

HEALTH & WELLNESS

Healthbeat

NSF grant for WSSU

Winston-Salem State University (WSSU) has won a \$290,000 grant from the National Science Foundation (NSF) to develop and enhance its physics laboratories.

"The project will impact about 300 students studying in fields of science such as biophysics, optics and renewable energy, but in particular those students enrolled in the physics minor program," said Dr. Jafar Gharavi-Naeini, associate professor of physics and principal investigator responsible for the grant.

"By improving the infrastructure for physics education we will also be able to integrate interdisciplinary research into our efforts. The improved labs for physics education and research will play a major role in preparing our undergraduate students to move on to graduate studies or join the STEM (science, technology, engineering, mathematics) workforce. Also, the grant will help us strengthen the physics minor program, which will support the development of a physics major program within the next five years.

Gharavi-Naeini added that the grant is significant because it comes at a time when many HBCUs (Historically Black Colleges and Universities) are losing their physics programs.

"We will certainly disseminate the results of our activities to the broader physics community through presentations at meetings of professional physics educators," he said.

Money to fight drunk-driving

U.S. Senator Kay Hagan has announced a \$3.7 million Department of Transportation (DOT) grant for the North Carolina Governor's Highway Safety Program to implement and enforce programs that combat impaired driving.

"It is unacceptable that thousands of North Carolinians are injured or killed each year by drunk drivers," Hagan said. "I'm pleased to announce this grant that will help make North Carolina's roads safer for our children, our families and our loved ones."

In 2011, more than 8,500 people in North Carolina were injured in alcohol-impaired driving crashes. Furthermore, 392 of those crashes were fatal.

Awarded through the National Highway Traffic Safety Administration (NHTSA) Alcohol Impaired Driving Countermeasures Incentive Grant Program, the funding will allow the Governor's Highway Safety Program to implement and enforce specific programs to prevent or deter impaired driving.

Guilford Go Red effort begins

The American Heart Association's Guilford Go Red For Women campaign kicked off its second year late last year at Fink's Jewelers in Greensboro, officially announcing Joanne Allen, president of Kernersville Medical Center Hospital, as the chair of the campaign for 2014.

Robin Hager, chief administrative officer and senior executive vice president of NewBridge Bank, is the 2013 chair. Kernersville Medical Center Hospital is partnering with the American Heart Association's Go Red For Women program, joining NewBridge Bank as the Guilford County sponsors for Go Red For Women.

"In Kernersville and throughout Guilford County, it is critical to our mission to help women make their heart health a top priority. By arming women with the risk factors and warning signs related to heart disease in women—and by teaching them how to prevent heart disease—we can have a tremendous impact on our communities," says Joanne Allen, president of Kernersville Medical Center Hospital. "I am proud to accept this leadership role as

we help save Guilford County women from this largely preventable killer."

As president of Kernersville Medical Center, Allen has solidified this new facility's role in its first 18 months of serving the area, especially by providing emergency room services and in- and out-patient radiology and surgery as well as the hospital's 50 beds.

Allen leads multiple teams in the Triad's newest hospital, including the 22 Novant Medical Group physician practices in the area. Allen graduated from St. Vincent Hospital School of Nursing, received her bachelors in nursing at Winston-Salem State University and her Masters in Healthcare Administration at Pfeiffer University.

Heart disease is the No. 1 killer of women in the United States, taking the lives of one in every three women. However, 80 percent of heart disease in women can be prevented. Go Red For Women is a year-round campaign that improves awareness of heart disease in women, educates women on heart disease prevention and raises vital funds to aid in the fight against heart disease in women.

For more information, or to sponsor, donate or volunteer for the Go Red For Women campaign in Guilford County, visit www.heart.org/guilfordnoredluncheon.

NWCDC grant to make kids healthier

CHRONICLE STAFF REPORT

Northwest Child Development Centers (NWCDC), Inc. is launching a program to increase healthy eating and physical activity among the Center's kids and staff.

The Center's Kids Eat Smart Move More program was jumpstarted by a \$10,000 grant from the Department of Health and Human Services.

NWCDC has partnered with Gramercy Research Group, Winston-Salem State University, the Gateway YWCA and a Lowes Foods corporate nutritionist to implement the program, which includes:

- "Movin' and Groovin'" at NWCDC's MudPies, a program to increase daily physi-



- "Party in my Tummy!" to introduce children, staff and families to healthy eating; and
- "Making it Stick," a formal policy adoption process to reinforce the Center's implementation.

"This award attests to Northwest Child Development

Center's commitment to our children's well-being and development," said Dr. Tony Burton, CEO of NWCDC. "But the impact of this intervention program is far reaching beyond these children. Their families, our staff, our business partners will benefit from this award. And these

children's future will forever be changed by what they learn through this program."

NWCDC is a non-profit organization that was founded in 1970 to support families by helping them meet the developmental needs of their children from infancy through school-age. It is governed by a voluntary Board of Directors that consists of private and public citizens, and parents of Forsyth, Davie and Stokes counties. NWCDC has the capacity to service 700 children and families in community child care centers.



Burton

SIDS: Sudden Infant Death Syndrome

It is a disturbing fact that African American children die from Sudden Infant Death Syndrome, or SIDS, at a rate more than twice that of white children. SIDS involves the death of a baby younger than one year old without a known cause. We owe it to our families and our communities to educate ourselves on how to reduce the risk of SIDS.

What is SIDS?

SIDS is the diagnosis given for the sudden death of a baby less than one year of age that remains unexplained after a complete investigation, including an autopsy, examination of the scene and review of the health of the baby prior to dying and any other pertinent medical and family history. With a typical case of SIDS, a parent or other caregiver puts a healthy baby down to sleep and returns later to find that the baby has died.

SIDS is still the leading cause of death for babies one month to one year of age, claiming more than 2,300 lives each year. Other major causes of infant death are prematurity (being born too soon and too small) and birth defects (the most common form of which are associated with the formation of the brain and spinal cord). Sadly, SIDS can neither be predicted nor completely prevented. But there are things parents, grandparents and other caregivers can do to reduce a baby's risk of SIDS death.

What are some risks for SIDS?

As a parent or caregiver, you have an important job in choosing where and how your baby will sleep at night and naptime. Your baby's sleep safety is essential to help keep the baby healthy and alive. A number of things may put your baby at risk while sleeping.

- Sleeping on their tummies puts babies at risk for SIDS. The number of babies dying of SIDS has become much lower since more parents and caregivers began placing babies on their backs to sleep.

- Another risk for babies is suffocation in soft bedding. Soft bedding includes pillows, quilts, comforters, sheepskins, pillow-like stuffed toys, and other soft products that may keep the baby from breathing easily. These items should be removed from the place in which a baby is sleeping. Keep your baby's head uncovered during sleep.

- Co-sleeping and letting a baby sleep in an adult bed can also put your baby at risk for suffocation and SIDS. This risk includes having the baby sleeping in an adult bed with any adult or child. It is also important to know that SIDS or 'crib death' is not caused simply by sleeping in a crib.

Quick Tips for a Healthy Baby:

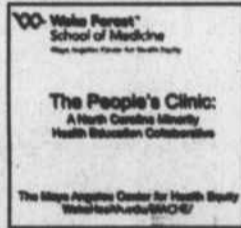
- Before the Baby is born: Quit smoking and avoid secondhand smoke; avoid alcohol and drugs; early and good prenatal care can help prevent a baby from developing an abnormality that could put him or her at risk for sudden death; and prepare a safe sleep place for baby.

- Naptime and Bedtime tips when Baby comes home: Always put baby on her back to sleep. Allow baby to play on her stomach when awake.

- Check on sleeping babies frequently.

- Baby should only sleep in a safety-approved crib with a firm mattress that fits snugly and is covered with only a tight-fitting crib sheet. Play yard style cribs are also a good choice.

- Do not use loose blankets in a baby's crib. Layer clothing or use a wearable blanket or other type sleeper (such as a swaddle) to keep baby warm AND safe during sleep.



Members of the Greensboro-based 113th Sustainment Brigade prepare to run a Martin Luther King Jr. 5K in January.

Soldiers in Kuwait to take part in Greensboro run

SPECIAL TO THE CHRONICLE

The 20th Women's Only 5K Walk and Run has added a new course - in Kuwait. Members of the 113th Sustainment Brigade will run a shadow 5K at their base in Camp Arifjan. The 113th is a Greensboro-based Army National Guard unit supporting Operation Enduring Freedom.

"This is a terrific way to plug in on some of the things going on back home," says LTC Miriam Gray, LG, deputy commander of the 113th Sustainment Brigade. "But it's really an event that's become personal. One of our soldiers was just diagnosed with breast cancer and has returned to the U.S. for care and treatment. So, we'd really like to hold this shadow run in her honor to let her know that we are all fighting with her and standing with her during this time."

The Women's Only is the largest fundraiser for the Mammography Scholarship Fund at Women's Hospital.

Around 3,500 women are expected to take part in the Greensboro event. While the Women's Hospital event begins at 8 a.m. on Oct. 6, the shadow run will be held on the evening of Oct 5—when temperatures cool into the 90s.

"We are thrilled, delighted and honored that these women are joining us in promoting the importance of mammography and in remembering the many mothers, wives, sisters and friends touched by breast cancer," says Cindy Farrand, president of Women's Hospital of Greensboro.

Cone Health is providing race medals and 100 special edition "camo-pink" T-shirts for the event. The 113th shadow event features a Zumba warm up, health and nutritional advice and medical professionals discussing breast self-exams and reminding participants of the importance of mammograms.

The registration is \$40. Girls' Only registration is \$10. Women can register by going to womensonlyrun.com.

Builders



Submitted Photo
Clients and volunteers - (bottom left, counter clockwise) John, Theresa, William, Chelsea, George, Sophia and Tony - work on the 'Lean on Me' bookshelves project at Greensboro's ACE at Bardolph, a non-profit that serves frail and impaired adults. The finished project will be 18 hand-built, painted and finished individual bookshelves. Learn more about the agency at www.acecare.org.

Officials offer tips to handle kudzu bug epidemic

SPECIAL TO THE CHRONICLE

A small brown bug is making its way across the state and is becoming a nuisance for many homes and businesses.

The kudzu bug, which was first discovered in North Carolina in 2010, is native to Asia. It has been spotted in nearly all counties in the state.

"Like all pests, kudzu bugs are in search of food. After kudzu plants and soybean crops begin to die in the fall, kudzu bugs move to find new food sources, which means that peo-

ple may notice the pests in or around their homes and yards as the fall months get closer," said Lee Smith, a North Carolina Pest Management Association board member. "The kudzu bug is becoming a real nuisance for our state's farmers and homeowners."

Although kudzu bugs primarily damage plants and soybean crops, they can also leave a chemical substance behind which has been known to cause minor skin reactions in humans.

"These bugs are still a new pest for our state, but the NCPMA member com-

