

HEALTH & WELLNESS

Healthbeat

Devlin elected to Board

Leah Devlin has been elected to serve a two-year term as a member of the Action for Children North Carolina Board of Directors.

Devlin, who until a couple of years ago was North Carolina's health director, is now a Gillings Visiting Professor at the UNC Gillings School of Global Public Health.

A native of Buies Creek, Devlin has championed and improved the health of her fellow North Carolinians for more than 25 years. As a dental student at UNC, she completed a rotation with the Wake County Health Department, an experience that initiated a lifetime interest in public health. She received a Doctor of Dental Surgery degree and a Master of Public Health degree from UNC.

"I am very pleased to be invited to serve on this board which has such a strong commitment to all children! Given the tough economy as well as the demographic and growth trends in North Carolina, children's success is more critical than ever to our state's future," said Dr. Devlin.

Action for Children North Carolina is a leading statewide, nonpartisan, nonprofit policy research and advocacy organization dedicated to ensuring that North Carolina children are healthy, safe, well-educated and have every opportunity for success.

Triad Academy receives esteemed accreditation

Triad Academy, the Triad's leading independent day school for students diagnosed with dyslexia and related language-based learning differences, has received accreditation from the Academy of Orton-Gillingham Practitioners and Educators. Triad Academy is one of only 12 schools in the country and the only school in North Carolina that is accredited by the Academy.

The Orton-Gillingham Approach was named for neurologist Samuel Torrey Orton (1879-1948) and his colleague, educator, Anna Gillingham (1878-1963) who were early pioneers in understanding the neurobiological basis of reading failure and the educational implications for its treatment. The approach has been used successfully to teach reading to dyslexic students for more than 70 years.

The Academy of Orton-Gillingham Practitioners and Educators was established in the early 1990s and is unique in being the only organization established and authorized expressly to set and maintain professional and ethical standards for the practice of the Orton-Gillingham Approach and to certify teacher and to accredit instructional programs that meet these standards.

Brenner receives \$70,000 from Brett's Ride Event

Brenner Children's Hospital, part of Wake Forest Baptist Medical Center, has received a \$70,000 contribution from the eighth annual Brett's Ride cycling event in Hickory that raises money for pediatric cancer research.

The ride, held in October, is named for Hickory native Brett Gosnell, a varsity athlete and class valedictorian at Hickory High School and a student at the University of Virginia who died at age 20 in 2006 after a three-year battle with a rare and aggressive childhood cancer called rhabdomyosarcoma. His family and Lisa Wright, the event's director, started Brett's Ride in 2004.

Brett's Ride has generated more than \$940,000 and attracted approximately 8,500 participants since its inception. The 2011 event drew 1,400 riders, 100 sponsors and more than 500 volunteers.

The next Brett's Ride is scheduled for Oct. 9, 2012, at the Hickory Foundation YMCA. Complete information about the event is available online at www.brettsride.org.

Dietitian offering health series

Cindy Silver, a local registered dietitian, is offering her series, "Make Your Child a Healthy Eater by Becoming One Yourself" beginning Jan. 23.

"Every family needs a healthy eating leader," according to Silver. "In my series, parents will learn and practice the basic skills and time strategies they need to be their family's leader."

The innovative series is designed to help parents learn three key food and nutrition skills: tasty meal planning, smart grocery shopping and simple, nutritious cooking at home. Once parents adopt these important skills, Silver says that they can lead their children and entire family in creating a family kitchen where good nutrition comes first.

The Healthy Eater Series is designed for a group of 5-10 parents so that everyone receives the personal support they need to succeed. Two sessions will be offered this winter. Session I is scheduled for Jan. 23 and Jan. 30 and Feb. 6 and Feb. 13 from 6:30-8 pm. Session II is scheduled for Feb. 5 and Feb. 12 and Feb. 19 and Feb. 26 from 3-4:30 pm. Both sessions will be hosted by Sloan Academics in Winston-Salem. Families with Blue Cross and Blue Shield of North Carolina health insurance may qualify for coverage for the educational series.

For more information or to register, visit www.marketbasketnutrition/HealthyEaters or call Silver at 336-712-5239.

Next "Triad Today" episode explores eugenics

CHRONICLE STAFF REPORT

"Triad Today," an award-winning public affairs television program, will broadcast its 400th episode this weekend with a special look at forced sterilizations in North Carolina.

The program will air days after the Governor's Task Force on Eugenics' recommendation that each living victim of the state's shameful sterilization program receive a lump sum of \$50,000.

Featured in this special half hour show is an exclusive, unedited interview with sterilization victim Elaine Riddick, who has been one of the most outspoken victims of sterilization.

"Elaine's story is one of both horror and hope, as she details the ordeal she faced as a teenager, the future that was stolen from her, and the determination she has for justice," said Jim Longworth, host of "Triad Today."

The N.C. Eugenics Board implemented a program of involuntary sterilization that took place in all 100 counties between 1929 and 1974. To date, 72 individuals have been verified as having been sterilized under its auspices, although it is believed that thousands were subjected to the practice. Many of the victims were poor, black



Elaine Riddick, far left, tells a local audience about being sterilized by the state.

and/or suffered from physical and mental limitations.

Also on the program, Longworth will interview Winston-Salem Urban League President and CEO Keith Grandberry about whether or not he believes the General Assembly will follow the Task Force's recommendation for compensation for the victims.

The five-member Task Force, which includes Winston-Salem State University Professor Dr. Linwood Davis and former Winston-Salem Journal Reporter Phoebe Zerwick, also recommended that funding be

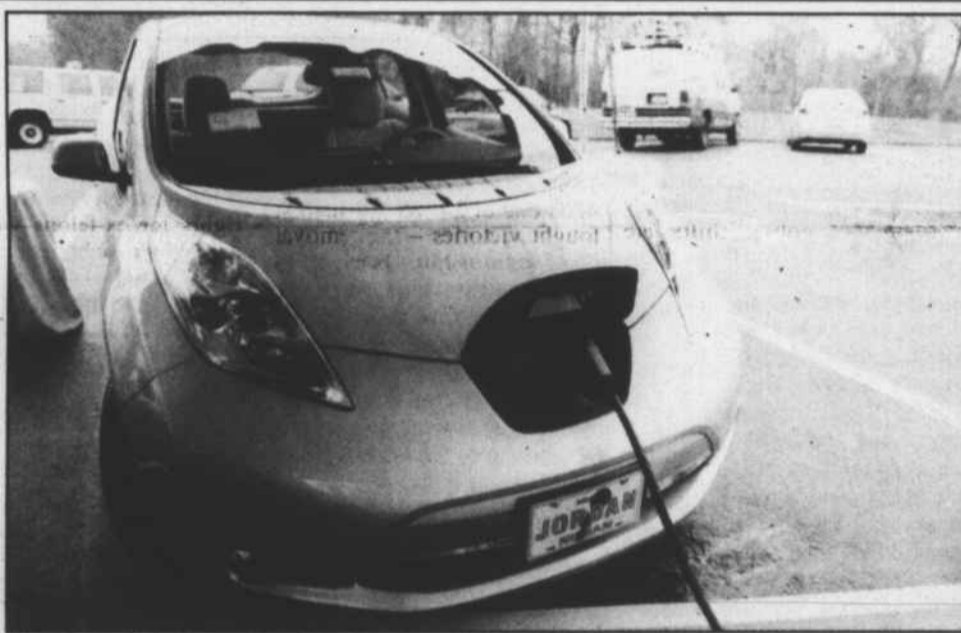
continued for the N.C. Justice for Sterilization Victims Foundation; that efforts be increased to verify eugenics victims and increase program awareness; and that possibility of providing victims with mental health services be explored. The Task Force also calls for the creation of educational exhibits, so that the public will never forget this shameful past in North Carolina history.

The "Triad Today" sterilization special will air Saturday, Jan. 28 at 7:30 a.m. on WXLV ABC 45 (cable channel 7) and on Sunday, Jan. 29 at 11 a.m. on WMYV 48 (cable channel 15).

Go to www.triadtoday.com for more information.



Longworth



NCDOT Photo

A Nissan Leaf gets charged up at the new station in Burlington.

Wave of the Future?

First electric vehicles charging station opens at N.C. Rest Area

SPECIAL TO THE CHRONICLE

History was made on Jan. 11 as officials from the N.C. Department of Transportation, N.C. Department of Commerce and Praxis Technologies Inc. joined together to cut the ribbon on one of the first electric vehicle charging stations at a state rest area. The ceremony took place at the Alamance County Rest Area on I-40/I-85 near Burlington, which is now the site of two charging stations. A Nissan Leaf from Michael Jordan Nissan of Durham was on site to provide a demonstration of the charging stations.

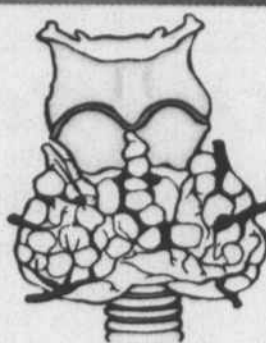
"With this project, the state of North Carolina and its partners are helping lay the groundwork

for an infrastructure that will support the increasing number of electric vehicles in North Carolina and the nation," said State Roadside Environmental Engineer Don Lee.

The electric vehicle charging stations, as well as accompanying educational signage, were provided by Raleigh-based Praxis Technologies Inc. through a grant from the N.C. Department of Commerce Green Business Fund Program. In addition to the charging stations at the Alamance County Rest Area, Praxis provided two more charging stations to NCDOT, which were recently installed at the rest area located along I-40 at the I-95 junction near Benson. The charging stations are classified as "Level 2," which means they can fully charge a vehicle in 6-7 hours. There is no cost for using the stations.

The N.C. Department of Commerce grant,

See Station on A10



The Thyroid Gland

The Thyroid Gland

The People's Clinic
A North Carolina Minority Health Education Collaborative

The Maya Angelou Center for Health Equity
www.wfubmc.edu/mache



When we talk to our healthcare providers about our health and our bodies, we often discuss the major organs and areas of the body, like the heart, brain, colon and joints. However, we can sometimes forget other areas of the body, like glands, until there is a potential health concern. Glands are part of the endocrine system, and they secrete hormones to create a specific response for bodily functions. For example, the pituitary gland secretes many hormones related to body growth and development, the ovaries and testicles secrete key hormones for reproduction. More attention has been paid to the thyroid gland in recent years, but still many of us do not know what it does for our bodies. Read on to learn more!

What is the thyroid gland?

The Thyroid gland is found in the front of the neck, below the thyroid cartilage (also known as the Adam's apple) and voice box (larynx). The Thyroid secretes hormones that affect metabolism, brain development, breathing, heart and nervous system functions, body temperature, muscle strength, skin dryness, menstrual cycles, weight, and cholesterol levels. A third hormone produced by the thyroid, calcitonin, affects calcium levels in the blood and bones.

Common Thyroid Health Conditions

Hyperthyroidism is a condition in which the thyroid gland makes more thyroid hormone than the body needs (also called overactive thyroid). It can be caused by: too much iodine, Graves disease; inflammation (thyroiditis); noncancerous growths of the thyroid gland or pituitary gland; taking large amounts

See Thyroid on A9

ACS applauds Truliant

CHRONICLE STAFF REPORT

Winston-Salem-based Truliant Federal Credit Union was recognized at a luncheon in Raleigh last month for being one of the American Cancer Society's top 30 fundraisers in North Carolina.

Truliant has been a sponsor of the American Cancer Society's Relay for Life event in Winston-Salem for 17 years. Last year, the Credit Union exceeded its 2011 Relay for Life goal by raising more than \$26,000 and donating more than 500 volunteer hours throughout the year. Truliant was the top fundraiser in the Triad.

Relay for Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of the American Cancer Society. During the event, teams of people gather at schools, fairgrounds, or parks and take turns walking or running laps. Each team tries to keep at least one team member on the track at all times.

"We are very pleased with the success of our efforts to support Relay for Life in Winston-Salem and honored to help the community celebrate the lives of people who have cancer, remember loved ones lost and to fight back," said Lori Mowen, controller and vice president with Truliant. "We are thrilled with the response by our member-owners, employees' families and friends to support such a great cause."

Pitch Woman



Photo by Nino Munoz/PRNewsFoto/Fembody

Weight Watchers has Jennifer Hudson. Nutrisystem has Janet Jackson, and Jenny Craig has Mariah Carey. Now, Fembody Nutrition has announced that singer/dancer/television personality Paula Abdul is its new spokeswoman. Fembody focuses on the health of women with unique, innovative nutritional supplements.



Devlin