

HEALTH & WELLNESS

Healthbeat

Brenner one of the best

Brenner Children's Hospital, the pediatric arm of Wake Forest Baptist Medical Center, is among the best children's hospitals in the country according to U.S. News & World Report's 2013-14 Best Children's Hospitals rankings.

This marks Brenner Children's debut on the annual pediatric hospitals list; the hospital is ranked in three pediatric specialties: neonatology (#36), orthopedics (#44) and urology (#33). Brenner leads North Carolina children's hospitals in the urology category.



Scott

"We are delighted to have been ranked this year by U.S. News and World Report," said Dr. Marty B. Scott, vice president, Brenner Children's Hospital. "As the region's only academic medical center, we have provided the highest level of care available to help children get back to being children for more than 25 years."

This year's rankings highlight the top 50 U.S. hospitals in each of these pediatric specialties: cancer, cardiology & heart surgery, diabetes & endocrinology, gastroenterology & GI surgery, neonatology, nephrology, neurology & neurosurgery, orthopedics, pulmonology, and urology. Eighty-seven hospitals ranked in at least one of the 10 specialties.

Domestic violence nonprofit receives grant

Next Step Ministries, Inc. has received a generous donation from the Lawrence E. Pope Foundation, a charitable foundation based in Kernersville.

Next Step Ministries is a local 501C-3 non-profit that operates a domestic violence shelter in Forsyth County. It was founded in 1998 by a local pastor and community leaders who saw a need for a safe haven for victims of domestic violence.

The safe house provides a way of escape for victims. During their stay, the loving staff, empowers and assists residents in moving beyond the abuse to live a safe and productive lives. Next Step Ministries also operates a thrift store, which helps to support the shelter operations.

If you or someone you know is living in an abusive situation, there is a way of escape. For help or further information, please call the NSM 24 Hr. Crisis Line at 336-413-5858.

Anyone interested in volunteering or providing financial support for this ministry may contact them by phone at 336-413-7054 or by mail at P.O. Box 793, Kernersville, NC 27285.

Hagan legislation would help military families

U.S. Senator Kay Hagan, a member of the Senate Armed Services Committee, has introduced the Disabled Military Child Protection Act to enable military retirees to transfer Survivor Benefit Plan (SBP) annuities to a Special Needs Trust (SNT) to provide long-term care for a disabled child. While the general public can transfer funds into an SNT, there is currently no mechanism for members of the military to do the same.

"The Disabled Military Child Protection Act ensures that special needs dependents of our servicemembers receive the care they need, deserve and have earned while making sure military special needs children are treated the same as those of civilians," said Hagan. "North Carolina is the most military-friendly state in the nation, and I am committed to supporting common-sense legislation like this to support our military families that sacrifice so much to protect us."

Hagan is working to include her legislation in the annual National Defense Authorization Act that is being marked up by the Armed Services Committee this week. Congressman Jim Moran (D-VA) has introduced a companion bill in the House of Representatives.

Currently, a military retiree can dedicate up to 55 percent of his or her monthly retirement pay to a Survivor Benefit Plan to provide a monthly survivor benefit to a spouse after their death.

The Disabled Military Child Protection Act would enable any military retiree who invests in an SBP to transfer their benefit to an SNT. The SNT would enable dependent children to access funds for treatment, while still qualifying for means-tested federal programs, including Social Security Disability Insurance and Medicaid.

To qualify for Medicaid, individuals cannot have assets greater than \$2,000. Individual care costs can top \$100,000 each year for those who do not qualify. An SNT, administered under federal and state law, is categorized as a trust by Medicaid, rather than as individual income or assets.

Green Machine

Cool, eco-friendly car touts UNCSA

SPECIAL TO THE CHRONICLE

The University of North Carolina School of the Arts (UNCSA) is taking the concept of a "green" vehicle to a new level, thanks to a gift from Bob King Automotive Group.

Robert L. "Rob" King III, CEO of the automobile dealerships, donated the lease for a Mitsubishi i-MiEV electric car to UNCSA's Advancement Division. The car has a combined city/highway rating of 112 miles per gallon equivalent (MPGe), a measure of the average distance traveled per unit of energy consumed. It produces no on-road emissions, and does not require motor oil. Recycled materials are used in the body and interior.

UNCSA plans a social media campaign to name the car. "It is my pleasure to support UNCSA in any way I can," King said. "This vehicle will help the staff to promote the school, to communicate its unique mission, and to tell its compelling story."

King is chair of UNCSA's Board of Trustees.

The school enlisted a local company to "wrap" the vehicle graphically in honor of the school's mascot, The Fighting Pickle (aka The Fighting Pickles).

Mark Hough, UNCSA's Chief Advancement Officer, said the vehicle is both a promotional tool and a practical one.

"We do a lot of traveling around the Triad, building support for the school," he said. "With the Pickle Car, we can make every mile count, save money on fuel, and reduce our carbon footprint. It's a win all the way around. 'Plus, it's a blast to drive!'"

The pickle wrap was designed by Terri Renigar, brand marketing manager for UNCSA, to reflect the school's celebrated mascot.

The Fighting Pickle became the School of the Arts' mascot in 1972 as the result of a campus-wide contest. At that time, the seven-year-old school was planning its first Homecoming celebration, and needed a name for its intramural football team. The origins of the Fighting Pickle have become something of a campus legend.



UNCSA Photo

Mark Hough (left) receives the keys to UNCSA's Pickle Car from Robert L. "Rob" King III.

Texting and driving a hard habit for teens to break

SPECIAL TO THE CHRONICLE

Nearly half of the students surveyed at Spring Valley High School in Columbia, S.C. said their attitude towards texting while driving had changed following a four-month-long anti-texting-while-driving campaign spearheaded by AAA Carolinas' Foundation for Traffic Safety and the South Carolina Public Safety Foundation.



Crosby

However, the survey – conducted in January and again in May – showed only incremental improvement in their behaviors concerning distracted driving. The percentage of students surveyed who said they never text and drive grew just slightly, from 59 percent to 61 percent.

"The results show the difficulty of modifying teenagers' behavior, even after they become aware of risk," said Tom Crosby, president of the AAA Carolinas' Foundation for Traffic Safety. "Texting while driving among teens is like watching cancer slowly spread in someone you love but you don't know how to stop or cure it."

The four-month-long effort involved educational events at the school, including graphic videos, a texting-while-driving cone course, brake reaction test, essay contest, texting simulators and a speech by Presley Melton, a victim of texting while driving, and her father, Bruce.

Asked what influenced their attitude change most, 38 percent of students surveyed cited the Meltons' presentation describing a 2006 crash. Then-15-year-old Presley was a passenger in a car when her friend and driver was possibly distracted by her cell phone.

"I can't remember," Presley told more than 900 junior and senior students. "Maybe I don't want to remember."

The driver, 17-year-old Lindsay Craven, did not survive the crash. Presley, who lives in Rock Hill, S.C., initially had a two percent chance of survival with every bone in her face shattered; it is now held together with 20 metal plates.

"It really opened my eyes to what could happen if you do text and drive," said one student in the survey.

Another 30 percent of the respondents noting attitude change cited graphic videos and statistics on deaths and injuries caused by texting while driving.

City Adds 19th Fire House



City of W.S. Photo

Fire Chief Antony Farmer (fourth from left) joins City Council members and City administrators late last month in dedicating Winston-Salem's newest fire station, Engine Company 19 at 4430 Glenn Hi Road. Most of the station's \$2.6 million price tag was covered by a grant from the American Recovery and Reinvestment Act.

PREPARING AN EMERGENCY/FIRST AID KIT

Summer time is always filled with fun, vacations and all types of adventures! Unfortunately, bumps, bruises and broken bones can often accompany these adventures, and emergencies and accidents can happen at any time. Knowing when and how to administer first aid can prevent a visit to the emergency room, and/or can help provide important information to emergency workers or prevent anxiety and serious complications if you do have to go to the emergency room.

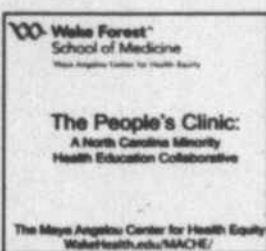
How do you handle a nosebleed, a sprain, broken bone or scratches? What to do if your child has a seizure? What is the best way to relieve minor eye irritations caused by dirt, sand, or something in the eye? What to do if your child swallows something poisonous like cleaning fluids? What not to do if this happens? Twisting a muscle can be very painful ... What can you do to relieve the pain? These are all common occurrences for which we should be prepared.

Most scrapes, scratches and bumps can be

treated at home without the need for professional medical care. It is important though, that anytime you know or suspect that someone may have a minor trauma, such as a sprained joint or minor cut, that you seek medical care with your health care provider (or an urgent care facility if you don't have a primary care provider). You should go to the Emergency Room or call 911 if someone has an injury that results in any of the following symptoms: stopped breathing, stopped or slow heartbeat, bleeding that cannot be stopped, loss of consciousness, head or eye injuries, broken bone, injury while on blood thinning medications and/or severe pain.

In addition to knowing where to seek help, it is important to have a first aid kit at hand.

See First Aid on A7



A Rarity: State not experiencing drought conditions

SPECIAL TO THE CHRONICLE

North Carolina is not experiencing drought or abnormally dry conditions for the first time in three years, thanks to recent rainfall from Tropical Storm Andrea and several other storm systems.

The rainfall from Tropical Storm Andrea helped eliminate lingering abnormally dry conditions in eastern North Carolina. The last time the U.S. Drought Monitor depicted no drought or abnormally dry conditions in North Carolina was during the week of April 20, 2010.

These conditions are reflected on the federal drought map for North Carolina, which is released every Thursday. To see the most recent drought map, go to www.ncdrought.org.

"Recent rains have brought relief to the lingering dry conditions in eastern North Carolina," said Bob Stea, chairman



of the N.C. Drought Management Advisory Council. "Streams, groundwater and soil moisture levels have greatly improved and are near longer-term averages."

While dry conditions are no longer present, drought officials say they cannot forecast what the summer months will bring.

"North Carolina's rainfall becomes more difficult to forecast, as well as less reliable, during the summer months," said Michael Moneyppenny, a meteorologist for the National Weather Service in Raleigh and a member of the N.C. Drought Management Advisory Council. "Weather systems are typically weaker and the bulk of our rainfall comes from scattered shower and thunderstorm activity that pops up during the heat of the day."