

Conference addresses gang-related issues

BY DONNA ROGERS
THE CHRONICLE

Nonprofits and a division of the Winston-Salem Police Department (WSPD) are targeting youth at risk for joining gangs. They have developed action plans to help steer youth into productive activities.

The WSPD Gang Unit and various nonprofits met with the Winston-Salem/Forsyth County Gang Steering Committee (WSFCGSC) for a Community Awareness Networking Conference on Thursday, Dec. 17 at St. Peter's Church & World Outreach Center. The conference was promoted as "an opportunity to collaborate with other nonprofit organizations to develop a family-oriented plan to reach at-risk youth and reduce recidivism."

The WSFCGSC is looking for partners in its mission: to provide a multi-faceted, strategic problem-solving approach to address the gang-related issues facing the community.

"The whole purpose is to impact the community," said Marcellette Orange, WSFCGSC chairwoman. She said the organization has four committees working on its mission. The organization wants to work on "how to meet community needs," she said.

The attendees toured parts of the city, the Gang Unit made a presentation on the various gangs in Forsyth County, and an assistant U.S. attorney for the area urged cooperation among law enforcement, nonprofits, schools and government.

Sgt. Joseph Doss, Gang Unit supervisor, said that in 2008, there were 398 validated gang members in Forsyth County. As of last week, there were 1,360 validated gang members in the county. He said the increase could be attributed to the improved education of Gang Unit officers in validating gang members



Orange



Doss



Photos by Donna Rogers

Attendees listen to Rob Lang, assistant U.S. attorney for the middle district of North Carolina, as he speaks to attendees of the Community Awareness Networking Conference on Thursday, Dec. 17 at St. Peter's Church & World Outreach Center.

over the years, school resource officers in schools who can now validate gang members, and social media. He said most of the gang members in the county are Hispanic and African-American and are 17- to 21-year-olds.

Rob Lang, assistant U.S. attorney for the middle district of North Carolina, urged all attendees to work together to keep youth out of the criminal justice system and keep those who do enter from returning.

"There're great possibilities for Winston," said Lang, who has been working in the area for 20 years. "... We have all the pieces of the pie," but problems arise when entities want to protect their turf.

"To do the prevention and intervention, we need you to work together," Lang said.

Orange said the conference attendees developed three action plans that they will implement within three months. Then they will meet to assess how the implementation of the plans went.

The action plans are:
*Train WSFCGSC members in crisis intervention.

*Develop an art project involving young people to determine their needs.

*Canvass communities in person to determine what members of the communities need.

"Anything that deters young men and women from getting into that type of lifestyle is worth it," said the Rev. Kenneth Holly of Whole Man Ministries, whose mission is to contribute to the development of people - body, mind and spirit. "I think it was big to

come here to see what it takes to do this."

David Moore of Southside Rides, which helps present and former convicts learn auto body shop skills, promoted unity among the organizations.

"We want to see all the organizations collaborate" instead of work on their own, he said.

Besides Whole Man Ministries and Southside Rides, nonprofits represented included Project Re-entry, which is part of the Piedmont Triad Regional Council; Goodwill; Eureka House; and Calvary Hill.

Besides the WSPD and WSFCGSC, the Center for Community Safety at Winston-Salem State University also sponsored the conference.

Mayor Pro Tempore

Vivian Burke spoke at the conference, praising attendees.

"It's such a delight to stand here to see people who volunteer to make a difference," she said. "It

takes all of us to make a difference in this city."

For more information, contact Pam Peoples-Joyner of the WSPD at pjoyner@wspd.org.

THE PEOPLE'S CLINIC

Keeping our bodies healthy for the holidays

BY THE MAYA ANGELOU CENTER FOR HEALTH EQUITY

As many of our end of the year holidays approach, we think about how often these celebrations in our lives are associated with food, food and more food.

Also, since most folks are less active during the cold winter months, it can be difficult to maintain a healthy weight.

However, you can still enjoy your favorite celebrations and foods and maintain your healthy lifestyle! Read on to learn some tips to use during this holiday season!

Although a recent study showed that Americans gain on average about 1 pound between Thanksgiving and the end of the year, the study also showed that once that pound gets added, it typically doesn't come off.

It's even worse for people who are already overweight or obese, who gain on average 5 pounds during the holidays. These extra pounds can increase your risk for many chronic illnesses, such as diabetes, cancer, high blood pressure, stroke and heart disease.

One very important part of eating healthy during the holidays is portion control, which means being careful about the amounts of foods that you eat. While it is true that what foods that you eat are important to being healthy, it's also important to watch the amounts of food you eat.

Here are some helpful tips to try to help with portion control during the holidays:

*Use your plate to determine what foods to eat and how much. Try not to use the largest plate available when you are eating a meal, and reserve half of your plate for fruits and vegetables.

*If you go to a restaurant for a holiday gathering, ask for a half-portion of your entrée, or share an entrée with someone.

*Lower your temptation level by eating a meal before you go to a party where you know there will be plenty of unhealthy foods around.

Contact us at the Maya Angelou Center for Health Equity, either via phone (toll-free) at 1-877-530-1824 or our website: <http://www.wakehealth.edu/MACHE>.

www.wschronicle.com

FOOD LION

December 23 -29, 2015

Christmas Eve - Closed at 6PM • Closed Christmas Day

Eat Drink & BE Merry

Hot SALE
87¢
LB
MVP

Hot SALE
2⁹⁹
EA
MVP

Hot SALE
4⁹⁹
EA
MVP

23.5-38.33 Oz. - Select Varieties
Edwards Large Pies
Without MVP Card \$6.59 EA

12 Oz. - Select Varieties
King's Hawaiian Rolls
Without MVP Card \$3.99 EA

14.5-15.25 Oz. - Select Varieties
Green Giant Canned Vegetables
Without MVP Card 99¢ EA
Limit 6 Free

5-6 Oz. - Select Varieties
Stove Top Stuffing
Without MVP Card \$2.59 EA
Limit 3 Free

my essentials
Shank Portion Ham
Without MVP Card \$1.69 LB
Limit 2

Hot SALE
1⁹⁹
EA
MVP

Hot SALE
1²⁷
LB
MVP

my essentials
Spiral Ham
Without MVP Card \$2.49 LB
Limit 2

5 Lb. Bag
Food Lion Russet Potatoes
Without MVP Card \$3.49 EA

Low PRICE
2\$5
FOR
MVP

single item at 1/2 price
BUY 1 GET 1 FREE
MVP

single item at 1/2 price
BUY 1 GET 1 FREE
MVP

single item at 1/2 price
BUY 1 GET 1 FREE
MVP

Hot SALE
2\$4
FOR
MVP

6-8 Oz. - All Varieties
Kraft Shredded or Cabot Chunk Cheese
Without MVP Card Regular Retail

14.5 Oz. - Select Varieties
Swanson Broth
Without MVP Card \$1.09 EA
Limit 2 Free

10.5 Oz. - Select Varieties
Campbell's Cream of Chicken or Mushroom Soup
Without MVP Card \$1.69 EA
Limit 2 Free

10-14 Oz. - Select Varieties
Kraft Deluxe or Velveeta Shells & Cheese Dinner
Without MVP Card \$2.79 EA