

Joines

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massive new baseball stadium is well underway. Joines hopes to continue his work in the next four years. He recently withdrew his name from Governor-elect Beverly Purdue's shortlist of possible candidates for the NC secretary of commerce, opting for a chance at a third mayoral term instead.

"I've been very humbled by the response from citizens who ... have thanked me for staying," he commented. "I think there's a real concern right now in terms of the economy, and I feel honored that people feel like I can help with those issues."

It isn't the first time he's turned down the chance at a prestigious post to stay in Winston-Salem. Prior to the 2008 election, many implored Joines to run for Congress against U.S. Rep. Virginia Foxx. Although Republican Foxx has had her way with many Democratic opponents, Joines supporters believed that the mayor's rural roots and down-home sensibilities would have given him a true chance to beat Foxx.

Joines did briefly entertain the idea, but passed in the end, saying his place was here in Winston-Salem.

"It seems to me local government is where you can probably have as much direct impact as any job because you're close to the problems ... you have an opportunity to make things happen," he concluded. "I am so encouraged by the possibilities ... I just want to make sure that it's successful in making this transition (from an industrial to a knowledge-based economy)."

When Joines last ran in 2005, he faced no opposition. If others throw their hats in the ring this year, he



File Photo
Mayor Joines fills for re-election in 2005 at the Forsyth County Board of Elections.

will be ready.

Mayor Pro Tempore Vivian Burke has signed on to help her longtime friend and colleague in his re-election effort. She will serve as co-chair for his campaign.

"I believe he has a high value system," Burke said of the mayor. "He has good communication skills; he has been able to develop some (important) relationships with Washington (D.C.) and also with the state."



Wright

Burke, a retired educator and the longest-serving member in City Council history, initially met Joines, then an deputy city manager, when he visited her classroom to talk to the children about city government. Years later, when Joines was ready to make the transition into politics, Burke says she did her best to show him the ropes.

"He's always conferred with me and consulted with me," she said. "I introduced him to (the community) east of (Route) 52."

Sharing the role of co-chair with Burke this time around is Republican businessman Hugh Wright. Wright, the founder and president of Wright Property Management, Inc., also served on Joines' campaign during his first bid for the mayorship in 2001.

"He's a good man and I

think he's done a good job (as mayor)," declared the former Council member. "When he went in the office, the city needed some steady leadership. I think Allen has done a good job of that."

Bringing people together across racial, economic, and even political lines has been one of Joines' most important skills, in Wright's estimation.

"He's wonderful with people; he's not abrasive or abrupt," he stated. "He

brings everybody to the table to do what's right for the community."

Wright believes Joines is the city's best hope in its struggle to overcome the crippling effects of the economic downturn.

"He has a steady hand; he's been there, done that," remarked the 70-year-old. "He's the best choice to lead the city of Winston-Salem during this (economic) crisis."

Applications being accepted for police academy for citizens

Residents will learn ins and outs of law enforcement

SPECIAL TO THE CHRONICLE

The Police Department is accepting applications for the spring session of the Citizens' Police Academy, which will begin March 17, 2009.

The Citizens' Police Academy is designed to acquaint citizens with the law enforcement profession and the role of the Police Department within the community. The curriculum is similar to recruit training for new police officers, with a mix of classroom and hands-on training on such topics as departmental functions, search and seizure laws, use of force, firearm training simulator, K-9 and special operations, crime prevention,

domestic violence, vice/narcotics and criminal investigations. Students will have the opportunity to ride along with a patrol officer.

The Citizens' Police Academy lasts 12 weeks. Classes will meet Tuesdays, from 6:30 to 9:30 p.m. at the Public Safety Center, 725 N. Cherry St.

Enrollment is open to any citizen 18 years or older who resides, works, or attends school in Winston-Salem. For applications, call the Winston-Salem Police Department at 773-7788, or visit the department's Web site at www.wspd.org to complete an application online. The class is limited to 30 students. Applications must be received by March 2, 2008.

Week of 01/07/09 thru 01/13/09



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All Stores Accept

Folic Acid

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the growing baby that eventually becomes the spinal cord and brain. It starts as an open tube, but the tube closes after 22-23 days. Neural tube defects occur when the neural tube does not close all the way. The most common types of NTDs are anencephaly and spina bifida. Anencephaly causes a baby to be born without a major part of the brain, skull, and scalp. Anencephaly always causes death; these babies are usually stillborn or die shortly after birth. Spina bifida occurs when the neural tube fails to close and results in a spinal cord that is not completely formed. The bones around the spinal cord in this area do not form correctly, so the deformed area of the spinal cord often goes through the spine. Spina bifida can cause many problems, such as leg paralysis, lack of control over bladder and intestines, and fluid on the brain and spine.

Why should I take a multivitamin with folic acid?

Taking a multivitamin with folic acid every day, plus eating a healthy diet rich in folate, can increase the chances of having a healthy baby by up to 70 percent. The National and NC Folic Acid Councils recommend that all women who have a menstrual cycle, whether or not they are trying to become pregnant, take a multivitamin with 400 micrograms (mcg) [equivalent to 0.4 milligrams (mg)] of folic acid per day. Women who have had a child with an NTD or who have a family history of NTDs should take 4,000 mcg (4.0 mg) per day.

Folic acid must be taken one to three months prior to getting pregnant to help lower the chance of having a baby with a birth defect. Often, the neural tube has finished forming before a woman even knows she is pregnant. While scientists do

not know exactly how folic acid prevents birth defects, we do know that it helps make the cells that will form a baby's brain, spine, organs, skin, and bones.

You can buy multivitamins with folic acid in your local grocery store, drug store, or discount store. You do not need a prescription to buy multivitamins. Multivitamins with a store brand name are just as effective as more expensive brands. Many local health departments offer free multivitamins for women who qualify. You should take your multivitamin at the same time every day and put it in a familiar place, like by your coffee or your toothbrush, so you remember to take it every day.

What are some natural sources of folic acid?

Eating a diet rich in folate is important. Some of these foods include:

- Broccoli and green leafy vegetables
- Tomatoes
- Pinto beans, black beans, lima beans, and lentils
- Apples, bananas, papaya, and avocados
- Breads and cereals that are enriched (the labels will say "Enriched" on them)
- White rice
- Orange juice, apple juice
- Eggs

For more information please call the North Carolina Folic Acid Council at 1-800-367-2229 or see the NC FAC website: www.getfolic.com.

- Contribution by Sarah Langdon

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.wfubmc.edu/minorityhealth>.

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