

**Books**

from page A10

such as Harry Truman, Charles Lindbergh and Dwight Eisenhower.

In "Winston-Salem: A Twin City History," Bricker discusses the great changes that have taken place in the city over the decades, including those caused by the Civil War, the Industrial Revolution, the Great Depression and the

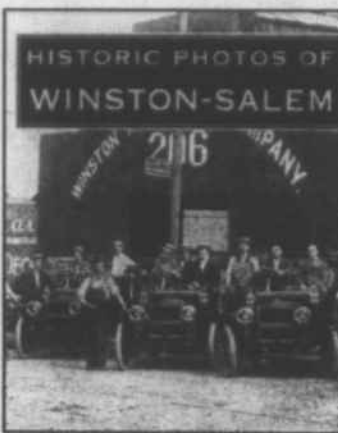
Cold War.

The author has strong ties to the city. He attended Wake Forest and is the founder of the West Salem Historic Society and a member of the West Salem Neighborhood Association. Bricker is also an advisor for the city's Legacy Plan, which is working to preserve Winston-Salem's fabled past.

"Winston-Salem: A Twin City History" costs \$21.99 and is available at many local

bookstores and the publisher's Web site, [www.historypress.net](http://www.historypress.net); "Historic Photos of Winston-Salem" is also available at local shops, and at [amazon.com](http://amazon.com) and [www.turnerpublishing.com](http://www.turnerpublishing.com).

Bricker will sign copies of his book on Saturday (July 19) from 6 - 9 p.m. at the Barnes and Noble in Hampton Court in Winston-Salem.



**Donation will earn customers discount at Hanesbrands store**

Promotion runs today through Sunday

SPECIAL TO THE CHRONICLE

Shoppers who bring a bag of gently-used clothing to the Goodwill Industries trailers located in Thruway Center any time July 17-20, will receive a coupon for 20 percent off their entire purchase during the grand

The 19,000-square-foot Hanesbrands Outlet flagship store, located on the lower level of Thruway Center, is the only U.S. retail location where consumers can find all of the company's innerwear, outerwear, and sheer hosiery products at outlet pricing under the company's portfolio of brands, including Hanes, Champion, Playtex, Bali, Barely There, Just My Size, Wonderbra, and L'eggs.

opening weekend of the new Hanesbrands Outlet Store in Thruway. Hanesbrands is collaborating with Goodwill on the four-day promotion to generate apparel donations to Goodwill's 31 stores in northwest North Carolina, while giving shoppers a extra valuable experience at the grand opening of Hanesbrands' hometown flagship outlet store, the company's largest in the country. The new store opens today (July 17).



Gibel

"Donors and shoppers play a vital role in fulfilling our mission, helping us transform donations into job training for thousands of people in this area," said Art Gibel, president of Goodwill. "The economy is creating an increased demand for our programs. We're proud to work with Hanesbrands to generate much needed donations for Goodwill, while commemorating the opening of their new outlet store."

quarters employees are also holding an apparel drive for Goodwill the week of July 14. In return for a clothing donation, employees will also receive a discount on their purchases during the grand opening weekend.

"This is really an exciting event for our 3,400 employees in Winston-Salem and Forsyth County - and our hometown in general," Ernst said. "Hanesbrands is proud to be based in Winston-Salem and to open our largest U.S. outlet store in the city where Hanes underwear got its start 107 years ago."

**Racing**

from page A1

Morrison drives on the International Hot Rod Association (IHRA) circuit was like a magnet sitting in the parking lot of the Prince Hall Masonic Lodge on 14th Street, drawing a steady crowd of people, both young and old.

Morrison, his older brother, Clyde, and their first cousin, Stan Lewis, were more than happy to talk about the drag racing business to anyone who had a question. Kids even got to climb into the parked car to get a feel of what Morrison experiences each time he takes to the track.

"I need a fake leg so that I can push it," one young boy said after discovering that his own limbs were not long enough to reach the car's gas pedal.

All kidding aside, the Morrisons' visit to Winston-Salem had a serious goal. It was orchestrated by the lodge, Marcellus Sunday (a member of the lodge) and LaShun Huntley, both of whom mentor young people through several different programs.

"It takes so many different people to make that car run," said Sunday. "There are nine different jobs for this one car. We want the kids to see that they can learn these jobs in trade school and have a career."

Racing was never really an option for the Morrison family; it's in their blood. Dap and Clyde's father was an avid racing fan. The boys have been on tracks and around cars for as long as they can remember. It takes a family effort to keep their car on the track. The love and support is all well and good, but the dollars from the coffers of various kin are just as vital. It costs between \$10,000 and \$20,000 a season to keep a car in competition shape (and that's not counting the cost of fender-benders). Lewis, who owns and operates a Greensboro-based franchise of Anago Cleaning Systems, is the main sponsor of the car. Clyde Morrison, owner of his own carpentry company, and day care owner Dap Morrison also contribute financially.

Lewis' company cleans the building in which Sunday works. After the two met, Lewis enthusiastically agreed to do whatever he could to help Huntley's and Sunday's



Dap Morrison, clockwise, from left, Clyde Morrison and Stan Lewis holding Dap Morrison's five-year-old grandson.



Youngsters get a feel from the race car.

mentoring efforts.

"Somebody reached out and helped us when we were young," said Lewis. "It is only right that we do the same."

Anago, the Masonic Lodge, individual masons and United Metropolitan Missionary Baptist Church sponsored several local young people so that they could attend the recent Big Dog Classic at the Piedmont Drag Strip in Greensboro. Dap Morrison was among more than two dozen drivers who competed in the race.

"It was good for them to see people who look like them doing all of these different things," said Huntley.

Dap Morrison - who is already training his five-year-old grandson to one day assume the driver's seat - says

professional racing could use more people of color. Although, in terms of racial diversity, he says IHRA is better than NASCAR, Morrison is still only one of about five black drivers that regularly competes.

Sunday said he was impressed by the family-like atmosphere at the Big Dog Classic.

"All the drivers were helping each other with their cars," he said. "Everybody seemed like they were just having a good time."

That's another lesson that Clyde Morrison tries to teach young people: sports is not always about winning.

"We are in this for the fun," he said. "Life is going to have its ups and downs, so you need to do something you like."

**DASH**

from page A7.

diabetes or kidney disease, blood pressure of less than 130/80 is recommended.

How hypertension is treated depends on its severity. Hypertension treatment frequently involves lifestyle changes (e.g. diet and exercise) in conjunction with medications that lower your blood pressure. With pre-hypertension, research has shown that medication is not recommended but that sufferers should eat healthfully and engage in adequate physical activity to prevent the development of hypertension and to lower blood pressure to healthier levels.

In the 1990s, researchers formulated and tested a diet targeted specifically for people with hypertension, and this diet has been shown to work especially well in African Americans. This diet is known as the Dietary Approaches to Stop Hypertension, or DASH, diet and has been recommended to help treat people with pre-hypertension or Stage 1 hypertension.

Moreover, it has been shown to be effective for use in people with later stages of hypertension in conjunction with medications. It is important to remember that it is CRITICAL to discuss any diet you are interested in adopting with your healthcare provider, as not all diets are suitable for all people.

What is the DASH diet? DASH is a carbohydrate-

rich eating plan that emphasizes fruits, vegetables, and low-fat dairy products and involves reducing your saturated fat, total fat, and cholesterol intake. The diet reduces the frequency with which people eat red meat, sweets, and added sugars. In this diet, 27 percent of calories are from fat, 55 percent from carbohydrates, and 18 percent from protein.

This means that, if your doctor recommends that you stick to a 2,000 calorie per day diet, DASH includes 7-8 servings of grains; 4-5 servings of vegetables; 4-5 servings of fruits; 2-3 servings of fat-free or low-fat dairy; 2 or fewer servings of lean meats, poultry, or fish; 2-3 servings of fats and oils; 4-5 servings per week of nuts, seeds, and legumes; and 5 or fewer servings per week of sweets. One form of the diet also decreases sodium, which also helps lower blood pressure.

It should be noted also that DASH is indicated for high blood pressure and not necessarily for losing weight. However, if you eat as healthfully as is recommended by the diet, chances are you will lose weight as well. This is especially true if you also increase your physical activity level.

I'm interested! Where do I begin?

Again, you should begin with a trip to your doctor's office. Only your healthcare provider can tell you whether DASH is an appropriate diet for you.

Once you have approval from your physician, there is a

lot of public information available to you regarding the DASH diet. If you have Internet access, you can go to the website for the National Heart, Lung, and Blood Institute (NHLBI) to review their DASH materials. They have a Web site especially dedicated to helping people learn to follow DASH - [http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm). On that site, you can download a free booklet called "Your Guide to Lowering Your Blood Pressure with DASH."

This booklet explains the dangers of high blood pressure, describes serving sizes for fruits and vegetables, and provides cooking tips and actual recipes to help people prepare DASH-friendly meals.

If you do not have Internet access, please feel free to call the Angelou Research Center toll-free at 1-877-530-1824, and we can help you obtain this information. You can also find information about DASH at your local bookstore; there are several cookbooks available that are dedicated specifically to this diet.

- Contribution by Jaimie Hunter, MPH, CHES, Alain Bertoni, MD, MPH, and Melicia Whit-Glover, PhD

For further information, questions or comments about this article call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Research Center on Minority Health, visit <http://www.wfubmc.edu/minorityhealth>.



**EXPLORE**

the historic 1917 home of tobacco baron R.J. Reynolds

**DISCOVER**

masterpieces of American art

**EXPERIENCE**

the shops and gardens of the Reynolda Mile

**SUMMER SPECIAL**

Bring this ad to receive one free adult admission to the Museum with one paid adult general admission through August 31, 2008. children under 18 always free

REYNOLDA HOUSE MUSEUM of AMERICAN ART

Open Tuesday-Sunday | 2250 Reynolda Road, Winston-Salem | 888.663.4149 [reynoldahouse.org](http://reynoldahouse.org)