credit cards will be accepted the day of the event. Advance tickets may be purchased from 11 a.m. to 1 p.m. Monday-Friday in Room 334, the College Life Office, in the Hanes Student Commons.



From left: Adrian Ambrose stands with Shauna Adams, Jasmine Brooks and Matthew Stanco.

Best of The Best

Students recognized for research projects

SPECIAL TO THE CHRONICLE

Research on topics ranging from arthritis to ultrasonic vibration has won recognition for four undergraduates at North Carolina A&T State University.

The students were honored on Sept. 22 at the university's first campus-wide Undergraduate Research Symposium, which was created to give A&T undergraduates an opportunity to gain experience in giving scholarly presentations and producing research posters.

Twenty-nine students participated, representing the College of Arts and Sciences,

School of Agriculture and Environmental - Sciences, School of Business and Economics, College of Engineering and School of Education.

Shauna Adams received the Best Presentation Award for "Longitudinal Heat Transport as a Method for the Determination of Thermal Conductivity." Adams is a senior from Hampton, Va., majoring in mechanical engineering. Her advisor is Dr. John Kizito.

Matthew Stanco was named runner-up for "Measurement of Ultrasonic Vibration Using Ultra-High Frequency CCD Laser." Stanco is a senior

from High Point, majoring in industrial engineering. His advisor is Dr. Zhichao Li.

Adrian Ambrose received the Best Poster Award for "The Effects of Age on the Progression of Osteoarthritis and the Gene Expression in Mice." Ambrose is a junior biology major from Roanoke, Va. His advisor is Dr. Greg Goins.

Jasmine Brooks was the poster category runner-up for "Evaluation of Select Plant Essential Oils as Potential Antimicrobials." Brooks is a senior from Knightdale, majoring in food science. Her advisor is Dr. Ipek Goktepe.

Wake Forest Medical Alumni Association honors three

SPECIAL TO THE CHRONICLE

Louis C. Argenta, M.D., William T. Carpenter, M.D., and Caryl J. Guth, M.D., have been recognized with awards from the Medical Alumni Association (MAA) of the Wake Forest University School of Medicine.

The MAA honored Argenta with its Distinguished Faculty Award; Carpenter with its Distinguished Achievement Award; and Guth with its Distinguished Service Award during a ceremony on Sept. 30.

Argenta, a resident of Winston-Salem, joined Wake Forest University Baptist Medical Center in 1988, as the founding chairman of the Department of Plastic and Reconstructive Surgery. Under his guidance, the department has become recognized as one of America's best. Techniques that he helped develop are now used around the world for breast, facial, scalp and other reconstructive surgeries.

In 1989, he co-invented Vacuum Assisted Closure (VAC) to treat difficult wounds and burns, which has been used on more than three million people and is estimated to have prevented 200,000 amputations. He and his family also traditionally have devoted a month a year to providing medical care to children in the Third World.

Carpenter, a 1962 graduate of the School of Medicine and a resident of Columbia, Md., is professor of Psychiatry and Pharmacology at the University of Maryland School of Medicine, where he has directed the Maryland Psychiatric Research Center since 1977. He has worked on schizophrenia and psychiatric research projects with the World Health Organization and National Institute of Mental Health, and has been honored for research achievements with awards from leading national and international organizations. He is listed as one of the world's most cited

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