

### A Rich History Observed



Submitted Photo

In observance of the 93rd year of The American Legion, the Morris L. Slaughter Post 128 honored its past post commanders and past auxiliary presidents on March 18. The gala event included a banquet and presentations of the histories of the American Legion, the Morris L. Slaughter Post 128 and the Morris L. Slaughter Unit 128. Tony Dove and The Allstars provided live entertainment. Above (from left) Robert Scales, Mable Johnson, Dorothy Britt, Evelyn Funches and Leon Leaper hold their awards after receiving them from Post Commander William McDonald and Auxiliary President Betty McDonald.

## Big Four Walk, Tournament slated

SPECIAL TO THE CHRONICLE

Winston-Salem State University.

The Big 4 Walk and Health Screening will be held on Saturday, May 19 at Winston Lake, Shelter # 1 at 8 a.m. Warm-up exercises will be led by Robert Edwards and Birdie Jackson. Families and civic groups are invited to form teams. The group with the most walkers will be awarded a \$500 prize. Following the walk, health professionals will conduct health screenings for hypertension, diabetes and other ailments. Entertainment and refreshments will be provided at the event.

For more information, contact Beverly Williams at 336 776-1893.

The Big 4 Alumni Associations of Anderson, Atkins, Carver and Paisley High Schools will once again present the Big 4 Golf Tournament and Walk and Health Screening.

The golf tournament will be held Saturday, May 12 at Winston Lake Golf Course, 3535 Winston Lake Road. Registration begins at 8 a.m. and tee time is 9 a.m. A continental breakfast and brunch will be served and trophies will be awarded for first, second and third place. Proceeds from the event will benefit The Big 4 Scholarship Fund at



### Depression

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sad or irritable mood (often manifests in aggressive behavior) nearly every day; loss of interest in activities in which they used to find pleasure nearly every day; having trouble thinking or concentrating nearly every day; feelings of worthlessness or inappropriate guilt nearly every day; significant weight loss or weight gain (or the failure to make expected weight gains for a given age); insomnia (not sleeping) or hypersomnia (sleeping too much) nearly every day; psychomotor agitation (restlessness) or retardation (slowness) nearly every day; fatigue (loss of energy) nearly every day; feelings of worthlessness or inappropriate guilt nearly every day; and/or recurring thoughts of death or thinking about or attempting suicide.

At least five of these symptoms must be present during the same two-week period, and at least one symptom has to be depressed mood or loss of interest or pleasure in activities. According to SAMHSA, approximately 70% of children with depression will relapse by the time they reach adulthood.

#### What causes depression in children and adolescents?

There is no single answer as to what causes childhood depression; a lot of factors undoubtedly come into play. These factors may include family history or genetics, biological factors, cognitive factors, and social and environmental factors.

#### What treatment options are available?

If your child is exhibiting the above named symptoms, it is important to take him or her to a mental health professional as soon as possible. Together, you and your child's doctor can decide what treatment option is best for your child. Pharmacotherapy (medication) may be an option, depending on the severity of your child's condition. Other

options that have been proven effective include psychotherapy, which could be at an individual level, a family level, or both. Cognitive behavioral therapy, which teaches problem-solving techniques and cognitive restructuring (learning how to think in a less fatalistic manner), is frequently used. The medical team can help address actual and perceived stressors that may be triggering depression.

Depression is a disease that can affect our children, and it must be taken serious-

ly. If your child exhibits warning signs for depression, take him or her to a mental health professional as soon as possible.

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.wakehealth.edu/MACHE>.

## OBITUARY

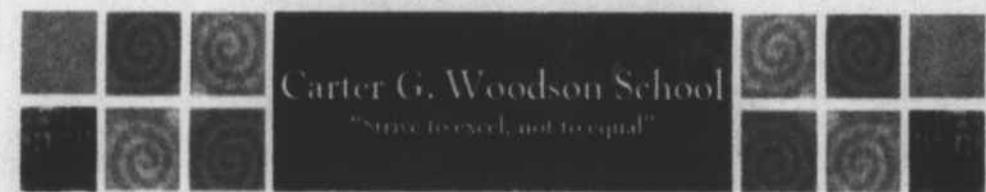
WYNN

Donnell Wynn, 61, passed away on Saturday, April 28, 2012. He was a member of New Bethel Baptist Church. He worked as a Corporate Executive Chef at companies such as the Hyatt, Volvo, RJR Reynolds, and Winston-Salem State University. With his culinary skills, he was also able to utilize his unique talent for sculpting ice, creating many sculptures for private and corporate events throughout the state of North Carolina. He received many awards for his sculptures and creations. He was the son of Pearl Belk Wynn of Charlotte, NC. He was preceded in death by his father James "Jim" Wynn and brother James Ricky Wynn. He is survived by his wife,



Debra Raynor Wynn, four children, Deanna Wynn of Archdale, NC, Denise Wynn of Morrisville, NC, Rhonda McCloud (Stephen) of Durham NC, and Ronald Wynn of Archdale, NC. He is also survived by three sisters, Jackie DeShield of Charlotte, NC; Jan Berry (Bobby) of Atlanta, Georgia; and Gloria Wynn of Atlanta, Georgia. He is

survived by a host of nieces, nephews, family, and friends. Funeral Services to be held at 12:00 pm, Saturday May 5th at New Bethel Baptist Church. Visitation will begin at 10 am. Arrangements done by Lori Chappell Funeral Home in Raleigh, North Carolina. Condolences may be offered at [www.lorichappellfuneralhome.com](http://www.lorichappellfuneralhome.com).



### CELEBRATING 15 YEARS OF EXCELLENCE IN EDUCATION!



### Carter G. Woodson Black and White Gala Fundraiser.

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Food! Dance! Music and Silent Auction!

Tickets \$50.00

Special Prices for:

Senior Citizens, Teachers, Staff and Parents of Carter G. Woodson.



Call: 336 723-6838 for ticket information.



**OBJECTIVE:** Preparing young people for a healthy and successful future has taken on many new and complex dimensions, and the trend is likely to continue. Success in today's competitive environment requires that our youth develop their personal leadership skills early.

Leadership is essential in enabling our youth to develop character, confidence, and values that promote the goal of healthy behaviors.

Space is limited, so please register early.



For information, contact the office of WSSU Continuing Education:

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Phone: 336-750-2921  
Email: [bullswk@wssu.edu](mailto:bullswk@wssu.edu)